

Dear Parents and Carers,

I am sure like all of the staff here you are looking forward to enjoying the Christmas holidays with your families although, once again, the year is coming to a close with Covid very much in everyone's thoughts.

We are pleased that we have been able to keep life in school as normal as possible for most of the year. It was unfortunate that we had a spike in cases a couple of weeks ago and that the rapid spread of the virus has meant that we had to abandon our plans to have an audience for our Christmas performances. That said, I am grateful that the staff have managed to produce Christmas concerts which can be shared with you via video and have made sure that we have had most of our normal celebrations.

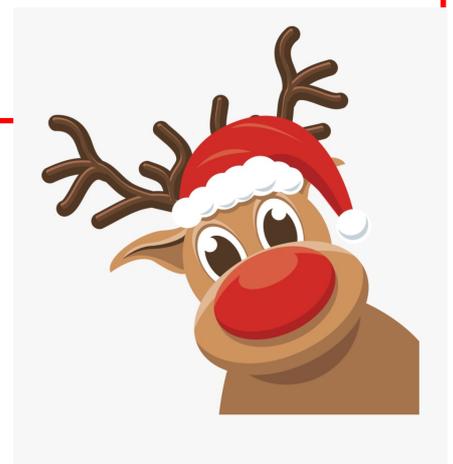
Looking ahead to the start of the new term, it seems unlikely that the current restrictions in school such as bubbles will be lifted in the foreseeable future, particularly as predictions for the spread of the Omicron variant seem less than encouraging at the moment.

It will be important, however, that the children are not unduly affected and, as a school, we will continue to prioritise their learning. I would strongly encourage all parents to make sure that their children all return to school on the first day of the Spring term which for us will be Wednesday 5<sup>th</sup> January and we will continue to apply all of the necessary safety measures and precautions.

On behalf of all the staff and governors, thank you for your continued support and we wish you a happy and safe Christmas with your families.

Martin Higgs  
Headteacher

**The Spring Term begins on  
Wednesday 5th January 2022 as  
Tuesday 4th is a staff training day.**



# Christmas Wellbeing!

The Christmas period can be particularly difficult for many people. Mentalhealth.org.uk have created Five Festive Kindness Tips which you can read about at <https://www.mentalhealth.org.uk/christmas/blog/festive-kindness-tips>



They have lots of links to places to access support: <https://www.mentalhealth.org.uk/your-mental-health/getting-help>

The Charlie Waller Trust also has some good ideas for wellbeing at Christmas <https://charliewaller.org/information/mental-wellbeing/christmas-wellbeing>



**Eat regular meals:** It can be tempting to overdo it but keeping your routine, with plenty of fruit, veg, and water will help keep stress at bay.

**Stay supported:** It's easy to feel lonely at Christmas when we're bombarded with images of happy families. Stay connected to your sources of support and if you're not sure where to turn, we've listed some useful organisations:



**Get enough sleep:** Sleep is vital for our wellbeing. Try not to skimp on it – even on Christmas Eve!

**Give yourself space:** If it's all getting a bit hectic, take time out to be in nature, listen to your favourite music, read an uplifting book – or just be in the moment.



**Stay active:** Physical activity can really help with keeping your mood positive – whether you like walking, cycling, playing football...

**Not feeling festive? That's okay!** There can be all sorts of reasons why some of us don't feel festive. It's okay to feel how you feel – you're not the only one!

### **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)

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.

### **Traffic in Toltuff Crescent**

Due to the amount of traffic still using Toltuff Crescent in January we will have to start patrolling at the end of the road to discourage cars from being driven down to the school. Please use the Hope Church car park or neighbouring roads to park in and walk to school.

### **Congratulations**

Very well done to Adam in Bosigran who was one of the winners of the Penzance Mayor’s Christmas card competition. He won a fantastic art set. Thank you to all the children who took part. Your entries were brilliant.

### **Thank you**

Mrs Petty would like to say a big thank you to all the parents who have very kindly donated books to the library this term. We are very grateful to you and the children have already started enjoying them.

