

Dear Parents and Carers,

Happy New Year!

I hope that you all enjoyed a lovely Christmas. Everyone I've spoken to has had a quiet time and many have been with their families if they were lucky enough to not have been affected by Covid. For the second year, my sister and her family couldn't travel down to Cornwall; last year, the restrictions meant that this wasn't possible and this time she had Covid! I know I'm far from being the only person in this position and hope that, whatever Christmas brought, you enjoyed it nonetheless.

This time last year, we were just entering our third lockdown and I know how difficult lots of people (children, parents and staff) found this last winter. At the moment, we seem to be escaping a further lockdown but are being very careful at school with the measures we have in place. Last January, I wrote that we should celebrate getting through the strangest and most difficult year most of us could remember – this feels like it applies again this year! Please do remember that we are always here to try and help and to lend a listening ear should you need it – all you need to do is ask.

We sometimes mention the foodbank in the Friday News and this is a time of year that can be very difficult financially for some people. The CTIPA Foodbank is only a phone call away and the reassurance they will be able to provide is immeasurable. If you need their help, please give Mrs Gill or Mrs Stacey a ring in the office on 01736 364087 and they can organise this for you. Please don't hesitate to do this if you need to – all requests are treated in the strictest confidence.

As some of you may know, Mrs Hanley, who teaches in Puffins Class on Thursdays and Fridays, will be leaving us at half-term to begin her maternity leave. We are delighted to let you know that last week we appointed Mrs Lucy Goddard to cover her maternity leave. Mrs Goddard has taught in Truro and spent two years teaching Year 1 in China and shares Mrs Hanley's love of Science and outdoor learning. We are looking forward to working with her and also to meeting Baby Hanley 2 in due course!

Best wishes,

Cathryn Wicks
Deputy Headteacher

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 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

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.

Year 4 camp at Bude

If your child has booked a place for the Year 4 camp please don’t forget that the deadline for the remaining amount is **11th February at the latest**. You can pay as much or as little as you like up to that date but we do need full payment by then or your child will not be able to go.

Year 3 camp at Penryn

If your child would like to go to BF Adventure at Penryn in June please pay £25 deposit online by **Friday 21st January at the latest** so that we can book them a place.

Five Ways To Wellbeing

Attached with this newsletter is information about the Five Ways To Wellbeing that we are using in school to help and support children’s and staff’s mental health and wellbeing. This half term we are focussing on ‘Give’.

Site security

For safeguarding reasons the school gates will not be opened until 3pm in the afternoons.

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

You can book at 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

Sporting Success

On Tuesday 11th January, a team of Year 3/4 athletes and Year 5/6 athletes went off to Mounts Bay with Mr T to represent the school in the Penwith Indoor Athletics competition, along with lots of other schools from the area. Both events involved each athlete pitting their wits against other school students from their year groups from sprint races, to long distance hurdle runs and obstacle races, as well as numerous field events, from standing long jump to chest push and soft javelin.

The Year 3/4 team of Matilda, Jasmine, Saphron, Juni, Bea W, Livia, Eva, Evie, Erin, as well as Joe, Emilis, Tyler, Dylan, Joey, Mason, Zachary and Kieran all combined and performed incredibly well across both track and field events throughout the morning. Their team work, endeavour and faultless determination across all events resulted in them finishing 2nd overall, which means they have now qualified for the County finals, which they truly deserved. They were all impeccably well behaved, and were a credit to the school and themselves – well done to you all!



The Year 5/6 team competed across the afternoon that day, and were focussed and determined to replicate the Year 3/4 team's success from that morning. The team consisted of Maisie, Lola S, Nina, Annie, Phoebe, Lily, Ruby G and Evelyn, with the boys cohort of Callum, Isaac, John, Kaelan, Kai, Barnabas, Ricky and Jackson. Once again their cooperation, team work and desire to win in a highly skilled field, deservedly led to them also making their way to the podium come the end, finishing 3rd overall. Once again, some

outstanding individual performances from each and every member of the team led to their success, and they were a real credit to themselves and the school as a whole.

A hugely successful and proud afternoon for the students and the school in one of our first sporting events for what feels like an eternity – well done to you all, we were (and still are!) all so proud and pleased for you.

