

## Keeping Children Safe

We have spent so long recently thinking about keeping everyone, children and adults alike, safe from concerns around Covid that it is important to remember that there are many other aspects of keeping children safe too.

We would like to remind you all to stay vigilant as old concerns, for example around what is often known as “stranger danger” still exist. All classes will be doing some work about this and nowadays, advice is to teach children what to do **anyone** approaches them. We all need to work together to give the children practical safety skills and the confidence to engage with the outside world.

There are many websites with very good advice and the following website includes a page for parents with ideas of how to talk to their children about this. It has various activities to complete together which will complement any conversations you already have with them.

<https://clevernevergoes.org/parents-2/>

## Online Resilience

Information about Online Resilience can help parents support their children to build their skills and confidence, making it easier for them to manage their online activity and to deal with risks.

“Your Child Online” guides, created by Headstart Kernow, are available to download from our website at

[http://www.alverton.org.uk/website/your\\_child\\_online\\_guides/562986](http://www.alverton.org.uk/website/your_child_online_guides/562986) and are a practical way to help you have conversations with your child about what they get up to online, and whether to be concerned about anything they’re doing. There are separate guides for children from 0 - 5 years old, 6 - 8 years old and 9 - 12 years old. You will also be able to download guides for older children, if this would be helpful.

### 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)

### Class photos - last order date

Tempest have now sent us the links for the class photos and they have been emailed out. If you haven't received it, please contact the office and we will resend it.

To avoid carriage charge back to school, all orders need to be with Tempest by next **Wednesday 30th June**. You can order after that but an additional cost will be applied to your order.



### 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.

### Congratulations

Many congratulations to Evelyn in Kerris class for being accepted for a place in the Royal Ballet School. This is an amazing achievement as so many children apply. Well done Evelyn!

### Friday 2nd July - Alverton Mazey Celebration

On Friday 2nd July, the children do not need to wear their school uniform and should instead wear clothes in the following colours.

Nursery, Choughs and Robins:	blue, white, silver
Puffins, Owls and Kingfishers:	red, orange, yellow
Trencrom, Lanyon and Kerris:	black
Bodripty, Bosigran and Kenidjack:	green



## 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



# 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**

**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.

- 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)

### Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance provides food for anyone in need. If their support would be helpful to you, just phone Vryan 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.

Who can help me? We can

**YOU ARE NOT ALONE**

**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>

 **National Online Safety**  
#WakeUpWednesday



 **STOP HATE UK**  
STOP HATE. START HERE


# Let's Tackle Online Hate Together


  Make sure you know how to report content on any sites or apps that you use. Don't be afraid to report any hateful posts that you see.

 Don't respond to the people positing hate: sometimes an ongoing conflict is exactly what they want. Instead, report, block and unfollow them.

 Set a positive example through your own online behaviour. Before you post or share anything, ask yourself if you would say it to someone offline.

  Show support for online campaigns against hate and 'like' posts that you see promoting positive messages. You could leave an encouraging comment, too!

 If you see upsetting messages online, talk to your friends and family about them. Maybe take a break from the app or site you saw them on.

 Remember that you have the power to shape your online world. Engage with posts or accounts that inspire kindness and connection, and block or unfollow the ones that don't.

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

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.06.2021

## 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 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	Kea	for always trying so hard & making super progress with his reading & writing
Robins	Felix	for making a super effort with Sports Day practice this week
Puffins	Kaylan	for his great listening and hard working attitude
Owls	Ashton	for building a super Tin Forest at home
Kingfishers	Brae	for his super attitude towards his learning
Trencrom	Yasmin	for her effort during Sports Day and her team spirit
Lanyon	Isla	for her excellent sporting skills on Sports Day! We were very impressed
	Oscar	for being so confident on Sports Day - you were brilliant
Kerris	Lilly	for her understanding & use of different pencil grades & charcoal
Bodriftly	Gracie-Mae	for her brilliant gymnastics work this week & general loveliness
Bosigran	Oliver H	for a great attitude towards his learning
Kenidjack	Jasmine	for being utterly brilliant doing the Year 6 challenge tasks. Painting, gardening, shovelling...she can do the lot!
Dinnertime	Eli	lovely manners from a lovely young man



