

Dear Parents/Carers

This week has been a jam packed one! We started off with our Advent service which has got everyone in a festive mood. Thank you to all those families who made a decoration for our tree, and to Analise, Wilbur and Charlie for lighting the candles and switching on the tree. Classes have been working hard on their performances and we are looking forward to welcoming everybody to our many nativities next week.

On Wednesday and Thursday this week Mrs Williams took groups of children to both hockey and netball matches. Both teams played amazingly well and had a great time in the process! Next week we have a few football fixtures to take us into the Christmas holidays.

Today Years 1 and 2 took part in a ground breaking experience! They watched a **once-in-a-lifetime live broadcast from Antarctica** with Robert Swan OBE, the first person in history to walk to both the North and South Poles. Streaming 600 miles from the South Pole, Rob shared stories from the ice, the importance of protecting our planet's frozen continent, inspiring young people everywhere to become champions for Antarctica. They absolutely loved it! Thanks Mr Dawe for organising.

Nichola Smith
Headteacher



Christmas charity collections

Our chosen charities this year for our retiring collections at all our Christmas performances are West Cornwall Women's Aid and Man Down Cornwall. Both these local charities support men, women, children and young people in Cornwall. We would be grateful for any amount you could give. Thank you.



Supporting
women and children
in West Cornwall

SUPPORTING MEN'S MENTAL
HEALTH IN CORNWALL



WCCWAID

Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Nichola Smith (Designated Safeguarding Lead) at nsmith@alverton.tpacademytrust.org 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

After school childcare - Friday 19th December

There will be no after school childcare club for any children on the last day of term, Friday 19th December. Please collect your child at 3.15pm.

THIS IS OUR

HELP YOUR SHELF

How it Works

It's all free.

Take what you need, whenever you need it.



No Questions Asked – No Judgements Made

Give what you can if you would like to.

Donations wanted

Our Help Your Shelf is looking rather bare. If you are able to bring in any non-perishable food items, cleaning products or toiletries, we would be very grateful. These will all go to helping our families and community. Thank you very much.

Key Stage 2 Carol Concert

Please don't forget to come along to our Carol Concert on **Wednesday 17th December** at the Chapel Street Methodist Chapel starting at 6.30pm. Key Stage 2 children will need to arrive, in full school uniform (including ties), between 6.10pm and 6.20pm. Please do not arrive any earlier. Parents of Key Stage 1 and EYFS children are also very welcome to attend and to bring their children along.

In order for us to have our final rehearsal at the church, we would like to ask you **please arrange for your Key Stage 2 child to be dropped at the chapel on Wednesday 17th December between 8.30-8.45am.** We will be walking back to school in time for lunch. A letter has also been sent home to all KS2 children about arrangements.

Christmas lunch and wear something Christmassy

Friday 19th December

If your child would like Christmas lunch on 19th December you must book it in advance via Aspens Select before the date. The choices are roast turkey or a vegetarian option. **There will be no jacket potatoes or tomato pasta option on that day.**

If you do not book you must send your child in with a packed lunch from home as there will not be any spare meals available on the day.

If they would like to, your child may wear something Christmassy with their school uniform (hat/decoration/Christmas jumper etc).

Menu change

Wednesday 17th December

Due to the Christmas lunch on Friday, Wednesday's lunch will be fish fingers and chips or cheesy bean wrap and chips **not** roast chicken or vegetarian strudel. Aspens are unable to change this online so if your child would like fish fingers please book the meat option and if they would like cheesy bean wrap please book the vegetarian option. Jacket potatoes and tomato pasta can be ordered as usual.



WOODLANDS BIG GARDEN PROJECT - Tesco Blue Token Scheme

Our Nursery's outdoor garden is currently in a poor and unsafe condition. The space, once a vibrant and engaging area for play and exploration, has deteriorated over time and now poses several safety risks to the children. Uneven surfaces, worn-out equipment and overgrown brambles limit how much time the children can safely spend in the Big Garden.

We aim to transform the garden into a safe, stimulating, and inclusive environment that meets the needs of all our children. We envision a space with age-appropriate equipment, sensory areas, natural elements, and safe surface, designed to inspire creativity, encourage exploration, and support learning through play.

To help support this project we have applied for funding from the Tesco Stronger Starts programme and have been successful. Alverton Woodland Nursery will be in Tesco Blue Coin Customer Vote in both Penzance Tesco stores from **mid-January 2026 – March 31st 2026**.

Please help support this project by shopping and voting for us in Tesco!

Thank you for your continued support.



