

Dear Parents and Carers,

Welcome back! We've had another great week with lots going on and some very busy classrooms. We're starting to look forward to Christmas and planning our productions, Christmas trees, staff carol, parties and all the lovely things that make this time of year so much fun.

Before any of that, it's Guy Fawkes Night. I was wondering what to write in this week's newsletter and remembered how my Mum's dog (a very gentle and nervous whippet) used to hate anything where fireworks were involved and get so distressed and upset no matter what any of us did or however much we tried suggested strategies to help a dog cope with fireworks. We once took her on a drive up over the moors to Zennor whilst a firework display was going on in Penzance just to try and get away from the noise and calm her down a bit – it is awful to see your pet in such distress.

I found some advice from the RSPCA for those of you in a similar position. If you've got a pet who hates fireworks, I'm sure you'll already have tried lots of this but there is some sensible, practical advice here for anyone who hasn't seen it.

Whether you're going to an organised event, are planning some fireworks for your own garden or are just shutting the doors and windows and watching something on TV, have an enjoyable – and safe – evening.

Best wishes,

Cathryn Wicks
Deputy Head



RSPCA

Fireworks frighten animals

Fireworks can be a source of fear for many animals but it doesn't have to be that way. Don't ignore the problem – follow our top tips to make fireworks celebrations less frightening for your pets.

Keeping pets secure

- Give your cat or dog somewhere to hide that they have access to at all times, e.g. under furniture or in a quiet corner.
- Walk dogs during daylight hours. Keep dogs and cats indoors when fireworks are likely to be set off.
- At nightfall close windows and curtains. Put on music to mask the sound of fireworks.
- Make sure your pet can't escape if there's a sudden noise. Have them microchipped just in case.
- Never punish your pets when they are scared as this will only make things worse in the long run.
- It's fine to comfort your pet if it helps them relax, or leave them alone unless you think they will harm themselves.



Just for dogs

- Close any windows and black out a 'doggy play area' so that your dog can't see the flashing lights.
- Ignore the fireworks yourself. Play with a toy to see if your dog wants to join in, but don't force them.
- Before fireworks begin, move your dog to the doggy play area with all their favourite toys.
- Ask your vet for advice about pheromone diffusers and being referred to a clinical animal behaviourist for help.

Just for cats

- Make sure your cat has somewhere to hide if they want to. For example under some furniture, in a cardboard box or in a quiet corner. Don't try to tempt your cat out as this will cause them to become more stressed.

Don't forget small animals

- If your pets live outside, partly cover cages, pens and aviaries with blankets so that one area is well sound-proofed. Make sure that your pets are still able to look out. Provide lots of extra bedding so your pets have something to burrow in.

Remember your horses, ponies and donkeys

- Check for any firework displays planned locally and, where possible, ask organisers to site fireworks well away from your horse – aimed in the opposite direction.
- fencing is secure and there are no dangerous objects they could collide with if startled. If stabled, ensure hay nets are secure so your horse can't get caught up.
- It's sensible to keep your horse in a familiar environment, following their normal routine with their usual companions. If your horse is staying in their field, check the
- You should stay with your horse if you know fireworks are going to be set off, but do be aware of your own safety – a startled horse can be dangerous.

Wellbeing

As well as improving balance, strength, endurance and aerobic capacity in children, a growing body of research has shown that yoga can improve children's focus, memory and self-esteem and can even reduce anxiety and stress in children.



I saw this "Coping Skills Fortune Teller" the other day <https://www.elsa-support.co.uk/coping-skills-fortune-teller/>

which led me to look at this lovely website. It has some super free resources which you can download which can help support different aspects of your child's mental wellbeing.

<https://www.elsa-support.co.uk/>



New Ways November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

ACTION FOR HAPPINESS

Happier · Kinder · Together

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.

Term time holidays

The DfE have made it clear that school attendance is a national priority post-Covid, therefore we are not able to authorise term time holidays and would discourage all parents from taking these.

Year 6 London

The next instalment of £70 for London is due before 18th November. Please ensure that this is paid online by then as we have to pay the tour company.

Year 5 camp meeting

If your child is interested in going to Porthpean next June please come along to a meeting next **Tuesday 9th November at 3.15pm** in the paved area outside the hall door. You will be given more information and be able to ask any questions you may have.

The deadline for the deposit of £30 (paid online) is Friday 26th November. Please ensure you pay by then to reserve a place.

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. Anyone you live with, and anyone in your support bubble, may also need stay at home until you get your result. 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 at 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

Wellies!

This week, one of our playgrounds was out of action and it was necessary for as many children as possible to be on the field at lunchtime. With the recent weather, the field is currently very muddy and wellies were most definitely needed.

As you can imagine, the logistics of matching 300+ pairs of wellies to children and ensuring all wellies (not all of which are named or where they should be) are on the feet of their rightful owner has had its moments! However, **we have made it clear to the children that they must only wear their own wellies.** If they are unable to find them, they need to tell an adult who will endeavour to help them out. We do have some spare wellies for emergencies, and the children have been told that they should only wear “spare” ones if they are unable to find their own and should not put on another child’s wellies.



