

10/9/21

FRIDAY NEWS

Nº 1

Dear Parents and Carers,

Welcome back to school for the start of the 2021 Autumn Term at Alverton. The summer holidays already seem a long time ago; the term is well underway and the children have all settled fantastically well into their new classes. Thank you for making sure that your children came back for the new year with very positive attitudes and looking so smart in their school uniforms.

The biggest change for the Autumn term is that the Woodland Nursery is now officially part of Alverton School. This is something that we have been working towards for a long time and we are absolutely delighted that it has finally happened. Anyone whose child has attended the nursery over the last couple of years knows that this is an amazing provision and setting and we are very proud that they are finally part of our school.

We all know that we are still facing uncertain times with new guidance and advice issued regularly which we always respond to and incorporate into our safety arrangements. Thank you to all those people who have been wearing masks at drop off and pick up times and to everyone for ensuring that these busy times are calm and measured.

We look forward to working with you and your children over the coming year; if you have any concerns or questions at all, please contact the office who can put you in contact with your child's teacher.

Best wishes,

Cathryn Wicks
Deputy Headteacher

Keeping Children Safe at Alverton School

Keeping children safe is a key part of what we all do. Our website has a Safeguarding section <http://www.alverton.org.uk/website/safeguarding/85998> and a separate online safety section http://www.alverton.org.uk/website/online_safety_for_families/246722. Both of these contain a lot of information which can help you ensure your child remains safe. Our Safeguarding Parent Guide can be downloaded from the Safeguarding page as well as our termly Safeguarding newsletters which provide information about different aspects of safeguarding. At Alverton, the Designated Safeguarding Lead is Mr Higgs and the Deputy DSL is Mrs Wicks who are both always available to meet with you should you be concerned about a child's safety in any way.

Free School Meals / Pupil Premium

<https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/>

From time to time, we ask parents and carers to check whether their child may be eligible for free school meals and the Pupil Premium. 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.

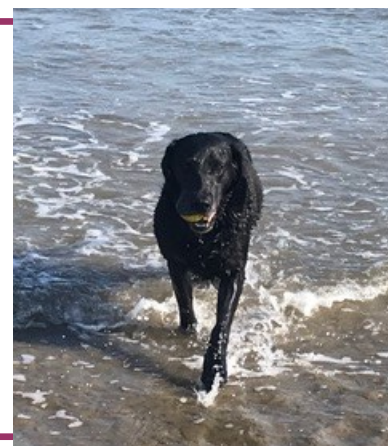
Registering for free school meals / Pupil Premium is confidential. If you think that your child is eligible, we strongly recommend that you contact Cornwall Council as detailed above. Mrs Gill and Mrs Stacey in the office will also be able to help you and answer any questions you may have.

Thank you.

Barnie

We had some sad news over the summer holidays as Barnie, our school dog who was much loved by all the children (especially Bosigran) and staff (and, most particularly, Mrs Harman) died over the summer holidays.

We will all miss her gentle and calming presence around the school.



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.

Clubs - start Monday 20th (not 13th)

Clubs lists have now come home and will be returned to your child by next Friday at the latest so that you know whether your child has a place and can pay if there is a cost involved.

Please encourage your child to attend their club regularly as there will be waiting lists for many of them and non-attendance will mean their place will be given to someone else.

Wellies

In Year 5 and 6 we have been left with a large number of wellies that no longer fit their owners. Some of these are practically brand new and it seems a shame to throw them away. On Monday after school we will put all these wellies on the picnic tables outside the hall. Please come and take a pair for your child for this year or next year. Any left over will be given to the charity shop.

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 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.

Urgent Safeguarding Alert

Why are you receiving this alert?

Our online safety experts have been alerted to an extremely dangerous website and app called **'Monkey'**, which allows users to have video calls with strangers. The platform markets itself as *'an alternative to Omegle, with a TikTok vibe'*. Our online safety experts reviewed and tested this platform and have found that it contains large amounts of inappropriate, disturbing, and harmful content transmitted via web cameras.



Please follow this link for further details:

<https://oursaferschools.co.uk/2021/07/06/safeguarding-alert-monkey-web/>

School lunches

Our new catering providers are Chartwells. The cost of a school lunch for all Year 3 children upwards, unless your child is receipt of free school meals, is £2.34. The menu has been sent home and can also be found on the school website under Parent Pages, What's on this term. Payment for meals is by cash or cheque (payable to Chartwells) and pupils should not be in arrears by more than 5 days lunches (£11.70). Please ensure that you pay whatever is owed by the Friday of the week your child has lunches. **If you have not settled the debt by the following Monday the kitchen staff will not be able to let your child have a meal and you must send your child in with a packed lunch from home until payment is received.** The school office will contact you if your child has not brought in a packed lunch and will ask you to bring one in.

Go Active After School provision

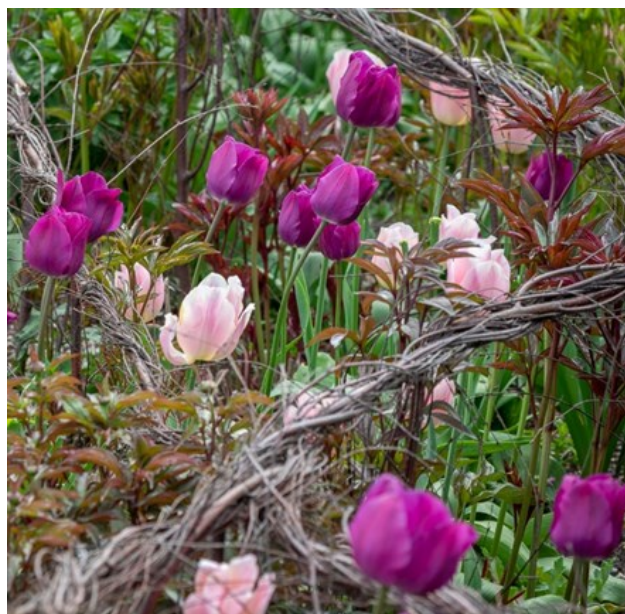
Any queries or to book please contact Mr Timmons direct on 07843 126833 or by emailing him on alvertonkidsclub@outlook.com

Lost property

All the lost property is now put into the large chest outside the office window and is no longer kept in the hall. You can come at anytime from 8am-4pm to look inside for any lost or items or to take any un-named items. Any un-named items will be taken to the charity shop after every half term so please name all your child's belongings.

