

This year, the School Council will be working towards Alverton achieving the SAS Plastic Free School award. They have had the training from SAS, made an action plan and are planning their first initiative - Plastic Free Tuck!

Firstly, it is important to note that Plastic Free focuses **only** on single use plastics such as cling film, single use plastic packaging, plastic wrappings etc.

The School Council have delivered an assembly to the school about the award and are incredibly excited about all of their plans.

We would really appreciate it if you could support your child by using a paper bag or reusable tub for tuck on Fridays. The council will be keeping a tally to see if we can reduce the amount of single use packaging in school and get started on their important work in helping keep plastic out of our landfill, rivers and seas.

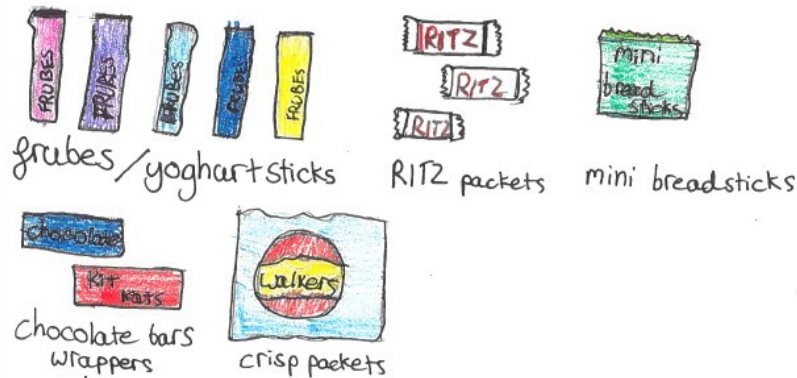
Thank you for your support.



PLASTIC Free Friday

We want to reduce the number of single use plastic in schools.

These are the things we want to avoid



Thanks for your support,

Alverton School Council.

Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Martin Higgs (Designated Safeguarding Lead) at

head@alverton.cornwall.sch.uk or, if it is out of school hours, please contact the Multi Agency Referral Unit on 0300 1231 116;

E-mail:

multiagencyreferralunit@cornwall.gov.uk

Unsupervised children before school

Recently a number of children, particularly from Years 3 and 4, have been left unsupervised outside their classrooms before 8.45am. An adult should stay with the child in their care until the doors open. If you need childcare before 8.45am please bring your child to the office and they will be able to join Breakfast Club which costs £2.50 and includes breakfast.

Lost property box

The lost property box is full again. If you are missing anything please check the box before next Friday 10th. This is situated to the left of the side hall door behind the table tennis table. All unnamed items will be emptied out and taken to the charity shop next Friday.

FOAS Break the Rules Day - Friday 10th February

Please see the poster on the next page about the next fundraising day in aid of FOAS.

THIS IS OUR

HELP YOUR SHELF

How it Works

It's all **free**.

Take what you need, whenever you need it.



No Questions Asked – No Judgements Made

Give what you can if you would like to.

We currently have lots of items on our Help Your Shelf ready for collection which are free for anyone to take at any time.

If you prefer, you can buy a reusable bag for £1 and fill this with items from the shelf. Once you've bought your bag, you can fill it with as much as you want, as many times as you want.

Whichever way you choose, the Help Your Shelf is available all day and you can pop in at any time.

Half term

Spring half term is from **Monday 13th - Friday 17th February** and school will reopen on Monday 20th February.





**FRIDAY
10TH
FEB**

ALVERTON BREAK THE RULES DAY

Wear a hat / tiara / crown in class

Wear a superhero cape / pyjamas

Crazy hair or hair accessories

Wear sunglasses / a bow tie

Wear a temporary tattoo

Paint your nails

Wear bright/ odd socks

Wear make-up or face paint

Bring a cuddly toy in to class

Wear your uniform backwards

Wear Non-uniform or fancy dress

Chocolate or sweets for break or in a lunchbox

50P

**PER RULE
BROKEN**

50P

**PER RULE
BROKEN**

drop in

Come along to a drop in session run
by our link Family Worker, Nikki
Cooper.

