

School lunches from September

The same menu will continue in September until October half term although there will not be the option to have a packed lunch. Please order in advance using the Aspens Select site.

Children moving up from Year 2 into Year 3 will no longer receive a free meal unless they are eligible for pupil premium funding.

Breakfast club

Breakfast club will remain a drop in session starting from 7.45am in September. Unfortunately due to increases in costs, the price in September will be £3 per child, per session, with no sibling discount. The price will still include a choice of breakfast and childcare until 8.30am.

Clubs

All clubs finish next **Friday 11th July** (apart from Year 3/4 Art which finishes on Tuesday 15th). New clubs lists will come home in September.

Lost Property

The lost property box (outside the side hall door) is overflowing again. We will be clearing it out soon and any un-named items will be sent to the charity shop. If your child is missing anything, please check the box as soon as possible. Anything named will be given back to your child. **Please name all items of clothing so that less gets given away.**

Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Nichola Smith (Designated Safeguarding Lead) at nsmith@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

Outstanding money owed

At present there are a sizeable number of debts owing for breakfast club, after school child care, trips and swimming. TPAT cannot allow any debt to be carried over to September and certainly none for anyone leaving the school. Please ensure that any money owed for any outstanding amounts are paid by **Tuesday 22nd July** at the latest. Please check your Arbor account to see if you owe anything. All debts for lunches must also be paid on Aspens Select by the 22nd July.

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.

Sun hats and water bottles

Don't forget that your child needs a filled, named water bottle with them every day and if the weather is hot and sunny, please ensure they have a sun hat and have had sunscreen applied before school. Thanks.



Summer Fair

Friday 18th July
2:30 to 4:30

Wristbands £2.50

available from the office
for access to all activities
including.....

Bouncy Castle, hook a duck,
glitter tattoos, splat the rat,
beat the goalie, and more!

Also available (please bring cash!)
cakes, ice lollies, hot dogs,
tombola, raffle and more!

With a special
performance
from the
Alverton School
Band....

**The Purple
Strawberries**



NEWS

Summer Fair Shout-Out

Can you help on the day?

A big *thank you* to everyone who has already volunteered! We're still looking for extra hands to help – especially for the bouncy castle, the paint bike and clear-up after the event. If you can spare a little time, we'd love to hear from you.

We have a friendly WhatsApp group where we share updates and stay connected. If you'd like to be added or just want to find out more, please get in touch with us at: friendsofalvertonschool@gmail.com.

Tombola & cakes

Donate

We are collecting small prizes for the tombola! This could be unwanted (new) gifts or toiletries, a box of chocolates, drinks, biscuits, toys... Please hand into the office.

Closer to the time, we will also be asking for cake donations for our popular cake stall!

Wristbands £2.50

Wristbands can be bought in cash from the office in advance. They give the children access to all activities on the day including a bouncy castle, glitter tattoos, craft activities, splat the rat, hook a duck and more...

Raffle Tickets

Raffle tickets have come home in book bags today, along with a list of the amazing prizes up for grabs. Please return your ticket stubs with full contact details and cash payment to the office. Need more tickets?

They are available at the office.

Thank you



Penzance
HELICOPTERS

Summer Fair 2025 Raffle Prizes



penzance
TENNIS CLUB

THE CORNISH DELICATESSEN

A scenic helicopter ride for two with **Penzance Helicopters**

£25 voucher to spend at **Mackerel Sky**

£25 voucher to spend at **The Cornish Delicatessen**

£20 voucher to spend at **Newlyn Fermentary**

Pilates taster pack at **Stronger Studio**

Family ticket to a show at **Penlee Park Theatre**

Tickets to a show at **The Minack Theatre**

£20 voucher to spend at **The Honey Pot**

£25 voucher to spend at **The Granary**

£20 voucher to spend at **Happy Dais Vintage**

£25 voucher to spend at **EbbFlow**

Bay Discovery, wildlife watching boat trip (1x adult and 1x child)
with **Marine Discovery Penzance**

Martin Dempsey Cornish Crab Sculpture from **Sea Moor Cornwall**

1 free month of group tennis coaching at **Penzance Tennis Club**

3x Family Swim vouchers for **Penzance Leisure Centre**

2x geothermal pool tickets at **Jubilee Pool**

Lunch for two at **The Tinnars Arms**

£40 voucher to spend at **RGB Building Supplies**

Cream tea for two at **Rosemergy Barn**

1hr personal training session in Muay Thai at **Teylu Muay Thai Gym**

30 minutes sports massage at **Ocean Revive Sports Massage**

A pair of earrings from **The Old Farmhouse Jewellery**

£25 voucher to spend at **Join**

£25 voucher to spend at **45 Queen Street**

Merch from **Penzance & Newlyn Rugby Club**

A bottle of **Pol Roger Champagne**



LEISURE CENTRE



join
handcrafted

ebbflow
cornwall



Mackerel Sky
SEAFOOD BAR



STRONGER STUDIO



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 Vervan 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 & Educators Need to Know about APPLE IPADS

WHAT ARE THE RISKS?