### **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. 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](mailto:head@alverton.cornwall.sch.uk)**

You can book a 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](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

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

When parents and carers finally have the chance to spend some quality time with their child over Christmas, many face a familiar struggle to prise their young one's attention away from their phone, console, tablet or computer. Fun family bonding over the festive period, however, doesn't have to exclude devices. There are sackfuls of Christmas activities and ideas online which grown-ups and children can enjoy together. We've compiled our own 'nice list' of seasonal suggestions for how to ...

# MAKE THE MOST OF THE ONLINE WORLD THIS CHRISTMAS

WHEN THE SNOWMAN BRINGS THE SNOW...

## 1 EAT, DRINK AND BE MERRY

Budding bakers will relish helping out in the kitchen with some tasty festive treats. Spend some time together researching child-friendly Christmas recipes online (the BBC Good Food site is an excellent place to start), and then you and your little elves can rustle up gingerbread santas, marshmallow snowmen or reindeer shortbread. The only thing that's more fun is eating your creations afterwards!



## 2 THE OLD SONGS ARE THE BEST?

We've all had that Christmas compilation CD that was almost perfect, if it wasn't inexplicably missing one of your best-loved tracks. In this era of music streaming, however, your little helpers can assist you in compiling a definitive playlist of all your favourite seasonal songs – no more pinning for The Pretenders or wishing for Wizard.



## 3 DECK THE HALLS

There's no such thing as 'too many' Christmas trimmings! Let your child channel their excitement into some creative crafting, and you'll make memories as well as your own DIY decorations. There are loads of step-by-step guides online (including video walkthroughs on YouTube) for seasonal showpieces like paper plate angels, handprint wreaths and cupcake wrapper Christmas trees.



## 4 A WINTER'S TALE

Everyone enjoys a story at this time of year: after all, the whole celebration is based on an engrossing yarn. Sites such as Audible are an excellent way of entertaining excited young ones, with classics like Dickens' *A Christmas Carol* and seasonal short stories by Enid Blyton alongside more contemporary Christmas tales by the likes of Tom Fletcher, JK Rowling and Ben Miller.



## 5 BROUGHT ME SOME CORN FOR POPPIN'

Snuggling up against the winter weather with the family (and a generous helping of chocolates) to enjoy a well-loved movie is a delightful Christmas tradition. The usual streaming services have some classic candidates on offer: *Home Alone* and *The Santa Clause* are on Disney+, while Amazon Prime has *Elf* and *The Grinch*, and Netflix goes with *The Princess Switch* and *The Christmas Chronicles*.



## 6 GUESS WHAT I FORGOT?

Friends and family pitting their wits against each other on Zoom, Teams or Skype really took off during lockdown, so why not revive the tradition over the holidays? Your questions could be on the biggest news, sport and showbiz stories of 2021, or be Christmas themed, or you could stick to classic general knowledge. Ideal for those days between Christmas and New Year.



## 7 A WORLD OUTSIDE YOUR WINDOW

From turkey on the beach in Australia to roller-skating to church in Venezuela, Christmas is celebrated in a variety of ways worldwide – curious youngsters might enjoy discovering other nations' festive traditions online. Google's Santa Tracker is a brilliant (and free) starting point, with games, activities and animations to help children enjoy learning as they count down to the big day!



## 8 THE NEAR AND THE DEAR ONES

Between time constraints, distance, the weather and Covid precautions (or a combination of all four) for many families it just won't be possible to physically spend time with everyone they'd ideally like to this Christmas. Video calling technology, of course, takes some of the sting out of the disappointment by virtually transporting loved ones into your living room.



## 9 KIDS FROM ONE TO 92

If Santa's brought your young ones a console this year (or they already had one), it's a perfect excuse for some quality time while they gleefully trounce you at FIFA or Mario Kart. Digital versions of traditional board games like Monopoly and Cluedo are available on most platforms, too; get the whole household together for a modern take on some old-school family fun.



## 10 CAN'T WAIT TO SEE THOSE FACES

People used to express their gratitude for a thoughtful Christmas gift with a thank you card or a dutiful phone call. Not in the digital age: now your relations can see first-hand on video calls how delighted the children are with their presents – and even how they look in that slightly questionable hand-knitted pullover.



**NOS** National Online Safety®  
#WakeUpWednesday

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.

## Job Vacancy

We are seeking to employ a Road Safety Officer (Lollipop Patrol) to start after February half-term.

