

15/7/22

FRIDAY NEWS

Nº 38

Dear Parents and Carers,

As the end of the summer term approaches, our thoughts start to turn to next year and all that it might bring and there is some great learning already planned for next term.

Our Key Stage 1 children (Puffins, Owls and Kingfishers classes) will explore the ever popular topic of **Mary Anning and the Dinosaurs**, learning about these exciting creatures who roamed the earth millions of years ago and the role Mary Anning had in helping us understand them.



Lower Key Stage 2 (Trencrom, Lanyon and Kerris) will be finding out what life was like long ago in their **Stone Age to Iron Age** topic. They will look at the changes in Britain during these periods and learn about our rich local heritage.

In Upper Key Stage 2 (Bodrifty, Bosigran and Kenidjack), it's time for one of our most favourite topics: **The Tudors**. Life in Tudor Britain could be dangerous and exciting and we will explore the history of Britain during this period along with some of the colourful characters and events of the time.



One of the most exciting things for us all to really look forward to is our next musical production. We are very delighted to announce that next year we will be performing **Matilda the Musical**. We know that we will have an amazing cast as the children are already looking forward to it and we have a very enthusiastic group of new Year 5s and Year 6s who are possibly even more excited than Miss Rudge and me! We were all wowed by Moana this year and are looking forward very much to starting work on Matilda in September. A film of Matilda is due to be released later this year and Kidz R Us are performing Matilda over the summer holidays down at St Ives so it is a great time to perform this show!

With lots of clubs, trips and events already starting to be planned, there's a lot to look forward to!

Have a lovely weekend,

Cathryn Wicks  
Deputy Head



### **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)

### **Covid 19**

Please see the link below for updated Covid 19 guidance:

<https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts/covid-19-people-with-covid-19-and-their-contacts>

### **Hello and Goodbye**

Last week, we said goodbye to Miss Piff, who has finished her teaching practice in Bodrifty Class. We wish her well in her new teaching post and know that she is going to be a fabulous teacher! Mrs Woodcock and Miss Richards will be joining us as Teaching Assistants in September and we look forward to welcoming them to the Alverton team.

### **Menu change**

#### **Friday 22nd July**

As the kitchen staff need to use up stocks, the menu next Friday will be a choice of burgers, sausages, fish fingers, etc or vegetarian items. Jacket potatoes, tomato pasta and sandwiches will also be available.

### **School lunches from September**

The cost of a school lunch for all Year 3 children upwards, unless your child is receipt of free school meals, will rise to **£2.41**. The menu remains the same until October half term and can be found on the school website under Parents, What's on this term. Payment for meals will be by cash or cheque (payable to Chartwells) and pupils should not be in arrears by more than 5 days lunches (£12.05). Please ensure that you pay whatever is owed by the Friday of the week your child has lunches.

### **Uniform next Monday and Tuesday**

Due to the hot weather forecast please can your child wear their school PE kit in on Monday and Tuesday. No football kits or similar. All children should also bring in a named sun hat, filled water bottle and have sun cream applied before coming to school.

**The last day of the Summer term is Friday 22nd July at 3.15pm** as Monday 25th and Tuesday 26th are INSET Days.

Please ensure you take home all your child's belongings. Any asthma inhalers or medicines in school will be sent home next week.

### **Outstanding money owed**

Please ensure that any money owed for lunches, Breakfast Club, extra nursery sessions and any other outstanding amounts are paid by Thursday 21st July at the latest. Please check your Schoolmoney account to see if you owe anything. All debts for lunches must be paid to Chartwells by the end of term.

Dear Parent/Guardian,

**Cost of living support payments for families on benefits-related Free School Meals**

Cornwall Council has received funding from the Government's Household Support Fund to help families with the increased cost of living. The money will support households in the most need against rising living costs, including energy, food and water bills.

If you have a child or children in Reception to Year 11 who is eligible for benefits-related Free School Meals you can claim a cash payment of £80 per child. We hope that a cash payment will allow families to use this support in the way that best meets their needs.

