



# Weekly Wellbeing!



## Five Ways to Wellbeing

We have been thinking about the Five Ways to Wellbeing and about how they can have a positive impact on our mental health and wellbeing.

This week, we will be focusing on **BE ACTIVE**. There is a well-known link between staying active and positive mental health and wellbeing. By regularly engaging in some form of exercise, we can look after our mental health and physical health at the same time. If our bodies are working well, our minds are more likely to be working well too—likewise, if our minds are well, our physical bodies are more likely to function better as well.

The link to our website has a presentation created by Mrs Clemens which you can view or download which gives all sorts of suggestions and ideas [http://www.alverton.org.uk/website/be\\_active/536396](http://www.alverton.org.uk/website/be_active/536396)

The mind.org website has lots of information about how physical activity can help your mental health and tips for choosing an activity that works for you as well as information about how to overcome anything that might stop you from becoming more active.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

Get Active Cornwall is also a great website full of helpful information including what's going on in Cornwall. <https://www.getactivecornwall.co.uk/get-active/>

## Marvellous March!

We hope that some of you enjoyed taking part in Feel Fabulous in February—maybe you'd like to join us for our Marvellous March challenge which has again been created by Mrs Dennison.



### Marvellous March!



Tick off one of these boxes every day to complete the challenges!

Take your shoes and socks off, walk barefooted	Ring a family member to remind them of something funny / nice that once happened	Listen out for birdsong- can you identify the birds?	Go for a long walk.	Send a surprise to someone
Do something nice for yourself	Have a TV free evening	Drink 3 glasses of water	Walk somewhere instead of driving	Find out about a new place which you could visit after lockdown
Tell someone a joke	Eat at least 3 different vegetables in one meal	Have a candle lit night	Play a board game	Write a card or letter to someone.
Swap alcohol for a non-alcoholic drink	Buy a bunch flowers to brighten up your house	Get up early and go for a walk	Have a screen free day	Make a low sugar treat or dessert
Cycle, walk or run for an hour	Pay someone a compliment	Try a new vegetarian recipe	Take a picnic to a nice spot	Read a book in bed
Eat 3 pieces of fruit every day for a week	Have an early night	Practise taking a photo of something outside.	Have a kitchen disco	Write down something positive that has come out of Lockdown as a reminder

### 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)

Mr Higgs has recorded a message for all children and parents. Please follow this link and download the video to view it:

[http://www.alverton.org.uk/website/messages from mr higgs/542945](http://www.alverton.org.uk/website/messages%20from%20mr%20higgs/542945)

(click on Home School Learning and Messages from Mr Higgs)

### 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 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, must also stay at home until you get your result.

**Please ring or email the school office as soon as possible to let us know if your child is currently attending school.**

You can book at test online at:

<https://www.gov.uk/get-coronavirus-test>  
or phone the NHS test line 119.

Me again. Can you believe that it’s nearly over? That school life is about to begin again? I’m excited and terrified all at the same time. I’m counting the days until I can see my class again, and work with my colleagues again, but at the same time I’m terrified and I know I won’t sleep the night before we go back to school. I’ll have worry dreams. But I’ll call my pal, have my moan, tell her my worries, and I’ll feel better. I’ll tell anyone and everyone who’s willing to listen. And they’ll listen, smile, and make me feel better just by doing that. And Monday will dawn and my nerves will grow. The children will arrive and instantly I’ll feel better. You may well have your own worries. But we do understand and we will listen and it will be fine. As you walk away you may well feel that something’s missing. Many of you have spent such a long time with your children at home with you and it will feel distinctly odd. But if you need to chat, just call. Or email. I can call you back, I can email you back or I can even come and sit outside with you, with tea and biscuits, and I’ll listen. It can be about anything but please don’t worry or feel bad without telling someone. It doesn’t have to be me but I’m more than happy to be there for you. Please take care and shout if you need me. Best wishes, Mrs D xx



### **iPads and reading books**

If, during lockdown, you borrowed any school reading books or an iPad and/or charger **please return them on our first day back next Monday 8th March.**

KS2 iPads should be returned with your child to their teacher in class. Anyone from KS1 or EYFS who has borrowed an iPad should bring it back to the office on Monday morning for it to be signed back in. Mrs Gill or Mrs Stacey will be outside the main doors to help you.

### **Music lessons**

All music lessons will begin again from next week. Maria Heseltine (keyboards) now arranges all her lessons through the Cornwall Music Service Trust so she won't be able to teach your child unless you have signed up with them. Please contact them direct:

<https://www.cornwallmusicservicetrust.org/>

Please remember to bring your child's guitar in on Thursday.

