

Dear Parents and Carers,

## **Alverton Governors**

This week, the Alverton Governors held their first face-to-face meeting for two years. Over the last two years, the governors have continued to play an active role, albeit virtually, but it is a really positive step to be able to again welcome them into school.

The school governor role is largely a strategic one and governors are supporters of the school, often described as “critical friends”. The history of the school governor is rooted in the belief that education is not just a matter for educationalists and that it must be balanced with the views, opinions and experiences of people from outside the classroom. Everyone brings different things to the governing body which has a broad mixture of skills and qualities. We were delighted to welcome Emma Trembath to our governing body this week.

At Alverton, we are extremely fortunate to have a really excellent and experienced governing body who are incredibly supportive of the school and equally able to provide challenge to the school leaders. Our governors also meet with staff regularly to learn about and monitor the impact of the school’s work and priorities.

Our Governors are:

Louise Allan (Pupil Premium, EYFS)

Terry Binns (Pupil Premium, Arts, Attendance)

Anna George (Chair of Governors, Curriculum, Wellbeing, Safeguarding, Whistleblowing)

Kate Hall (EYFS Lead)

Martin Higgs (Headteacher)

Mandy O’Neill (EYFS)

Tim Rowland (Health and Safety, Safeguarding)

Simeon Royle (SEND, Safeguarding)

Helen Thomas-Ayotte (PE, SEND)

Emma Trembath

Heather Weeks (Curriculum, Community)

Rebecca Wilkes (Vice Chair of Governors, Wellbeing, English)

You can find out more about our governors and governance in general on our website at

[http://www.alverton.org.uk/website/whos\\_who/226405](http://www.alverton.org.uk/website/whos_who/226405)

Best wishes,

Cathryn Wicks

Deputy Head

### 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)

### Covid 19

Please see the link below for updated Covid 19 guidance:

<https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts/covid-19-people-with-covid-19-and-their-contacts>

### School Uniform

We are currently reviewing our Uniform Policy. It is very important to us that our school uniform is affordable for everybody and we are seeking your views about its affordability. Please contact Mrs Wicks via the school office on 01736 364087 if you have any thoughts about this which would be helpful to our development of this aspect of our policy. Thank you.

### Thank you

A big thank you to all the children, parents and staff who donated items for the Ukraine collection this week. We took a large amount of donations which were gratefully received.

Introducing your school's **Education Mental Health Practitioner (EMHP)** from the **Mental Health Support Team (MHST)**!

The **MHST** is a new **NHS** service based in Cornish primary schools. We offer early intervention and prevention services to help stop low-level mental health difficulties from escalating. We'll also be providing wider wellbeing support and information within the school community.

My name is **Sarah Sejahtera**. I'm delighted to be working with Alverton School and I look forward to seeing you around the school.

I offer one-to-one support for children and young people who may be experiencing mild to moderate difficulties with anxiety, low mood or behaviour. I work directly with children or with their parents or carers. Sessions usually run weekly over six to eight weeks and focus on evidence-based **CBT** (Cognitive Behavioural Therapy) techniques.

Just as everyone has times when they get ill and have physical health problems, it's totally normal that we all experience periods when life can seem overwhelming and difficult to manage. Our thoughts or feelings can stop us doing things or make everything seem very hard. A bit of extra help can help get us through to the other side and stop difficulties from escalating.

I also offer psychoeducation groups for pupils, focusing on wellbeing topics. For example, I may support Year 6 classes with their transition to secondary school.

If you would like to discuss whether our service could be of help to a young person, please speak to the school's **Designated Mental Health Lead, Amy Clemens**.





WORLD  
BOOK  
DAY

# Sharing stories together

Children love spending time looking at books with adults. It makes a big difference to their futures to **spend 10 minutes a day sharing a story**. There are no right or wrong ways to read out loud but sometimes it can be tricky to know where to begin. Here are a few tips and ideas to get you started:



- **I wonder...**

Ask open questions about how characters are feeling or what might happen next or why things are in the illustration.

- **Bring the book to life...**

Make faces, use voices, include actions – have fun together!



- **That reminds me of...**

Make personal connections.

- **What have you seen there?**

Follow their interests.

