

Mazey Day - Saturday 25th June

Our children looked fantastic on Wednesday as they paraded around Alverton showing off their amazing creations based on endangered species. It was wonderful to be back for the first time since 2019 in such beautiful weather. Thank you to everyone who came and supported us and a big thank you to all our children and the incredible creative talent of our staff who made the animals. Even Mrs Hobin came back to help! Thank you. In fact, in keeping with the environmental theme they recycled some of our old Mazey creations into these new ones.

Don't forget that we are in the 1pm parade tomorrow so please come along if you can. Year 6 **only** need to meet

outside St Johns Hall (right hand side) from 12.30pm. Children from Reception to Year 5 need to meet at the minibus in the corner of Penlee Park between 12.30-12.45pm, wearing the same colour clothing as they did at school on Wednesday. They then make their way to the top of Morrab Road. Please can one adult only accompany EYFS and KS1 children and no adults accompany KS2 children at the request of the Golowan organisers or the parade will be too big. **All children will need to be collected by an adult at the end of the parade unless we have a signed permission slip saying they can leave without one.** Thank you for your support.



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

Lost property

There are lots of items in the lost property box outside the side hall door. Any un-named items will be washed and put out for sale at the FOAS Summer Fair on 1st July so if your child is missing anything please come and check asap and before next Friday 24th June at the latest. Any items that are named will not be given away.

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>

Clubs

All clubs finish for the summer term next week. However, as the Summer Fair takes place on Friday 1st July, **there will be no Dance or Rugby club on that day.** The last one for both of those will be on Friday 8th July.

New email address for school

Our email address has changed! If you need to contact us in the office please email: alverton@tpacademytrust.org

PENZANCE NETBALL CLUB

summer netball sessions

YEARS 4, 5, 6, 7
(AS OF SEPTEMBER)
5-6PM

YEARS 8&9
(AS OF SEPTEMBER)
6-7PM

£3 A SESSION
JOIN US ON WEDNESDAYS
HUMPHRY DAVY SCHOOL

CONTACT: LAURA WADE - HEAD COACH
07917331344 - WADELAURA@SKY.COM

TECgirls | Tresorys Kernow

CREATECH MAKING WORKSHOP

REGISTER HERE



For kids 4-14 (and their families)

Stop-Motion Animation

Use clay, paper and re-purposed materials to create stop-motion animations that tell 'Your Climate Story'. Design your own stage, create your story and bring it to life with technical filming and editing skills!

Creative Circuits

Using simple electronics like circuit tape and LEDs, kids will be able to light up their own drawings with the press of a button or construct their very own lighthouse using repurposed plastic bottles!



2nd July 2022
Drop-in anytime
10:00 - 13:30
Acorn Theatre,
Penzance

Free Event





FOAS SUMMER FAIR
Friday 1st July – 3.15-5.30pm

What will be on

Live Music

Kids Activities – kids wristbands cost £2.50 and give access to all the activities. **Available to buy from the office (cash only please) from Monday 27th June.** PLEASE BUY IN ADVANCE. Any under 5s who will not be taking part in any activities will be free.

Cash Stalls

- **BBQ**
- **Tea and cake**
- **Preloved books and Alverton school uniform**
- **Raffle**

Help needed

FOAS is entirely run by volunteers and we would appreciate any help you can provide to make the fair a success.

Please donate:

Before the day (please hand into the office):

- Good quality mugs
- Raffle prizes such as wine, chocolates and nice food items, vouchers for salon treatments, cafes and restaurants, etc.
- Good quality, clean school uniform and books

On the day:

- Cakes

Please volunteer:

Any amount of time that you can spare would be much appreciated. There will be a sign-up board in the reception area from Monday 20th June.

- Stall and activity set up between 9am-3.15pm
- Assistance running fair activities and stalls between 3.15-5.30pm
- Help with tidying away afterwards

If anyone has any great ideas for activities and would like to run a stall please contact foas@alverton.cornwall.sch.uk All proceeds must go to FOAS.

Thank you very much for your support.



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



0800 1111

0300 123 3393
www.mind.org.uk
mind
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>

What Parents & Carers Need to Know about ESPORTS

British Esports describes 'esports' as "competitive gaming, human-v-human, usually with a spectator element to it". In recent years, the esports industry has grown significantly – and is expected to reach an overall worth of \$1.2 billion, with around 30 million monthly viewers, by the end of 2022. This rapid evolution has presented even more opportunities ... but, of course, opportunities usually come with a risk. Here, we've highlighted some of the potential hazards within the esports arena and suggested ways to help young people stay safe so they can make the most of this exciting space.

WHAT ARE THE RISKS?

MICROTRANSACTIONS

Microtransactions are in-game purchases that unlock new features or give players special abilities, characters or content. These can cost anything from 99p to £99 (and sometimes more!). The topic of microtransactions in gaming is heavily scrutinised – with cosmetics, pay-to-win features and loot boxes all being a source of contention for gamers and governing bodies in recent years.

MENTAL HEALTH

Studies show that esports competitors face the same level of mental health issues as athletes from traditional sports, along with some specific additional demands. Like mainstream professional sport, esports is an incredibly tough industry – requiring countless hours of practice. Competing at the highest level can lead to pressures such as handling setbacks, stressful situations and facing criticism.