End of the school day

One of our playgrounds has been fenced off this week due to the work being carried out on it. Despite this, at the end of the day some children have found their way onto the playground and we have also had children again playing on the apparatus at the end of the playground.

Can we remind you all, please, that the site should be exited as soon as possible at the end of the school day and that the children should not play on equipment, the field or playgrounds etc after being collected. Thank you.

Congratulations

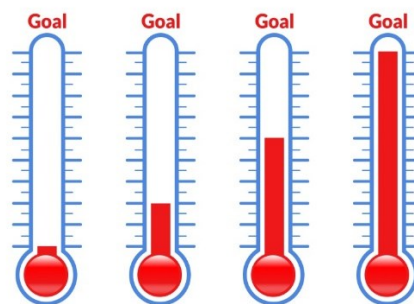
Many congratulations and well done to our lovely Miss Roberts who has recently passed her Higher Level Teaching Assistant assessment. She will now be working with children all over the school. We are very proud of her.



FOAS

would like to say a **big thank you** to all who took part in the **Halloween fancy dress day**. School became super spooky, scary jokes were enjoyed and we raised a whopping **£170** towards the new music room 🎵🎵🎵.

It's getting closer



FOAS Christmas Cards

We have arranged for your child to design their own Christmas card which, if you'd like to order any, will raise money for FOAS. Your child will be given their sample next Monday 8th November and you'll then have a week to order any cards, wrapping paper, gift tags, bags for life or mugs you'd like. **All orders must be in by Monday 15th November - order form and exact cash in the envelope provided please.** All orders submitted in time will be back around 6th December. Many thanks in advance for your support.



Daisy will be taking part in this event this Saturday at the Jubilee Pool at 12 midday. SYNCHRONISED SWIMMING!! In a frilly hat!!! With a nose clip!! Please come and cheer her on as she's been practising for weeks and it's been really cold. This is a free event raising awareness of Climate Change to show that it's not all Doom and Gloom.

TIDES REACH 2050

MIDDAY
6 NOVEMBER
JUBILEE POOL PENZANCE

COME JOIN US FOR THIS FREE EVENT DURING COP26
ON THE GLOBAL DAY OF ACTION FOR CLIMATE JUSTICE.





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>

If you'd like to come to this please ring or email the office to book a place in advance. Thank you.

Information Classification: CONTROLLED

Early Help Family Worker Support and Guidance Session



Do you have a child under the age of 13 years old?

Do you feel you may need some help?

Need advice around Boundaries and Behaviours?

Interested in doing one of the Parenting Programmes?

Would like signposting to Money Matters for financial advice?

Come and meet our school link Senior Family Worker Nikki Cooper who will also have the support of Senior Family Worker Mel Berryman. They are available to offer support and guidance to families.



**Date: Friday 26th November
2021**

Time: 1pm – 3pm

What Parents Need to Know about SQUID GAME

AGE RESTRICTION
15+
Suitable only for 15 years and over.

With themes of horror and violence, it's important for parents and carers to understand the potential risks posed for young audiences by the viral TV show, Squid Game. The nine-episode Netflix-exclusive TV show is rated 15+ and is about a world where contestants who are deeply in debt play children's games in order to win cash prizes. The losers, however, are violently killed. The show's popularity has meant it has spread across online platforms, and there is a great risk of young people being exposed to unsuitable scenes, meaning parents and carers have to be vigilant when allowing children to use devices.

INAPPROPRIATE CONTENT

Some might argue that Squid Game contains content that might not even be suitable for older teens, let alone young children. Characters are brutally tortured and killed through stabbings or getting shot as a result of rules developed and enforced by a masked game master. The show also features sexual content and threats of sexual violence, as well as a strong theme of gambling that runs throughout the whole show.

APPEAL TO YOUNG PEOPLE

Whilst the content is very much adult-themed, some features of the show seem to appeal to young children at face-value. The name "Squid Game" may be interpreted as a programme aimed at children rather than adults. The content itself, such as the bright and childish aesthetics, may also appeal to young children, particularly as there's a focus on playground games to go with it.

SIMILAR CONTENT SUGGESTIONS

When using social media and streaming sites, content is recommended based on what is the user has consumed i.e. what they have watched or searched for. Therefore, there is a greater chance of your child being exposed to similar violent or horror-themed content on social media after watching a show like Squid Game.

VIRAL SPIN-OFFS

As well as Netflix, Squid Game has grown in notoriety and prevalence on other platforms, like TikTok and YouTube, with clips of the show going viral. On YouTube Kids, a number of successful channels have taken advantage of the Squid Game trend, creating content such as "How to Draw Squid Game Characters" videos. Its popularity has also led to the creation of app games that put the player in the role of a contestant who is killed if they lose a game.