### **School uniform and PE kit**

Summer school uniform (checked dresses/grey shorts) can be worn after Easter.

All children should have a named warm, waterproof coat in school every day.

Don't forget to bring an extra warm jumper into school whilst we have to keep the classrooms ventilated. It doesn't have to be a school one.

Children should wear their PE kit to school all day on their PPA day and have it in school the rest of the week.

### **Here to help**

The children may be coming back to school next week but we wanted to remind you that we are still here to help you if you need us. Please don't hesitate to contact Mrs Gill or Mrs Stacey in the office if you think there's something we may be able to help you with. There are also lots of links and contact numbers in this newsletter for various agencies and organisations who may be able to help.

### **Summer menu**

The school kitchen will reopen as normal from next Monday with the current menu. The cost of a lunch for Year 3-6 children remains at £2.40 which should be paid to Caterlink either in cash in a named envelope or by cheque. The menu can be found on the school website under the Parent Pages tab, What's on this term.

### **Contact details**

Please ensure that we have your up-to-date contact details, particularly your mobile number and email address. We send out very useful information by text and email every week and our system doesn't tell us if these have bounced back to us.



## 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



0800 1111



0300 123 3393

[www.mind.org.uk](http://www.mind.org.uk)

for better mental health

# NSPCC

Help for children worried about COVID

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

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

### Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance provides food for anyone in need. If their support would be helpful to you, just phone Veryan or Adele in the office in confidence on 01736 364087 and they can phone the Foodbank for you who will be able to help.

The Foodbank are extremely busy at the moment and are very grateful for any donations.

## ON YOUR SIDE NO MATTER WHAT

0800 58 58 58 | [THECALMZONE.NET/WEBCHAT](http://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.wcwaaid.co.uk/helpline>

AT HOME  
**SHOULDN'T  
MEAN AT RISK**

#YOUARENOTALONE

FIND SUPPORT AT: [gov.uk/domestic-abuse](http://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 trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one game 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.

## What Parents & Carers Need to Know About AVAKIN LIFE

**12+** App Store Rating

Described as a place where teens and adults can make new friends, Avakin Life is a mobile game that has more than 1.4 million daily users. The game lets players create a virtual avatar (an 'Avakin'), style it in fashionable outfits, buy and decorate properties, and interact with others in communal spaces. It's this social aspect which has caused safety concerns, with many parents and carers unsure if the game is suitable for teenagers at all.

### Age Rating

Listed as 12+ on the iOS store (and 'Teen' on Google Play), Avakin Life asks for a player's age at the start – but doesn't ask them to verify it. The game states that players found to be a different age to the one entered will be banned, but all that's needed to create an account is an email address, which anyone can set up. This has led to cases of adults entering the game under a false identity to groom children.

### Adult Themes

Avakin Life is full of suggestive and adult themes. While the game itself leans into ideas of gambling (users are encouraged to spin a prize wheel for free coins each day) and customising avatars with revealing outfits and seductive dance moves, the primary risks stem from other users. The in-game chat can often move onto sexual topics, while depression, suicide, and disabilities are discussed openly.

### Chat Function

'Social spots', where 'Avakins' gather, feature a live chat which displays messages publicly. Anything users in that vicinity say appears on everyone's screen. Profanity is starred out – but users can still post hurtful or sexual messages, or harass other players. When two players become 'friends' in the game, they can then chat privately. If personal details are shared and conversation moves away from the game, that represents a clear risk.

### In-Game Spending

Although free to download and play, Avakin Life has two in-game currencies: Avacoins and Gems. Users are gifted small amounts of these as they play – but are also encouraged to buy larger quantities of these fictional currencies with real money (with the incentive that it allows access to more clothes, furniture, etc). Buying these bundles can cost up to £39.99 with the simple press of a couple of buttons.

### Potential Addiction

MMO (massively multiplayer online) games like this have often raised worries over their addictive gameplay. Avakin Life employs lots of techniques to prolong its appeal. Glamorous in-game rewards for playing, unlocking exotic new items and leveling up can all give a feeling of accomplishment that can quickly become consuming – especially for those who aren't aware of the signs.

## Advice for Parents & Carers

### Block and Report

Other players can be blocked by clicking on their in-game avatar, selecting their name and going to their profile. Blocking the player means they can't contact your child or be put in the same social space again. Players can be reported by repeating these steps but selecting 'Report' instead of 'Block'. Follow the on-screen prompts and your report will be assessed by a human member of the development team.

