



Dear Parents and Carers,

I don't know about you, but for me there have been some positives to be taken from this unusual situation. A really great thing has been the Alverton team spirit: home-school learning has strengthened further our relationships with our pupils and parents and has been incredibly positive. The overwhelming sense of support we've felt from the Alverton community has been a huge help in the face of some very difficult decisions. Thank you – we've all definitely made the best of things together!

Now that some children are returning to school, things have changed for some families but there are still many things that can make our current situation difficult. Our lives have been different for quite a while now but that doesn't mean it's feeling easier. Spending lots of time in the house can be hard and having to home-school your children can be a real challenge, especially if you have children of different ages all needing your attention or if children are feeling reluctant or having a tricky day. Add in working from home, job worries, trying to keep toddlers and babies entertained, balancing and juggling all the different things you have to do each day, worrying about your family getting ill – it's no wonder some people may be feeling stressed and anxious. It's important to remember that it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these feelings will pass.

Although we're all focused on our physical health at the moment, it's equally important to look after our mental health. The NHS has lots of support available and has started a campaign called Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/> .



I looked up some advice about what might help if we're not feeling great. Suggestions included:

**Talk** – make sure you are still talking to your friends and family. It can really help to use video calls as seeing people's faces can make a big difference to how we feel. We have a video staff meeting each week and – although it's a bit weird – we all say that seeing each other (particularly as, for a long time, several of us hadn't been in school at the same time) is very reassuring.

**Keep busy** – learn something new, draw, colour, bake, do some cleaning or some gardening!

**Exercise** – try and get a little exercise each day; it doesn't matter what it is.

**Sleep** – no-one is in the best place when they're tired.

**Turn off the news** – although it's important to stay up to date with what's going on, too much news and social media updates can, even after all this time, still be overwhelming. I can't tell you how much it helped me early on to stop following everything so avidly.

Although things may be changing, there are still many questions without real answers. But, this is something we are going through **together**: a member of staff described it recently as a "shared crisis" and it really is. There is support out there – don't be afraid to ask if you need it.

Cathryn Wicks  
Deputy Headteacher



# RESILIENCE CALENDAR: JUMP BACK JULY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**We can't control what happens to us, but we can choose how we respond**

**5** Avoid saying "must" or "should" to yourself today

**6** Put a problem in perspective and see the bigger picture

**7** Shift your mood by doing something you really enjoy

**8** Get the basics right: eat well, exercise and go to bed on time

**9** Help someone in need and notice how that gives you a boost too

**10** Don't be so hard on yourself. It's ok not to be ok

**11** Reach out to someone you trust and share your feelings with them

**12** When things go wrong, be compassionate to yourself

**13** Challenge negative thoughts. Find an alternative interpretation

**14** Set yourself an achievable goal and make it happen

**15** Go for a walk to clear your head when you feel overwhelmed

**16** When things get tough, say to yourself "this too shall pass"

**17** Write your worries down and save them for a specific 'worry time'

**18** Let go of the small stuff and focus on the things that matter

**19** Notice something positive to come out of a difficult situation

**20** Ask yourself: What's the best thing that can happen?

**21** If you can't change it, change the way you think about it

**22** Make a list of 3 things that you can feel hopeful about

**23** Remember that all feelings and situations pass in time

**24** Choose to see something good about what has gone wrong

**25** Notice when you are feeling judgemental and be kind instead

**26** Get back in touch with a supportive friend and have a chat

**27** Write down 3 things you're grateful for (even if today was hard)

**28** Catch yourself over-reacting and take a deep breath

**29** Think about what you can learn from a recent challenge

**30** Ask for help from a loved one or colleague. Be specific

**31** Remember that you are not alone. We all struggle at times



**ACTION FOR HAPPINESS**



[actionforhappiness.org](http://actionforhappiness.org)

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

## Returning ipads

Please could ipads that were borrowed by Year 6 from school be returned **and signed back into the office by an adult** next **Monday 6th July**. ALL other ipads need to be returned please by an adult between Monday 13th-Wednesday 15th July at the latest.

