

Summer Term Parents' Forum

Next term I plan to hold another Parents' Forum on 14th May at 2.30. The agenda is very much set by parents and I have had several requests for me to share all the things we do as a school for PE and sport. If parents would like to talk through other aspects of school life, please do email the school office and we'll compile a list of other agenda items. I shall release the full agenda closer to the meeting date. Please do put the date in your diary and come and join us next term.

One of the things that came from the Spring Term Parents' Forum was a request to look at our start times with the aim to make them a little later to help parents get children to school on time. We have shared this suggestion with governors. This includes the requirement that school registers are taken at the same time in each key stage so that the school day starts and finishes at the same time for every child in school.

With this in mind we are asking parents to complete this 1 minute survey sharing what time they would find most helpful for the school day to start (and finish).

Option 1	Option 2	Option 3
Doors Open 8.30 Registration: 8.45 End of day 3.15	Doors Open 8.35 Registration: 8.50 End of day 3.20	Doors Open 8.40 Registration: 8.55 End of day 3.25
This is current Key Stage 2 timing	This is a compromise between both Option 1 and Option 3.	This is closer to the original school opening time in 2022/23 before the 32.5 hour was introduced.

Our wrap around care would still run from 7.45am to school opening time. Our wrap around care would still finish at 5.30pm and all other clubs at 4.15pm they are now.

Please follow the link below or scan the QR code:

<https://www.surveymonkey.com/r/VWRSJV9>



The questionnaire closing date is Tuesday 26th March. We shall share the outcome with governors and write to all parents in the summer term with the outcome.

Simon Brown
Headteacher



Remember – safeguarding is everyone’s responsibility

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

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

Clubs

ALL clubs have now finished apart from after school child care. A new club list for the summer term will come home on the first day back after Easter, Monday 15th April.

There will be one last rugby session on Wednesday 27th March, 3.15-4.15pm for children from Year 3-6.

LOST

Chester in Kingfishers has lost his new red zipped hoodie (plain, no logo). It is named. Please check and hand in if found. Thank you.

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.

Donations wanted

Our Help Your Shelf is looking rather bare. If you are able to bring in any non-perishable food items, cleaning products or toiletries, we would be very grateful. These will all go to helping our families and community. Thank you very much.

Year 6 camp payments

A reminder that final payments for Year 6 (London) must be made by 28th March. Please pay online.

After Easter please can you send in £10 cash to the office to cover meals on the way home. Thanks.

Girls football

Last Tuesday, 19th March, Alverton girls football team played against Nancledra at Mounts Bay. When we arrived we were all very nervous, yet very excited at the same time. At the start, Bea P passed the ball to Eva C and this is when we knew that this was going to be a fabulous match. In the first half Nancledra managed to score but luckily Hope scored for Alverton bringing the score to 1-1.

On Wednesday 20th March the Alverton girls football team played Archbishop Benson up in Truro. The Alverton girls were nervous but we still had a lot of excitement. We arrived around 4pm and Mr Hammond gave us our positions and we were ready to start. Alverton had the first kick off and we started well but unfortunately Archbishop Benson scored in the first half which gave Alverton even more determination to score. The second half started and some amazing throws were done by Bea P, Isla, Hope and Flo. By the end of the second half Archbishop Benson had managed to score 3 goals and by the end of the match the score was 4-0 to ABB. They gave us a good cheer and Bea P and the Alverton team gave ABB an even bigger cheer for their amazing play. Mr Hammond and Mr Holcroft were immensely proud. Although the girls are now unfortunately out of the cup we still beat the boys by one goal. The team was Bea P, Isla, Hope, Alarna, Flo, Evie, Seren and the amazing goalie, who won woman of the match, Matilda.

By Isla and Bea P



Wanted!

Our mud kitchens outside are looking rather sad and we need your help. Are there any kind, talented parents, grandparents or relations able to build us some new ones? We'd also need some wood or pallets plus a few old sinks. Please contact the office if you can help. Many thanks.

Comic Relief

A big thank you to everyone who donated to Comic Relief last week for our non uniform day. A grand total of **£186.74** was raised.



