

14/5/21

FRIDAY NEWS

N<sup>o</sup>. 30



Mental Health Awareness Week this month has focused on 'Nature'. Recent National Trust research found a link between feeling connected to nature and having improved wellbeing.

In school we have continued to focus on the Five Ways to Wellbeing and in addition to this, we have worked hard to ensure that we provide all classes with the opportunity to be outside as often as possible. Every day we are grateful for the beautiful location of our school and all that we are surrounded by.



In UKS2 we have had a specific focus of 'looking for the beauty in the unexpected'. The children have enjoyed becoming nature photographers and have been surprised at how calm and relaxed a small amount of time spent enjoying and appreciating nature can be.

In other areas of the school the children have really been getting their hands dirty; they have been getting up close with nature and enjoying the warmer weather and the changes to nature that it brings!



If you would like to know more about the benefits of connecting with nature, check out the link below. If you have any photos of you and your child enjoying the benefits of nature we'd love to see them!

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Mrs Clemens

## 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 Unit on 0300 1231 116;

E-mail: [multiagencyreferralunit@cornwall.gov.uk](mailto:multiagencyreferralunit@cornwall.gov.uk)

## Relationships and Sex Education (RSE) Policy

During the Autumn Term, we included information in the Friday News about Relationships and Sex Education at Alverton School, giving an overview of the curriculum and asking if parents wanted to be part of a focus group. Having considered our RSE provision with staff, parents and governors, we have now finalised our policy which can be downloaded from [http://www.alverton.org.uk/website/relationships\\_and\\_sex\\_education/554801](http://www.alverton.org.uk/website/relationships_and_sex_education/554801)

During this term, we will be delivering our RSE program to your children. A detailed letter was sent out to all parents last term which you can find on the school website. My aim is to provide you with enough information in order to reassure you that all of our teaching will be age appropriate and the needs of each individual child will be catered for and met. I am always happy to meet with parents to discuss the sessions and share resources with them if necessary - RSE is an important addition to our curriculum and we look forward to

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Mrs Clemens

## 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.**

You can book at test online at:

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

## Sun Safety - Years 1-6

We are hoping for some lovely weather this term. On sunny days, please send your child to school with **suncream already applied**. They should also remember to bring a **named hat or cap** to wear at break and lunchtime and have a water bottle in school at all times. Thank you.

**Nursery & Reception children** have separate information which will be coming home soon as a letter.



## Ned's book

As many of you know, Ned suffers with Juvenile Arthritis. As part of his journey, he has written an amazing book about his experiences, called Peg-Leg, which is just about to be published and included in support packs for children with new diagnosis in the UK. It has also been illustrated by the amazing Giselle Poppy Rock-it Thompson! Both she and Ned have handed over the rights to the charity to use the book, for which they are very grateful.

The support boxes are called A Little Box of Hope and include resources, including his book. The charity, Juvenile Arthritis Research, is looking to fundraise £1000 initially to create 100 boxes and if you are able, I would ask you donate - the link for this is [www.give.net/teen](http://www.give.net/teen).

Please help us get to this target! In the near future, I also hope that those who want to will be able to purchase his book as a keepsake, which will also donate to the charity.

Thank you all for your ongoing support with Ned! We're very proud of what he has achieved and hope it can help others :-)

*Pheona - Ned's Mum*

**Update!** Ned's book has been translated into Ukrainian and he's been interviewed on BBC Radio Cornwall and BBC Radio Somerset.



## Go Active Half Term Holiday Club

Mr T will be running 3 holiday club sessions from 9am-1pm on the following dates in half term:

**Wednesday 2nd June - Summer Sports Day theme**

**Thursday 3rd June - Summer Sports Day theme**

**Friday 4th June - Euro Football Frenzy theme**

To book or for more information contact Go Active direct by calling Mr Timmons on 07843 126833.





## 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

ChildLine

0800 1111



0300 123 3393

www.mind.org.uk



for better mental health

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:** 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**

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

# NSPCC

Help for children worried about COVID

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

### 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 ROBLOX

With more than 150 million users worldwide, Roblox is one of the most popular video games of recent times. Roblox allows users to create their own gaming experiences using Roblox Studio: building levels and games then allowing other people to play them. Similarly, players can play each other's creations, either on their own or with other people online. While it's a tool that can help foster creative thinking, Roblox is also intermittently in the news amid concerns over young users' safety.

**PEGI 7+**

### No Age Rating

Roblox is rated 7+ by PEGI, but the platform itself doesn't have a minimum age requirement. It does ask for a date of birth when registering, but this can be easily fabricated. The sheer quantity of games available on Roblox means that some will fall into teen/adult categories. Users can also interact with each other freely – and the game has, historically, attracted scammers, griebers and online predators.

### In-App Purchases

Roblox is the in-game currency used to buy things like special outfits or emotes, and to play certain sections of the game. A subscription service (costing £4.99 per month) called Roblox Premium offers more privileges and more in-game currency. Roblox can also be purchased in batches, for up to £4.99. Children can easily pay for these, or purchase a membership, without realising it.