### Mrs D

I'd like to begin this week by saying thanks to those of you who got in touch, with offers of help or words of comfort. I'm not sure how I would have coped without them. I found it really challenging and I've learned something these last few days while I have been self-isolating at home. I've learned just how incredibly hard it is. I thought the lockdowns were a challenge but no, not at all. They were, compared to self-isolation, an absolute walk in the park. During lockdown we were at least allowed out. I went for walks, bike rides and to my local shops. I could stretch my legs and get my lungs filled with fresh air. I could see different sights, not just the same walls and everything inside them. I saw other people when I made these trips. It was allowed. And others were going through exactly the same thing. At exactly the same time. There was, with hindsight, enormous variety in my day compared to this self-isolation. I've found it immensely difficult to stay at home, at my laptop, type, plan and do anything else I can on the machine for my colleagues because that's literally all I could do. Sitting still for hours on end (I never sit still!) has been a trial that I will happily see the back of. Ten days in the house or garden - at least I've got one. I struggle to imagine how I would have coped without access to the world outdoors. I'm getting closer to release, getting incredibly excited yet terrified each time I do a test. So far, so good, my fingers are glued into a crossed position. I will never again simply shrug when I hear of others who are going through this. I will make more of an effort to make sure they're okay and coping, after having been through ten long days myself. I shall be kinder, I will text if I can, or knock on a door to see if I can help in any way. I will offer to shop or perhaps stand a safe distance away and chat. I've struggled, I won't pretend otherwise, but it's been easier with my family isolating too. I can only imagine how much harder it would have been had I lived alone, or if I were a single parent, or elderly. So yes, I shall do more to help others. I can help you too if you need me. I can listen, advise, chat, smile, be there. We all can. You know where I am. Happy weekend. Mrs D xx



## Growing Links - Street Food Project



The Street Food Project food store has been set up to supply store cupboard essentials, as well as fresh vegetables, to families and individuals in the community around us in West Cornwall.

1 in 3 children in West Cornwall are living in poverty, this means that the families can't afford essential items and children go hungry. In an area where incomes are low and work is often seasonal, many families and individuals are having to choose between paying their bills and rent, heating their homes or eating. With help and support from our local community, Growing Links has been building up a supply of store cupboard essentials to help. We offer a discreet, friendly, and non-judgmental service delivering a weekly bag of food for as long as help is needed.

During the pandemic our numbers hugely increased and we have been getting some emergency food donations from Fare Share UK, but at present they are not able to help us as they are setting up a new system for the South West. So we are suddenly looking at nearly bare shelves with over 75 bags needed every week. This situation is likely to be for several weeks and the numbers are more likely to go up than come down of those who need our help.

### Ways you can help

If you can make a contribution of tinned and dry goods please see the list attached and drop them to 1 Guildhall Road, Penzance (next to St John's Hall) any weekday from 8am-4pm. Please see our website below for how to make a monetary donation or if you can spare some time to cook meals for us.

### Ways we can help

If you are in need of the project's help and would like the school to refer you to us please contact the school office. Any enquiries will be treated in the strictest confidence.

Please take a look at our website

[www.growinglinks.org.uk](http://www.growinglinks.org.uk) to see all that we do.

Many thanks for your support.

# Shopping List



## Weekly Shopping Bags List



- Tin Ham / Bolognese
- Fray Bentos pies
- Tin Curry / Irish Stew
- Tin fish (not tuna)
- Tin Kidney/Butter/Beans etc.
- Savoury Rice/pasta packets
- Tin Veg
- Tin Milk
- Long life Milk
- Cereal / Oats
- Rice
- Biscuits/crisps
- Herbs/Curry powder etc.

[www.growinglinks.org.uk](http://www.growinglinks.org.uk) / fb @Street Food Project

# 'Have a Go Days'

A FREE and friendly activity for children with additional needs or disability and their siblings or friends, aged 6-17

**Bodmin Leisure Centre**  
Lostwithiel Road,  
Bodmin, PL31 1DE

Tues 3 August 10am-12pm  
Tues 10 August 10am-12pm  
Tues 17 August 10am-12pm

**Cornwall College,**  
Trevenson Road, Pool,  
TR15 3RD (Astro)

Tues 27 July 2-4pm  
Tues 3 August 2-4pm  
Tues 10 August 2-4pm  
Tues 17 August 2-4pm  
Tues 24 August 2-4pm



Booking is essential. For more information and to book contact Katie on 01736 751924 or email [katie@disabilitycornwall.org.uk](mailto:katie@disabilitycornwall.org.uk). Find us on Facebook by searching "Have a Go Days Cornwall".