Brass lessons

After a wonderful brass concert by the children in Lanyon and Kerris this week, Kirsten Burden, the brass teacher, has space for children from Year 3-6 to learn a brass instrument in school time, either individually or in small groups. If there is enough interest she will start teaching next term during the school day. All the costs and more information can be found by going to the Cornwall Music Service Trust website: www.cornwallmusicservicetrust.org

Brass instruments would need to be hired from the Asone Hub.

Lost property

The lost property box is full again. If you are missing anything please check it before Friday 19th December as any un-named items left in it will be taken to the charity shop. The box is next to the outside hall door. Last half term we took **six** full bin bags full of clothes to the charity shop so **please name all your child's clothes, shoes and other items.**

Reception visit to the Gardeners' House

Dragonflies session 4!

All about **senses** – our own and the small creatures of the gardens...

On 2nd December it was bad weather so we came to the school but actually the weather was OK in the end and we only had a little bit of rain – we have been very lucky with the weather so far!

We went to fetch the children from Reception - they were all excited. They went on the long trip from Reception class over the car park to Nursery. We had some nice fruit, veg pieces and bread and butter and an introduction to why they were there. The children were really interested - a really lovely group...

We went out insect hunting and found black beetles this time, and springtails, and something that looked like a cross between an earwig and a centipede (I have no idea what it was!) we looked on the field and in the woods and found lots of exciting small creatures. This time always goes so fast and we could really do this all day! Whilst they were eating their lunch they watched a locust walking round on my arm and looked at his antennae and his eyes. I showed them an amazing tarantula skin with a little 'door' that had opened on its back allowing it to pull its body out of its old skin. The children weren't scared by this but just very fascinated.

Dragonflies are able to see certain colours that humans can't – I demonstrated this by getting them to look around the room with their human eyes and look for blue spots, and then look around the room again with dragonfly eyes and I shone a UV torch on the walls showing up some little blobs of clear UV paint I'd put there before the lesson - they glowed bright blue!

Five children did a quiet listening exercise using their insect ears to listen for noises far away and close up. One child said she heard the wind blowing through the grass. A larger group of 10 went to be woodlice and ants in the woods! First they wiggled their antennae arms up in the air testing for cold, damp, smells, the weather... and then went into the woods to use their antennae to feel their way rather than using their eyes. This was hilarious - I'd bought lots of blindfolds with me so the children could have a blindfold if they wanted to. The blindfolds were on and off and on and off and on and off again and the children were down the rope trail (there was a rope they could feel their way along to make sure they didn't just wonder off blind into a log!) and up again and round each other and opening their eyes and shutting their eyes and not touching and touching and going underneath each other and round.... but it was hilarious and everyone was enjoying themselves - and lots of children did feel things with their eyes shut and sometimes with a blindfold on (or off or on or off) and were willing to try things like the slimy fungus and the wet moss. It was very brave of the children to do this - I think there was a lot going on and they really gave it a go! Well done. Then we played What's The Time Mr Wolf and that was great fun and lots of squeals and falling in the mud then we played What's The Time Mr Dragonfly and somebody had the dragonfly eye which was a reflective semi sphere to see who was creeping up behind them so they could turn at the right moment and race after them because dragon flies can see behind them – which makes them excellent at playground games. Rich finished the day with an epic whole dragonfly song performance with moves! Then the whole of the dragonfly storybook! Then another go through the song with slides! I thought I would have to carry him out there out of there - jolly good show.

Next week it's the tiddly ones from nursery and we are looking at WINGS and letting them fly around everywhere. What could go wrong?

Daisy

Friends of Alverton School



NEWS



As a special festive treat for the children, the Friends of Alverton School have organised for Squashbox Theatre to come to school and perform *The Christmassy Christmas Show of Christmassy Christmasness!* Full of songs, laughs and silliness, it is a 'celebration of everything Christmassy, from fir trees, fairy lights, sleigh bells and snowflakes to crackers, carols, presents and puddings!'

The performance will take place within the school day on 15th December and is a Christmas gift from the Friends of Alverton School, funded entirely by the proceeds of our events. Thank you for all your support!



Merry Christmas!

From FOAS x

@ friendsofalvertonschool@gmail.com

@ You can also follow us on Instagram...
[alverton_school_foas](https://www.instagram.com/alverton_school_foas)



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 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.

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 & Educators Need to Know about WHATSAPP

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

WhatsApp is a free messaging service owned by Meta which allows users to send text and voice messages, make video calls, share multimedia – such as images, videos, documents and polls – and have group chats. WhatsApp messages are encrypted, meaning only the sender and the recipient can view what is sent. While this privacy may sound attractive on paper, this app comes with several associated risks that must be considered – especially for younger users.

GROUP CHATS

Group chats let friends talk together but can pose problems for young users. They might feel excluded – like discovering events they weren't invited to. Hurtful comments can also escalate quickly, as more people join in, amplifying the impact through a wider audience.