- **That's made me feel...**

Let your child know how the events of the story have affected you.



- **Oo look at that!**

Let them know what you have noticed.

- **Again, again...**

Re-reading is a great source of comfort for children– and a chance to spot things that you didn't see first time round. Challenge yourself to spot something new each time.

This guide is based on the work of The Open University. For further tips and advice on how to enjoy sharing and reading stories together, visit their website [here](#) for helpful videos and resources.



SPONSORED BY



**Changing lives through a love of books and shared reading.**

World Book Day is a registered charity funded by publishers and booksellers in the UK & Ireland.

#WorldBookDay

## **Parents Evenings - Year 1-6**

Booking for parents evening has now closed. Teachers will be contacting you next week.

If you didn't book your own appointment via the school website, an appointment time will have been made for you and has been sent to you via text and on paper. Please be ready at the allotted time for your 10 minute phone call.

**If you are going to be unavailable to speak to your child's teacher at the allotted time, please contact the school office either by phone or by email so that the teacher can be informed.**

## **Clubs - cancellations next week**

All school-led clubs except Drama, Go Active Dodgeball, Girls Sports and Jump Dance will be cancelled next week due to parent consultations.

## **Year 5 and 6 camp payments**

Final payments for the Year 6 London trip need to be made by 1st April at the latest please.

If you are able to pay for Year 5 camp before we go on 25th April please do so as we will have had to pay everything in full by then.

## **PE kit**

Please ensure that your child's PE kit is brought into school on a Monday and left here all week other than the evening before their PPA day when they wear it to school all day. Please can it be brought back in the next day so that it is here every day as your child will need it several times during the week.

## **Red Nose Day**

### **Friday 18th March**

To support Red Nose Day next Friday we will be having a non uniform day (suggested donation £1). There's no need to buy a red nose or any of the Red Nose Day merchandise unless you wish to. The theme is "No Red" (but of course you can wear it if you want to).

The logo for Comic Relief, featuring the words "COMIC" and "RELIEF" in white, bold, sans-serif capital letters stacked vertically on a red rectangular background.

## **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](mailto:alvertonkidsclub@outlook.com)





## 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



0300 123 3393

[www.mind.org.uk](http://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](http://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](http://gov.uk/domestic-violence)

**WCWAid**

West Cornwall Women's Aid

**01736 367539**

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



# What Parents & Carers Need to Know about



# YUBO

AGE LIMIT

**13+**

Under-13s must have parental permission to create an account

Yubo is a social networking platform where users can chat and livestream with up to 10 friends at once. People can connect with others based on location, with a Tinder-style 'swiping' mechanism to accept or reject someone based on their profile pictures. The app has approximately 50 million users worldwide – but despite its popularity, Yubo has not been free from controversy. While the app claims to monitor inappropriate content, a newspaper investigation in early 2022 found young users being exposed to sexual harassment, racism, bullying and conversations with adult themes.

## WHAT ARE THE RISKS?

### FLMSY AGE GATES

Yubo states it is only for over 13s, but there is no credible age-gate to prevent an even younger child joining the platform. An undercover journalist investigating dangerous content reported spending 10 days posing as a 15-year-old on the app without any age verification. This flaw, and the fact that it's impossible to verify a user's true identity on Yubo, raises serious concerns over potential grooming.

### INAPPROPRIATE CONTENT

Yubo has experienced problems with inappropriate content being displayed to children and teens. Although the app's developers claim to monitor profiles and messages for adult-themed or unsuitable material, a *Sunday Times* investigation found young users being exposed to sexual harassment, racism and bullying, with many chats referencing self-harm, suicide and drug use.

### LIVESTREAM RISKS

Due to Yubo's lax age verification, children are able to launch live video streams which strangers can then view and interact with via real-time text chat. Not only is the thought of strangers watching children's livestreams extremely worrying (they could also use these as a means to establish the child's location), but text chats might result in a young person disclosing personal information.

## ON AIR

### BULLYING POTENTIAL

Yubo users 'swipe' to accept or decline the chance to talk with each other. These decisions are entirely based on someone's profile picture, raising the potential for children to be left with low self-esteem if declined repeatedly. Negative feedback about their appearance can seriously damage a child's emotional wellbeing, causing a loss of confidence in how they look or how interesting they are.