## 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](mailto: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](mailto: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](mailto:secretary@alverton.cornwall.sch.uk)) or by calling the office between 9am– 3pm, Monday to Friday on 01736 364087.

## **COLLECTION OF BOOKS, UNIFORM, PE KIT & OTHER ITEMS**

If your child is not currently attending school and you would like to come and pick up their books and any other named items that are in school we have made arrangements for our staff to be available for you to collect them on the following dates and times:

<b>Wednesday 8th July</b>	<b>Year 1</b>	<b>10am-11am</b>
	<b>Year 2</b>	<b>11am-12pm</b>
<b>Thursday 9th July</b>	<b>Year 3</b>	<b>10am-11am</b>
	<b>Year 4</b>	<b>11am-12pm</b>
	<b>Year 5</b>	<b>2pm-3pm</b>

The items for a particular year group will only be available from staff at the hall door to hand things over at the given times. Please walk around the school through the brown gates into the area outside the hall. You are welcome to send a family member or friend to collect your child's items if you are unable to come along yourself. If you have siblings in the school you will be able to collect all your children's items at one time.

Parents of **Year 6** children who are not coming back to school who wish to collect their books or any other items should come in to the office on either **Monday, Tuesday or Wednesday** next week.

**Any items not collected will be disposed of or recycled next Friday 10th.**

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



0800 678 1602



**Cornwall Partnership**  
NHS Foundation Trust

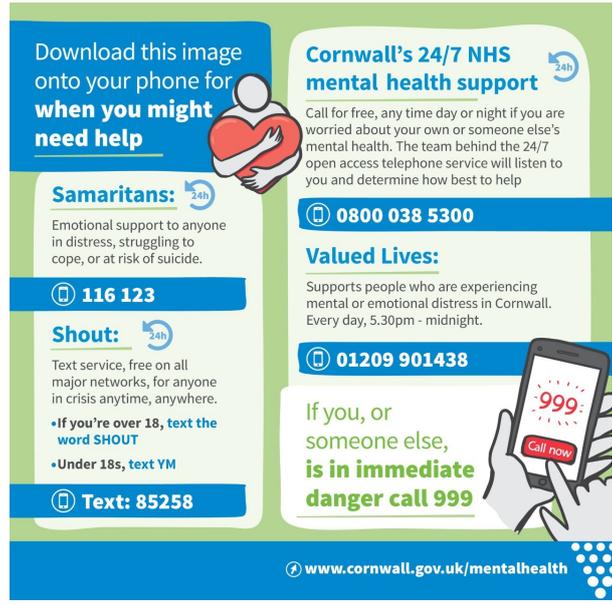
The Trust has its own Out of Hours telephone support provided by Support Matters Cornwall. This service operates from 5pm to 9am on weekdays and 24 hours a day at weekends and bank holidays. The service is open to all patients (aged 16+) under the care of the Trust's mental health services. Support can 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 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.



0300 123 3393



Download this image onto your phone for when you might need help

**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

**Samaritans:** Emotional support to anyone in distress, struggling to cope, or at risk of suicide. **116 123**

**Shout:** Text service, free on all major networks, for anyone in crisis anytime, anywhere. **Text: 85258**

**Text: 85258**

[www.cornwall.gov.uk/mentalhealth](http://www.cornwall.gov.uk/mentalhealth)



0344 411 1444



"It's alright to ask for help"