If you have any questions or need
advice about your child please come
along and have a chat.

Date: Friday 24th February

Time: 2pm

Place: Alverton Primary School

If you would like to come along
please let the office know so we know
how many biscuits to buy!



Cornwall Partnership NHS Foundation Trust

The Trust has its own Out of Hours telephone support provided by Support Matters Cornwall. This service operates from 5pm to 9am on weekdays and 24 hours a day at weekends and bank holidays. The service is open to all patients (aged 16+) under the care of the Trust's mental health services. Support can be delivered over the telephone, via text, email or web chat. Call free on **0800 001 4330**.



Family
Line

0808 802 6666

ChildLine

0800 1111



0300 123 3393

www.mind.org.uk



for better mental health

Download this image onto your phone for **when you might need help**



Samaritans: 24h
Emotional support to anyone in distress, struggling to cope, or at risk of suicide.

116 123

Shout: 24h
Text service, free on all major networks, for anyone in crisis anytime, anywhere.

• If you're over 18, text the word **SHOUT**

• Under 18s, text **YM**

Text: **85258**

Cornwall's 24/7 NHS mental health support

Call for free, any time day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone service will listen to you and determine how best to help

0800 038 5300

Valued Lives:

Supports people who are experiencing mental or emotional distress in Cornwall. Every day, 5.30pm - midnight.

01209 901438

If you, or someone else, is in immediate danger call **999**



www.cornwall.gov.uk/mentalhealth

If you're worried about a child:

0808 800 5000

help@nspcc.org.uk

www.nspcc.org.uk

Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance provides food for anyone in need. If their support would be helpful to you, just phone Veryan or Adele in the office in confidence on 01736 364087 and they can phone the Foodbank for you who will be able to help.

The Foodbank are extremely busy at the moment and are very grateful for any donations.

citizens
advice

0344 411 1444

ON YOUR SIDE
NO MATTER WHAT

0800 58 58 58

THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

"It's alright to ask for help"

SAMARITANS

116 123

NATIONAL DOMESTIC
VIOLENCE HELPLINE
0808 2000 247
24/7 CONFIDENTIAL
FREEPHONE

AT HOME
SHOULDN'T
MEAN
AT RISK

#YOUARENOTALONE

FIND SUPPORT AT:
gov.uk/domestic-violence

WCWAid

West Cornwall Women's Aid

01736 367539

https://www.wcwaid.co.uk/helpline

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMAND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RASE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationship tips and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



NOS National Online Safety®
#WakeUpWednesday

There is a lot of help and advice available to help you keep your children safe online. Have a look at the Online Safety section of our website for lots of useful information and links http://www.alverton.org.uk/website/online_safety_for_families/246722. Your child's teacher will also always be happy to talk to you about online safety.

Free School Meals / Pupil Premium

<https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/>

Registering a child as eligible for free school meals (as described below) means that your child receives a free meal every day (though they can, of course, bring a packed lunch should they prefer) but there are additional benefits too. Pupil Premium brings more money into the school to help children achieve and learn. Children in receipt of the Pupil Premium also receive other benefits (eg contributions towards Key Stage 2 camps and funding to use for uniform, music lessons, trips etc). At some times, there are further benefits for these children such as food vouchers during holiday times where these are given. Please see the Pupil Premium Provision Map in the Pupil Premium section of our website http://www.alverton.org.uk/website/pupil_premium/172518 or speak to Mrs Gill or Mrs Stacey in the office or contact Mrs O'Rourke who leads our Pupil Premium provision.

The easiest and quickest way to apply for free school meals is online through the Cornwall Council website but, if you are unable to do this, you can call the Free School Meals team on 01872 323298 and a member of the team will call you back to complete the application over the phone.

