

It has been wonderful to have our children back into school after such a turbulent time and here in LKS2, we have tried to make their return happy, fun and normal!



From making chocolate bars and boxes as part of our 'Bean to Bar' Design and Technology day to taking part in regular fitness sessions as well as our Year 3s returning to swimming lessons, school life has been very busy!



The children have been writing about Charlie and the Chocolate Factory during our English lessons, learning key vocabulary to

describe their families in French as well as focusing on key Maths concepts which were missed during Lockdown such as plotting co-ordinates and drawing 3D shapes.



As part of our science lessons, we are teaching the children all about the human body, the importance of eating well and looking after ourselves. Mr T has

been teaching the children gymnastics as part of their P.E. lessons and they have also been receiving sessions learning alternative sports such as Tchoukball and ultimate frisbee.

Mrs England has also been teaching each class how to play the ukulele during our music lessons!



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 Unit on 0300 1231 116;

E-mail: multiagencyreferralunit@cornwall.gov.uk

Payment for school lunches

Unfortunately due to the amount of debt being built up to Caterlink for school lunches we are reminding you that if you are paying for your child’s lunches you cannot be in arrears by more than 5 days lunches (£12). Please ensure that you pay whatever is owed by the Friday of the week your child has lunches. **If you have not settled the debt by the following Monday the kitchen staff will not be able to let your child have a meal and you must send your child in with a packed lunch from home until payment is received.** The school office will contact you if your child has not brought in a packed lunch and will ask you to bring one in. Lunches cost £2.40 per meal and can be paid in cash or cheque payable to ‘Caterlink’.

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 a test online at:

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

Watching the news recently I watched an interview with ‘Speedo Mick’. He was the guy from Liverpool who ran from Land’s End to John O’ Groats (or vice-versa) wearing little more than a pair of speedos and trainers. He spoke candidly about his depression, his need to be around people, their company acting as a support network for him without them even realising it. And inevitably how, during the lockdowns, he had suffered emotionally as a result of the isolation he had endured, living by himself. It was a very moving interview and it suddenly made me realise how, to be perfectly honest, when I write, I tend to have my school Mums at the front of my mind. Yet I shouldn’t. Worries, concerns, anxieties, problems of any shape or size, hit us all, regardless of gender. So, my invitation is of course to Dads too, but I just wanted to be clear. I don’t mind who comes to say hi, who wants to talk and be listened to. Mums or Dads. You are all welcome.

Take care, Mrs D

Road Safety

An increasing number of parents and carers are driving down Toltuff Crescent and trying to park outside the school. Please could we ask you again to not drive down to the school and park either in the Hope Church car park or in Lariggan Crescent by the back gate and walk into school. **Both Toltuff Road and Toltuff Crescent have a speed limit of 20 mph.**



Devon & Cornwall Police and Dorset Police launch campaign to raise awareness of online child exploitation

Campaign uses new animations to show children what they should do if they are contacted by criminals online

Devon & Cornwall Police and Dorset Police are working together to raise awareness of the risks to young people online and to encourage them to talk to a trusted adult if they are approached.

The campaign, called “Looks sus? Tell us!”, features a series of animations which have been created to be shared on different social media platforms to raise awareness of the early signs of grooming. They are also designed to encourage children and young people to be suspicious of, and to report, particular kinds of approaches on social media or via other channels such as online gaming chat. There is also an animation aimed at parents to encourage them to have those difficult conversations with their children.

Alongside the animations, campaign web pages are being launched with more information and sources of help and advice for both young people and parents/guardians or professionals who work with children.

The YouTube links to their series of animations are below:

<https://www.youtube.com/watch?v=VwajJxidmbs>
True?

- Look Sus? Tell Us: Too Good To Be

<https://www.youtube.com/watch?v=aO08wa3rSmg>
Attention On Social Media

- Look Sus? Tell Us: Unwelcome

https://www.youtube.com/watch?v=upW_MRQpm0I
Bad

- Look Sus? Tell Us: Game Chat Gone

<https://www.youtube.com/watch?v=q1CDb9XBrGw>
Parents

- Look Sus? Tell Us: Message For

#LookSusTellUs



Kerrier Champion

On Monday, Agnes in Year 6 was in Redruth to play tennis in the Kerrier Tennis Tournament. Despite the awful weather conditions, she made it to the finals and won. She is now Kerrier Under 12s Champion. She is pictured here with her trophy. Many congratulations Agnes.