### Download It Yourself

Avakin Life is a free download, so if your children use it or are talking about it, you could try it yourself: see how it works and if you feel it's safe. If you're not convinced, explain that to your child. Listen to what they think about the game, discuss alternatives that might be safer. If a device has parental controls that prevent age-restricted apps being downloaded, it's best to set them up as soon as possible.

### Warn about Strangers

Young people should not be communicating with strangers: that's as vital a lesson online as it is in real life. This game has a less-than-stellar reputation for attracting predators and scammers who prey on the innocence of younger players. Talk to teens about how not everyone online is who they claim, and make sure they know how to deal with such situations if they occur. Report, report, report!

### Be Alert to Addiction

If you're worried your child might be addicted to an online game, it's vitally important to intervene before it's too late. A child may become irritable when not playing, lose interest in other hobbies and personal hygiene, and stop seeing friends or communicating with them outside the game. If you spot any of the symptoms of gaming addiction, it might be wise to limit (or stop) time on the game.

### Disable Payment Methods

It's easy to make an accidental purchase on mobile games like Avakin Life; children might not even realise they're spending actual money on in-game items. Ensure that whatever device your child is using to play doesn't have any credit cards or other payment options linked to it. If you do notice that money has been spent without your permission, the game's website states you can apply for a refund.

### Meet Our Expert

Mark Foster has worked in the gaming industry for five years as a writer, editor and presenter. He is the gaming editor of two of the biggest gaming news sites in the world, UNLAD Gaming and GAMINGBible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

<https://www.commonwealthmedia.org/app-reviews/avakin-life-as-reviews/04/11>, <https://www.orientalxpress.com/app-reviews-for-parents/avakin-life>, <https://www.kidsandfamily.com/game-reviews/avakin-life>, <https://www.4mat.com/uk/news/2020/07/20/avakin-life-is-a-social-media-game-for-teens/>, <https://www.4mat.com/uk/news/2020/07/20/avakin-life-is-a-social-media-game-for-teens/>, <https://www.4mat.com/uk/news/2020/07/20/avakin-life-is-a-social-media-game-for-teens/>

## 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.

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 / withheld number.

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 underlying entitlement to benefits-related Free School Meals. Please ensure that you check this and apply if appropriate, even if your child is in one of these year groups, because of the additional benefits (eg food vouchers during holiday times where these are given by the Government).

Your child may be eligible for benefits-related free school meals if their parent / carer (or the child themselves in their own right), receives of any of the following benefits:

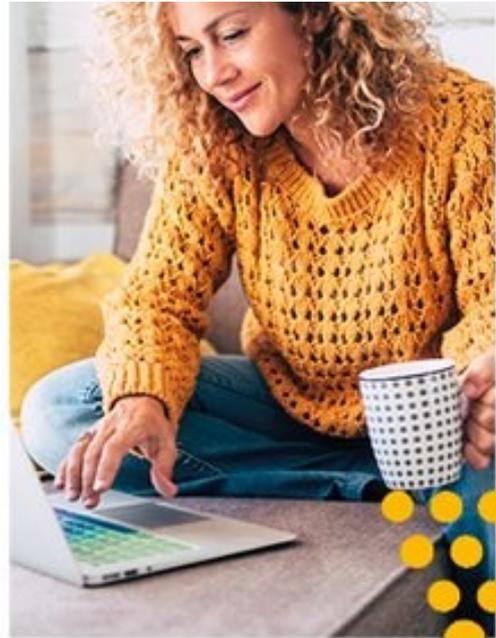
- Income Support (IS)
- Job Seekers' Allowance (Income-Based) and equal based Job Seekers Allowance
- Income Related Employment and Support Allowance (ESA-IR) and equal based Employment and Support Allowance
- Child Tax Credit (CTC) with an annual income of less than £16,190
- Working Tax Credit run-on - 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.



# Learning in Lockdown

## Feeling lost in lockdown? Too much time to think? Unsure of what the future holds?

If you live in the Penwith, Helston and Porthleven areas, are 19+ and currently not working (unemployed or taking a career break), we want to hear from you. Seize the moment to upskill.

Our tutors, Vicky, Nicola and Si will be running free online learner led sessions, aiming to meet individuals' interests, including:

- Arts & Crafts • Nature & Environment • Fitness, Health & Wellbeing
- Cornish History & Culture • European Languages
- Personal & Financial Development • Employability Skills
- Maths, English & IT support

### Find out more:



If you are interested in finding out more, please text your name and postcode to **07837 311 681** or follow this link to our enquiry form **[www.cornwall.gov.uk/locallearning](http://www.cornwall.gov.uk/locallearning)**