Tablets remain a staple of children's digital lives – and Apple's iPad is by far the most popular model. According to Ofcom, over half of younger children regularly use a tablet to play games, watch online content or access apps. With their broad functionality, iPads can be helpful tools, but without supervision, they may expose children to risks ranging from inappropriate content to screen overuse.

COSTLY TO REPAIR

Unlike some child-friendly tablets, the iPad is not built for rough handling. Its slim design and high cost mean that a drop or spill can result in a costly repair. If a child is using the device regularly, a sturdy case and screen protector are strongly recommended to help prevent accidental damage.

DATA PRIVACY

While Apple is known for strong privacy protections, a recent study found that many iOS apps aimed at children still share personal data. Over 40% of the tested apps sent at least one piece of user information to third parties, raising concerns about advertising and analytics being targeted at underage users.

INAPPROPRIATE CONTENT

The App Store and Safari browser provide almost unrestricted access to online material. Children may stumble upon age-inappropriate content, whether through apps, advertisements or online searches. Even recommended content algorithms can surface unsuitable material.

BYPASSING RESTRICTIONS

Siri – Apple's voice assistant – can potentially override restrictions, especially with the newer text-based commands introduced through Apple Intelligence. Without safeguards in place, children may inadvertently access inappropriate topics simply by asking a question, bypassing certain filters previously set by adults.

SCREEN ADDICTION

iPads can be highly immersive, and excessive screen time may affect a child's emotional and behavioural development. Signs of overuse might include mood swings, irritability, and difficulty focusing on non-digital activities.

REDUCED ATTENTION & COGNITIVE IMPACT

Prolonged use of tablets has been linked with reduced memory, slower processing speeds and difficulties in concentrating. Research shows that children who spend excessive time gaming or consuming media on tablets may struggle with language development and executive functioning over time.

Advice for Parents & Educators

ENABLE FAMILY SHARING

Family Sharing allows you to create a dedicated Apple ID for your child and manage their activity. You can approve purchases, control what content they can access, and set time limits – all done remotely from your own device. It's a simple but powerful way to maintain oversight.

FILTER APPS, WEBSITES & IN-APP PURCHASES

Parental controls in iOS let you block explicit content in Safari, restrict app downloads, and manage in-app purchase permissions. You can also filter websites automatically to prevent access to adult material and disable the installation of certain app types completely.

USE SCREEN TIME FEATURES EFFECTIVELY

Tools like Downtime and App Limits can reduce device use before bed or during homework – while App Limits sets daily time caps on specific games or apps. Alerts help children anticipate when their time is almost up.

PREVENT UNAPPROVED SPENDING

Children can accidentally (or intentionally) make purchases within apps. Activating Ask to Buy under Family Sharing ensures you receive a notification to approve any app or in-app purchase. This stops surprise charges and allows you to discuss purchases together before they're made.

Meet Our Expert

Carly Page is a seasoned technology journalist with over a decade of experience. Formerly a senior cybersecurity reporter at TechCrunch, Carly now writes for publications including WIRED, Forbes, TechRadar, and Tes. With a deep understanding of online safety, she brings a valuable perspective to parenting in the digital age.



#WakeUpWednesday

The National College

@wake_up_weds

/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: 02.07.2025

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.

STARS OF THE WEEK

Little Foxes

Vinnie

for coming into nursery with a big smile

Little Owls

Brody

for making good choices & using kind hands

Kittiwakes

Cody

Enthusiasm: for an amazing attitude towards phonics

Curlews

Morvah

Responsibility: for her endlessly positive attitude to all aspects of school

Puffins

Florence

All the values: for following our school rules & being a pleasure to teach

Owls

George T

All the values: for embodying all of our school values consistently

Kingfishers

Luna

Enthusiasm: for amazing enthusiasm & progress in Maths

Kerris

Jack

Responsibility: for settling in so well in our school & being a great friend

Bodripty

Emily

Enthusiasm: for an amazing Green Man clay head

Sid

Perseverance: continued to work incredibly hard even with a broken arm

Bosigran

Alby

Perseverance: for being positive & resilient & adapting well with his injury

Lunchtime Star

Freya V

for always having amazing manners



AUGUST
4th - 8th
9am - 3pm



SUMMER CAMPS

Creative and crafty ALL day
SUMMER CAMPS, with Annie
For ages 5-11yrs.

