

12/11/21

FRIDAY NEWS

Nº 9

Lest we forget...



The school held its annual Remembrance Day service on the school field at 11am yesterday to coincide with the 1918 Armistice. It was lovely to have the opportunity to have all of our children in a service for the first time this year, as whole school assemblies are not possible under the Covid restrictions. This outdoor service took place under our Remembrance tree which had been decorated with poppies made by each class. This year is particularly

significant as it is the 100th anniversary of the first poppies sold by the Royal British Legion.

The topic of Remembrance is a difficult one to address as a whole school theme given the different levels of understanding between Reception and Year 6. That said, all of the children were extremely respectful of the event and the two minutes silence was perfectly observed. As a school we feel that it is important that our children take on the seriousness of this particular time of year and, as they move through the school, that they begin to gain a greater understanding of why this remains so deeply embedded in our national consciousness.

Best wishes

Martin Higgs
Headteacher



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

A reminder that there is no entry into the school buildings apart from into the office foyer area and that, when you are on the site, we would ask you to please wear a mask. Thank you.

Term time holidays

The DfE have made it clear that school attendance is a national priority post-Covid, therefore we are not able to authorise term time holidays and would discourage all parents from taking these.

Year 6 London Trip

The next instalment of £70 for London is due before **18th November**. Please ensure that this is paid online by then as we have to pay the tour company.

Year 5 Porthpean

If your child would like to go to Porthpean next June please ensure that the £30 deposit is paid online by **Friday 26th November** at the latest so that we can book them a place.

Coronavirus symptoms

The main symptoms are:

A high temperature (hot to the touch on chest or back)

OR

A new, continuous cough (coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours)

OR

A loss or change to your sense of smell or taste (you've noticed you cannot smell or taste anything or things smell or taste different to normal)

If you or your child have any **ONE** or more of these you must get a COVID-19 PCR test as soon as possible and stay at home and do not have visitors— only leave home to get the test. Anyone you live with, and anyone in your support bubble, may also need stay at home until you get your result. Please check the latest Government guidance. **Please ring or email the school office as soon as possible to let us know.**

If your child tests positive over the weekend please email
head@alverton.cornwall.sch.uk

You can book at test online at:

<https://www.gov.uk/get-coronavirus-test>
or phone the NHS test line 119.

Go Active After School provision

Any queries or to book please contact Mr Timmons direct on 07843 126833 or by emailing him on alvertonkidsclub@outlook.com

Arrangements for Christmas 2021 Productions

As per the letter that was sent home this week, here is a reminder of the details.

Year 1-6

All performances will take place at school as follows:

Monday 6 December – Years 5 and 6 – 2pm and 6pm

Tuesday 7 December – Years 3 and 4 – 2pm and 6pm

Thursday 9 December – Years 1 and 2 – 2pm and 6pm

- **In order to reduce the number of people in the hall, all children will be allocated two tickets only.** These can be used for either performance and can be used at separate performances (ie one person can come to the 2pm performance and another to the 6pm performance). If you have more than one child, each will be allocated two tickets (eg if you have a child in Year 1 and another in Year 3, you will be allocated two tickets for your Year 1 child and two tickets for your Year 3 child).
- **Tickets will need to be booked in advance via the office on a first-come, first-served basis.** If one performance is full, we will only then be able to issue tickets for the other performance.
- **Booking will be available from Monday 22 November – please either phone the school on 01736 364087, email secretary@alverton.cornwall.sch.uk or come in to book your tickets from 8am-3.30pm, any weekday on or after 22 November.** These are the only times at which you will be able to book your tickets. Please do not email or call prior to this date and time as we will be unable to allocate you tickets.
- **Only the ticket holders will be admitted – unfortunately no additional children, babies, etc will be able to attend unless they are the second ticket holder.**
- **Booked tickets should be collected from the school office from Monday 29 November.**

Reception

Wednesday 8 December – 6pm

All arrangements will be the same as above apart from that there is no need to book tickets.

- **Two tickets per Reception child will be allocated and will be available for collection from the school office from Monday 29 November.**

Clubs

ALL clubs except KS1 Nerf Wars, Drama Club and Dance will finish on Friday 26th November.