**SAMARITANS**

116 123



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

**WCWAid**

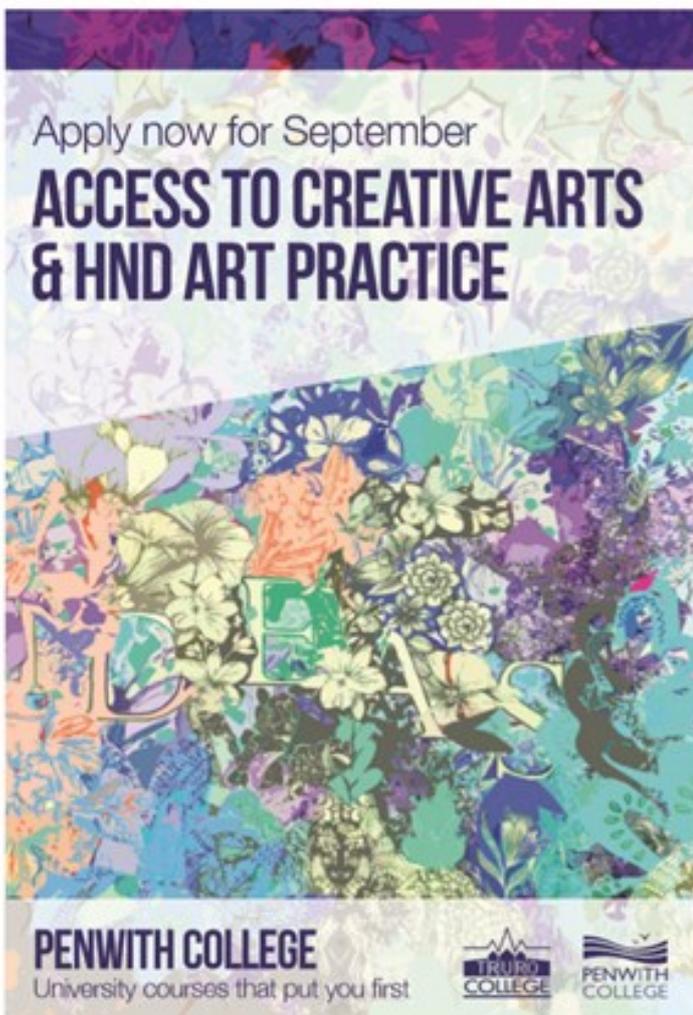
West Cornwall Women's Aid  
**01736 367539**

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



## Art courses

The Art team at Penwith College are currently recruiting for their Access to Creative Arts and HND Art Practice courses and full information can be found below.



## Access to Creative Arts

The Access to Creative Arts course is designed to give students the necessary grounding to progress on to a university level qualification. This course is designed to develop your creative potential and allow you to identify the area of specialism most tailored to your aspirations and ability; giving students the knowledge, skills and understanding to explore, develop and test their creativity in areas such as fine art, drawing, painting, ceramics, glass, textiles, printmaking and photography.

## HND Art and Design (Art Practice)

Challenging you to investigate a diverse range of media and enabling you to develop your own innovative visual language, the HND course pushes you to realise your creative potential while being housed in the prestigious and inspirational location of Penzance School of Art. You will be encouraged to explore and develop skills through practical engagement with materials and processes; curatorial and professional practice is also integrated throughout the course in conjunction with local and international artists, designers, curators and galleries.

UCAS Institution: Truro and Penwith College  
UCAS Institution Code: T85  
UCAS Course Code: 2KWT  
UCAS Course Title: HNC/AD



Find out more: t: 01736 335000 w: [truro-penwith.ac.uk/uni](http://truro-penwith.ac.uk/uni)

## 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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

### Personal data is a strange commodity. Cyber thieves can buy huge quantities of personal data on the black market for very little, yet your own personal data is hugely valuable to you. If your personal data falls into the wrong hands, it could lead to identity theft, bank fraud or something even more sinister such as stalking. The severity of that threat is multiplied when it comes to the personal data of children, when threats such as internet grooming begin to emerge. The bad news is that children aren't always great at safeguarding sensitive information, which is why they need parents' help and guidance. That's why we've created this guide to show you how you can protect your own and your family's personal data.

## What parents need to know about PROTECTING PERSONAL DATA

#### EVERY DETAIL IS KEY

Which info should you be wary of sharing online? Aside from the obvious, such as full names, date of birth and address, think of the type of information you're asked for when answering security questions for services such as online banking. The name of your first school, your mother's maiden name, the names of your pets, your favourite band. Data thieves can harvest as much of this information as possible, so don't make it easy for them by publishing it anywhere online.

#### SOCIAL MEDIA VISIBILITY

Social media sites, such as Facebook, encourage us to share sensitive information in order to build our online profiles. Many people are lulled into thinking that only their friends can see such information, but that's rarely the case. Such information can easily be shared with 'friends of friends' or even anyone searching for you online because privacy settings are opaque. Keep social media profiles to the bare minimum. If you wouldn't be comfortable hanging a sign with that information on your front door, don't enter it into social media sites.