### EXTENSIVE ACCESS

Users of Yubo, no matter what their age, are required to grant access to their device's microphone and GPS. This means they are potentially revealing highly sensitive information, including their exact location. In addition, new users of the app are asked to provide personal details such as their name, date of birth and phone number, which – in the case of young people – represents a clear risk.

### 'GATEWAY' EFFECT

Yubo's swiping system (right for 'yes', left for 'no') works much like Tinder and various other dating apps. This could lead to children exploring similarly designed apps that aren't intended for a young audience. Users can also link their Yubo account to social media such as Snapchat and Instagram, making it easier for strangers to track them down on various platforms.

## Advice for Parents & Carers

### DISCOURAGE USE

We don't often advise totally avoiding an app, but due to the concerns that Yubo has generated of late (the February 2022 *Sunday Times* expose and a recent abduction case in which the alleged perpetrator met a teenage girl through the app) and the fact that inappropriate content has been proved to be circulating on the platform, you may decide that the safest option is to dissuade your child from downloading it altogether.

### DISCUSS IN ADVANCE

If your child is absolutely determined to join Yubo (perhaps their friends all use the platform, for instance), then it's essential to talk to them about the dangers of this type of app *before* they install it. It's vital they understand not to disclose personal information to people they don't know, for example, and that they're warned about the type of mature content they may be exposed to on the app.

### STAY AWARE

It's important to stay attuned to how your child is using social media. If they only access Yubo in private, for example, you might reasonably question what they're potentially using it for. It's also important to watch for warning signs that they may be over-using the app: prioritising it over everyday routines like meals and homework, for instance, or showing signs of irritability and a lack of concentration.

### ALTER THE SETTINGS

After the recent high-profile controversies surrounding the app, Yubo's developers have increased its security controls. Users can now choose to block profiles, screen out nudity in live streams and keep their location private. There's also an option to report inappropriate content, so make sure your child knows that they can now flag up anything they find disturbing via the app's Safety Centre.

## Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



**National Online Safety**  
#WakeUpWednesday



[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: 09.03.2022

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 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.

## STARS OF THE WEEK

Kittiwakes	Scarlett	for forever smiling & being such a kind friend to so many children
Curlews	Ruby	for always smiling & giving 100% effort in all that she does
Puffins	Jessica	for her enthusiasm with writing & her effort with her handwriting
Owls	Sienna	for excellent enthusiasm in her writing this week
Kingfishers	Jack G	for fantastic fluency in Maths
Trencrom	Maksim	for working so hard in Maths - learning how to read & write time
Lanyon	Elowen	for writing an excellent newspaper report & working really hard to solve area problems
Kerris	Teddy	for a great attitude to learning & always trying hard in class
Bodrift	Jessika	for always showing such consideration & kindness to everyone
Bosigran	Eliza	for working so hard in English & really trying to remember everything she has to include
Kenidjack	Ruby	for always smiling but particularly for superb Room 101 writing
Dinnertime	Amelia L-D	for always being so polite & helpful



**You are all invited to**  
**Penzance/Madron**  
**Cub Scouts**  
**Coffee Morning**  
**with Raffle & Cake Stall**  
**Saturday 12 March**  
**10-12**  
**Scout Headquarters,**  
**Heamoor**  
**All money raised will go to help**  
**the Ukrainian Refugees**

I walked in to school this morning and listened to the sound of birds as I strolled along. It's pure music and makes me think that we don't stop often enough to listen, or even just stop. How busy we all are, too busy for ourselves or the other important people in our lives (apart from small children, who simply won't take 'no' for an answer) . Maybe we all need to take some time out of life, out of the day, to stop, listen, just be. Put the kettle on, make a cuppa and then, and this is radical, sit and drink it while doing nothing else! I know, it's a shocking suggestion, isn't it. Do we make time to stop? Or even stop and listen to those around us who may need our support? Do we make them a cuppa too and share a quiet moment? Are we all too busy? All it takes is ten minutes. Apparently there are 1440 in a day. Surely we can spare ten of those for ourselves? I can spare them for you too should you need me. Mrs Daylak