

I hope that you have all enjoyed a fantastic half-term break and have settled back into home-school learning.

We were talking at school this week about how fortunate we are to live in such a beautiful part of the world and how this, along with the fabulous weather we've had recently and the opportunity to be out and about on a walk in the fresh air, has helped to keep us feeling much more positive than perhaps we might have done.

This led me to Google to see if there was any evidence to say why this was the case. There's loads! Walking can do wonders for your mental wellbeing. Apparently, it improves self-perception and self-esteem, mood and sleep quality, and reduces stress, anxiety and fatigue. Physically active people have up to a 30% reduced risk of becoming depressed and staying active helps those who are depressed recover. All of which seem like excellent reasons to go for a socially distanced walk!

My daughter (who is also a primary school teacher and has been heavily involved in home-school learning for her own Year 6s from our kitchen table) and I have been all over the place locally over the last ten weeks, starting out with walks from home and now venturing a little further afield. There are endless lovely walks nearby although most of mine tend to end up with us battling our way through brambles and stinging nettles with me insisting that "this *is* a proper path!".

Half-term was perfect for walking and one of my favourites was a walk from Perranuthnoe to Cudden Point. It was beautiful weather with incredible views! Another very easy and short walk, which we did one evening this week, was to the top of Chapel Carn Brea on the road to Sennen. The views are truly spectacular and there is also a very handy car park.

I saw on Twitter that Mr Dawe is encouraging Kingfishers to get involved with The Wildlife Trust's 30 Days Wild. This looks great – lots of easy and manageable ideas for the whole family to get involved in out and about in the open air. If you follow this link, you can sign up to get their materials. <https://action.wildlifetrusts.org/page/57739/petition/1>

Of course, some of us will be finding these uncertain times difficult to cope with. Remember that there is always someone who you can turn to. There are lots of helplines, websites etc included in our newsletter each week and we are always on the end of an email if there's anything at all that you think we may be able to support you with.

Have a lovely week – hopefully the sun will be back soon!

Cathryn Wicks

Deputy Headteacher

Important Message from the RNLI Water Safety Team

This summer, RNLI Lifeguards can't be on every beach, meaning a heightened water safety risk to beach goers. They have asked us to help share some important messages with our children and their families.

It is anticipated that once restrictions further ease and the summer weather is here, people will head to the beaches and coastline to enjoy the sun, sea and time with friends and family. In a normal year, the RNLI helps thousands of people who end up getting into difficulty in, or close to, the water when doing these types of activities.

During a normal summer term, the RNLI's local team of trained volunteers and lifeguards visit Alverton and speak to the children but this year they have not been able to engage with school communities as they normally would.

The RNLI has asked us to share some resources with you. They would like you to look at their [Beach Safety Campaign](#) with your children and suggest their [Water Safety from Home resources](#) and maybe taking part in their Water Safety Wednesday series which is perfect for primary school-aged children.

We will be sending some of their educational resources home as part of home-school learning and it is really important that your child engages with these.

Beach lifeguards cannot be everywhere this summer and it is vital every one of us takes responsibility for our own, and our family's, safety.

Thank you.



Home School Learning Survey

You should have received an email yesterday asking you to complete a short survey on our Home School Learning provision. If you haven't yet had the chance to do this we'd be very grateful if you could find five minutes to answer the questions. The email has all the details in it. Thank you.

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

To stop the spread of coronavirus (COVID-19), you should try to avoid close contact with anyone you do not live with.

This is called social distancing.

Stay at home as much as possible.

It's very important to stay at home as much as possible.

There are only a few specific reasons to leave your home, including:

- for work, if you cannot work from home
- going to shops to get things like food and medicine, or to collect things you've ordered
- to exercise or spend time outdoors
- for any medical reason, to donate blood, avoid injury or illness, escape risk of harm, provide care or help a vulnerable person.

When outside your home, it's important to try to stay 2 metres (3 steps) away from anyone you do not live with.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

This is an unusual time and we are conscious that some people and families will be finding it difficult. We have included some helpline numbers on this page in case anyone finds them useful.



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**.

Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance has let us know that it is no longer necessary to obtain a voucher to receive food from them and that they are open every day at the moment. If their support would be helpful to you at this time, 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.



Online Safety

Whilst there are huge benefits to being online in order to stay connected to family and friends during this period, 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.

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



Facebook Messenger is a communication and chat application which is part of the wider Facebook platform and has been a standalone app on mobile devices since 2011. Through Messenger, users can exchange messages and send photos, videos, stickers, gifs, audio files and play games. It allows both one-to-one conversations and group chats, has a 'stories' feature and provides the ability to set up a video call session with up to 50 people at a time through its latest update, Messenger Rooms. That's why we've created this guide to help parents and carers understand exactly what Facebook Messenger is all about.



AGE RESTRICTION
13+
Anyone over the age of 13 can create an account.



What parents need to know about FACEBOOK MESSENGER



ADDICTIVE NATURE

Whereas Messenger is integrated into Facebook itself on a desktop or laptop, it is a separate app on mobile phones. It is similar in many ways to other messaging platforms with the added bonus of being able to upload stories, make live video calls and have group chats, beyond just standard text messaging. All of this can encourage children to spend more time on the app and on their phone, contributing towards increased levels of screen time.

REQUESTS FROM STRANGERS

Messenger cannot work without creating a Facebook account first. From here, if your child sets their profile to public, there is a chance that children may receive message requests from people they don't know. There have been reports of online grooming on Facebook and some people use fake profiles to reach out to children they don't know to try and encourage them to engage in conversation.

