



We have all been so impressed by the way in which the children in all year groups have settled back into their school life despite it being quite different from the pre-lockdown Alverton in many ways. The way in which they have adapted to the new circumstances and settled into such a positive attitude to learning has been quite remarkable. Similarly, the systems which have been put in place to try to keep children and families safe during the school day, and at pick-up and drop-off times, seem to be working well on the whole and we continue to tweak and adapt these as required.

We had hoped to be able to re-introduce some of the pre-lockdown activities such as extra-curricular clubs back into school life again after the October half-term, especially given the sensible manner in which our children have approached school life since returning a few weeks ago. However, the rising rate of infection and the increased restrictions nationally have meant that we have had to re-consider these plans.

With the new COVID-19 restrictions in place nationally I wanted to give you an update as to how these will impact upon the school as we move through the Autumn term.

## **What you need to know for the remainder of the Autumn Term**

**Dropping-off and Picking-up your children** - We will maintain the current system of slightly staggered drop-off and pick-up times, with children being dropped at their classroom doors.

We have considered increasing the stagger time; however we feel that the negative impact of this in terms of parents and children having to wait around the site for siblings to enter or exit their classrooms outweighs any benefits that this may offer.

Please remember to have only one adult on site with each family to help to reduce congestion.

**School Organisation** - We will continue to operate the 'bubble' system of keeping children separate around the school. This means that children will stay in their Nursery, Reception, Year 1&2, Year 3&4 and Year 5&6 bubbles.

**Swimming** - We are going to re-instate swimming lessons on a rota basis (currently Y3) from next week. Having looked at the pool's Covid-19 risk assessments, we are satisfied that their measures are as robust as possible. We will of course review this if the government or local guidelines change.

**Break and lunchtimes** - these will continue to be staggered in line with the current arrangements.

**Extra-curricular clubs & activities** - as explained above, we are putting our plans to re-start these on hold for the remainder of the Autumn Term given the current level of risk and infection.

**Community Events (including concerts etc.)** - The current restrictions on gatherings mean that there are no plans to hold any community events (including Christmas related concerts) next half term. We are looking into trying to organise some form of virtual events where possible. We have also unfortunately had to make the decision that we will not be able to have a musical production in this academic year.

**PE Kit & PPA Days** - to reduce the risks to staff and children by having to change into and out of PE kit on PPA days, children will be allowed to wear plain black tracksuit bottoms, plain trainers or plimsols, white polo shirts and school sweatshirts to and from school on PPA days. These are Years 1&2 on Tuesday, Years 3&4 on Wednesday and Years 5&6 on Thursday. Reception children should continue to wear their school tracksuit on Fridays. Please ensure that children have PE kit in school on non-PPA days as well, as these will also be needed on other days too. Thank you.

As you will appreciate the situation regarding the virus is a fluid one, and the information above is of course based on what we currently know which may change as new DfE and Public Health instructions are received.

Thank you for your continued support,

Martin Higgs

### Individual photos

The photographers from Tempest will be in school on **Tuesday 13th October** to take individual photos. Please could you ensure that your child is wearing smart school uniform. Children with siblings in the school will be photographed together during the day. **Unfortunately due to the current restrictions, you will not be allowed to bring younger or older siblings who are not at Alverton School into the building to have a family photo taken.**

### PPA Days

A reminder that from next week your child should wear their Alverton tracksuit to school for the whole day on PPA days:

Reception	Fridays
Year 1 & 2	Tuesdays
Year 3 & 4	Wednesdays
Year 5 & 6	Thursdays

### Wellies and coats!

Please ensure that your child has a pair of named wellies in school at all times and a coat so that they can use the field and woods at times during the school day.

### After school childcare provision

This is now only being offered to Year 3-6.

Please contact Mr Timmons for details and to book by emailing [alvertonkidsclub@outlook.com](mailto:alvertonkidsclub@outlook.com) or by phoning 07843 126 833.

### Daisy's Diary

I don't think I need to add much to this picture. Personally I'm going to give up watching the news and just look at this little girl, delighted with the chickens, every night at 6pm instead.

PS - for everyone concerned about Mrs Knowles (that's Mrs Knowles the young squirrel who fell out of a tree), she has a broken leg but seems to be doing ok at the moment.

### School lunches - Thursday 1st October

As this is Census Day, it really helps our school funding if as many children as possible in EYFS and KS1 have lunch that day. If you can, please encourage your child to have a meal that day.