A child is eligible for free school meals if their parent / carer (or the child themselves) receives any of the following benefits:

- Income Support (IS)
- Job Seekers' Allowance (Income-Based) and equal based Job Seekers Allowance
- Income Related Employment and Support Allowance (ESA-IR) and equal based Employment and Support Allowance
- Child Tax Credit (CTC) with an annual income of less than £16,190
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Guarantee Element of Pension Credit (GPC)
- Immigration and Asylum Act 1999 (IAA) Support
- Universal Credit - your household income must be less than £7,400 a year (after tax and not including any benefits you get) as assessed by earnings from up to three of your most recent assessment periods

If you are claiming the benefits listed below you are NOT eligible for free school meals, regardless of what other benefits / credits are being claimed:

- Working Tax Credit
- Contribution-Based Job Seeker's Allowance and / or Contribution-Based Employment and Support Allowance

NB All Reception, Year 1 and Year 2 pupils are entitled to receive a free school meal as part of the Universal Infant Free School Meals (UIFSM) initiative, regardless of what benefits are being claimed. However, some children in Reception, Year 1 and Year 2 may also have an entitlement to benefits-related free school meals and it is important to apply for these if you think your child may be eligible.

Registering for free school meals / Pupil Premium is confidential. If you think that your child is eligible, we strongly recommend that you contact Cornwall Council as detailed above. Mrs Gill and Mrs Stacey in the office will also be able to help you and answer any questions you may have.

Thank you.

STARS OF THE WEEK



- | | | |
|----------------|------------|---|
| Kittiwakes | Bella | for growing in confidence & super phonics |
| Curlews | Nico | for your enthusiasm for all phonics & reading |
| Puffins | Tanner | for being such a kind friend & always offering to help those around him |
| Owls | Isabelle T | for absolutely rising to the trickiest of mathematical challenges this week |
| Kingfishers | Charlie | for making a massive effort to improve his handwriting this week |
| Trencrom | Eden | for fantastic independent writing in English & challenging himself in Maths |
| Lanyon | Charlie H | for being friendly, honest & great progress in his handwriting |
| Kerris | Izzy | for her fabulous dancing |
| Bodrifty | Sonny | for always being an absolute gentleman & working his socks off |
| Bosigran | Amelia | for always coming to school with a big smile & always giving 100% |
| Kenidjack | Megan | for brilliant sportsmanship & trying so hard in girls football |
| Lunchtime Star | Sienna | for superb work in all subjects but particularly Maths. |
| | Kit | for his healthy packed lunch choices & lovely manners |



Hello to all you lovely people out there. It's nearly half term and I literally cannot believe that February is here. How did it fly by so quickly? Why do the days, weeks and months seem to go faster and faster? I don't really like it if I'm honest, it all seems to be a bit too speedy though I do love the lighter days (I know, I know, I say it every week, but it really does mean a lot to me and genuinely makes me feel better and happier). So, longer days, lighter mornings and evenings, plus a scattering of daffodils. I'm sorted. All I ask now is that time slows down a little so I can appreciate it a bit more. And all I ask of you is...how are you? How are you coping? Is anything bothering you? Anything worrying you? It could be a school issue but doesn't have to be. It can be absolutely anything, I am here for you. All you need do is ask and the kettle will be on. Trust me the tea will be brewing alongside a plate of biscuits before you can ask again. It would be my pleasure to help. Until then, have a lovely weekend and I look forward to seeing you all on Monday. Mrs Daylak xxxxxx

DIARY DATES

Friday 3rd February 7pm for 7.30pm start	FOAS Quiz Night
Friday 10th February 3.15pm	School closes for half term
Monday 20th February 8.45am	School opens after half term

GAME OF THROWS



Judo at Newlyn Judo club
Every Tuesday 6pm at the Sea Cadets Hall
Jennings Street Penzance

Instructor Sensei Ian Nicholls 2nd dan fpj 1/2 bjc coach and dbs checked
Please contact on 07825 516256



HALF TERM CRICKET CAMPS

CRICKET CENTRE | TRURO

SOFTBALL

13TH-14TH FEB | 10-3PM
£15 PER DAY | YEARS 1-5

To book your place - <https://booking.ecb.co.uk/d/71q20d>

HARDBALL

15TH-16TH FEB | 10-3PM
£20 PER DAY | YEARS 4-8

To book your place - <https://booking.ecb.co.uk/d/jlq204>

BRING PACKED LUNCH & SNACKS