Mr. T 😊

Clubs

All clubs start next week Your child's form has now been returned to them to show you which clubs they have got a place in. **If a club requires payment please ensure it is made before the start of the first club or your child will not be able to take part.** There are waiting lists for some clubs so if your child no longer wishes to go or doesn't attend regularly we will give their space to someone else.



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

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

WCWAid

West Cornwall Women's Aid

01736 367539

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

What Parents & Carers Need to Know about

FORTNITE

CHAPTER
3

AGE RATING
PEGI
12

First released in 2017, Fortnite has become one of the most popular games in the world. It currently has around 350 million registered players. Developed by Epic Games, it began life exclusively as a 'battle royale' contest, where up to 100 online player characters would fight – with weaponry including rifles, handguns and rocket launchers – to be the last one standing. Today, it features multiple modes which each offer something different (although some modes, such as 'Save the World', are only available on certain platforms).

IN-APP PURCHASES

Not all of Fortnite is free. Save the World mode, for example, can become quite costly. An in-game currency called V-Bucks is used to buy items such as cosmetics, which are not a necessity to play the game. It can feel like buying them is essential, however – even for adult players. Making sure no payment methods are linked to the game's store is a good idea when children are playing Fortnite.

REPEAT SUBSCRIPTIONS

Fortnite now offers a monthly repeat subscription which costs £9.99 (or equivalent). This package offers different non-essential benefits every month – including fancy cosmetics, rare weapons, V-Bucks and special bonuses. Signing up, therefore, can be tempting for dedicated players. However, subscriptions cannot be paid for with V-Bucks earned in the game, only with real-world money.

COMPETITIVE COMMUNITY

Fortnite isn't purely a competitive experience (some modes prioritise cooperation), but the rivalry aspect remains central. Battle Royale is an especially ruthless mode, where the last player or squad left standing wins. Games can become heated, and players' desire to win can often cause excessively aggressive or 'toxic' behaviour towards others – via the game's audio chat, for instance.

POSSIBILITY OF SCAMS

Popular games like Fortnite are often targeted by unscrupulous individuals trying to trick or exploit genuine fans. In Fortnite, scammers have been known to offer children free V-Bucks or vast amounts of V-Bucks in exchange for rare items – often asking the player to click a particular link. These scammers are seeking access to your child's account, personal information and payment details.

USER-CONTROLLED CONTENT

Some elements of online video games can't be rated for age appropriateness because the developer doesn't have control over them. In Fortnite, for instance, things like voice or text chat, usernames, trades and other player-generated content may not always be suitable for children. It also means that the makers aren't liable for anything a stranger might say to young Fortnite players online.

Advice for Parents & Carers

STAY AWARE OF SPENDING

Free-to-play games (that is, ones without up-front costs) can still be big financial drains. In Fortnite, for example, the Battle Pass – a set of rewards to improve players' experience in the game – can be either earned through playing or bought with real money (with additional incentives for the latter). With supervision however, this can be a great lesson in money management for children.

TALK ABOUT TALKING

Communication is key in the squad-based Fortnite modes, and children will quickly realise that talking with team-mates online helps to increase their win rate. It's a good idea, therefore, to chat with your child first about speaking to strangers online, trading, scammers and other potential risks. Remind them that they can always come to you for help if they run into problems online.

ENCOURAGE BREAKS

Gaming sessions can reach marathon lengths, especially when your child is on a winning streak and doesn't want to stop. Sitting in the same position for hours, of course, isn't healthy but it's an easy habit to form. Encouraging young ones to break regularly for drinks and so on will help them stay hydrated, rest their eyes and release some of the tension from competitive gameplay.

DISCUSS OTHER APPS

Games like Fortnite can lead on to third-party apps (Discord, for example) where players can join a voice, text or – in some cases – video chat about the game. Certain add-ons also let children talk with other players from their local area, which clearly presents a potential risk. When discussing Fortnite with your child, you might also want to ask them about other apps they use while playing.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



