

Dear Parents,

It's been a busy week at Alverton – these are some of the exciting things that have been going on.

EYFS – Mrs Hall

In EYFS we have been exploring the changing seasons and changing states of matter through lots of ice experiments. The children have freed trapped toys from the ice, made collections of winter seed heads, berries and leaves and made them into ice decorations for the garden and made their own small world polar landscapes and watched the icecaps melt before their very eyes. In their Own Learning the children have been dealing with an infestation of tiny, invisible monsters by laying trails of honey to an elaborate trap. So far, no luck in catching the wee beasts.....

Key Stage 1 – Mr Dawe

Children in Key Stage 1 have been continuing their learning with a Chinese theme. In Geography, they have been making maps of China and have been fascinated learning about the Great Wall and the Terracotta warriors of the First Emperor Qin Shi Huang. They've also been working on their own dragon-inspired poetry in English and working hard at their phonics. In PE, the children have choreographed their own ribbon-dances as well as swimming lessons starting for some Year 2 pupils! It's been a busy time.

Lower Key Stage 2 – Mrs Dennison

After returning from Christmas, LKS2 have plummeted straight into their Disaster topic! All three classes have begun learning new geographical skills including how to use a map and the different layers of the Earth. As well as that, in Science they have been identifying and classifying rocks. We have written some beautiful shape poems in our English lessons as well as making 3D globes and animal collages out of recycled materials. What a busy half term so far! Plans for the school camps are under way and lots of children have already gone on to represent the school in various sporting activities. We also have Piran, our Cornwall Cricket coach, every Monday who is teaching the children lots of new skills related to cricket.

Upper Key Stage 2 – Mrs O'Rourke

UKS2 started the term with our Autumn DT project (postponed because of Covid), spending the first three days researching, planning and designing biscuits and packaging for a Christmas biscuit ... perfect after a holiday of eating Christmas biscuits! We worked out that the three classes combined made approximately 1500 biscuits on the Friday! After that incredibly busy start, we have enjoyed getting on with our Water project, singing and dancing to the Water Cycle in Geography, getting familiar with our circulatory systems in Science and creating some fantastic Matisse inspired art. In Music, we are learning the cup dance which requires a great deal of hand eye co-ordination so the teachers are working hard to keep up and in French we are learning all about pets. Year Five have begun a new English unit on The Tempest which involves plenty of drama and some of the children will be taking part in the Shakespeare festival at the Minack, performing The Tempest themselves.

It all sounds amazing and there certainly is a very happy, purposeful atmosphere as you go around the school.

Have a lovely weekend,

Cathryn Wicks
Deputy Headteacher

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.

Contact details

Please ensure that we have your up-to-date contact details, particularly your mobile number and email address. We send out very useful information by text and email every week and our system doesn’t tell us if these have bounced back to us. If you move house please tell us as well as we sometimes post things home.

Wanted!

Key Stage 1 would be delighted if anyone has any dolls or dolls prams that they would like to donate.

Nursery would be very grateful for any spare Lego that you might have at home.

Many thanks.



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 PCR test as soon as possible and stay at home and do not have visitors— only leave home to get the test. Please check the latest Government guidance. **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 a test online at:

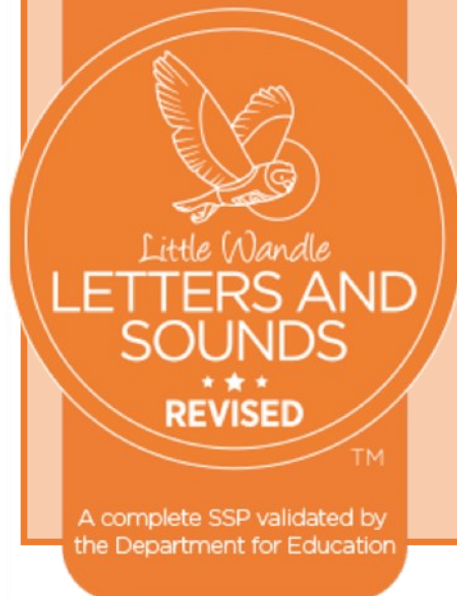
<https://www.gov.uk/get-coronavirus-test> or phone the NHS test line 119.

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

We're teaching
every child to
read with



Dear Parents, we are excited to let you know that we have recently adopted the **Little Wandle Letters and Sounds Revised** programme to teach phonics in EYFS and KS1. You can find lots of information on our school website to explain how it works and to support you in helping at home here:

https://alverton.eschools.co.uk/website/reading_and_phonics/297521

and also on the **Little Wandle** website here:

<https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/>

This will be particularly useful for EYFS and Year 1 parents but those from other key stages may find some useful information there too.

Residential camps 2022

Please see the deadline dates for when the full payment for camp needs to be received.

You can pay a little at a time via Schoolmoney. Just change the total in the green box to the amount you want to pay.

Year 3 camp - Penryn - June - £100

Deadline: 29th April. £75 remaining

Year 4 camp - Bude - April - £105

Deadline: 11th February. £70 remaining

Year 5 camp - Porthpean - June - £180

Deadline: 20th May. £150 remaining

Year 6 London trip - July - £310

Deadline: 1st April. £175 remaining online plus £10 cash to office for meals on the last day.



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 & Carers Need to Know about HORROR GAMES

Horror video games come in a such a variety that the genre can hard to define. The overlapping element is that these games are designed to scare or unsettle the player through gameplay, atmosphere, story, music, setting and 'jump scares'. The most common sub-genres are survival horror, action horror, psychological horror, jump-scare horror and reverse horror. These games originate from a range of developers, including smaller indie studios which release download-only titles (that is, they aren't physically sold in shops) and therefore aren't subject to age ratings.

