# Alverton School

5/12/25 FRIDAY NEWS N°. 12

#### 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.





## 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.

Stronger Starts

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 please check it anything 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 antennas 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





## **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**.

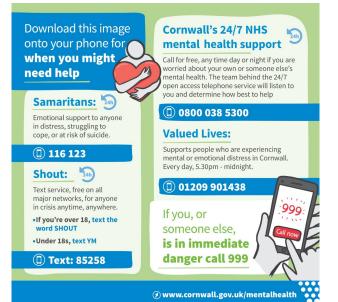








- **)** 0808 800 5000
- M help@nspcc.org.uk
- www.nspcc.org.uk



#### Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance provides food for anyone in need. If their support would be helpful to you, just phone 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.







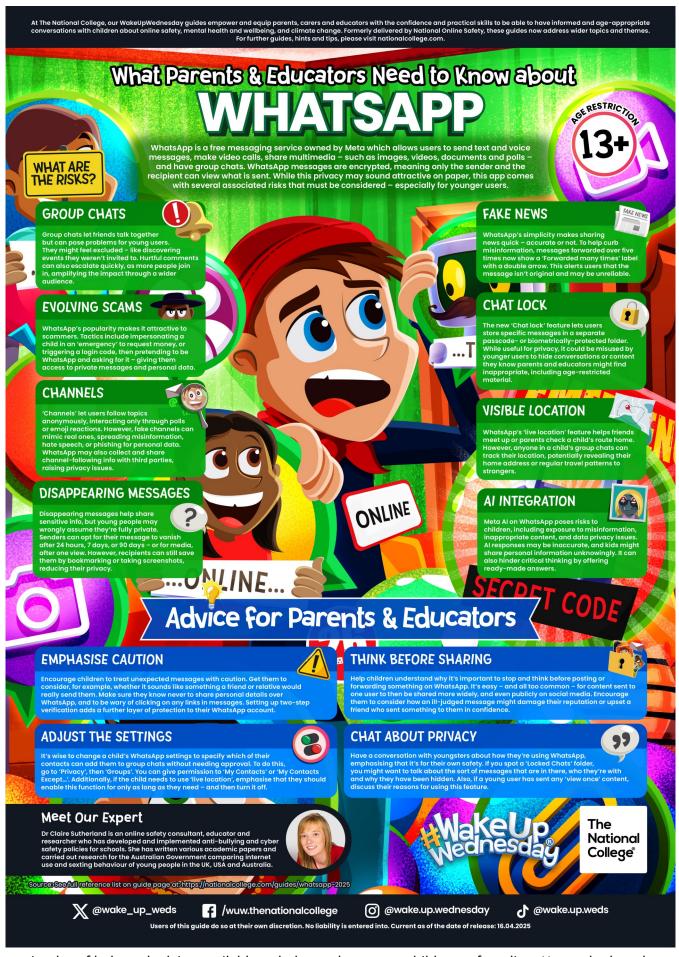
NATIONAL DOMESTIC VIOLENCE HELPLINE 0808 2000 247 24/7 CONFIDENTIAL FREEPHONE



## WCWAid

West Cornwall Women's Aid 01736 367539

https://www.wcwaid.co.uk/helpline



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 <a href="http://www.alverton.org.uk/website/online\_safety">http://www.alverton.org.uk/website/online\_safety</a> for <a href="families/246722">families/246722</a>. Your child's teacher will also always be happy to talk to you about online safety.



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



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DIARY DATES				
Tuesday 9th December	Reception Christmas performances			
9.30am and 2pm				
Wednesday 10th December	KS1 Christmas performances			
2pm and 6pm				
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			
	Wear something Christmassy with uniform			
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?



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



MENINGITIS

**ACWY** 

DIPHTHERIA TETANUS

POLIO (DTP)

## Did you miss us?

We also have community clinics across Cornwall for:



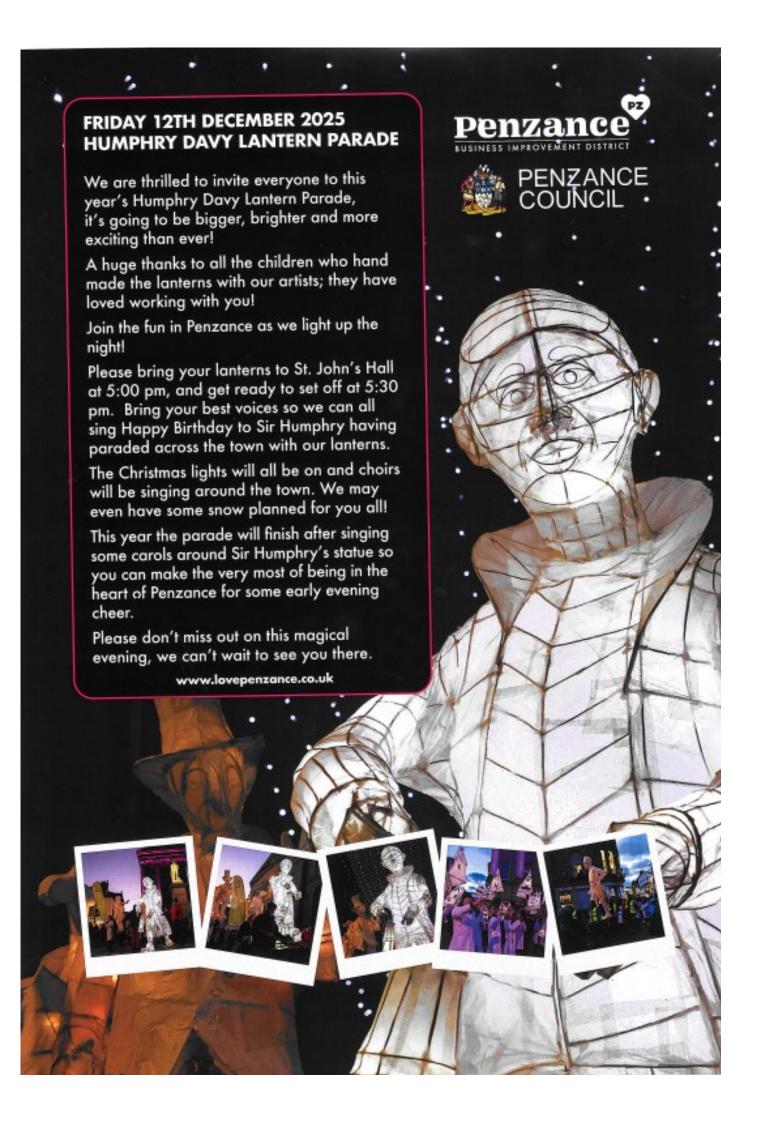
🗹 Anxious children

Children who missed the session at school

Call us on

01872 221105

Kernowhealthcic.schoolimmunisation@nhs.net





## **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:

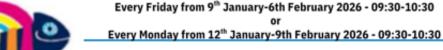
- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- · Healthy coping strategies for dealing with stress

- · 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 12<sup>th</sup> January -9<sup>th</sup> February 2026 - 13:00-14:30 FACE TO FACE at Helston Family Hub, Bulwark Road, Helston, TR13 8JF

with ONLINE programmes on:





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