SCENE RE-ENACTMENTS

Squid Game's pervasive presence on social media has encouraged many content creators to re-enact scenes from the show, which has led to reports of children wanting to also imitate those scenes displayed on social media at home and in school. Much of this content stems from the "Red Light, Green Light" game from the first episode, where contestants attempt to make it past a giant animatronic girl before she shoots them. episode, where contestants attempt to make it past a giant animatronic girl before she shoots them.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Netflix has easily accessible built-in parental controls that allow you to set up a profile for your child with a specific age rating, block them from watching certain shows and even lock their account so it can't be accessed by anyone else. Netflix also allows you to access your child's viewing history to make sure they're not watching anything inappropriate for their age.

CHECK AGE RATINGS

Age ratings on TV shows and films are a way to gauge what is suitable for audiences of different ages. If you are unsure about the content your child is watching, check the age rating to see if the TV show or film is deemed suitable for their age group. If not, try watching the show yourself or talking to other parents who have seen it before to get a better understanding of why it's been rated a certain way.

MONITOR ONLINE ACTIVITY

Squid game has become a social media craze and it's possible your child will see some content related to the show on various platforms. Therefore, it's important to be aware of which websites your child has visited on their smartphone, tablet or laptop, and to also keep an eye out for which accounts they are following on social media platforms, such as Instagram and TikTok.

HAVE OPEN CONVERSATIONS

Making sure your child is comfortable telling you about what they see online can go a long way to ensuring you are kept in the loop about their online use. Showing an interest in what your child is doing online gives you the opportunity to discuss what is and is not appropriate for their age group, and how they might recognise their own feelings towards content they see.

MONITOR BEHAVIOUR

Due to the viral nature of the show, even if your child has not seen Squid Game, it's important to keep an eye on their behaviour. There have been reports from schools of children "playing Squid Game" in the playground and acting aggressively towards the losers as a way to replicate the consequences of losing in the TV show. Viewing content that makes your child feel uncomfortable could also cause them to feel distressed or distracted, so it's important you can easily spot the signs.

WATCH THE SHOW

If you're trying to figure out whether you should let your child watch Squid Game, it might be a good idea to watch the show yourself first. Doing so will allow you to get a better understanding of the show's content and themes, as well as help you decide if this is something you'd feel comfortable with your child being exposed to.

Meet Our Expert

Carly Page is an experienced and highly respected freelance technology journalist, editor and consultant. Previously the editor of tech tabloid The INQUIRER, Carly now works as the news editor for Computer Shopper and IT Pro and writes for a number of publications including Forbes, TechRadar, Tes, The Metro, uSwitch and WIRED.



Sources: <https://www.theguardian.com/tv-and-radio/2021/oct/27/parents-should-consider-whether-to-allow-children-to-watch-squid-game>
<https://help.netflix.com/en/node/264> <https://www.mind.com/blogs/2019/04/parents-guide-to-online-violence>

NOS National Online Safety®
#WakeUpWednesday

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

Kittiwakes	Chester	for great ideas & vocabulary & using them in his writing
Curlews	Amy	for her fantastic positive attitude to learning
Puffins	Ruby	for always being a kind friend to all
Owls	Chloe	for being a superstar in class & a good friend to others
Kingfishers	Jack B	for great Maths and super homework this week
Trencrom	Charlie H	for working so hard in class for being a superstar swimmer
Lanyon	Brodie	for fantastic Maths this week. We are so impressed
Kerris	Willow	for being so helpful, very kind & an all round superstar
Bodrifty	Amelia	for always working hard & presenting her work beautifully
Bosigran	Isabella	for an amazing attitude to all of her work
Kenidjack	Harry	for excellent work in English this week
Dinnertime	Elsa	for her friendly smile and her great help with the Key Stage 1 children



Welcome back after a speedy half term break, it's been lovely to see you all again and to hear some of the lovely things the children have been doing. It's certainly an odd time of year and one which I don't love straightaway. It's getting even darker in the mornings and evenings and the amount of children and adults feeling snuffly and snotty is definitely on the increase. Covid still dominates the headlines along with various other items of news, none of which make me happy or cheery as I listen. Maybe I should stop following the news? But then I'd never know anything that's happening apart from my small world of home and school. On the plus side, Christmas is coming and tonight will hopefully bring a chance to watch some fireworks, which I love. This time last year there weren't any public displays as far as I recall. When it comes to Christmas I really hope I will be able to celebrate with my family and friends. Will I? As usual my solution is to surround myself with family and friends and chat, discuss my worries and concerns and socialise as much as I'm comfortable with. I feel better simply by being with those I love who've always been there for me. If you have no-one right now, I can be here for you too. If you know of someone in need of a chat, someone's time, a cuppa, a listening ear, a box of tissues, maybe you can offer the same? If not, I can do that. You can always come to me, no matter how small it may be, no matter what it's about. Until then, and until next week, take care and stay safe, Mrs Daylak xxxx

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.