### Chat Functionality

Users can join group chats with almost anyone through the Chat & Party function. While the chat has some filters, predators still try to find ways around these to prey on young children. There have been recent reports of adults pretending to be children, attempting to groom younger players and encouraging them to chat privately in an unmoderated environment away from the game.

### ODers

An 'ODer' (online dater) joins Roblox to find someone to 'date' online. While there's nothing inherently wrong with finding love on the internet, it becomes an issue in a space that's populated by children and young teens, like Roblox. Online dating is against Roblox's community guidelines, but certain player-built games on the platform are specifically for 'ODers' and should be avoided by children.

### Online Predators

Roblox's developers aim to maintain a safe place for children; they employ human moderators for their players' protection. But there will, sadly, always be individuals who try to bypass these safeguards so they can chat to children and attempt to communicate outside the game. Anyone asking for your child's personal information or to talk privately should be blocked and reported.

## Advice for Parents & Carers

### Take Note of Ratings

Recent press reports drew attention to Roblox's issues with potentially offensive content. Some players were using Roblox Studio to create games featuring nudity, sexual activity and extreme political views. In response, Roblox is introducing a ratings system which will rank content by age appropriateness, with clear warnings if a game is not suitable for younger players.

### Set Parental Controls

Roblox has controls that allow parents to moderate who their children can talk to and which games they can play. To enable these, add your email address to your child's account through the Security menu, and create a secure PIN to stop settings being tampered with. Then head into the Privacy menu where you can apply moderation to in-game chat, personal messages, invites and more.

### Disable Messages

It's advisable to block all messaging if you have concerns over your child's safety. If they're playing with friends they know in real life, encourage them to chat in another way (like on the phone), so you know exactly who they're talking to and how. Accounts can be tweaked to allow messages from specific groups of people, such as friends or users that your child follows.

### Block and Report

To report players in a game, find the Roblox symbol on screen (or the 'Settings' button on some devices). Identify the offending player and click the flag icon. Clarify why the player is being reported by choosing a reason from the list. If you think a particular game is inappropriate, you can also flag it for a moderator to check by following the same steps but selecting 'Game' instead of 'Player'.

### Encourage Creativity

It could prove a little too complex for younger children, but Roblox Studio is a great place to start learning the fundamentals of game design. Many budding developers have created Roblox games which have become popular among the community. There are plenty of tutorials on making games on sites like YouTube. You never know, your child's creation might be the next big thing!

### Meet Our Expert

Mark Foster has worked in the gaming industry for several years as a writer, editor and presenter. He is the gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGible. 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.

**NOS National Online Safety**  
 #WakeUpWednesday

<https://corp.roblox.com/parents/>  
<https://www.bbcnews.com/news/roblox-covid-19-keeping-children-safe-online>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) [@natonlinesafety](https://twitter.com/natonlinesafety) [/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety) [@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.04.2021

## 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.

### STARS OF THE WEEK

Choughs	Otilie	for being super helpful around the classroom all week. An absolute star
Robins	Matilda	for helping us all to bake delicious buns
Puffins	Aila	for always working hard and doing her very best
	Primrose	for her effort in reading - well done
Owls	Charlie DK	for making a great effort in English & Maths this week. Well done
Kingfishers	Scarlette	for being such a cheerful member of the class & not giving up in Maths
Trencrom	Lily	for setting an amazing example & always trying her best
Lanyon	Freddie	for making huge progress in Maths. You are working so hard
	Jack	for being a kind & wonderful friend
Kerris	Amelia	for her amazing descriptive writing using powerful adjectives to describe a monster
Bodriftly	Kitty Rose	for her fantastic story writing this week
Bosigran	Jowan	for great Beowulf writing this week - some lovely vocabulary used
Kenidjack	Meri	for always working hard, always being cheerful & for top Maths this week
Dinnertime	Maddie	for always being so cheerful & polite at lunchtimes



### Mrs D

Hip, hip, hooray! We will soon be permitted to hug. How amazing will that be? Or will it? Some may have enjoyed the privacy and freedom that no cuddling has given us while others may be really keen for a cuddle. I hadn't given it much thought to be honest until a friend told me recently that she was going to come round soon for a cuddle. And then I realised that she lives alone and has clearly missed out on that essential human contact which others have either missed, not missed or felt ambivalent about. Personally, and this has surprised me and those who know me, I have become so used to not cuddling people that I don't know how safe, comfortable or even keen I feel about going back to it. What if I don't want to? What if I want to and my friends don't? Will I feel safe having such close contact? Will my friends still be my friends? Am I thinking about it too much? Should I just take one day at a time? I really don't know at the moment how I feel about many things, apart from tired with it all which manifests itself in so many different ways. But I do know I miss people dearly, friends and family, some of whom I haven't seen for over a year. I miss the freedom of choice I suppose, the decisions of whether or not to cuddle, travel, visit, go out, watch a film, go on holiday and many more having been taken away from me. I think it may be hard to make those decisions again. Come out of my safe cocoon of home. Yet I will. And I know we all will. But if you need help, for anything, decisions, worries, anxieties, I can try to help. I will listen for sure. Take care.