EVOLVING SCAMS

WhatsApp's popularity makes it attractive to scammers. Tactics include impersonating a child in an 'emergency' to request money, or triggering a login code, then pretending to be WhatsApp and asking for it – giving them access to private messages and personal data.

CHANNELS

'Channels' let users follow topics anonymously, interacting only through polls or emoji reactions. However, fake channels can mimic real ones, spreading misinformation, hate speech, or phishing for personal data. WhatsApp may also collect and share channel-following info with third parties, raising privacy issues.

DISAPPEARING MESSAGES

Disappearing messages help share sensitive info, but young people may wrongly assume they're fully private. Senders can opt for their message to vanish after 24 hours, 7 days, or 90 days – or for media, after one view. However, recipients can still save them by bookmarking or taking screenshots, reducing their privacy.

FAKE NEWS

WhatsApp's simplicity makes sharing news quick – accurate or not. To help curb misinformation, messages forwarded over five times now show a 'Forwarded many times' label with a double arrow. This alerts users that the message isn't original and may be unreliable.

CHAT LOCK

The new 'Chat lock' feature lets users store specific messages in a separate passcode- or biometrically-protected folder. While useful for privacy, it could be misused by younger users to hide conversations or content they know parents and educators might find inappropriate, including age-restricted material.

VISIBLE LOCATION

WhatsApp's 'live location' feature helps friends meet up or parents check a child's route home. However, anyone in a child's group chats can track their location, potentially revealing their home address or regular travel patterns to strangers.

AI INTEGRATION

Meta AI on WhatsApp poses risks to children, including exposure to misinformation, inappropriate content, and data privacy issues. AI responses may be inaccurate, and kids might share personal information unknowingly. It can also hinder critical thinking by offering ready-made answers.

Advice for Parents & Educators

EMPHASISE CAUTION

Encourage children to treat unexpected messages with caution. Get them to consider, for example, whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

THINK BEFORE SHARING

Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content sent to one user to then be shared more widely, and even publicly on social media. Encourage them to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

ADJUST THE SETTINGS

It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. To do this, go to 'Privacy', then 'Groups'. You can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if the child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

CHAT ABOUT PRIVACY

Have a conversation with youngsters about how they're using WhatsApp, emphasising that it's for their own safety. If you spot a 'Locked Chats' folder, you might want to talk about the sort of messages that are in there, who they're with and why they have been hidden. Also, if a young user has sent any 'view once' content, discuss their reasons for using this feature.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/whatsapp-2025>

#WakeUpWednesday

The National College



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.04.2025

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.

STARS OF THE WEEK

Little Foxes	Mazey	for always being super helpful & kind
Little Owls	Bella	for growing in confidence
Kittiwakes	Nina	Enthusiasm: for always trying her best in everything we do
Curlews	Emily	Enthusiasm: you have such a positive attitude to school
Puffins	Cleo	Enthusiasm: for sharing her amazing ideas & asking super questions
Owls	Phoebe	Enthusiasm: for great Maths work & absolutely beautiful presentation
Kingfishers	Elliot	Perseverance: for trying so hard (& so successfully) to improve his handwriting
Trencrom	River	Responsibility: for always showing respect and working her hardest
Lanyon	Scarlett	Enthusiasm: for always having a smile on her face & being willing to help
Kerris	Kayden	Enthusiasm: for always working hard & trying his best
Bodrift	Bethany	Enthusiasm: for being fantastic in all lessons this week
Bosigran	Jordan	Enthusiasm: for always working hard particularly in History this week
Kenidjack	Alby	Respect: for demonstrating the school values every day
Lunchtime Star	Ragnar	for lovely manners
Breakfast Club	Brodie	for helping & playing with the younger children at Breakfast Club
Sports Star	Hollie	for outstanding hockey skills & a great team player

Hi there, I hope you have managed to cope with the rain and are dry as you read this. I wanted to chat this week with you about the other you....the one that isn't a parent, carer, grandparent, aunt, uncle. The one that has a different life and different interests, hobbies and passions other than your gorgeous children. I'm curious about this because I went to an event recently and saw one of our parents in a totally new role, one which astonished and impressed me no end. It was lovely to see her in a completely different light and made me wonder how you guys manage to get some time to yourselves in different ways. I didn't really think about it before, I always just thought that your down time would involve a coffee or a catch up with friends, a walk along the prom or similar. But clearly there are many strings to your bows. What do you do? I'm genuinely curious and would love to know more so feel free to let me know - I know parents who run, others own your own shops, one works in finance and deals with more money than most of us will ever see in our entire lifetime. You'll know that I'm here for all of you but mostly those who don't have the time, energy or even inclination to pursue other interests because you're too busy/utterly exhausted or both. Maybe you struggle to make time with friends, perhaps you've lost touch with them, maybe even the idea of a night out is ludicrous! Some may not have family nearby, Whatever the reason....I'm here to help you offload, chat, sob, weep, whinge, moan, complain, grumble....all of these. Come along and get it off your chest - no judgements, just ears. Much love, Mrs Daylak xx