Ruby in Year 6 has had her hair cut in aid of the Little Princess Trust. Well done Ruby!



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 please see the attached letter and contact him 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



0800 1111



0300 123 3393

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

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

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

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 issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guidance, hints and tips for adults.

How to Set up PARENTAL CONTROLS to limit age-inappropriate CONTENT Android Phone





The settings on an Android device allow you to prescribe certain rules for when your child is using it. For example, you can block specific types of content to reduce the risk of your child being exposed to age-inappropriate material (music with explicit lyrics, for instance, and games, TV shows or movies that are unsuitable for young people). There are two ways to access parental controls on an Android phone: through Google Play or via the Google Family Link app. You can also lock your changes behind a PIN, so your child (or anyone else) can't change them back.

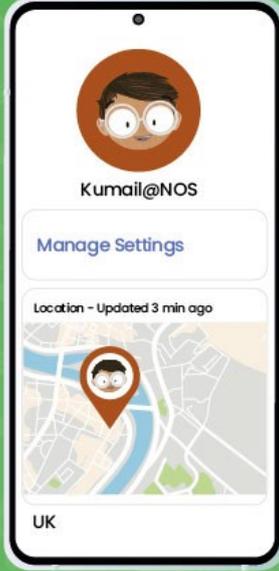


Parental Controls

Allow Up To:

- Everyone
- Everyone 10+
- Teen
- Mature 17+
- Adults Only 18+
- Allow all, including unrated

Save

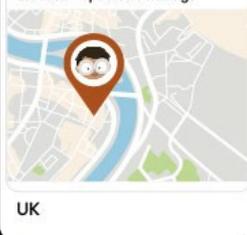


Family Link

Kumail@NOS

Manage Settings

Location - Updated 3 min ago



UK

Set up parental controls with Google Family Link

- 1 On your phone, install Google Family Link for Parents
- 2 Tap Open and review the information
- 3 Tap Get Started
- 4 Tap Next to set up your child's device
- 5 On your child's phone, download Google Family Link for Children & Teens and enter the Family Link setup code provided
- 6 On your phone, open the Family Link app
- 7 Tap your child's name
- 8 Tap Manage Settings
- 9 Tap Controls on Google Play
- 10 Tap the content you would like to restrict
- 11 Choose how to filter or restrict access

Set up parental controls with Google Play

- 1 Open the Play Store app
- 2 Tap Menu (represented by three horizontal lines)
- 3 Tap Settings
- 4 Tap Parental Controls
- 4 Enable Parental Controls
- 4 Create Pin
- 4 Tap the content you would like to restrict
- 4 Choose how to filter or restrict access



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 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	Tali	for always sharing a beautiful smile & being such a kind friend
Robins	Jessica	for being an absolute star. The passion you display for life is incredible
Puffins	Freeda	for always trying her best & being a super member of the class
Owls	Eve	for being a ray of sunshine in our class
Kingfishers	Hayden	for working hard in all subjects & being so helpful in class
Trencrom	Jasmine	for working so hard in English & setting a great example to others
	Matilda	for being an enthusiastic learner & always trying her best
Lanyon	Elise	for making a fantastic chocolate box in DT. Well done
Kerris	Lily R	for wonderful understanding of co-ordinates
	Isaac	for super focus in DT this week
Bodrifty	Paige	for always working hard & being such a lovely girl
Bosigran	Bailey B	for the best writing he has ever done in English
Kenidjack	Ned	for superb writing both in school and in his own amazing novel
Dinnertime	Mollie	for always being so polite & well mannered
Daisy's Star	Rylee V	for being very gentle & helpful with the hens



PE kit

We are finding that a lot of children do not have their PE kit in school on days other than their PPA days. Please can you ensure that your child comes to school on their PPA day only wearing their PE kit but has it in school every day for the rest of the week.

Coats

While it is still cold please can you make sure your child has a coat in school every day.

Twitter

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



Menu change - Thursday 20th May

As this is Census Day it really helps our school funding if as many children as possible in EYFS and KS1 have lunch that day.

The menu will be pizza (either ham & pineapple or cheese & tomato) served with salad with chocolate cake or fruit for dessert. There will also be jacket potatoes and packed lunches available.

Lost

Izzy in Kerris has lost her red zipped tracksuit top. It is named. Please check and hand in if found.