

## Staffing update

### Goodbye

We say goodbye today to Miss Mason who has worked at Alverton since last year and has been our outdoor learning co-ordinator since September. We thank her for everything she has done and wish her all the very best for the future.

### Welcome

This week we have welcomed Miss Thomas to our TA team and Mrs Tonkin to our Nursery team. We are delighted to be working with them both.

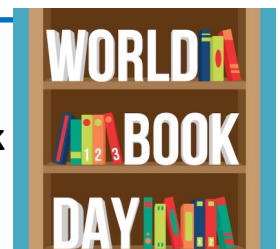
## Parents evening

More information will be coming home next week about our parents evenings this term which will be **by phone call**. These will be held in the week beginning Monday 11th March and there will be **no school led clubs held that week**. DT Coaching will be running their sports clubs as normal. Jump Dance and after school childcare will also be on.

## World Book Day - Thursday 7th March

### Non uniform day - dress as a book character or for the Book Oscars

Like last year we will be asking for donations of dressing up costumes if they have been grown out of or no longer wanted which will be put onto the rails in reception with the second hand uniform. Please bring any in from next week. If you'd like to look for a costume, please come and help yourself. Any costumes that remain after 7th March will be gratefully added to the EYFS children's dressing up collection.



**Remember – safeguarding is everyone’s responsibility**

If you have a safeguarding concern, please contact Simon Brown (Designated Safeguarding Lead) at

[sbrown@alverton.tpacademytrust.org](mailto:sbrown@alverton.tpacademytrust.org) 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](mailto:multiagencyreferralunit@cornwall.gov.uk)

**Club cancellation**

Year 3-6 football club is cancelled next Monday 26th March as Mr Hammond and Mr Holcroft are away at a match with the football team.

There will be no teacher-led clubs on Monday 11th, Tuesday 12th or Wednesday 13th March due to parents evenings.

**Year 5 & 6 camp payments**

A reminder that final payments for Year 5 (Porthpean) and Year 6 (London) must be made by the following dates:

Year 5            15th March

Year 6            28th March

Please pay online.

**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 Self 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.

**LOST**

Lottie in Bosigran has lost her turquoise, leopard print wellies. They are named and were in a Roddas tote bag. Please check and hand in if found. Thank you.



**IT'S BACK!**

# ADULTS' QUIZ NIGHT

Test your knowledge, socialise & enjoy alcoholic/soft drinks  
 Teams of 6 - Smaller groups/individuals can join forces!  
 Raise much-needed funds for our school & meet others

**FRIDAY 1ST MARCH 2024**  
**MAIN HALL**  
**DOORS OPEN 7PM - QUIZ STARTS 7.30PM PROMPT**

**TICKETS £3 PER PERSON FROM THE OFFICE (OR ON THE DOOR),  
 DRINKS £1.50-£3.50**



Which image fits you best? Probably a lot of juggling? Probably both to varying degrees. I do remember feeling as if I was juggling and unicycling and balancing on tight-rope at times, with a small child, all of



it exciting, rewarding and utterly shattering at the same time. Are you happy at the start of this school half term or saddened? Both are fine by me, though the idea of relaxing in a hammock is perhaps stretching the truth somewhat. If you feel the juggling image is all you, and you want to come and tell me about it, of course I can listen. Parents, carers, grandparents, I'm here for you all and a great listener. Much love, Mrs Daylak xxx

## **Neurodevelopmental Assessment Team (NDAT) Parent Information Sessions**

**For parents of children who are awaiting or considering an NDAT assessment**

We will be running some information sessions in order to tell you more about:

- ❖ The NDAT team – who are we?
- ❖ The assessment process:
- ❖ What happens in the initial appointment?
- ❖ What information we need to gather for the assessment?
- ❖ What other factors we might consider during the assessment process?
- ❖ What help is available whilst you are waiting for the assessment to occur?
- ❖ We will also update you on any new developments