NOS
National
Online
Safety®
#WakeUpWednesday

Sources: <https://www.epicgames.com/fortnite/en-US/subscribe>, <https://www.epicgames.com/fortnite/en-US/battle-royale-ch/battle-royale-ch/how-does-it-work-vbucks-in-battle-royale-s204>, <https://www.epicgames.com/fortnite/en-US/battle-royale-ch/battle-royale-ch/what-is-the-battle-pass-when-can-i-get-it>, <https://www.epicgames.com/fortnite/en-US/battle-royale-ch/battle-royale-ch/what-is-the-battle-pass-when-can-i-get-it>



www.nationalonlinesafety.com



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.01.2022

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. 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 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	Matilda	for being a brilliant friend
Curlews	Tanner	for working so hard to become a reader
Puffins	Afia	for her bubbly positive attitude to learning
Owls	Jack	for being an absolutely superstar writer
Kingfishers	Sasha	for super progress in Maths & trying hard in everything
Trencrom	Piper	for having a fantastic attitude to learning & kindness to others
Lanyon	Bea	for working so hard to learn division. Well done!
Kerris	Mason	for his positive attitude & determination towards his learning
Bodrift	Leona	for her fantastic work in Maths this week helped by her brilliant times tables knowledge
Bosigran	Gracie-Mae	for a great attitude to her learning and staying focussed in Maths
Kenidjack	Kitty V	for a brilliant letter of complaint & some fantastic falling over in football
Dinnertime	Korben	for lovely manners & being a brilliant help to all his friends



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.**

Hello to you all. I can only hope you are managing to get through the dark mornings and evenings. There is a glimmer of hope, as the rain seems to be easing and I have managed to walk or cycle to school surrounded by some beautiful skies as the sun has begun to rise. Hooray, it's heading towards spring, lighter mornings and evenings, longer days, more smiles all round as we are so affected by the weather and I know I for one am so much happier in the sunshine. The weather can have a huge impact on our moods so I sincerely welcome this change. I have a friend who really struggles when it's dark and gloomy, so I know that I need to be more supportive at this time of year. If you need that from me too, you know the drill by now, call, email, come and say hi. If not, keep an eye open for those who may need you themselves. Our '5 Ways To Wellbeing' theme this half term is giving, so let's give others our time or perhaps even just a big smile. It doesn't take much, it doesn't matter who it is, let's give and be there for others. I'm here for you too. Best wishes, Mrs Daylak

Fully Funded Courses

We have received the following information from Impact Futures who have asked us to share it with our staff and parents.

“Impact Futures are delivering the below qualifications **FULLY FUNDED** through our Adult Education Budget, to anyone aged 19+ and regardless of their employment status. The courses are specifically designed to raise knowledge and awareness of the subject area to support others, and can be completed by staff, volunteers, parents, friends, and family within your community.

We offer qualifications in childcare & education, healthcare, business, IT and team leading:

- Level 2 Certificate in Principles of Team Leading
- Level 2 Certificate in IT User Skills
- Level 2 Certificate in Principles of Business Administration
- Level 2 Certificate in Principles of Customer Service
- Level 2 Certificate in Understanding Children and Young People’s Mental Health
- Level 2 Certificate in Awareness of Mental Health Problems
- Level 2 Certificate in Self Harm & Suicide Prevention Awareness
- Level 2 Certificate in Equality and Diversity
- Level 2 Certificate in Understanding Nutrition & Health
- Level 2 Certificate in Understanding the Care and Management of Diabetes
- Level 2 Award in the Prevention and Control of Infection

(NB Many other courses are available; please see the attached booklet)

Courses are delivered via our online learning platform with support from fully qualified, experienced Tutors, and can be completed any time throughout the day or evening.

As the courses are **FULLY FUNDED** through our AEB budget **there are no costs whatsoever to the employer, or the Learner**. Learners can complete as many courses as they want, and they will receive a nationally recognised certificate from the Awarding Body upon completion of the course(s).

Eligibility criteria:

- Learners must be aged 19+
- Learners must not live in a ‘devolved postcode area’ (all Cornwall postcodes are eligible)
- Learners must have been a resident in the UK for at least 3 years, and be able to provide proof of ID / residency
- Learners can access the qualifications regardless of their employment status and earnings. They will be asked to provide proof of benefit or earnings as part of the enrolment process and AEB funding requirements.
- For further information, the link to the Adult Education Budget funding rules is <https://www.gov.uk/guidance/adult-education-budget-aeb-funding-rules-2021-to-2022>

To book your spaces on the courses please email / call me directly. Equally, if you have any further questions, please do let me know.”

Andrea Swales
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