#### DANGEROUS GAMES

Online games are a particular risk for children. Many of the most popular games – such as Fortnite, Minecraft or Roblox – have voice or text chat facilities, allowing them to talk to fellow gamers. Or, sometimes, people pretending to be fellow gamers. It's very easy for children to be seduced into divulging personal data such as their address, birthday or school. It's critical parents both educate children on the dangers of online chat in games and take safeguards to protect children.

#### IMPOSTERS AND PHISHING ATTACKS

Even if you're scrupulous about keeping your data private on social media, it's easy to be lulled into handing it over to imposters. There are two golden rules for you and your children to follow: 1. Never divulge personal information to phone callers, unless you can be absolutely certain you know who they are. 2. Never click on links or open attachments in emails or social media, unless you're 100% certain they are genuine. So-called phishing emails are growing ever-more sophisticated, with fraudsters able to replicate the exact look of bank emails and even include details such as account numbers and IDs.

#### THE RISKS OF PASSWORD SHARING

Password sharing – using the same password for multiple sites – is one of the easiest ways to lose control of your personal data. Hacking of major websites, including usernames and passwords, is common. If you're using the same password for a hacked site as you do on your Gmail account, for example, you're handing data thieves an easy route into your inbox, where they will doubtless find all manner of sensitive information, such as bank emails and contacts. Your email account will often also let them reset the password on multiple other accounts. Don't share passwords; use password managers to create strong, unique passwords for every site.

### National Online Safety #WakeUpWednesday

## Safety Tips for Parents & Carers

#### LOOK OUT FOR LEAKS

Many security software packages have features that look for personal data leaks or prevent people from entering it into risky sites in the first place. For example, BullGuard Premium monitors dangerous sites for usage of data such as your email address, debit card numbers, passport number and more, and then sends you email alerts and details of how to take remedial action if it spots them being used. Such software also issues warnings if it sees personal data being entered into unprotected, high-risk sites.

#### KEEP DATA GUARDED

Don't give the thieves a head start by handing them pieces of sensitive information for free. For example, it's very common to see email address such as davesmith1976@gmail.com – an immediate clue that you were born in that year. If you have a less common name than Dave Smith, thieves could immediately start using that information to cross-reference against public records or other database breaches, allowing them to start building a profile of information about you. Likewise, don't use your date of birth in a password. If that's hacked, you've handed the thieves another big clue.

#### DON'T OVERSHARE ON SOCIAL MEDIA

The biggest threat to your child's privacy is you. Parents often overshare personal information on social media: full names, names of schools, children's birthdays, names of their friends. All of this can be easily gleaned to build profiles that could be used to groom your child in online games or in real life. Exercise extreme caution with social media posts concerning your children.

#### BE WARY OF SHARED NETWORKS/SYSTEMS

Avoid entering any personal data into a web browser when you're using public Wi-Fi (in a coffee shop or airport, for example) or when using shared computers. Shared Wi-Fi connections are much easier to eavesdrop on than your home network, especially if they are not password protected or the password is shared freely with customers. Don't do online shopping, banking or enter any logins/passwords when using shared Wi-Fi. Likewise, if you're using a shared computer at work, for example, as it's very easy for a browser to save logins that could be used by others.

#### PLAY SAFE IN ONLINE GAMES

Children must be taught to treat strangers in online games with the same caution as they would treat strangers in the street. Don't allow children to use their real name as their username in games to prevent imposters conning kids into thinking they are real-life friends, and only allow them to add friends in the game that they know in real life. Regularly ask to monitor your child's friends list in such games and ask them to identify who the players are. With younger children in particular, ask them to only use voice chat in family rooms, so that you can hear conversations.

### Meet our expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as *The Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *BBC Newsnight*, *Radio 5 Live* and the *ITV News at Ten*. He has two children and has written regularly about internet safety issues over the years.

[www.nationalonlinesafety.com](http://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: 01.07.2020

## 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.**