DIARY DATES

Tuesday 9th December 9.30am and 2pm	Reception Christmas performances
Wednesday 10th December 2pm and 6pm	KS1 Christmas performances
Thursday 11th - Friday 12th December	Year 4 Christmas sleepover at St Ives
Friday 12th December 2pm	Nursery Nativity
Wednesday 17th December 6.30pm	KS2 Christmas Carol Concert at Chapel Street Methodist Chapel
Friday 19th December	Pupils Christmas lunch <i>Wear something Christmassy with uniform</i>
Friday 19th December 3.15pm	School and Nursery close for Christmas holidays (normal time)
Monday 22nd December - Friday 2nd January	School and Nursery closed for Christmas holidays
Monday 5th January 8.30am	School and Nursery open for Spring term
Monday 13th January	Clubs start
Monday 26th January	INSET Day - school and Nursery closed
Monday 16th - Friday 20th February	Spring half term holiday
Thursday 2nd April 3.15pm	School closes for Easter holiday (normal time)
Friday 3rd - Friday 17th April	Easter holidays

School aged vaccinations

Did you know children will be offered these routine vaccinations at school?

- ✓ **FLU** - Reception - Year 11
- ✓ **MMR** - Catch-up
- ✓ **HPV** - Year 8 - Year 11
- ✓ **Meningitis ACWY** - Year 9 - Year 11
- ✓ **Diphtheria, Tetanus, Polio (DTP)** - Year 9 - Year 11

FLU

MMR

HPV

**MENINGITIS
ACWY**

**DIPHTHERIA
TETANUS
POLIO (DTP)**

Did you miss us?

We also have community clinics across Cornwall for:

- ✓ Home educated children
- ✓ Anxious children
- ✓ Children who missed the session at school

Call us on

01872 221105

Kernowhealthcic.schoolimmunisation@nhs.net

FRIDAY 12TH DECEMBER 2025 HUMPHRY DAVY LANTERN PARADE

We are thrilled to invite everyone to this year's Humphry Davy Lantern Parade, it's going to be bigger, brighter and more exciting than ever!

A huge thanks to all the children who hand made the lanterns with our artists; they have loved working with you!

Join the fun in Penzance as we light up the night!

Please bring your lanterns to St. John's Hall at 5:00 pm, and get ready to set off at 5:30 pm. Bring your best voices so we can all sing Happy Birthday to Sir Humphry having paraded across the town with our lanterns.

The Christmas lights will all be on and choirs will be singing around the town. We may even have some snow planned for you all!

This year the parade will finish after singing some carols around Sir Humphry's statue so you can make the very most of being in the heart of Penzance for some early evening cheer.

Please don't miss out on this magical evening, we can't wait to see you there.

www.lovepenzance.co.uk

Penzance
BUSINESS IMPROVEMENT DISTRICT



**PENZANCE
COUNCIL**





SPACE

Supporting Parents And Children Emotionally

SPACE is a **free** programme for **any parent or carer** who wants to better understand and support their children's emotions, as well as their own.

Each SPACE course is 5 sessions long and will cover:

- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care

MHST has several upcoming 5 session SPACE courses as follows:

Every Monday from 12th January -9th February 2026 - 13:00-14:30
FACE TO FACE at Helston Family Hub, Bulwark Road, Helston, TR13 8JF

with ONLINE programmes on:

Every Friday from 9th January-6th February 2026 - 09:30-10:30
or

Every Monday from 12th January-9th February 2026 - 09:30-10:30



To request a place, complete the online form or scan the QR code provided BY 19th DECEMBER 2025:
<https://forms.office.com/e/rrUONGgLMv>



These courses are for parents/carers of children 5-11 yrs only

Spaces are limited (Max 8 per session); if you cannot attend, please notify us ASAP - 01726 873204

HEADSTART
KERNOW



Together
for Families



Have Fun!



ENGLAND
FOOTBALL



LOL



ALL
GIRLS
WELCOME!

The perfect way
for girls aged 5-11
to get involved
with football

FREE TASTER SESSION ⚽ SAT 6TH DEC 2025 !!



TIME AND DATE

Saturday mornings, 10am-11am, £4 per session



LOCATION

Mounts Bay Academy, Penzance, Cornwall, TR18 3JT



NEXT STEPS

All girls' welcome, visit the website for further information
www.mbfcd.co.uk