You will need:

- the ability to work well with others
- the ability to work on your own
- excellent verbal communication skills
- a good sense of humour!

Alverton Primary School is committed to safeguarding children and young people and the successful candidate will be required to hold an enhanced DBS disclosure. The school takes its safeguarding responsibilities very seriously and our expectation is that any adults working in our school adhere to our expectations and procedures regarding safeguarding once appointed.

If you are interested in this role, please phone the office on 01736 364087 and they will be able to provide you with more information.



## Lost property

The lost property box has been moved to outside the hall door in the undercover paved area by the table tennis table. This should mean that the clothes don't get wet if it rains. Only un-named items will be put into the box and it will be emptied every half term and given to the charity shop. **Please remember to name all your child's clothing and property so that it can be returned to them.**

## STARS OF THE WEEK

Kittiwakes	Issy	for her beautiful singing & delightful actions during our Nativity show
Curlews	Wilbur	for his amazing performance in the school Nativity
Puffins	Ayla	for her happy outlook on life & her effort & enjoyment of writing
Owls	Isaac	for being a super helpful member of our class
Kingfishers	Violet	for super progress in Maths & a great attitude towards everything she does
Trencrom	Buster	for working super hard in LKS2's Christmas play & making a fantastic wizard
Lanyon	Tyler	for his positive attitude towards his work & for always being enthusiastic
Kerris	Zachary	for his superb performance as an upset elf in our panto
	The Whole Class	for their enthusiasm & effort in putting on our panto this year
Bodrifty	Rosa	for always working hard & being incredibly helpful & kind. Well done
Bosigran	Kenza	for working really hard in everything she does
Kenidjack	Jowan	for a brilliant attitude to his morning work with Mrs Andrews
Dinnertime	Darcy	for her exceptional manners



Why not try the **Winter mini reading challenge** over the Christmas break?  
Find all the important details here: <https://summerreadingchallenge.org.uk/news/general/winter-mini-challenge-2021>

Well, we've made it, and the promise of a break from school, with family, friends, gifts and all that goes with your own family version of this holiday is now right around the corner. I sincerely hope you have a relaxing and festive time and manage to avoid any illnesses. I hope too that you have fun, and that in the moments when it's not perfect you have someone to be with. I won't be here for two weeks but I will be back right after Christmas, from day one if you need me. Take really good care of yourselves and my very best seasonal greetings to you all, Mrs Daylak xxx

# CHRISTMAS SOCCER CAMP

Festive Football Fun at MBFDC



#### Date

Monday 20th December 2021

#### Soccer Tots, 3 - 6 Year Olds

School Years Reception & Year 1  
10:00am - 12:00pm  
£6.00

#### Soccer Pros, 7 - 13 Year Olds

School Years 2 - 8  
10:00am - 3:30pm  
£15.00

#### Venue

Mounds Bay Football Development Centre  
Mounds Bay Academy Sports Centre, Heamoor, Penzance, Cornwall, TR18 3JT

#### Other Info

All children are welcome to attend from any school or club  
The MBFDC coaching staff are UEFA / FA qualified & DBS checked  
Pre-booking only, register & book online  
Visit the website for further information - [www.mbfdc.co.uk](http://www.mbfdc.co.uk)

#### Contact

Kevin Lawrence - Head of Football Development  
Message us on facebook - [www.facebook.com/MBFDC](https://www.facebook.com/MBFDC)  
Email - [klawrence@moundsbay.org](mailto:klawrence@moundsbay.org)  
Website - [www.mbfdc.co.uk](http://www.mbfdc.co.uk)



**Fun activities for everyone varying from circus skills to multi-sports and every session includes a FREE meal for all children.**

Activities are taking place across Cornwall during the Christmas holidays, from December 20th - 23rd.



Find one in your area by visiting our website:  
[www.activecornwall.org/T2MHolidayProgramme](http://www.activecornwall.org/T2MHolidayProgramme)

- Free places for ALL children eligible for Free School Meals
- Activities available for children aged 5-16

For more information contact:

✉ [Time2Move.HolidayProgramme@cornwall.gov.uk](mailto:Time2Move.HolidayProgramme@cornwall.gov.uk)  
☎ 01872 323335