SECRET CONVERSATIONS

Messenger has a function called 'Secret Conversations' which means that your child can have encrypted end-to-end conversations with another user. Unlike regular chat on Messenger, these messages can only be viewed on the device being used and are not transferred to anywhere else where Messenger is logged in. Messages can also be set to delete after a time, although screenshots can still be taken. This means your child could engage in a private conversation with someone, who may look to take advantage of them, but leave no record of any previous messages.

LIVE STREAMING RISKS

Through its latest feature, Messenger Rooms, Facebook now offers the ability to hold live video calls with up to 50 different users. Although video calls aren't new on Messenger, this latest addition pushes the 'live streaming' element of the app, which is also linked to WhatsApp and Instagram. This can heighten the risk factors around privacy, security and being exposed to explicit or inappropriate content from other users with little, to no, prior warning.

OVERSHARING PERSONAL INFORMATION

Messenger can be an easy way for children to overshare personal or sensitive information with people they don't know. If Messenger is granted access to their photo library, links a phone number to the account or enables location settings, children can potentially share their private photos, videos, mobile number and even their current location with others.

TARGETED ADS & DATA SCRAPING

Facebook uses algorithms to understand how users interact with their platform and also what they're interested in. Messenger is not immune to this, and data shared - even between your child's friends - can be used to target children with advertisements around topics such as health, fitness, beauty, celebrities or something else which might not always be age-appropriate.

CYBERBULLYING RISKS

Like many other social media platforms or messaging apps, Messenger can be an avenue for cyberbullies or trolls to target children through online abuse or sending nasty private messages. This might be in the shape of harassment from others or being purposely excluded from or targeted in group chats.



Safety Tips for Parents & Carers

REPORT INAPPROPRIATE BEHAVIOUR

If your child experiences anything negative on Messenger or is sent content from someone which makes them feel uncomfortable, they should speak to you about it and report it directly to Facebook. Users can also be blocked from messaging your child further and if your child doesn't want to display to others that they are online, they can switch off their active status from the settings.

KEEP YOUR PROFILE & STORIES PRIVATE

You can setup your child's profile on Facebook so that only friends can contact them. Similarly, on Messenger, parents can make their child's 'stories' feature only visible to their friends list. Not adding a phone number also means that your child can't be found by searching for their personal number. This helps to keep their account more secure and less likely to be found by people they don't know.

SHARE THEIR MESSENGER ACCOUNT

Some parents insist on checking their children's messages regularly, to see who they're talking to, rather than what they're talking about. This can seem intrusive, but when approached in a sensible, collaborative way, it can help you to keep an eye on who your child is communicating with and help to reduce the chances of misuse.

DISCUSS LIVE STREAMING RISKS

Speak to your child about how to use video calls safely and securely. Make sure that when setting up video calls on Messenger Rooms, invites are only sent to friends and family that your child knows and only allow people into the 'room' who they trust. Discuss how they should behave and that they should act responsibly during a live stream, even if it is with people they know.

EXPLAIN THE DANGERS

Give examples of how Messenger has been used by other users pretending to be someone else to get information that they may do harm with. Tell your children that whilst Messenger is a great way for people to communicate and have fun, not everyone is who they claim to be and that they shouldn't accept messages from people they don't know and shouldn't share any private information, such as pictures, videos or their location, with strangers.

Meet our expert

Alex Wright is a former Facebook employee and social media expert with over 15 years' experience working in digital media. He has worked with some of the biggest organisations in the world and has a wealth of knowledge in understanding how social media platforms work and how they engage their audience.



SOURCES: <https://www.facebook.com/help/messenger-app/>
<https://www.androidcentral.com/how-make-facebook-messenger-secure-possible>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.05.2020

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. Our Pupil Premium Parent Guide is being sent home alongside today's newsletter to provide you with more information.

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 number.

NB All Key Stage 1 (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. Whilst schools are closed to most pupils during the current Covid-19 pandemic, schools are not required to provide meals or vouchers to Key Stage 1 children who usually receive free meals under the Universal Infant Free School Meals scheme but are not currently attending school.

However, some children in Reception, Year 1 and Year 2 and receiving Universal Infant Free School Meals (as well as all Key Stage 2 children) may have an underlying entitlement to benefits-related Free School Meals. Schools will make arrangements for these children to receive free meals through food parcels or supermarket vouchers.

Your child may be eligible for benefits-related free school meals if you, 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.

We need you!

Please help us win £5,000 of National Book Tokens for the school library - and get £100 for yourself! Enter the competition online, it only takes a minute:

<http://www.nationalbooktokens.com/schools>

NATIONAL
BOOK
tokens

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.

Fundraising for Cornwall Mind - running 52 miles in 48 hours

One of our ex-pupils, Tom Hands, is due to do a charity run which he is doing for Cornwall Mind. This run is going to involve 52 miles in 48 hours. Mind is a great charity who are heavily linked with young people and provide help for mental illnesses. He says that want to help raise awareness of this Charity so young people know where they can go if they need help. If you would like to support him and this charity please go to the link to his GoFundMe page: <https://gf.me/u/x6tqvr>

CORNWALL COUNTY CHOIRS



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Cornwall Music
Education Hub

AUDITIONS 2020

Open to young people in school years Y4-Y13,
auditions will take place in May-August 2020
for the following choirs:

Cornwall Boys and Cornwall Girls

(Y4*-Y7/8)

* If your child is currently in Y3, they can still audition
for entry in September.

Cornwall County Youth Choir

(Y7/8 depending on voice maturity - Y13)

Click [here](#) to register
or
Email jkbccc@gmail.com



@CornwallCountyChoirs



@CornwallChoir