The last KS1 Nerf Wars will be on Monday 29th November, the last Drama Club will be on Tuesday 30th November and the last Dance Club will be on Friday 3rd December.

A new clubs list for the Spring term will come home in January.

Go Active Christmas Cracker Club

Mr T will be running a holiday club for two days at the start of the Christmas holidays on Monday 20th and Tuesday 21st December from 9am-1pm, £12 per child, per day. Alverton children only - sorry no siblings or children from other schools. Please ensure all bookings and payments are made by Friday 17th December.

Please see the attached letter for more information or contact Mr T direct on 07843 126 833 or email –

alvertonkidsclub@outlook.com

FOAS Christmas Cards - deadline Monday 15th November

All orders for cards or other items must be in **by this coming Monday 15th November - order form and exact cash in the envelope provided please.** All orders submitted in time will be back around 6th December. Many thanks in advance for your support.



Hair and headlice

As part of our uniform policy please remember that if your child's hair is longer than shoulder length it should be tied up every day. There are a number of cases of headlice in school at present and this will help stop the spread of these.

Sports Report

Cross Country

On Monday we took a team of about 30 children to Mounts Bay to run in the first Cross Country races for over a year. Congratulations to Kaelan in Year 5 who came in third in his age group and well done to everyone else who took part. Mr Hammond, Mrs O'Rourke and Mrs Clemens were really impressed with your determination and excellent behaviour.

Girls Football Tournament

Also on Monday Mr Hammond and Mrs Petty took a group of Year 5 and 6 girls to a tournament at Mounts Bay. They had a great time and showed excellent teamwork and commitment.

Boys Football

In the team were Thomas G, Kaiden, Cove, Sunny, Leo, Alfie, Thomas J, Jowan, Barnabas and Levan. Our Man of the Match was Thomas J who scored a marvellous hat-trick on his debut. The boys won 8-3 in an eleven goal thriller. Our goal scorers were Thomas J 3, Thomas G 1, Alfie 1, Jenson 1, Levan 1 and a goal for our keeper Kaiden. Sunny had some extraordinary defending skills. Our boys have a game against Trythall on Tuesday. Let's hope the winning streak continues.

Match report by Thomas G and Sunny

Daisy's Diary

Wow it's muddy. Because of all the work that's been done in the ball playground, removing all the mud from the bank to put the new ramp in, there's been a lot of coming and going with vehicles which has churned up the sides of the path, made mud baths by entrances and a quagmire by the welly rack. I've tried some new plastic tile/grid type things along the path and they seem to be quite good. I'm going to seed them with clover so they should stop looking so stark and black and go green and hopefully even flower for the bees in the holidays. They are 100% recycled plastic so



they are green in that way too. And it means that buggies don't have to be sludged through the mud.



In other news – I tried moving a ton of wet sand in the wheelbarrow and it broke. Of course. It's too old for that type of thing and quite frankly so am I, don't know what I was thinking... anyone got a wheelbarrow hanging about that needs a home?



So many people from school, parents children and staff came and cheered me on when I did my swimming. I was really touched. Also, this week I spoke on an online course that Eden was running for teachers from all over the country and told them how much as a school we support and integrate outdoor learning and how much the children love it. Plus I showed them a chicken on

Zoom because they are cute.

More path grids coming soon – less mud!





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



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 Vryan 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



"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.wcwaaid.co.uk/helpline>

If you'd like to come to this please ring or email the office to book a place in advance. Thank you.

Information Classification: CONTROLLED

Early Help Family Worker Support and Guidance Session



Do you have a child under the age of 13 years old?

Do you feel you may need some help?

Need advice around Boundaries and Behaviours?

Interested in doing one of the Parenting Programmes?

Would like signposting to Money Matters for financial advice?

Come and meet our school link Senior Family Worker Nikki Cooper who will also have the support of Senior Family Worker Mel Berryman. They are available to offer support and guidance to families.



**Date: Friday 26th November
2021**

Time: 1pm – 3pm

What Parents & Carers Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivaling platforms such as TikTok and Instagram.

CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily. Spotlight Challenges give users the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

SEXTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshotted first – users have found alternative methods to save images, such as taking pictures with a separate device.

DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beautify' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

VISIBLE LOCATION

My Places lets users check in and search for popular spots nearby – such as restaurants, parks or shopping centres – and recommend them to their friends. The potential issue with a young person consistently checking into locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

CHAT ABOUT CONTENT

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.

CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.

KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use SnapMaps, their location is visible unless 'Ghost Mode' is enabled (again via settings). It's prudent to emphasise the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in: strangers, bullies and groomers could use this information to engage in conversation and arrange to meet in person.

TALK ABOUT SEXTING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety®
#WakeUpWednesday

Sources: Statista; Ofcom; Social media and young people's mental health; UK in a Crisis – Children's Commissioner Report (2020); Support Snapchat.com/en-US; https://www.nytimes.com/2020/07/18/technology/snapchat.html; https://www.independent.co.uk/news/technology/snapchat-status-report-map/; https://www.nationalonlinesafety.com/young-people-and-sexting; Attitudes and Behaviours Research Findings from the New Zealand, New Zealand and Australia.



www.nationalonlinesafety.com



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.11.2021

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.

STARS OF THE WEEK

Kittiwakes	Poppy	for her wonderful Autumnal painting & always working exceptionally hard
Curlews	Willow	for a beautiful Autumn painting
Puffins	Nessa	for her wonderful nature and delightful singing
Owls	Freeda	for her amazing stamp commemorating Ibn Battuta
Kingfishers	Ella	for her super work in Maths & brilliant attitude to all her work in school
Trencrom	Jacob R	for always using his manners & this week working exceptionally hard in Maths
Lanyon	Juniper	for writing some fantastic diary entries. They were wonderful to read
Kerris	Lily	for blossoming into an enthusiastic, confident performer for our Christmas show
Bodrifty	Dusty	for a fantastic Cross Country run & the great work she has been doing in Maths
Bosigran	Alfred	for excellent English work & trying hard to improve his handwriting.
Kenidjack	Thomas J	for being a star in all of his lesson & scoring a hat-trick against Ludgvan
Dinnertime	Joe	for his exemplary manners



Hello again, I've been listening to teenagers this week, and wondering how on earth they cope with the stresses of social media. There's a pressure to have an absolutely fabulous time and then take a photo of it and put it on whatever platform they're using at the time, for all to see. No matter what they're feeling. And then I chatted with friends about it and they had all experienced the same with other teens. I wondered then, does the same happen to adults? If I'm honest, I avoid social media as much as possible, I like it that way. And I'm rubbish at it too. But there does seem a pressure to always be having a great time, and that's not remotely possible. Or If it is, I'm missing a trick because my life has ups and downs, always has done. Probably always will. But that's okay because they make it all real. Challenging, but real. Maybe we just don't want others to know when life has hit a down patch. Personally, I don't mind, because I get cuddles and someone to talk to. Plus I'm reminded how fortunate I am to have the family and friends I do. If you don't want others to know, if you have hit a 'down' and want to chat, it's fine if you want to find me. People seek me out all the time, for all sorts of reasons, so nobody will think anything of it. So do find me if you want to. Maybe I can help, you never know.

Mrs Daylak

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 Wicks 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.



FREE Public Swimming Sessions

Leisure providers are offering FREE weekly swim sessions to tackle the negative impact Covid-19 has had on many people's swimming skills development.

Days, times and start dates being confirmed for GLL Better Cornwall centres, Camelford, Penzance and Carn Brea Leisure Centres.

Please visit:

www.activecornwall.org/children-young-people-families/familys-provider-hub

Supported by Contain Outbreak Management Fund.

Find out more:



PENWITH COLLEGE

New Year, new career? Want to work with children, return to education or develop a career with children?

New Part
Time Level
2 Courses

Starting January 22

- * Understanding Children & Young People's Mental Health
- * Diploma for the Early Years Practitioner

FIND OUT MORE CALL THE CHILDCARE DEPT AT PENWITH COLLEGE ON 01736 809000.

