



14/2/25

FRIDAY NEWS

N^o. 21

Dear Parents/carers

On Tuesday this week it was Safer Internet day, and the theme this year was about keeping yourself safe from scams online. Classes had an age appropriate assembly, where pupils learned how to keep themselves safe from scams online, as well as answering questions like:

- How is changing technology like generative AI going to impact the approach of scammers?
- What role can the government and internet industry take to tackle this threat?
- And what changes would young people like to see to help protect themselves moving forward?

There are some great resources for parents online that you can use to support your child. You can find them by visiting:

[Parents and Carers - UK Safer Internet Centre](#)

The school is going to be having some improvements made over the holidays. We have new carpets going in some of the classrooms and shared spaces. This is the first step in improvements we want to make over the next few years and we are excited to see the results!

We finish the week on some sad news, which is that we have 2 members of staff leaving us at the end of the academic year. The first is Miss Bowman. She joined us as a newly qualified teacher and has been working here for 2 years. I spoke to the children in her class and asked them - 'What's so great about Miss Bowman?' and the general consensus was that she was friendly, lovely and kind!

The second is Mr Hammond who has decided to take a well-earned retirement. Mr Hammond has worked at the school for 21 years and has guided Year 6 through their final year of primary school with warmth, compassion and enthusiasm. We are all aware what a huge loss he will be to both the staff and children across the school. When I asked one pupil what was so great about Mr Hammond, they simply replied, 'He's great - he's funny, kind and makes learning so much fun'.

The school is under no illusion that these are big shoes to fill, and we will be recruiting straight after half term.

We wish you all a wonderful half term holiday and are looking forward to seeing everyone on Monday 24th February.

Nichola Smith
Headteacher

School closes today for the Spring half term holiday and re-opens on Monday 24th February.

Remember – safeguarding is everyone’s responsibility

If you have a safeguarding concern, please contact Nichola Smith (Designated Safeguarding Lead) at nsmith@alverton.tpacademytrust.org 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

School lunches

Don’t forget to book your child’s school lunches for after half term. You can go on anytime and book for up to several months in advance.
Please check 5th March if you’ve already booked as the menu has changed and all original bookings for that date have been cancelled.

THIS IS OUR

HELP YOUR SHELF

How it Works

It’s all **free**.

Take what you need, whenever you need it.



No Questions Asked – No Judgements Made

Give what you can if you would like to.

Donations wanted

Our Help Your Shelf is looking rather bare. If you are able to bring in any non-perishable food items, cleaning products or toiletries, we would be very grateful. These will all go to helping our families and community. Thank you very much.

Year 5 Porthpean and Year 6 London

Final payments

A reminder that all remaining payments for this year’s residential trips must be paid by the following dates:

Year 5 Porthpean Friday 7th March

Year 6 London Friday 31st March

Please log into Arbor (we no longer use Schoolmoney), check how much you owe and pay by the deadline date.

Any questions, please ask at the office.

PINS project

Recently we held a parent forum with Lauren Ladd as part of the PINs Project (15th January), and we would like to invite you to the next meeting on **Tuesday 25th February 2025** at 9.00am at Alverton School.

Lauren will be there again to answer questions and give advice.

Please let the office know if you would like to attend.

We look forward to seeing you there. Please spread the word!

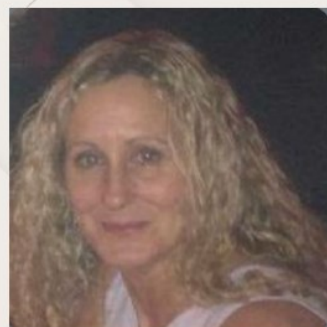


A message from Miss Atkins

Another intervention we have begun in school are sensory circuits. If you would like more information, please visit our website and go to Key Information, Special Educational Needs.

SEND drop in sessions

Tuesday 4th March



Mrs Hughes
SENDSCO

2:15pm - 3:15pm



Miss Atkins
Autism Champion



Alverton School

These meetings will take place across the year and offer the opportunity to pop into school for a coffee and chat with Mrs Hughes and Miss Atkins about the support your child is receiving or any concerns you might have.



Next drop in session:
Wednesday 7th May 9am



Clubs

Dance club has now finished for this school year. Please collect your child on Fridays after half term at 3.15pm.

Year 1/2 Ball Skills has now finished on Thursdays. **Year 1/2 Scooter club** will now start on Thursday 27th February if your child has a place.

Year 3/4 Art club on Tuesdays has now finished for those signed up for this half term and the next group of children who have a place will be starting after half term for 4 weeks.

If clubs are cancelled at short notice we will send you an in-app message on Arbor so please ensure you have downloaded the Arbor app so you can read these.

St Piran's Day menu

Wednesday 5th March

There is a menu change for lunch on 5th March. Aspens are offering a choice of pasties instead of the usual roast meal. Jacket potatoes and tomato pasta will also be available.

If you have already made a booking for 5th March this will have been cancelled so please re-book.

If your child would like lunch on that day, please don't forget to book on the Aspens Select site before 9am on the morning of 5th March. If you forget to book, your child will only be offered tomato pasta.



