

23/4/21

FRIDAY NEWS

Nº 27

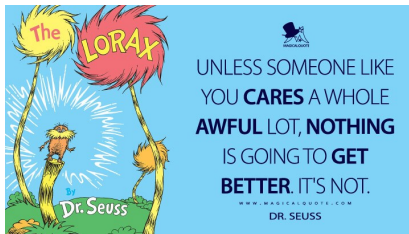
Dear Parents and Carers,

Welcome back!

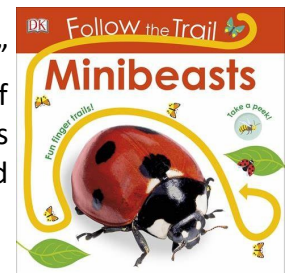
I hope you all enjoyed a super holiday and were able to get out in the beautiful weather.



It's good to be back and there are some great topics planned this term. Upper Key Stage 2 will be taking the painting "George and the Dragon" by Paolo Uccello as the starting point for their learning, culminating in a knight-inspired "It's a Knockout" event. Years 3 and 4 will be continuing with the very popular "From Bean to Bar", delving even further into the world of rainforests and chocolate.



Key Stage 1's topic is "One Planet, One Future" and they will be looking at the Dr Seuss story of "The Lorax" and thinking about what this teaches us. In the EYFS, there is a story and "minibeast" filled term ahead.



As always at this time of year, we begin to welcome our new Reception children to Alverton School. The Early Years team will soon be starting to meet all of our new families as best they can and we look forward to them joining us. At the other end of the school, this will be the last term at Alverton for our Year 6 pupils. It is still not possible to return to all the exciting things which normally happen in the Summer term but we have lots of plans and we will endeavour to make it a term to remember!

As always, please don't hesitate to contact us if there's anything we can help you with. If you phone the office on 01736 364087 or email [secretary@alverton.cornwall.sch.uk](mailto:secretary@alverton.cornwall.sch.uk), Mrs Gill and Mrs Stacey will be able to help and can pass on any messages. Mr Higgs and I are also around on "car park duty" at the end of the school day.

All in all, it should be a great term. We may not have our traditional summer events to look forward to but we will carry on being creative and devising new ways to ensure that the children's time at Alverton is memorable, packed with learning, enjoyable and fun!

Cathryn Wicks  
Deputy Headteacher

Five Ways to Wellbeing... **Connect...** **Keep Learning...** **Be Active...** **Take Notice...** **Give...**

## 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](mailto: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](mailto:multiagencyreferralunit@cornwall.gov.uk)

## 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 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, must also stay at home until you get your result. **Please ring or email the school office as soon as possible to let us know.**

You can book at test online at:

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



## Your School Nurse

Your child can have access to a School Nurse at any time if you have any health concerns, in addition your School Nurse offers a full health assessment in reception and year 6.

### The School Nurse can check:

- Your child is growing healthily and support with healthy eating
- Support with access to dental care and general support for dental hygiene
- Help with day / night time wetting or soiling
- Provide information about immunisations
- Guidance re healthy lifestyles
- Support with general hygiene issues including head lice and worms
- Support with general emotional health issues
- Support to access other health professionals
- Routines, including sleep

### Additionally in Year 6:

- Friendships
- Relationships
- Development, including periods and puberty
- Access to specialist services - including dietician, healthy weight programmes and voluntary services
- Developmental issues
- Transition to secondary school
- Healthy lifestyles



**Find out more...**  
Call 01872 322779  
Email [hvsnadvice@cornwall.gov.uk](mailto:hvsnadvice@cornwall.gov.uk)  
Follow us @tffcornwall     
[www.cornwall.gov.uk/schoolnursing](http://www.cornwall.gov.uk/schoolnursing)

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## Heroes Stamp Design Competition

The Royal Mail are running a Stamp Design Competition and if your child would like to enter please see the details attached to the newsletter. Your child must draw their design on the form attached. Paper copies are also available from the school office. All entries must be back in school by **Friday 7th May** so we can send them off in plenty of time for the closing date.



Well, how was it? How was your Easter break? Was it filled with chocolate? Did you have a super time meeting up with friends, albeit at a safe and, let's face it, not so social distance? Did you go to the pub? Did you go shopping? Because now we can, can't we? Now we can do all of those things. Or did you have a quiet time, staying at home, doing the same sorts of things that you've got so very used to doing for the past year, being quiet and family based, in your bubbles? I have spoken to many people, before, during and after the two week break, and I've heard many reactions and stories, but to be honest, the one I hear most of all is the story of people not wanting to throw themselves out into the big wide world and have lots of wild, crazy and fun filled times. For many reasons. It's scary. We haven't done it for so long that suddenly it is too much to try and do it without lots of mental preparation. We don't want to. We like a quieter life. We like staying at home. We don't need to go shopping. We don't need to go to the pub. Or maybe we'd like to but it's too big a step, too soon. We're not ready for it. All of these are fine. We're all different. We've all coped in different ways. But we really have coped. We really should be incredibly proud of ourselves because we have achieved a lot. We have mastered, conquered and come through a year filled with hurdles. Many of us do, quite rightly, feel very proud of ourselves. But there are also times when we feel down, tired, sad, miserable. If you have someone to talk to, to share those things, great. I'm pleased for you. Do you know of anyone who doesn't? Have you thought about asking them if they're okay? Of course you have. Have you done it? Probably. Listening, being there for someone else, is incredibly powerful. So if you know of someone who needs to chat, perhaps you can be there for them. And if not, I certainly can. You know where I am. You know how to get hold of me. It doesn't matter what you want to chat about. I am here. School. Family life. Anything. Anything at all.

