



Dear Parents and Carers,

We always include a page near the end of the Friday News about Free School Meals. It's always there and is the sort of page I'm sure that lots of people don't have time to read. However, I really would encourage you to do so. Please have a look even if your child is in Reception or Key Stage 1 and therefore already has Universal Free School Meals – this is a completely different thing. If you are unsure whether your child would qualify, there are links to follow on the page or Mrs Gill and Mrs Stacey would be more than happy to talk about this with you if you phone them in the office. Please have a look at the Pupil Premium section of our website which provides lots more information and which can be found here: http://www.alverton.org.uk/website/pupil_premium/172518.

You will have seen on the news and on social media that there has been a huge amount of criticism rightly directed towards the food parcels that some schools have been provided with to distribute to their children who receive free school meals. We were very, very disappointed with the quality and quantity of food that we were sent and have written to the company to express our disappointment. We will not be distributing food parcels during this lockdown and have arranged for all our free school meals children (as described in the previous paragraph) to receive weekly vouchers.

We know how worried some parents are at the moment about being able to provide food for their families. 2020 was incredibly difficult for many people for many different reasons and to have to go through it all again now can be very hard. Worrying about whether there is enough for your children to eat is a step too far for anybody and we can help you with this. Whether your child qualifies for free school meals or not, if this is how you are feeling, please, please consider the local food bank. All you need to do is phone the school office on 01736 364087 and Mrs Gill or Mrs Stacey will help organise this for you. Please don't feel anxious about doing this – you know that they are always a friendly and reassuring voice on the end of the phone.

Please let us help you if you need it.

Best wishes,

Cathryn Wicks
Deputy Head

How are you really feeling?

Please have a look at the leaflet sent with this newsletter which is all about helping yourself, or someone else, when you are not feeling ok.

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 Agency on 0300 1231 116; E-mail: multiagencyreferralunit@cornwall.gov.uk

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 test as soon as possible and stay at home and do not have visitors— only leave home to get the test. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result. **Please ring or email the school office as soon as possible to let us know if your child is currently attending school.**

You can book at test online at:

<https://www.gov.uk/get-coronavirus-test> or phone the NHS test line 119.

Contacting School

Please be aware that whilst school remains open for some children, there will be no admittance to the building or grounds for any parents, visitors or children not currently at school. If you need to contact us, please do so by email

(secretary@alverton.cornwall.sch.uk)

or by calling the office between **9am-1pm**, Monday to Friday on 01736 364087.

Hello...I'm still here...

Hi everyone, just a quick message to make sure everyone is as good as can be expected and to remind you that, should you want anything, then I'm still here, in some form. It seems ever such a long time ago that I was able to offer this service actually in person, invite you into school, make us a cuppa, find us a biscuit and then find a quiet place to listen to anything that was on your mind. And almost a year ago everything changed to the point that now all I can offer is a chat on the phone. But I do still want you to know that the offer is still there and perhaps it's needed more than ever now? If, like me, Christmas offered an opportunity to pretend it wasn't happening to some extent and have a lovely time with those closest to us, then you may be feeling a lot of unhappy thoughts right now. It certainly feels to me that I have been catapulted right back to the first lockdown, although it's more severe and, for me, feeling more scary than ever. However, I'm trying to be brave and find the best in every small thing. Well, that's all for now. But I am still here and I did want to remind you all of this. In the meantime, take care, stay safe, look after yourselves and I hope to be back soon, with real tea, real biscuits and me, live.

My very best wishes to us all, Mrs D xxx



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

for better mental health

NSPCC

Help for children worried about COVID

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-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 24h

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

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.

ON YOUR SIDE NO MATTER WHAT

0800 58 58 58 | THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN AGAINST LIVING MISERABLY CALM

citizens
advice

0344 411 1444

"It's alright to ask for help"

SAMARITANS

116 123

COVID-19 isolation may cause tensions to rise and domestic abuse to increase. Help is available.

Who can help me?
We can

YOU ARE NOT ALONE

NATIONAL DOMESTIC VIOLENCE HELPLINE
0808 2000 247
24/7 CONFIDENTIAL FREEPHONE

WCWAid
West Cornwall Women's Aid
01736 367539
<https://www.wcwid.co.uk/helpline>

AT HOME SHOULDN'T MEAN AT RISK

#YOUARENOTALONE

FIND SUPPORT AT: gov.uk/domestic-abuse

SafeToNet is an app for parents to help them safeguard their children from online risks like cyberbullying and sexting, whilst respecting their child's rights to privacy.

Online Safety

The BBC have a website and app called Own It. The website has a lot of content for children to help them navigate their online lives, and the free smartphone app comes with a special keyboard which can intervene with help and support in the moments that children need it the most.