The choices are:

Chicken & broccoli pasta bake

Macaroni cheese

There will also be jacket potatoes and packed lunches available.

### Transfer to Secondary School

If your child is currently in Year 6, you need to apply for their place at your preferred secondary school by 31st October 2020. The easiest way is to apply online at [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions). For more information call the Admissions team on 0300 1234 101 or visit the website.





## 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:** Emotional support to anyone in distress, struggling to cope, or at risk of suicide.  
☎ **116 123**

**Shout:** 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](http://www.cornwall.gov.uk/mentalhealth)

## Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance has let us know that it is no longer necessary to obtain a voucher to receive food from them and that they are open every day at the moment. If their support would be helpful to you at this time, 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.





**SafeToNet** is an app for parents to help them safeguard their children from online risks like cyberbullying and sexting, whilst respecting their child's rights to privacy.

## Online Safety

The BBC have a website and app called **Own It**. The website has a lot of content for children to help them navigate their online lives, and the free smartphone app comes with a special keyboard which can intervene with help and support in the moments that children need it the most.

Whilst there are huge benefits to being online in order to stay connected to family and friends, many parents may feel concerned about the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive support and advice. This information is updated as needed (it's recently added new information on apps) so it's worth another look.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# OVERWATCH 12+

Overwatch is a team-based multiplayer first-person shooter developed and published by Blizzard Entertainment, the same company behind the likes of World of Warcraft and StarCraft. The online-only game, which is available to play on the Nintendo Switch, PlayStation 4, Xbox One and PC, sees players face off in six-versus-six matches that emphasize both teamwork and individual skill. Players have a wide choice of characters to play as, each of which comes under one of four main classes or roles – Offence, Defence, Tank and Support – with each class having its own unique strengths and weaknesses. In the UK and Europe, PEGI rates Overwatch as PEGI 12, suitable for ages 12 and up, for non-realistic-looking violence towards human characters.

### Talking to Strangers

Given the multi-player format of Overwatch, it only works if gamers are matched onto teams with other real people which means that your child could be exposed to strangers. Each player, identifiable only by pseudonyms, are a direct channel to another player's headset via the game's voice chat, which means your child could potentially be exposed to bad language, bullying and inappropriate language.

### Loot Boxes & In-app Purchases

Although Overwatch is a buy-to-play game, which means you pay for access to the game and all of its main features, it does contain microtransactions, which means you can pay for in-game "loot boxes" that contain random cosmetic items such as emotes, costumes and callouts. Nothing in these loot boxes is required to play, and they can also be earned free of charge simply by progressing in the game.

### Mature Content

Overwatch is a first-person shooter game, which means players will be exposed to violence, weapons and death; players shoot and smash their way through enemies, and attacks are met with small spurts of blood and cries of pain. However, there is no "realistic" graphic violence or gore. It's also worth noting that compared to other first-person shooters, such as Call of Duty or Battlefield, Overwatch is relatively tame in terms of mature content; there's no innuendo, sexual content or bad language.

### Addictive Nature

Overwatch, like many modern online multiplayer games, is addictive by nature. Progression in the game is linked to the amount of time played and the skills you picked up along the way, and some Overwatch matches will penalise all players on a team when a player leaves before the timer has run out, and can even result in a temporary ban – which means it can be difficult to put down the controller. Signs of addiction can include irritability when not playing, lying about the amount of time playing, and preoccupation with thoughts about the next gaming session.

**NOS** National Online Safety  
#WakeUpWednesday

## Safety Tips

### Monitor their Gameplay

While it would be impossible to constantly keep an eye on your child, it's important you check in and monitor their time playing Overwatch. It might be a good idea to keep gaming consoles in the living room, for example, so you can supervise how long they're playing and whether they're in contact with others via voice chat.

### Avoid headsets

If you're worried about exposing your child to others playing Overwatch, and have particular concerns about the use of potentially toxic and violent language, it would be advisable to warn against the use of a headset while playing the game. Your child will still be able to play as normal – but won't be exposed to strangers online.

### Limit their Spending

With loot boxes available in Overwatch, it's important you limit your child's ability to make in-game purchases – as they could end up racking up massive bills. There's functionality available in Blizzard's parental controls that allow you to disable this feature completely.