Take care, Mrs D xxxx



## Daisy's Diary

Spring planting has started at school. Blake from Kingfishers and his Nan very kindly planted up and labelled lots of lovely plants of all types, veg and flowers.



As soon as they arrived most of them went straight into the VERY well dug (with actual diggers) veg patch in the nursery.

Ryan and Bailey's flower border they made during their lunch breaks is looking really lovely this year. It used to be a dusty strip of mud and wasn't very welcoming to everyone using the back gate and now there's mint and primroses and all sorts of flowers for the bees. I'm really glad they worked so hard at it and convinced me it would work (I didn't think much would grow there but have been proved wrong!).







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

# NSPCC

Help for children worried about COVID

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

### 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.

## ON YOUR SIDE NO MATTER WHAT

☎ **0800 58 58 58** 🌐 [THECALMZONE.NET/WEBCHAT](http://THECALMZONE.NET/WEBCHAT)

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
**CALM**

citizens  
advice

0344 411 1444

"It's alright to ask for help"

**SAMARITANS**

☎ **116 123**

**COVID-19 isolation** may cause tensions to rise and domestic abuse to increase. Help is available.



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

**WCWAid**

West Cornwall Women's Aid  
**01736 367539**

<https://www.wcwaaid.co.uk/helpline>





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 to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one app 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.

# What Parents & Carers Need to Know about SNAPCHAT

**Age Rating 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 strangers to gain their trust for sinister purposes.

### Compulsion and Excessive Use

Many users spend vast amounts of time trying to become a Snap Star. Snapchat is offering a share of \$1 million, and the chance of online fame, to users who create and share the best videos. Children are therefore becoming obsessed with producing appealing content. The Spotlight feature's endless scroll of videos makes it easy for children to pass hours watching content, slowly getting addicted to the app.

### Inappropriate Content

Some videos and posts on Snapchat are not suitable for children. The hashtags used to organise 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 screenshot first – users have found alternative methods to save images, such as taking pictures with a separate device.

### Damage to Confidence

Snapchat's signature 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. Continually comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

## Advice for Parents & Carers

### Turn off Quick Add

The Quick Add feature 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).

### 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.

### 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.

### Keep Profiles Private

Profiles are private by default, but children may want to make them public to gain more followers. You may wish to customise the settings so that your child's stories can only be viewed by people they know well in real life. In SnapMaps, enabling 'Ghost Mode' (again via settings) prevents your child's location being seen; it also nullifies SnapMap 'status', which visibly displays a user's exact location for as long as they stay there.

### 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).

### 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.

### 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.

Sources: State of Mind Social media and young people's mental health; UK Index – Children's Commissioners Report (<https://support.snapchat.com/en/US/privacy-policy/snapchat-parent-review>); IT.com Independent.co.uk (<https://www.independent.co.uk/tech/snapchat-status-snap-maps/snap-maps/snap-maps>); youngupandonline; Alltitude Behaviour Research; Findings from the United Kingdom, New Zealand and Australia

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.04.2021

## 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.

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 / withheld number.

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 underlying entitlement to benefits-related Free School Meals. Please ensure that you check this and apply if appropriate, even if your child is in one of these year groups, because of the additional benefits (eg food vouchers during holiday times where these are given by the Government).

Your child may be eligible for benefits-related free school meals if their parent / carer (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.

### STARS OF THE WEEK

Choughs	Eli	for always having such a positive attitude & for his amazing ball run creation
	Freddie	for a superb attitude to all areas of learning & for being a superstar all week
Robins	Kitto	for being an all round star
	Cooper	for making a superb effort & settling really well into our school
Puffins	Hollie	for her wonderful ideas in RE
	Sienna	for her focus, concentration & lovely handwriting
Owls	Charlie H	for always trying his best & always having a smile on his face
Kingfishers	Piper	for some brilliant work on fractions & generally working hard all the time
Trencrom	Eva	for an amazing start at Alverton & already showing all the star qualities
	Bea W	for fantastic fractions work in Maths
Lanyon	Teddy	for always giving 100% effort in PE lessons. You're a true sportsman
	Flo	for working hard in Maths. You are solving such hard calculations. Amazing!
Kerris	Sam	for his excellent understanding of shapes in Maths this week
	Alfred	for his excellent understanding of shapes in Maths this week
Bodrifty	Ryan	for always being so lovely, helpful & hard working even when he finds it hard
	Leo	for working so hard in everything & the huge improvement in his writing
Bosigran	Molly	for fantastic work on The Highway Man using such fantastic vocabulary
	Poppy	for working extremely hard in all areas especially dragon drawing
Kenidjack	Grace	for a superb letter of complaint about her teacher
	Bella	for a superb letter of complaint about her teacher
Dinnertime	Lillie S	for being so kind & helpful



### Please don't forget....

Your child needs a named water bottle in school every day.

If they are in KS2 please send in a healthy snack for breaktime or 50p to buy something from the tuck shop.

Named wellies and a coat are needed so that your child can go onto the field.

PE kits should be worn all day on PPA days and kept in school on all the other days of the week.

### Year 3 swimming

All of Year 3 should have brought home a letter this week as swimming for Group 1 starts next Wednesday. Thanks to everyone who has already paid. If you haven't yet, please pay using the Schoolmoney online payment system.

