



Dear Parents / Carers,

What an amazing few weeks we've had at Alverton School! The children have been absolutely brilliant and the work going on around the school is just fantastic.

The children's wellbeing has always been at the absolute centre of everything that we do at Alverton. This year, we have a whole-school focus on children's mental health and wellbeing and, led by Mrs Clemens, have introduced "The Five Ways to Wellbeing". This is a set of really simple actions everyone can take which have been shown to improve wellbeing. They are easy to remember and, as well as making you feel better in the moment, can also help build good mental health for the future.

There are five principles – why not ask the children about them!

**Connect** – connecting with the people around us is a great way to remind ourselves that we're important and valued by others.

**Be Active** – we know that there's a link between staying active and positive mental health and wellbeing and by regularly engaging in some form of exercise we can look after our mental and physical health at the same time.

**Take Notice** – taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs while taking notice of things we're grateful for, big or small, is a great way to boost our mood and appreciate our surroundings.

**Keep Learning** – learning new things is a good way to boost our self confidence, which in turn improves our mental health and wellbeing.

**Give** – research has found a link between doing good things for other people and an increase in wellbeing.

We want to thank you to those of you who have worked with us to try to make the site as safe as possible - it's great to have your support in keeping all of the Alverton community safe. We don't know what the next few weeks will hold but, with your continued help, we hope to keep things as smooth as possible for everyone. Can we all please make sure that when dropping off or collecting children we keep thinking about social distancing (including only one adult coming onto the site), our one-way system (including leaving the site through the car park) and keeping paths clear? Thank you.

Have a lovely half-term holiday and see you all on Wednesday 4<sup>th</sup> November.

Best wishes,

Cathryn Wicks

## Safeguarding Newsletter

All children have a right to be safe and we believe that keeping children safe is everyone's responsibility. Sent home with this week's Friday News is our Autumn Term Safeguarding newsletter which we hope that you will find informative and useful. Please can we ask you to take a few minutes to read this. Thank you.

Please note school is closed on Monday 2nd and Tuesday 3rd November for INSET days so the first day back after half term will be **Wednesday 4th November.**

## Daisy's Diary

### Thank you for Bodrifty's new garden, the mud kitchen face lift and the massive polytunnel structure build

Thank you for the rather indecent amounts of cake/biscuits etc we've had made and donated by parents - Crystal, Lorraine, Zoe, Hayley, Gemma, Jess, Natalie, Gill and Hannah. When it's cold and rainy it's been a lifesaver.

Penlee Park gave us some lovely plant cuttings, Peter the groundsman cut all the logs for the big raised bed and came in early on a Saturday to get them here on time, Miss Williams, with a bad back, brought in seriously heavy pallets in her car for the mud kitchen.

But the biggest thank you goes to Rebuild South West and Who Dares Works - what an amazing lot. Craig, Stan, Blakey and Dec - for running the project and being totally unfazed by any problems and really kind and helpful and professional.

And the amazing workers - Peter, Jen, James and Anthony for volunteering so much of their time, working SO hard and doing everything to such an amazingly high standard. James moved 12 wheelbarrows of granite IN THE TEA BREAK. Anthony had to be forced to have a tea break because once he starts a job you can't stop him until the final nail is in. Jen worked like a trooper whilst always making sure everyone else was OK. Peter was always calm, totally unworried by massive amounts of metal and granite to be shifted and added to all our music playlists! These guys came in come rain or shine and have transformed the front of our school and we are delighted with everything they have done.

#### **Note from Stan at Rebuild:**

*"I hope that Alverton realises just what a gem they have in you Daisy, your passion, drive and enthusiasm in all weathers has been infectious and made my team's job over the past two weeks an absolute pleasure."*



**Before**



**After**

#### **Rebuild South West**

The company who have been building and designing over the last two weeks is called Rebuild South West – part of Who Dares Works and Active Plus. I've been really impressed by the whole set up and would definitely recommend them to any of our parents/ carers/ grandparents who are out of work, or on a zero hours contract, and need some help with getting into work or education. It's all kind of help – confidence building, financial advice, childcare – all the things that fill up life and make it so difficult to get to where you want to be when you are trying to do it on your own. One of our volunteers, Jen, who has three young children on her own, said before doing one of their courses she was "maxed out – too busy with kids 24/7" to even consider doing a voluntary course. She doesn't want to be a builder at all – it's not about that. Doing the Rebuild courses has been a really positive thing for her. "It's about learning the capabilities of yourself and others, expanding your knowledge and skills and seeing a positive result – you are helping others."



## Who Dares Works

# Ready for Work?

We have a wide range of help available to help you prepare, look for, apply and get the job you want. And it doesn't stop there, we can support you with the transition into work and while you get settled into the swing of things, if that's what you need.

### W Ready for Work Training

Group sessions covering:

Getting organised

CVs and personal statements

Practical Communications

Project Management

Online jobsearch and applications

Interview preparation

Coping with knockbacks and managing success

### W Employability: Specialist 1-2-1 Support

If you need some extra 1-2-1 support, our specialist worker can help with jobsearch, CVs and applications, interview preparation, and arranging work placements, work trials and references. He will work alongside your mentor and help you to action plan for work.

