



Our newsletters have recently focused on health and wellbeing during these unprecedented times and I wanted to write about sea swimming and how it has helped me.

On a cold dark morning in February, I stepped into the sea at Battery Rocks for my first sunrise swim. The water was 10 degrees and every bit of me gave a little scream when I immersed myself completely and swam out into the bay with a small group of swimming fanatics. Since that day, most mornings, I have got up very early and headed down to Battery for my morning fix. There is a great deal written about cold water swimming and its benefits to the mind and body which was why I decided to try it out after feeling unwell myself. The cold water really does give your body an all-over jolt and it can take a little while to adjust but, after getting out, you feel tingly and alive. I have come to love being in the cold water even though it still can take a deep breath to make that first plunge.

Swimming is such wonderful exercise – you don't place any strain on your joints, you give your body a great stretch and work so many of your muscles. Over this year, I have built up my swimming stamina and love moving through the water in its many guises: smooth and glassy, moody and murky, choppy and playful or through roller coaster swells. If you are feeling anxious or out of sorts, the feel of the water supporting you can be a powerful thing. When I first started, I used to lie on my back and just look up at the sky and it helped me feel relaxed.

Each morning, you don't know what you will see in that underwater world. The rocks around Battery are home to so many varieties of seaweed and sea life and just bobbing around a few metres from the steps you can see so much on a clear day – shoals of sprats darting around, spider crabs scuttling under the sea weed or clinging on to the kelp, jellyfish with flashing lights and other fish that I need others to identify for me! Even as you are getting changed, you can see seals, oyster catchers, shags and of course seagulls on their daily business.

I have been amazed at the impact sea swimming has had on me. I sleep so well, feel energised for the day ahead and have met a wonderful group of people who have supported me each day. It made me feel brave at a time when I felt anything but and, most importantly, has brought me in touch with nature and the environment that I have the privilege to live in.

To many people, the thought of getting into the cold sea at six in the morning sounds like torture but I can honestly say that it is the most positive way to start a day – cold water, swimming and lots of chatting and laughing with the other swimmers. I am proud to have joined Mrs Richards and Mrs Hughes who have been sea swimming for years and have given me loads of encouragement too! However, you don't have to swim that early to enjoy the many benefits of the sea. Just grab a hat, a swimming costume, some goggles and a wetsuit if you want and take the plunge – you won't regret it!

Claire O'Rourke

The Summer term ends for all children on **Tuesday 21st July** at 3.15pm. The Autumn term begins on **Thursday 3rd September** at 8.45am.

Returning ipads

Please could all ipads that were borrowed from school be returned **and signed back into the office by an adult** on Monday 13th, Tuesday 14th or Wednesday 15th July at the latest.

Library books

Please can you check at home for any library books and then keep them safe for returning to school in September unless your child is in Year 6 who need to return them before the end of term.

Wanted!

We've been having a clear out and have found that all our old painting shirts are not fit to use anymore! If you have any old, clean large shirts (men's preferably) that you would like to donate, please drop them into the school office. Thank you.

Outstanding monies

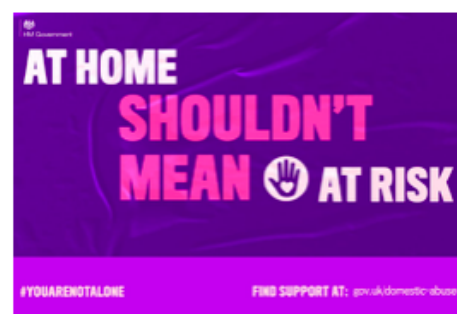
As the end of the school financial year is approaching please check your Schoolmoney account and pay any outstanding monies owed as soon as possible. This includes payments for Breakfast club, extra nursery sessions, past trips, etc.

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

Contacting School

Please be aware that whilst school remains open for some children, there will be no admittance to the building for any parents, visitors or children not currently at school. If you need to contact us, please do so by emailing (secretary@alverton.cornwall.sch.uk) or by calling the office between 9am– 3pm, Monday to Friday on 01736 364087.



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.



0808 802 6666



0800 678 1602



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 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.



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 24h

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





Introducing...

*Alverton Woodland Nursery's Outdoor Adventure
Summer Holiday Club:*

'The Woodland Adventurers!'

For anymore information or to read our 'Adventurers Guide' please contact the setting.

Tel: 01736 351135

Email: woodland_nursery@yahoo.com

Collection of items

Many thanks to everyone who came this week to collect their child's work books, PE kits, uniform, wellies and personal belongings.

If you didn't come along, please come to the school office on either Monday or Tuesday before 3pm. There are lots of pencil cases, books, headphones and other personal items that have still not been collected. If you are unable to collect them, please send a relative or friend or contact the office to arrange a convenient date and time.

Any items not collected by Tuesday will either be disposed of or given to the charity shop for resale.



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.



What parents need to know about INSTAGRAM

Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, create interactive 'stories', exchange private messages or search, explore and follow other accounts they like. Images and videos can be transformed with an array of filters to edit the shot before sharing and anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. That's why we've created this guide to help parents and carers understand exactly what Instagram is about.

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

LOCATION

#HASHTAG

HOOKED ON SCROLLING

Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioural economist, Nir Eyal, calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop until children find that 'something' they are looking for, quickly losing track of time as they get deeper into their Instagram feed.

SLIDING INTO DMS

Direct messages (or DMs) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product or service, and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire, creating a false sense of reality and potentially affecting their mental health and wellbeing.

IMPACT ON WELLBEING

In a report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram banned images of self-harm and suicide, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform. They since extended the ban to include drawings, cartoons and memes.

LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In early 2019, data gathered by the NSPCC found that sex offenders were grooming children on Instagram more than on any other online platform.

IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is public, anyone can access their account and see their location.

HJACKED HASHTAGS

Hashtags are an integral part of how Instagram works, but they can come with risks. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similar to YouTube. Users can watch videos from favourite accounts on the platform or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

@MENTION

Top Tips for Parents & Carers

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person: this is the only way to stop them 'messaging' your child again. Children can also 'tap and hold' the individual message to report it directly to Instagram as well as reporting the account itself.

LOOK OUT FOR #ADS

In 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

MANAGE NEGATIVE INTERACTIONS

If your child is receiving unwanted or negative comments, they can block the account so that they can't interact with them. This stops them seeing and commenting on their posts, stories and live broadcasts. In addition, your child can instantly delete unwanted comments from their posts, turn them off completely and control who can tag and mention them in comments, captions or stories. From everyone, only people they follow, or no one at all.

MANAGE DIGITAL WELLBEING

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long. In addition, once users have caught up with all the previous posts since they last logged in, they'll receive a 'You've been completely caught up' message. Both features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

PROTECT PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything, including their location, to anyone during a livestream, comment direct message or any other tool for communication on the platform, even to their friends.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos. Children should also use a secure password and enable a two-factor authentication to add an extra layer of security to their account.

FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so that they can take action against the user if necessary. This is an automatic filter, which should always be enabled. Children can also report abusive behaviour or inappropriate/offensive material directly to Instagram from the app. This includes posts, comments and accounts.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

REMOVE PAYMENT METHODS



If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!

Meet our expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience of working in the social media arena and is the founder of Kids N Clicks, a web resource helping parents and children thrive in a digital world.



National Online Safety®
#WakeUpWednesday

POLL

SOURCE: <https://www.instagram.com/about-us> | <https://www.instagram.com/terms-of-use> | <https://www.bbc.com/news/health-47480320>

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: 03.06.2020

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.