## Cygnets Art School

Cygnets is an amazing new children's art school based in St Ives, offering term-time classes, holiday workshops & private tuition for ages 5+. We teach traditional drawing, painting & sculpture combined with unique projects, experienced teachers, & professional quality materials. Our special step-by-step teaching method means we're able to offer advanced, core artistic skills and mediums, in a fun way that students can learn & use beyond the classes. For any questions or bookings please contact Tabby on the details provided.

**TERM TIME CLASSES**  
After School & Saturdays

**HOLIDAY WORKSHOPS**  
Every Half Term & School Holiday

**PRIVATE TUITION**  
One-to-One or Group Classes  
At Your Home or Ours (in Praa Sands)



## SUMMER WORKSHOPS 2021

AGES: 6-12 | COST: £15/CLASS OR £40/ DAY  
20% DISCOUNT/CLASS FOR LOCAL KIDS!  
VENUE: THE ISLAND CENTRE, ISLAND ROAD, TR26 1NT

### TUESDAY 20TH JULY

10-11:15: Seals with Charcoal  
11:30-12:45: Alfred Wallis  
Acrylic Boats  
1-2:15: Clay Seagulls

### WEDNESDAY 21ST JULY

10-11:15: Sketching Shells  
11:30-12:45: Orcas with Inks  
1-2:15: Acrylic Lobsters

### TUESDAY 27TH JULY

10-11:15: Oil Pastel & Ink Mackerel  
11:30-12:45: Inktenise  
Pencil Flowers  
1-2:15: Clay Fishing Boats

### WEDNESDAY 28TH JULY

10-11:15: Watercolour Rock Pools  
11:30-12:45: Fisherman Portrait  
with Pencil & Ink  
1-2:15: Seagulls with Oil Pastels

### TUESDAY 3RD AUGUST

10-11:15: Humpbacks with Pencil  
11:30-12:45: Pastel Lighthouses  
1-2:15: Congo Eels with Acrylic

### WEDNESDAY 4TH AUGUST

10-11:15: Soft Pastel Stargazy Pie  
11:30-12:45: Relief Printed Bass  
1-2:15: Clay Flounder

### TUESDAY 10TH AUGUST

10-11:15: Ink & Fineliner  
Cormorants  
11:30-12:45: Acrylic Landscapes  
1-2:15: Clay Starfish

### WEDNESDAY 11TH AUGUST

10-11:15: Prawns with Neon Inks  
11:30-12:45: Mixed Media  
Ice Creams  
1-2:15: Watercolour & Pen Plaice

### TUESDAY 17TH AUGUST

10-11:15: Watercolour  
Pencil Shells  
11:30-12:45: Mixed  
Media Octopus  
1-2:15: Ben Nicholson Still Lives

### WEDNESDAY 18TH AUGUST

10-11:15: Pastel & Ink Jellyfish  
11:30-12:45: Watercolour Crabs  
1-2:15: Printing Zennor Mermaids

### TUESDAY 24TH AUGUST

10-11:15: Oil Pastel Fishing Boats  
11:30-12:45: Ink Dolphins  
1-2:15: Clay Shells

### WEDNESDAY 25TH AUGUST

10-11:15: Pencil & Pen Kestrels  
11:30-12:45: Ink Sea Anemones  
1-2:15: Soft Pastel Mousehole Cat





**SUNDAY  
27TH  
JUNE  
9.30-11.30PM**

## **COME AND JOIN US IN THE WOODS**

THIS IS A GREAT OPPORTUNITY FOR ALL DADS,  
GRANDADS AND MALE CARERS TO SHARE TIME IN  
NATURE WITH THEIR CHILDREN. IN A FUN, INCLUSIVE  
AND CHALLENGING SESSION FULL OF ACTIVITIES.

CAMPFIRE SNACK AND DRINK PROVIDED!  
FREE SESSION/DONATIONS GRATEFULLY RECEIVED

**BOOK A SPACE  
@WWW.HEARTOFTHEWOODS.ORG**

HEART OF THE WOODS,  
CUBIT WOODS,  
CARBIS BAY TR26 3HW

(Opposite the entrance to  
St Ives storage)