WHAT ARE THE RISKS?

ADULT THEMES

Horror games are typically made with adults in mind, which means by definition that they often feature adult themes. Outlast, for instance, is a popular horror game series including material such as nudity and extreme sadistic violence. Other games, like Five Nights at Freddy's and its sequels, have a back-story that doesn't actually appear on screen but still hints at explicit adult themes.

VIOLENT CONTENT

Not all horror games contain graphic violence (titles like Five Nights at Freddy's and Phasmophobia prefer a spookier, suspenseful aesthetic) but many do portray extreme brutality very realistically. Until Dawn and the hugely popular Resident Evil and Outlast franchises, for instance, feature incredibly graphic violence. The safest course of action is to thoroughly research a game in advance.

ONLINE INTERACTION

Some horror games are played cooperatively with others online. Phasmophobia is one of the most popular titles in this category, and while it doesn't feature an excessive amount of gore, it does place a strong emphasis on online interaction – often with strangers. Dead by Daylight is another game in which frequent and prolonged online communication with other players is an advantage.

PSYCHOLOGICAL HORROR

Rather than simply laddling on the blood and gore, psychological horror games try to scare the player through subtler mental and emotional means. For this reason, this type of game (notable examples include Alien Isolation, The Medium and the Amnesia series) can have a longer-lasting effect on players; some occasionally 'break the fourth wall' – interacting directly with the player as if they were real.

LONG-TERM FEAR FACTOR

Horror games are designed to be scary: most players accept this fact in advance. They can, however, include content which leaves an unwanted lasting impression. By focusing on our fears and concerns to elicit an emotional reaction, horror games can be triggering in unexpected ways for some players. It's difficult to predict when – and how – a game might have long-term effects on an individual's mental wellbeing.

Advice for Parents & Carers

BEWARE OF JUMP SCARES

Jump scares in video games are often no worse than they are in movies. If a young person doesn't cope well with being suddenly startled by something in a film or on TV, they probably won't be able to handle horror games featuring jump scares. Some games (such as Five Nights at Freddy's) are built entirely around this technique and aren't suitable for younger children or those who are easily frightened.

RESEARCH THE GAME

It's best to look into a horror game thoroughly if your child expresses an interest in playing it. Many indie horror titles are download only and therefore aren't required to come with an age rating – so you'll need to do some background reading and judge the game's content for yourself. Check out the game's web pages, read any wikis about it (including fan ones) and watch videos of the gameplay.

ENCOURAGE BREAKS

It's easy to lose track of time when gaming, and horror games are no exception. A short break every hour or so is important to rest the eyes and relieve the posture – especially if traumatic situations in the game have built up tension and stress. For horror gamers, breaks also give the added benefit of feeling more relaxed afterwards, which can mean a scarier gaming session when they resume!

IF IN DOUBT, SWAP IT OUT

If your child finds a horror game to play, but after doing some research you decide it doesn't look like the right one for them, swap it out! There are a lot of horror titles to choose from, and some will be more appropriate than others. Work together with your child to find a suitable game for them. Remember, horror games don't have to be gore-spattered and graphic to be enjoyably scary!

STAY RECEPTIVE

Maintaining good communication with your child is vital for safe gaming. If they see something in a horror game that disturbs them in ways they didn't expect, then they should feel comfortable opening up to you about it. Try not to simply laugh it off or make light of it, and always make time to listen. It's a useful reminder that they can talk to you about any type of problem they have in the future.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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Online
Safety®
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@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.01.2022

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	Presley	for listening so beautifully & for working so hard all week
Curlews	Layton	for always working so hard at everything he's asked to do
Puffins	Roisin	for always working hard & trying her best
Owls	Freddie	for working hard in English this week
Kingfishers	Violet	for working so hard in everything she does
Trencrom	Freya	for always setting a great example & writing a beautiful shape poem in English
Lanyon	Harris	for working so hard in English & Maths since Christmas. I am very impressed
Kerris	Saphron	for fantastic vocabulary choices in her poetry writing this week
Bodrift	Sienna	for working so hard in Maths this week on fractions & doing really well
Bosigran	Clayton	for being focussed & trying hard in all areas
Kenidjack	Cove	for being first in every day & getting straight onto Read Theory - what a star
Dinnertime	Thomas J	for his help at lunchtimes



Lost property

The lost property box has been moved to outside the hall door in the undercover paved area by the table tennis table. This should mean that the clothes don't get wet if it rains. Only un-named items will be put into the box and it will be emptied every half term and given to the charity shop. **Please remember to name all your child's clothing and property so that it can be returned to them.**

It's Friday again? How's that possible? The good news is it's getting lighter earlier, it's staying lighter for longer and that continues to make me feel so very much better about pretty much everything. Apart from having had my booster which made me feel rubbish, I'm enjoying lots of things, such as feeling the approach of spring. I can get out more, and stay in less. I love being outside and know how much better I feel about anything and everything when I get out and about, walking, swimming or even cycling are all very mindful - trust me when I say that plunging into the cold sea is a certain way to make me stop thinking about any of my troubles. If you'd rather talk to me than hurl yourself into icy seawater I totally understand, I'm still here and always available. It can be at any time, before school starts, during the day or in the evenings. Just ask, it's easy to make a date and even easier to listen to your worries. Take care until next week, Mrs D xx