The Spring term finishes next Thursday 28th March at 3.15pm (normal time) and we reopen for the Summer term on Monday 15th April.



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 for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries; this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.03.2024

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. 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 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
- ★ Trencom
- ★ Lanyon
- ★ Kerris
- ★ Bodrifty
- ★ Bosigran
- ★ Kenidjack
- ★ Lunchtime Star

TO BE ANNOUNCED ON MONDAY

Hi everyone, I'm feeling a little worried tonight as I write this, but let me explain...I've been doing some reading and discovered that while all of us absolutely love the children in our care (and would do anything for them) many of us find parenting hard. This worries me because I always assumed we all knew that, but no, some of you are giving yourselves a hard time because being a parent is an incredibly tough job. Plus it comes with zero pay, ridiculous hours and no holidays or sick day allowances. Are you one such parent? Are you being hard on yourself because it's not always easy? If so, please come to me, I can soon tell you how hard it was/is and how there were times when I honestly thought I couldn't do it properly. But we're all doing our best, and that's just great. My very best wishes, Mrs D x



DIARY DATES

Thursday 28th March 3.15pm	School closes at 3.15pm for Easter holidays
Friday 29th March-Sunday 14th April	Easter holidays
Monday 15th April	School opens for summer term

Shine Sessions

For children in school years 3, 4, 5 & 6

The Sound Party

Do you LOVE music but feel a bit nervous? Would you like help finding the confidence to play around with different sounds and explore singing and noise making? Come and join me for some games, sound exploration, singing and lots of fun in this super friendly and chilled out shine session!

Wednesday 10th April 9:30-12:30

The Lyrical Lounge

Are you feeling a bit shy but want to try some music? Do you Love writing songs and poems? Are you full of ideas, feelings or things you'd like to say but not sure how to get them out?! Come and join me for two shine sessions where we'll get creative, have some fun and experiment with all those thoughts whizzing round your head and maybe together we can create some songs with them!

Thursday 11th April 9:30-12:30

£10 per session

Held at Humphry Davy School Pz

12 spaces available for each session

BOOKING ESSENTIAL

For more information or to book please email:

contact@soundiscape.co.uk





Girls Football Training

Mousehole Girls U9's Training
Wednesday's 5-6pm
Sports Hall, Mounts Bay Academy,
Heamoor, TR18 3JT
£3 per session



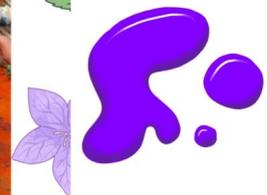
 youth@mouseholeafc.co.uk

Little Artists

Easter Holiday Sessions



£8 PER
CHILD



Thurs 4th & 11th April @ The Exchange

Mini Artists
(6m-2yrs)
10.00-11.00

Booking Essential

Little Artists
(2-7yrs)
11.30-12.30

newlynlittleartists@yahoo.com

TIME MOVE Holiday Programme



EASTER 2024

- Activities including multi sports, forest schools, circus skills, water sports and lots more - for children aged 5 to 16
- Every session includes a healthy meal for all children
- Funded places for ALL children eligible for benefits related free school meals

Activities are taking place across Cornwall during the Easter holidays, from April 2nd - 12th

Scan here
to book!



www.activecornwall.org/T2MHolidayProgramme/
Time2Move.HolidayProgramme@cornwall.gov.uk
01872 324287

Funded by


Department
for Education

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CORNWALL 


CORNWALL
COUNCIL

EASTER FOOTBALL CAMPS



Easter Dates (2024)

Tuesday 2nd April
Wednesday 3rd April
Thursday 4th April
Friday 5th April

Soccer Tots, 3 - 6 Year Olds

School Years Reception & Year 1
10am - 12pm

£7 per day | £12 for 2 days or £24 for 4 days

Soccer Pros, 7 - 13 Year Olds

School Years 2 - 8
10am - 3pm

£18 per day | £33 for 2 days or £66 for 4 days

Venue

Mounts Bay Football Development Centre (MBFDC)
Mounts Bay Academy Sports Centre, Heamoor, Penzance, 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

Register

Pre-booking only, register & book online!
Visit the website for further information
Website link - www.mbfdc.co.uk