### Enable Parental Controls

Overwatch comes with built-in parental controls, providing easy-to-use tools that allow parents and guardians to set up rules for play time and manage access to the game. The tool allows you to set daily or weekly limits on the hours your child can play Overwatch, limit access to the game's built-in voice chat service, and to receive play time reports on a weekly basis that contain details of your child's play time including login and logout times.

### Spot the Signs

If you're concerned that your child may be spending too much time on Overwatch, and think it could be having a detrimental effect on their mental health, keep an eye out for the warning signs. They may be giving an increasing priority to gaming over more important everyday tasks – such as homework, or eating meals, or could be showing signs of irritability and a lack of concentration if they've spent too long gaming.

### Discuss the Risks

Before you allow your child to play Overwatch, it's important you have a conversation about it first. Make sure your child is aware of the violent nature of the game, how to maintain a healthy screen time balance and knows about the potential dangers of talking to anonymous strangers online.

### Meet our expert

Carly Page is an experienced and highly respected freelance technology journalist, editor and consultant. Previously the editor of tech tabloid The INQUIRER, Carly now works as the news editor for Computer Shopper and IT Pro and writes for a number of publications including Forbes, TechRadar, Tes, The Metro, uSwitch and WIRED.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter – @natonlinesafety Facebook – /NationalOnlineSafety Instagram – @nationalonlinesafety

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### STARS OF THE WEEK for week ending 25th September

Puffins	Pheobe	for her effort in handwriting this week
Owls	Ella	for being a kind & helpful member of our class
Kingfishers	Sonny	for his super focus & effort this week
Trencrom	Emilis	for always being kind to others & trying his best
Lanyon	Niko	for producing some fabulous homework. Very well done!
Kerris	Layla	for showing such confidence in Maths. Wow!
	Josh	for really focusing on his learning, great job
Bodrifty	Lola B	for her fantastic writing which is always packed with brilliant ideas
Bosigran	Todd	for a fantastic start to the term & lots of hard work
Kenidjack	Rylee	for a great start to the term & great English work
Dinnertime	Lillie	for always using lovely manners



### TV stardom for Julyan!

Did you catch Julyan Wallis on The Repair Shop this week? He was our much-loved guitar teacher for over twenty years, teaching the guitar to hundreds of pupils. He will be appearing in several future episodes so look out for him.



### Applying for a school place for September 2021

If you have a child born between 1st September 2016 and 31st August 2017 you need to apply for a school place in a Reception class for starting in September 2021. The deadline for applications is 15th January 2021. The easiest way is to apply online at [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions). For more information call the Admissions team on 0300 1234 101 or visit the website.

### Reception & Year 6 health check booklets

All Reception and Year 6 children should now have brought home a health check booklet. **You only need to return the form if you wish to opt OUT of the health checks that will be carried out.** These include height and weight screening for Reception and Year 6 children which will be carried out in school later this term.

### Twitter

Don't forget to follow us on Twitter @alvertonschool to keep up-to-date with all the exciting things that are going on.





## Free School Meals

At this time, many families may find themselves eligible for Free School Meals and Pupil Premium who previously did not meet the criteria. Please read this page carefully to find out if you are now eligible. Our Pupil Premium Parent Guide is being sent home alongside today's newsletter to provide you with more information.

Cornwall Council are continuing to process new applications for Free School Meals. **Please ensure that you read the eligibility criteria before applying** and complete the online application form if you are eligible.

<https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/application-for-free-school-meals-and-pupil-premium/>

Postal applications are currently not being accepted but, if you are unable to apply online, 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. Please make sure that your phone will accept calls from a private number.

*NB All Key Stage 1 (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. Whilst schools are closed to most pupils during the current Covid-19 pandemic, schools are not required to provide meals or vouchers to Key Stage 1 children who usually receive free meals under the Universal Infant Free School Meals scheme but are not currently attending school.*

**However, some children in Reception, Year 1 and Year 2 and receiving Universal Infant Free School Meals (as well as all Key Stage 2 children) may have an underlying entitlement to benefits-related Free School Meals. Schools will make arrangements for these children to receive free meals through food parcels or supermarket vouchers.**

Your child may be eligible for benefits-related free school meals if you, or the child themselves in their own right, 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

However, you will be temporarily eligible to claim free school meals if you receive a **Working Tax Credit run-on**, which is the payment you may receive for a further four weeks after you stop qualifying for Working Tax Credit.

**If you think that your child is eligible for Free School Meals, we strongly recommend that you contact Cornwall Council as detailed above.**