Daisy's Diary

The school entrance garden is looking splendid thanks to Mrs Whipp planting and nurturing and watering, even through the summer holidays. Thank you to everyone who has donated plants – we've had giant poppies and sunflowers, climbers and ferns... and the bees are loving it (as you can see from the photo with the sunflowers – there's a big bumble having breakfast!) Last spring we had tulips too but they were one shot wonders. I'd like to put in some tulips that come back every year. If anyone is kind enough to donate some to the school it would be really lovely. The collection is 'The Non stop Tulip Collection' and they cost £16.50 from Sarah Raven (online). Purple and pink ones – huge big ones to get us through those grey morning drop offs!



Morrisons are giving out vouchers for school gardening equipment and we are collecting them! Please hand in to the office. Thank you!



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

NSPCC

Help for children worried about COVID

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

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.

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.**



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

WCWAid

West Cornwall Women's Aid
01736 367539

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



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 trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



BACK TO SCHOOL

Online Safety Tips for Children

Wow, it's September already! The month when autumn officially starts and ... oh yeah, the beginning of a new school year. Every cloud has a silver lining though! Another term means new friends to make, different stuff to learn, fresh online trends to jump on and exciting new games to play on your phone, computer or console. We've compiled a list of our top tips to ensure that - whether you're going online to chat, research things or just have fun - you can do it safely.

Be cautious with your profile

Be careful not to give out too much info on your social media or gaming profiles. Details like your full name, address or school's name could all help strangers to actually find you offline. A trusted adult can help you make your profiles private - so only your family and actual friends can contact you.

Lock your devices

Taking your phone or tablet to school? Turn password protection on. It keeps your private info safe and stops anyone accessing your device without permission. Passwords should be memorable to you - but difficult for anyone else to guess. Get a trusted adult to write it down in case you forget it!

Be smart with screen time

Too much screen time, especially just before bed, can affect your quality of sleep. Losing sleep, or not sleeping well enough, messes with your concentration and energy levels. Try muting notifications so you don't get pinged late at night; you'll feel fresher and more focused the next day.

Know how to deal with bullies

Sadly there are people online who enjoy picking on other users. If you ever feel like you're being bullied online - by anyone, not just someone from school - talk to a trusted adult about it. Together, you can discuss possible steps, such as blocking or reporting the person who's targeting you.

Manage online relationships wisely

Most people in a relationship chat to their partner online. Just be mindful that once you send a pic or message (even if it's private), you no longer control who else might see it. Messaging someone you've never actually met - and who might not be who they say - is definitely best avoided.

React well to inappropriate content

When you're researching something online, there's always a chance of finding content that makes you feel uncomfortable or upset. If this happens, you can report it as inappropriate and (hopefully) get it taken down. Tell a trusted adult what happened; they'll help you decide what to do next.

Report offensive in-game chat

If you game online with your mates, you'll know things can get competitive and heated on the in-game chat. Playing against people you don't know (especially if they're older) raises the risk of offensive comments and even threats. Our advice? Find out how to block or mute those bad losers.

Learn to spot fake news

If you're looking into a topic for homework or a project, be careful not to get taken in by fake news: content that's deliberately created to mislead people. Check the story with credible sources, like the BBC or Sky News. Trust your instincts, too - if it seems too unbelievable to be true, it's probably fake.

Keep it 'real' with online friends

Everyone enjoys adding friends and followers on social media. It's important, though, that the people you interact with online really are your friends. If they're just random people you've connected with to increase your contacts, you don't know if they could be trolls or bullies (or worse).



National
Online
Safety®

#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.09.2021

Wanted!

Our Reception team would be very grateful for any spare skirts age 4-6 years that you might have at home that you no longer need.

They'd also love any old kitchen utensils - spoons, potato mashers, etc or small, child-sized pans which the children can use for playing in their mud kitchen. Please hand to the office.



Twitter

Don't forget to follow us on Twitter @alvertonschool to keep up-to-date with all the exciting things that are going on.



Hi everyone, it's absolutely lovely to be back, although when my alarm clock goes off first thing in the morning I'm not sure I'd agree wholeheartedly with what I've just written. I know I'm happy to see all of my colleagues again, as well as the children, some of whom seem to have grown and matured hugely over the past weeks. I was really hoping the start of the new school year was going to mark the beginning of a more normal life and routine but it appears that I was wrong, Covid is still very much here to stay for now and I feel that I simply have to get used to it, accept that it's still the way of life and move on. Which makes me rather sad at times to be honest, but that's just the way it has to be, for now at least. And once I've come to terms with that, it'll be fine and I'll move on. I'll carry on doing all the things I want to do which I always do, outdoor things in the fresh air anyway, swimming, walking, cycling, but I'll also do other things again, such as eating out, having a drink with a friend, going for a coffee, though these will also be outdoors as much as possible. Some of the indoor things I love doing will have to wait. I still have my family and friends. And I'm still here, and I can still see you, and the first thing I did in the new office was find the biscuits! So I can still share them over a cuppa while you chat. If you need me. Just ask in the office, or call, we'll do the rest. Take care, Mrs D xxx