Whilst there are huge benefits to being online in order to stay connected to family and friends, many parents may feel concerned about the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive support and advice. This information is updated as needed (it's recently added new information on apps) so it's worth another look.
<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

At National Online Safety we believe in empowering parents, carers and educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

Part of our Online Information Series

NOS Online Information

What you need to know about ...

FAKE NEWS

est. 2017

£FREE - TODAY ONLY

Brought to you by

NOS National Online Safety

www.nationalonlinesafety.com

WHAT IS FAKE NEWS

Parven Kaur, Kids N Clicks Founder

Fake news can be false information, photos or videos purposefully created to confuse or misinform. It can also be genuine information that has been manipulated to deceive. It is important that children learn how to distinguish between real news and fake news, so that they don't inadvertently share something which isn't true or believe something which could be misleading.

FAKE NEWS ALERT!

For details, see page 13 ...

KNOW THE RISKS

SHOCK VALUE

Fake news can cause upset or shock to readers or viewers. Many fake news stories are written with appealing headlines and have content designed to create 'shock value', so the news spreads rapidly (common examples include the 'death' of a celebrity, company giveaways, news relating to supernatural events, or terror-related posts that provoke reactions).

EMBARRASSMENT

Fake news is often deliberately created to misinform people – whether for fun, out of malice or to support an ideological or political agenda. As it's often difficult to tell the difference, young people can easily believe what they see and then share something which is a hoax or a joke, leading to embarrassment or ridicule.

INFLUENCE BEHAVIOUR

Ultimately, fake news is designed to shape people's beliefs, thoughts and decisions: influencing them into believing something which has been misrepresented or which simply isn't true. This can shape how children think, behave or act in real life. It can especially affect their trust in the media or even in democracy itself.

SPOT THE SIGNS

HOROSCOPES

New to page 18 ...
Find out what's in your future!

CONSIDER THE SOURCE

Fake news stories can sometimes be identified simply because they are too ridiculous or outrageous to believe. Make sure that the website that published the story is a credible source, like a major news network or local paper which has the resources to fact-check published stories.

CHECK THE URL

Does the website address at the top of the page look real? An easy way to spot suspect stories is if they're located on a news site with an odd domain name. So check the URL. Some shady websites try to incorporate a legitimate news source into their URL (such as www.therealbbc.co.uk) or will slightly misspell a popular domain name.

VERIFY FACTS AND IMAGES

Authentic news is usually backed up by official data or surveys and previous, similar instances of the occurrence being reported. Similarly, fake news stories often include photos which have been manipulated. Perform a Google reverse image search to see if the picture has been stolen from another source and doctored.

RESEARCH THE WEBSITE

Be wary when a big story comes from a news organisation that you've never heard of. Some hoaxers will quickly set up a website just to spread fake stories and so-called 'breaking news'. Use the internet archive to research how long a site has been running – and check if the same story is being reported by more credible news outlets.

ARE ALIENS HARVESTING OUR WIFI?!

Supposed footage of alien craft

Our groundbreaking exposé on page 4 ...

FURTHER SUPPORT

REPORT THE CONTENT

Google and many social media platforms now have dedicated methods for fake news stories to be reported to them. This can range from sending a feedback message to Google via the page itself to the 'Report Post' buttons on Facebook and Twitter.

PROVIDE REASSURANCE

If your child feels as though they have been negatively impacted by a fake news story, or has suffered some form of embarrassment because of fake news, it's important to be supportive and reassuring. Discuss with them how not everything that's posted online is true.

IMPROVE THEIR DIGITAL LITERACY

If your child has been tricked by a fake news story, try to encourage them to think more rationally about what they see and hear on the internet. Advise them to question the motivation behind a story – such as why it's been written, and if it's trying to make them form a specific opinion or influence their actions.

OUR EXPERT

PARVEN KAUR

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.

Daisy's Diary

Spring. Not cancelled.

Even though it is so mild here in Cornwall it's still winter – and the grey weather at the start of the week really didn't help with the general mood. Some of our school birds have gone to warmer countries – our goldfinch family who fed regularly from Lanyon's flower patch have probably popped over to Spain. Goldfinches are as beautiful as anything you would see in Paradise Park, and how brilliant that the little family at school fed their children on the thistle seeds from the wildlife garden in the spring and filled up with flower seeds before their long journey.



Other birds have come over for winter here. The starlings who are roosting near the harbour at Penzance at the moment are spectacular. They are saving my day at the moment – they swoop past just as I'm trying to start dinner and realising I have ignored the washing up AGAIN - and I go join everyone standing on doorsteps to watch them swoop overhead and fill the sky. One of the family groups from the amazing giant murmuration has been coming to school to feed in the day. (I can't prove they are one of the massive flock but they travel up to 30 miles to find food from their roosting site and so they probably are.)