### W Sector Specialists

Speak to our sector partners about routes into jobs in food, hospitality, care, construction, creative industries and more

### W Community Clubs

Access jobsearch resources and advice through our weekly clubs in Helston, Penzance and Hayle

To get involved, email: [whodaresworks@activeplus.org.uk](mailto:whodaresworks@activeplus.org.uk)

Call 01872 300236

Or contact your mentor

Funded by the European Social Fund and the National Lottery through the Big Lottery Fund



NATIONAL  
LOTTERY FUNDED



European Union  
European  
Social Fund



## 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



0300 123 3393  
www.mind.org.uk



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

### Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance has let us know that, at the moment, it is not necessary to obtain a voucher to receive food from them. If their support would be helpful to you, 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.

# ON YOUR SIDE NO MATTER WHAT

0800 58 58 58 THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
CALM

citizens  
advice

0344 411 1444

"It's alright to  
ask for help"

SAMARITANS

116 123

COVID-19 isolation may cause tensions to rise and domestic abuse to increase. Help is available.



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

WCWAid

West Cornwall Women's Aid  
01736 367539

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

AT HOME  
SHOULDN'T  
MEAN AT RISK

#YOUARENOTALONE

FIND SUPPORT AT: gov.uk/domestic-abuse

**SafeToNet** is an app for parents to help them safeguard their children from online risks like cyberbullying and sexting, whilst respecting their child's rights to privacy.

# Online Safety

The BBC have a website and app called **Own It**. The website has a lot of content for children to help them navigate their online lives, and the free smartphone app comes with a special keyboard which can intervene with help and support in the moments that children need it the most.

Whilst there are huge benefits to being online in order to stay connected to family and friends, 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. This information is updated as needed (it's recently added new information on apps) so it's worth another look.  
<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 educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit [nationalonlinesafety.com](http://nationalonlinesafety.com) for further guides, hints and tips for adults.

What you need to know about...

# VIDEO STREAMING APPS & SITES

Part of our Social Media & Live Streaming Series

**NOS**

Social Media & Live Streaming

(+) LIVE

Brought to you by

**National Online Safety**

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

## What are they?

**'Video Streaming Apps & Sites'**

Video streaming apps and sites can allow people to share activities and hobbies with others in real time or watch their favourite films and TV shows online. There are different types of video streaming services. Twitch is used for watching others play video games in real time; you can watch YouTube live and watch Netflix, Amazon Prime or Apple TV with friends and family. Video streaming has gained popularity in the last few years because there is a sense of community when watching with others and people can comment on videos and ask questions in real-time.

## Know the Risks

**Inappropriate videos**

When watching on video streaming apps, it is difficult to filter the content that is out there. For instance, when a child is watching a YouTube video, they will get recommendations for other similar videos. The risk is even higher with videos which are live, as children could be watching inappropriate content in real time.

**Chatting with strangers**

Video streaming apps or sites increase the risk of children communicating with strangers online. For example, most YouTube videos allow users to comment on the video. Whilst children could be watching something innocent, the comments section can be used by groomers to try and direct them towards private messaging.

**Binge-watching**

Children can easily fall into 'binge-watching' on video streaming apps which can impact on sleep, mood and their ability to concentrate on other things. The autoplay function can make it difficult to find time for a break and often the recommended content is similar to what children are already watching based on the algorithms used.

**Screen addiction**

In addition to binge-watching, most video streaming apps are available on devices with an internet connection which can mean increased screen time. Popular apps, such as Netflix and Amazon Prime, have huge libraries of content which can mean hours of viewing time and potentially less time spent on learning, playing outside or interaction with friends and family.

## Safety Tips

**Check age-ratings**

Ensure that children are at the right age to use the app. Most video streaming apps require users to be at least 18 years old. Be clear on what apps and sites children can use. Encourage them to never participate in online discussions that are offensive and never interact with strangers or people they don't trust.

**Change privacy settings**

Check the privacy setting of children's app. Ensure that for whichever app they are using, the settings are set to private and disable comments if applicable. Furthermore, set screen time restrictions via the app or the device to limit children's use.

**Implement parental controls**

Activate parental controls your child's devices and apps. This will prevent them from accessing content they shouldn't. For instance, on Netflix, create a kids profile. This way they will only be able to view videos appropriate for their age group. Likewise, use YouTube Kids over YouTube or apply restrictions and turn off features such as autoplay.

**Spend time on the app**

Before allowing children to access a video streaming app, spend some time browsing through its content. Familiarise yourself with how it works, what content is available and what your child wants to watch. Check-in regularly and ask what they enjoy watching and how it makes them feel.

## Action & Support

**Report inappropriate content**

If a child comes across inappropriate content or something that makes them feel uncomfortable on an app such as YouTube, you can report the content and the person who has uploaded the content to the platform. If a stranger is looking to engage with your child, block them and report them.