**TICKETS ON SALE AFTER
EASTER!**

**Alverton Primary School's
production of**



Wednesday 21st May 2025 at 6.30pm

Thursday 22nd May 2025 at 6.30pm

Music and Lyrics by

Richard M Sherman and Robert B Sherman

Music by Special Arrangement with Sony / ATV Publishing

Adapted for the Stage by Jeremy Sams

Based on the MGM Motion Picture

Licensed Script Adapted by Ray Roderick

This amateur production is presented by

Music Theatre International

All authorised performance materials are also supplied by MTI

www.mtishows.co.uk



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**



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

If you're worried about a child:

0808 800 5000

help@nspcc.org.uk

www.nspcc.org.uk

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.

citizens
advice

0344 411 1444

ON YOUR SIDE
NO MATTER WHAT

0800 58 58 58

THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

"It's alright to ask for help"

SAMARITANS

116 123

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

AT HOME
SHOULDN'T
MEAN
AT RISK

#YOUARENOTALONE

FIND SUPPORT AT:
gov.uk/domestic-violence

WCWAid

West Cornwall Women's Aid

01736 367539

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

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT



If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'



While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

@atonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024

There is a lot of help and advice available to help you keep your children safe online. Have a look at the Online Safety section of our website for lots of useful information and links http://www.alverton.org.uk/website/online_safety_for_families/246722. Your child's teacher will also always be happy to talk to you about online safety.

Free School Meals / Pupil Premium

<https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/>

Registering a child as eligible for free school meals (as described below) means that your child receives a free meal every day (though they can, of course, bring a packed lunch should they prefer) but there are additional benefits too. Pupil Premium brings more money into the school to help children achieve and learn. Children in receipt of the Pupil Premium also receive other benefits (eg contributions towards Key Stage 2 camps and funding to use for uniform, music lessons, trips etc). At some times, there are further benefits for these children such as food vouchers during holiday times where these are given. Please see the Pupil Premium Provision Map in the Pupil Premium section of our website http://www.alverton.org.uk/website/pupil_premium/172518 or speak to Mrs Gill or Mrs Stacey in the office or contact Mrs Simpson who leads our Pupil Premium provision.

The easiest and quickest way to apply for free school meals is online through the Cornwall Council website but, if you are unable to do this, 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.

A child is eligible for free school meals if their parent / carer (or the child themselves) 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

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 entitlement to benefits-related free school meals and it is important to apply for these if you think your child may be eligible.

Registering for free school meals / Pupil Premium is confidential. If you think that your child is eligible, we strongly recommend that you contact Cornwall Council as detailed above. Mrs Gill and Mrs Stacey in the office will also be able to help you and answer any questions you may have.

Thank you.



I'm going to be really honest now and tell you that I never celebrate Valentines Day. There, I've said it. You all know. It never feels in the least romantic to me, and to be honest I don't want to hang out with other couples who are doing exactly the same thing. Plus, it can be a really sad and lonely time of year can't it? There's that thought that every other couple are out having a lovely time. Because you will only ever see or hear about those times, nobody really posts on social media the sad and lonely evening they're having. So, I'm being brave and honest, and will sit at home having a cuppa, possibly a glass of wine. Feel free to raise a glass to those of us who don't want to or can't celebrate the day. I have biscuits and hot drinks (maybe even a hot chocolate) for anybody who wants to come and say hi or chat. Do come and say hello, I love seeing you all. In the meantime, do the best you can and don't beat yourself up for not being perfect and living the life that you think everybody else is living. Much love, Mrs D xxxxx

DIARY DATES

Monday 17th - Friday 21st February	Spring half term holiday
Monday 24th February	Puffins swimming - Group 1
Tuesday 25th February	Lanyon swimming - Group 2
Wednesday 26th February	Trencrom swimming - Group 1
Wednesday 5th March	St Piran's parade - Year 6
Thursday 6th March	World Book Day <i>Dress as your favourite book character or Oscar winner</i>
Monday 17th-19th March 3.30-6pm	Parents evenings <i>Please book online - letter to follow</i>
Friday 4th April 3.15pm	School closes for Easter holidays

Rising STARS

SUPPORTED BY THE
MINACK
THEATRE



BOOK BY
DENNIS HELLY

MUSIC AND LYRICS BY
TIM MINCHIN



21-22 February 2025
St John's Hall, Penzance

BOOKING OPENS 2ND DECEMBER 2024

01736 810181
MINACK.COM



MATILDA JR IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL (MTI).
ALL AUTHORIZED PERFORMANCE MATERIALS ARE ALSO SUPPLIED BY MTI. WWW.MTIHQUK.COM



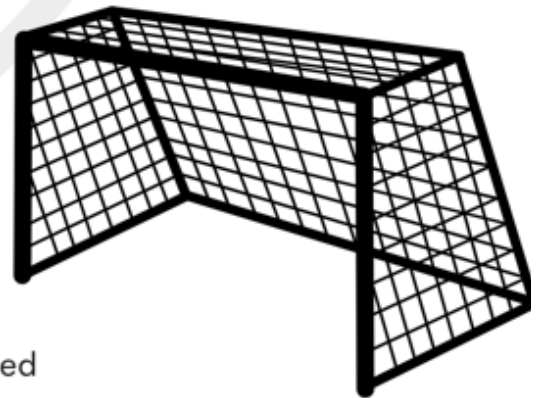
MBFDC FOOTBALL CAMPS



FEB HALF TERM

All children welcome to take part in a full day of action packed, football fun!