**We have planned the following online video meetings to be held via Microsoft TEAMS:**

**Thursday 29<sup>th</sup> February 2024 - 10am – 11.30am**

To **book a place** please email your name, your child's name & your child's date of birth to:

[cpn-tr.asdteam@nhs.net](mailto:cpn-tr.asdteam@nhs.net)

Here is what a few of the previous attendees have to say about the information sessions:

*"Excellent presentation and informative", "It helped me understand the process from ASDAT's viewpoint", "[The most useful parts were] finding out what is involved at the assessment and what to expect."*



## 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

# 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

## 1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

## 2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

## 3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

## 4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

## 5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

## 6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

## 7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

## 8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

## 9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

## 10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

## Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024

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](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](http://www.alverton.org.uk/website/pupil_premium/172518) or speak to Mrs Gill or Mrs Stacey in the office or contact Mrs Simpson 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

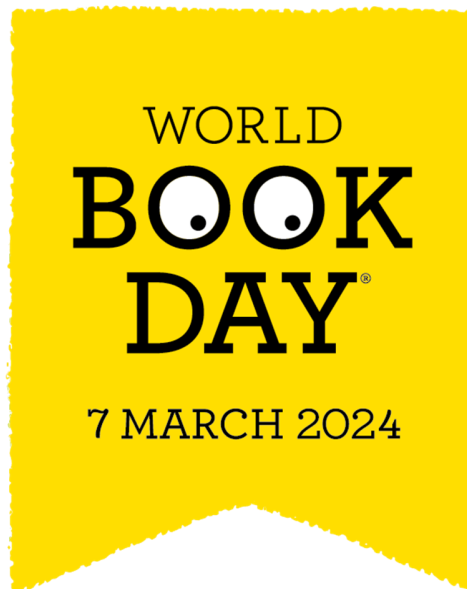
-  Little Foxes
-  Little Owls
-  Kittiwakes
-  Curlews
-  Puffins
-  Owls
-  Kingfishers
-  Tren Crom
-  Lanyon
-  Kerris
-  Bodrifty
-  Bosigran
-  Kenidjack
-  Lunchtime Star

## TO BE ANNOUNCED ON MONDAY

### DIARY DATES

<b>Friday 1st March</b> 7pm	FOAS Adults Quiz Night
<b>Tuesday 5th March</b>	St Piran's Parade for Year 6
<b>Thursday 7th March</b>	World Book Day <i>Dress to impress or as a book character</i>
<b>Monday 11th-Wednesday 13th March</b>	Parents evening (by phone call) <i>All teacher led clubs cancelled</i>
<b>Thursday 28th March</b> 3.15pm	School closes at 3.15pm for Easter holidays
<b>Friday 29th March-Sunday 14th April</b>	Easter holidays
<b>Monday 15th April</b>	School opens for summer term





Why not visit the World Book Day website for loads of reading ideas and inspiration, including the **Share a Story** corner!

<https://www.worldbookday.com/>

**Thursday 7th March - non-uniform day**  
**Dress to impress or as a book character**

**Stage Struck**  
**Theatre Company**  
proudly  
presents

This amateur production of FOOTLOOSE is presented by  
arrangement with Concord Theatricals Ltd.  
www.concordtheatricals.co.uk

# Footloose

**THE MUSICAL**

Stage Adaptation by DEAN PITCHFORD and WALTER BODDIE  
Based on the Original Screenplay by Dean Pitchford  
Music by TOM SNOW  
Lyrics by DEAN PITCHFORD  
Additional Music by ERIC CARMEN, SAMMY HAGAR, KENNY LOGGINS and JIM STEINMAN

**The Centre, Chywoone Hill, Newlyn**

Performances	Adult	Senior (65 and over)	Child (5 to 16)
Friday 15th March 7.30 pm	£10.50	£8.50	£6.00
Saturday 16th March 2.00 pm	£9.00	£7.50	£5.00
Saturday 16th March 7.30 pm	£10.50	£8.50	£6.00
Sunday 17th March 6.30 pm	£10.50	£8.50	£6.00

Group and family rates available

01736 365890