At Woodlands Nursery at
Alverton School

- Cost is £45 per day
- £40 per day if all 5 days booked
- 9am -3pm DROP OFF

Mon 4th - Bugs & Beasties
Tues 5th - Paper Mache Creatures
Weds 6th - 3D Cardboard Towns
Thurs 7th - Funky Textiles & Soft toys
Fri 8th - Space Science, Galaxies & 3D Rockets

Spaces are limited..... BOOK
your spots NOW!

newlynlittleartists@yahoo.com

There are a lot of folk this week at school, adults and children alike, who are looking very tired and then we realise that of course, the school year is drawing to a close and the children have worked really hard. But there's a point at which the end has been reached and a weary fatigue sets in. Most of the children look forward to the holiday, they often love a break from school though many also miss the routine of it all and their friends, especially as they get older. Now might be the time to set up play dates to support all, children, parents and carers. The offer of a coffee, an afternoon at the beach or the park can make the world of difference to somebody so have look around and see which children or adults you and yours would like to spend time with. Even better, is there somebody who you feel may be shy and benefit from a bit of socialising. Six weeks can be hard, long, dull, expensive, hard work for any number of reasons. Maybe offer a helping hand, a phone number or get straight in there with an offer of a play date - who knows where it will lead. Best wishes - Mrs D xxx

DIARY DATES

Friday 18th July 2.30-4.30pm	FOAS Summer Fair
Tuesday 22nd July 1.30pm	Year 6 Leavers Assembly
Tuesday 22nd July 3.15pm	Last day of Summer term
Wednesday 23rd July	INSET Day - school closed
Thursday 24th July-Friday 29th August	Summer holidays
Monday 1st September	INSET Day - school closed
Tuesday 2nd September 8.30am	School opens for Autumn term

Humphry Davy School are running Time2Move sessions again during the summer holidays. To sign up please follow this link:

<https://playwaze.com/humphry-davy-school/4r399obbm919xd/session-display?eventId=PhysicalEventSeries/115908-B&timeZone=Europe/London>

Plymouth Argyle will be running activity sessions at Humphry Davy School on:

24th and 25th July 2025

19th, 20th and 21st August 2025

The sessions are open to children from age 7 to 16 years.

During the sessions, children will be able to take part in a variety of activities such as:

- Football
- Basketball
- Tennis
- Badminton
- Netball
- Arts and Crafts

Sessions run from 10am to 2pm.

Each day the fantastic team in the Humphry Davy School Kitchen will be providing lunch and fruit for all children that attend. Please make sure you write on the registration forms if your child has any special dietary requirements and we will liaise with the team to make sure they can still enjoy a hot meal. If you would prefer to send your child with a packed lunch that is absolutely fine.

Each day please send your child/children wearing comfortable clothes and shoes to be able to run around in, a refillable water bottle, any medication they may need clearly marked and a coat in case the weather allows us to go outside for activities.

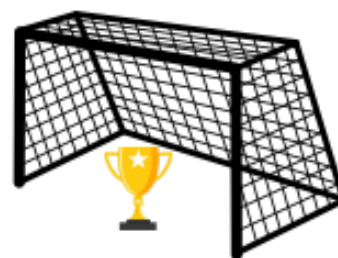


MBFDC FOOTBALL CAMPS



SUMMER 2025

All children welcome from any school or club, come & have some fun!



DATES | TUES, WEDS & THURSDAYS:

WK 1 - 29TH, 30TH, 31ST JULY

WK 2 - 5TH, 6TH, 7TH AUG

WK 3 - 12TH, 13TH, 14TH AUG

WK 4 - 19TH, 20TH, 21ST AUG

PLAYERS NEED:

Packed lunch, drinks, sun cream

Clothing for all weather(s) & spares

Football boots/trainers/shin pads

- ✓ UEFA/FA Qualified Staff & DBS Checked
- ✓ Skills & ball techniques
- ✓ Fun activities, matches & tournaments
- ✓ Penalty shootouts, prizes & more!

SOCCER TOTS:

10am - 12pm (3 - 6 yrs)

School Year(s) Reception & Year 1

1 day £7, 2 days £12, 3 days £18,

6 days £35, 12 days £70 (Super Saver!)

SOCCER PROS:

10am - 3pm (7 - 13 yrs)

School Year(s) 2 - 8

1 day £18, 2 days £33, 3 days £45,

6 days £90, 12 days £180 (Super Saver!)

MOUNTS BAY ACADEMY 3G PITCH

Boscathnoe Lane, Heamoor, Penzance, Cornwall, TR18 3JT

Online Registration Link
www.mbfdc.co.uk

Please visit the MBFDC website for further info
& to register online!