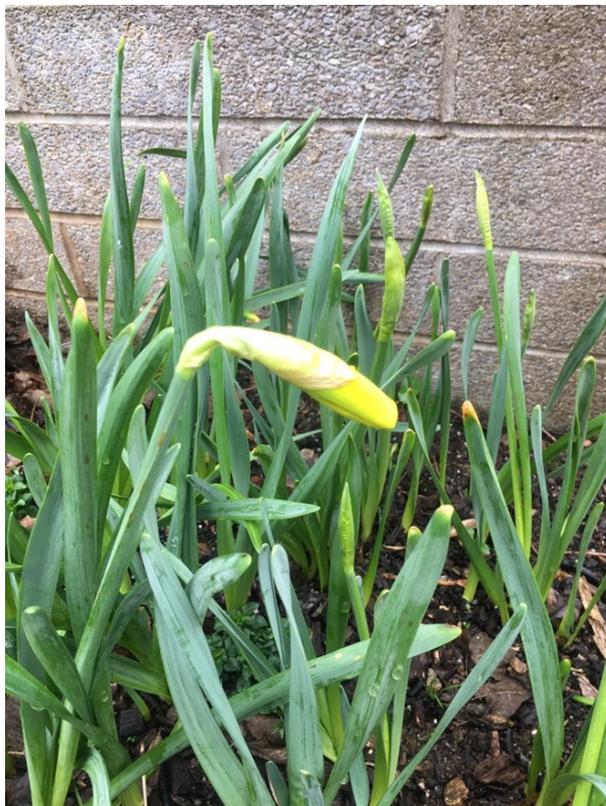


Even though at the moment they don't have their smart yellow beak (that's only at mating time) they still look so stunning with their rainbow sheen, playing on the roof of Owls classroom.

Other birds are starting to get ready for spring namely, the chickens! Bricky Hairstyles has been practicing and practicing and his crow is now so loud I can hear him down the road (well, when the seagulls are quiet and the wind is blowing in the right direction!) and he now does a special dance for Lemon the hen where he puts one wing down and puffs himself up and parades about to show her how handsome he is. Lemon might start to lay eggs soon. She has three nests! Just in case! They have both been busy growing but still enjoy being cuddled and of course, a good book.



Lemon is enjoying *Zombie Dogs Rule!* Bricky is enjoying it but does keep interrupting.



And finally, a little hint of the sunshine, bursting buds and blossom to come – here's the very first daffodil in Kerris's new daffodil patch. Spring – it's definitely coming – and it can't be cancelled!

Free School Meals

At this time, many families may find themselves eligible for Free School Meals and Pupil Premium who previously did not meet the criteria. Please read this page carefully to find out if you are now eligible.

Cornwall Council are continuing to process new applications for Free School Meals. Please ensure that you read the eligibility criteria before applying and complete the online application form if you are eligible.

<https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/application-for-free-school-meals-and-pupil-premium/>

Postal applications are currently not being accepted but, if you are unable to apply online, 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. Please make sure that your phone will accept calls from a private / withheld number.

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 underlying entitlement to benefits-related Free School Meals. Please ensure that you check this and apply if appropriate, even if your child is in one of these year groups, because of the additional benefits (eg food vouchers during holiday times where these are given by the Government).

Your child may be eligible for benefits-related free school meals if their parent / carer (or the child themselves in their own right), 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

However, you will be temporarily eligible to claim free school meals if you receive a Working Tax Credit run-on, which is the payment you may receive for a further four weeks after you stop qualifying for Working Tax Credit.

If you think that your child is eligible for Free School Meals, we strongly recommend that you contact Cornwall Council as detailed above.



**CORNWALL
COUNCIL**
one and all • onen hag oll

Adult
Education

Learning in Lockdown



Feeling lost in lockdown? Too much time to think?
Unsure of what the future holds?

If you are 19+ and unemployed or claiming benefits,
we want to hear from you. Take this moment to upskill.

Our Learner Led sessions are running online, aiming to
meet individuals' interests, including:

- Arts & Crafts • Cornwall Culture & History • Nature, Environment & Animals • Leisure • Communication Skills • Self esteem
- Employability Skills • Video calling tutorials

Find out more:



If you are interested in finding out more, please text your
name and postcode to **07837 311 681** or follow this link to
our enquiry form **www.cornwall.gov.uk/locallearning**

CLLD Enabling Business
Inspiring People



European Union
European
Social Fund