INAPPROPRIATE CONTENT & BEHAVIOUR

Only 22% of gamers globally are aged between 10 and 20 – meaning the majority are adults, who might not always act or talk in a way that's appropriate for children. Like traditional sport, esports has many athletes and 'personalities' to look up to. However, it's important that your child stays aware of how influenced they are by the people they follow, and whether the athlete is age appropriate.

TROLLS & TOXICITY

An internet troll is someone who tries to offend people and cause trouble by posting derogatory comments. Toxicity, as in the real world, refers to negative behaviours like harassment, verbal abuse and inappropriate conduct, which all impact on wellbeing. Trolls and toxicity are an issue within esports, perhaps due to its pressurised, extremely competitive and high-stakes nature.

POSSIBLE EXPLOITATION

The revenue in esports is potentially vast. Organisations often look to professionals and content creators to help grow their brand, in exchange for the organisation's backing, a salary, and marketing and sponsorship benefits. However, the industry is still in its infancy – and so is its regulation. In some countries, esports isn't regulated at all, so things can get sticky if players don't know what they're doing or who they're working with.

PHYSICAL EFFECTS

The common perception of esports involves a sedentary lifestyle, an unhealthy diet and very little physical activity – which has obvious health implications. It's certainly true that players sit at their desk for hours, looking into bright screens and not getting regular exercise. Some professional esports players have nutritionists, personal trainers and dieticians specifically to protect their health.

Advice for Parents & Carers

ENCOURAGE BALANCE

Dedicating oneself intensely to any activity – including esports – can be harmful, both mentally and physically. Make sure your child's gaming routine is balanced with exercise, regular breaks, healthy food and plenty of water. If your child spends long hours gaming, using a chair with the proper supports and taking the time to practise good posture will help protect their lower back, neck and wrists.

UNDERSTAND GAMING

Chat to your child about the games they play; ask to watch or even take part to get an idea of how appropriate they are. This will give you an awareness of the phrases esports players and content creators use, helping you understand young gamers' slang. If you find some of the games unsuitable, talk to your child about why. You can also explore age-specific settings on apps like YouTube and Twitch.

GET EXPERT HELP

If your child does start on the road to becoming a professional, get in touch with an esports-specific agency who are experienced in industry terminology and loopholes. Do due diligence on any team or organisation offering your child a contract: a key point is how long your child would be contracted to them – the esports industry changes quickly, so there might be better and more secure offers out there.

BLOCK TOXIC USERS

Monitoring in-game chats, or disabling them altogether (either through the console or in the game itself), is a comprehensive way to avoid negative experiences and reduce the risk of toxic messaging. Your child also has options to block messages from particular players and only interact with their friends; this can also help to prevent them from encountering the blocked users in future games.

Meet Our Expert

Nathan David is an experienced gamer, teacher and athlete. He is Course Leader for the BTEC Esports programme at Salisbury Sixth Form College. Nathan has more than 10 years' experience working in schools and colleges, and holds a Masters degree in Sport Psychology.



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. 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	Rowan	for his fantastic attitude towards his learning this week
Curlews	Willow	for making a super effort to be wonderful this week
Puffins	Jensen	for always being enthusiastic about his learning & giving 100% effort
Owls	Cooper	for his amazing knowledge on so many different things
Kingfishers	Harry	for great progress in reading and writing
Trencrom	Anthony	for being a gentleman in class and trying super hard in Maths this week
Lanyon	Jack	for achieving his Force Jedi badge. You are an amazing mathematician
Kerris	Matilda	for her enthusiastic & focused approach to all of her learning
Bodrifty	Logan P	for always working so hard in Maths & being a generally polite & lovely boy
Bosigran	Logan U	for being a complete superstar all the time & being extremely helpful
Kenidjack	Bailey	for being amazing when helping Daisy
Dinnertime	Willow K	for always having a lovely smile & being polite & well mannered



Well the week has ended but for me it has been a week of excitement as life really does seem to have begun to take a serious turn for the better after our world came to a standstill while we battled the pandemic...normal activities have been resumed with our Mazey Parade around the estate, with so many members of the community coming to watch, parents involved once more with school life and the whole of Mazey weekend before us. It almost feels as if covid has taken a back seat, although it hasn't, it's still there, simmering in the background. However, I am still going to enjoy Mazey as much as I can, and I suspect most of us will do the same. For those of us for whom the pandemic raised worries or concerns or even created new ones, this weekend may be a real challenge as you may be surrounded by people enjoying themselves and finding it hard to do the same for all sorts of reasons. You're not alone in this. We are a community. Let's make sure everyone is okay, call on a neighbour, say hi to that person you see every day as you walk to work or school. Ask if they're okay and listen. You never know how much it may mean to them. I can listen too. You know where to find me. Usually hanging around by the kettle, looking for biscuits. Have as good a weekend as you can, be kind to yourselves and others. Stay safe. Best wishes, Mrs Daylak xx

Diary Dates

30th June-1st July	Year 3 camp at Penryn
1st July	Clubs finish
1st July	FOAS Summer Fair - 3.15pm
5th July	Year 6 transition day
6th-8th July	Year 6 London trip
22nd July	Year 6 Leavers assembly
22nd July	School finishes at 3.15pm for the summer holidays

After school childcare provision

Any queries or to book please contact Mr Timmons direct on 07843 126833 or by emailing him on alvertonkidsclub@outlook.com