TUES 18TH FEB 2025



- ✓ UEFA/FA Qualified Staff & DBS Checked
- ✓ Skills & ball techniques
- ✓ Fun activities, matches & tournaments
- ✓ Penalty shootouts, prizes & more!

TIMES / AGES:

School Years 2-8
7-13 years of age
10am-3pm | £18

PLAYERS NEED:

Packed lunch & drinks
Wet weather clothing & spares!
Football boots/trainers/shin pads

MOUNTS BAY ACADEMY 3G PITCH

Boscathnoe Lane, Heamoor, Penzance, Cornwall, TR18 3JT

Online Registration Link
www.mbfdc.co.uk

Visit the MBFDC website for further details



FEBRUARY HALF TERM

TOURMALINE AND THE MUSEUM OF MARVELS TRAIL

Saturday 15 Feb - Sunday 02 March

Take part in the Tourmaline and the Museum of Marvels Trail with Little Tiger, a Kids in Museums family-friendly half term trail.

Included with Museum admission



SATURDAY 15 FEB

WEDNESDAY 19 & THURSDAY 20

MONDAY 24 FEB



PLANET PK CHAMPIONS: SUPER SPIRALS & SYMMETRY

10:30 - 12:00

Planet PK Workshops focus on a different theme using art and science to engage with nature.

Join us in this session to explore funky patterns that are found in nature!

Planet PK Champions is free for all to attend, with free parking included for attendees.



POP-UP PK: FAMILY FRIENDLY TOURS

11:00 - 13:00 & 14:00 - 15:00

Join our Learning Facilitator, Paul, for an exclusive, close-up experience with our working exhibits, offering special behind-the-scenes access and knowledge.

Find Paul at the museum demonstration area to begin your tour!





FOREST FRIENDS: SUPERWORM

10:00 - 12:00

Inspired by Superworm by Julia Donaldson, this session explores mud, minibeasts, and includes a tasty campfire treat.

Outdoor, all-weather fun awaits!
Book Online at:
pkporthcurno.com/forest-friends/

-  Free Parking for attendees
-  Child tickets: £5 each.



Visit www.pkporthcurno.com for further information, to plan your visit and more.

PKPorthcurno.com



PK Porthcurno, Eastern House,
Penzance, Cornwall, TR19 6JX

PKPorthcurno





Little
Artists

HALF TERM
FAMILY FUN
ART WORKSHOPS

THURS 20TH FEB

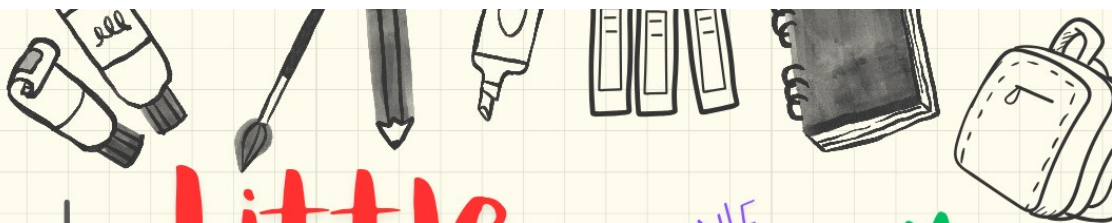
MINI ARTISTS 10:00-11:00 (6M-2Y)
LITTLE ARTISTS 11:30-12:30 (2-8Y)

At The Exchange Gallery
in Penzance

£10 per child

Booking Essential

Email Annie to book
newlynlittleartists@yahoo.com



Little Artists

WITH ANNIE

5-11 yrs

AFTER SCHOOL CLUB

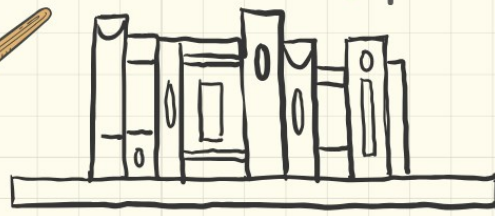
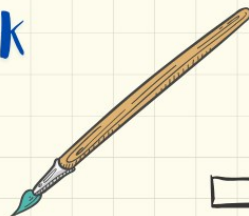
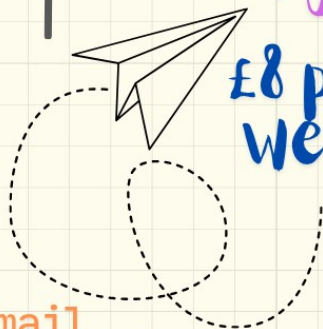
At The Exchange
Gallery in Penzance

Weds 3.45-4.45



paint, print, sculpt, build,
weave, glue, create, sparkle!

£8 per
week



Email
newlynlittleartists@yahoo.com