**Have an open and honest conversation**

Adults can review the TV shows and films that have been watched many video streaming apps. If a child seems upset or shocked by something they have seen or if you are concerned about anything they've viewed, try to talk to them about it and have an open and honest conversation to help understand any concerns.

**Encourage other activities**

If you think a child is spending too much time on a video streaming app, try to foster their interest in other activities or hobbies away from their device. Encourage them to get outdoors, play with friends, play board games or just simply spend more time together with you.

### Our Expert

**Parven Kaur**

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

### STARS OF THE WEEK

Puffins	Jemima	for her effort & motivation in everything she does
Owls	Jacob	for trying so hard in all of his learning
Kingfishers	Theo	for his consistently super writing about dinosaurs
Trencrom	Riley	for super homework on times tables & working so hard on his number bonds
Lanyon	Dusty	for superb writing this week. You have worked incredibly hard
Kerris	Fred	for his outstanding research & understanding of Sabre Tooth Tigers
Bodriftly	Sunny	for a brilliant attitude and fantastic work
Bosigran	Ruby G	for fabulous Maths over the first half term - you have made amazing progress
Kenidjack	Fred	for working his socks off & making amazing progress so far this year
Dinnertime	Kai G	for his friendly nature & lovely manners



### Parents Evenings after half term

Parents evening phone appointments continue after half term for some classes starting on Tuesday 3rd November and run on until 16th November. Please check the time and date of your booking and be ready at the allotted time for your 10 minute appointment.

### Need a chat?

I'm here for you if you need a chat and I'm a good listener. Sometimes that's all it takes, a sit down, a quiet moment, a cuppa and a biscuit, someone to listen to you. All confidential. If you or someone you know may benefit, ask at the office or come to me directly and let me know. I'll always make time for you.

Mrs Daylak



### Year 5 & 6 camp deposits

If your child would like to go to Porthpean next summer, the deadline for the deposit of £30 (paid online) is Friday 13th November. Please ensure you pay by then to reserve a place.

### After school childcare provision

This is now only being offered to Year 3-6.

Please contact Mr Timmons for details and to book by emailing [alvertonkidsclub@outlook.com](mailto:alvertonkidsclub@outlook.com) or by phoning 07843 126 833.

### Twitter

Don't forget to follow us on Twitter @alvertonschool to keep up-to-date with all the exciting things that are going on.



## 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.**

FREE Autumn 2020  
Virtual magazine across the internet

# BlackbirdPie

Cornwall's what's-on for families



**HALLOWEEK AT CAMEL CREEK**

MEET AND GREET THE MONSTER MINIONS  
AT CAMEL CREEK, AT INTERVALS ON:  
26<sup>TH</sup> & 27<sup>TH</sup> OCTOBER

24<sup>TH</sup> Oct - 1<sup>ST</sup> Nov 2020

FOR MORE INFORMATION TO BOOK ONLINE  
VISIT [WWW.CAMELCREEK.CO.UK](http://WWW.CAMELCREEK.CO.UK)

**What's on this Autumn**

- Calendar
- Theatre shows
- Museums & Galleries
- Halloween events
- Outdoor Fun
- Books for Babies
- Innoculations advice
- Adoption

**Vouchers & offers:**

- Camel Creek
- Via Ferrata
- Paradise Park

BlackbirdPie magazine goes virtual!

<https://blackbirdreads.turtl.co/story/blackbirdpie-autumn-2020/>

You can view it on a computer, tablet or mobile phone.

The virtual magazine is filled with great things to do, videos, links and interactive stuff. There are lovely places to visit, wonderful walks and museums and galleries to visit (with safety measures in place).

This is our first attempt at an online magazine so please let us know if there are any glitches.

The format has chapter headings and then you can flow down into each section for more information.

Please subscribe so we can send you a link to the next issue.

Happy reading, keep safe and well and have a great autumn.

Simon, Vanessa, & the Blackbird

## SOCCER CAMPS OCTOBER HALF TERM AT MBFDC



### Dates

Thursday 29th & Friday 30th October 2020

### Soccer Tots, 4 - 6 Year Olds

School Years Reception & Year 1

10:00am - 12:00pm

£6 per day or £10 for both days

### Soccer Pros

School Years 2,3,4,5,6,7

10:00am - 3:30pm

£15 per day or £25 for both days

### Venue

Mounts Bay Football Development Centre  
Mounts Bay Academy Sports Centre, Penzance, Cornwall, TR18 3JT

### Other Information

All children are welcome to attend from any school or club  
The MBFDC coaching staff are UEFA/FA qualified and DBS checked  
Pre-booking only, register/book online now  
Visit the website for further information - [www.mbfdc.co.uk](http://www.mbfdc.co.uk)

### Contact Info

Kevin Lawrence - Head of Football Development  
Mounts Bay Football Development Centre  
[klawrence@mountsbay.org](mailto:klawrence@mountsbay.org)  
Message us on facebook - [www.facebook.com/MBFDC](http://www.facebook.com/MBFDC)  
[www.mbfdc.co.uk](http://www.mbfdc.co.uk)