If you are eligible you can claim your payment by completing the form at [www.cornwall.gov.uk/schoolmeals](http://www.cornwall.gov.uk/schoolmeals). To claim you must be the parent or carer with parental responsibility who made the original claim for Free School Meals.

We will send you full details of how to access your cash payment via the Post Office.

Yours faithfully

**Together for Families**  
**Cornwall Council**  
[schoolmeals@cornwall.gov.uk](mailto:schoolmeals@cornwall.gov.uk)



If you think you may be eligible for Free School Meals please see the information on page 8 and use the link to apply: <https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/apply-for-free-school-meals-and-pupil-premium/>

## Daisy's Diary

Dear parents / carers

I'm very excited to be helping Miss Rudge with a new project next year which will mean lots of interesting outdoor learning - we want to look at where our food comes from. We would like to visit farms, maybe an agricultural show - we would like to grow things and harvest things and eat things! Obviously this won't be just me and Miss Rudge skipping around the countryside together, we do intend to take the children. We would like to do some projects with the whole school and parts just with Key Stage Two children. What we would love is if any adults could help us. We don't want people to come just to make up numbers - we would love parents and carers who want to learn alongside the children, who might have some ideas of trips we can do, who can plant and document and care for gardens in school. Do you think this would be something you would like to do? Would you have a few hours, once a month, to come in and share with us? Please let the office know and we can get in touch. Thank you very much.



More veg from Charlie's garden! And lots of flowers. All the veg grown from seed by Charlie.

Eating a carrot straight out of the ground. Delicious.



It's been hard work growing all those things.

Next year I will be badgering parents and carers about coming in and looking after the school gardens with the children. I've loved seeing Charlie's delighted face when he picks his beetroot and chatting with Lucie whilst we water the flower garden. Please come in and help whenever you can and be part of our school. You could come in for a specific project - the Where Does Our Food Come From project, or taking on your child's class garden and helping little groups plan, water and weed. Or just a one off - I'll be doing one weekend day in Sept, probably a Sunday, to sort out the wildlife garden and have a picnic.



## Showjumping Success

Recently, Alby in Kingfishers and Poppy in Kittiwakes competed in the Area School Showjumping Competition. After a very early start (5am) getting their ponies and themselves ready it was off to the competition. A team usually consists of four people but Alby and Poppy were the only ones from Alverton and Poppy was the youngest competitor overall. The first phase was tack and turn out - being judged on their and their pony's appearance, their tack and answering questions about their preparation for the day. Showjumping was second and Alby had a double clear. Poppy knocked a pole off in her jump off but had a lovely round. Finally was pony club games which was great fun and Poppy won two out of four of these and was particularly good at the egg and spoon race. Overall there were around 50 competitors and both Alby and Poppy were placed in the top 15 which is a fantastic result being two down in their team and competing against children up to the age of eleven. Very well done to them both.



## Summer Reading Challenge

Keep up your reading over the summer by joining in with the Summer Reading Challenge online or at the local library! You can find out more information here: <https://summerreadingchallenge.org.uk> and even invite someone to go along to the library with you using the invitation below.

### Gadgeteers Invitation

Who would you like to go to the library with?  
Draw a picture of them below and colour it in.  
Cut out your invitation and share it with them.

To \_\_\_\_\_  
Let's go to the library and join the **Summer Reading Challenge!**

From \_\_\_\_\_

**GADGETEERS**

Illustrations by Julian Iremonger and © The Reading Agency 2022

cut out along the line

[summerreadingchallenge.org.uk](https://summerreadingchallenge.org.uk)

The Summer Reading Challenge takes place in libraries and online in the summer holidays. It's FREE, FUN and LOCAL! Read books and collect rewards along the way. Everyone can join in! Ask at your local library.



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INSPIRING  
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THE  
READING  
AGENCY



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## KIDS EAT FOR FREE OR LESS DURING SUMMER 2022



### MORRISONS

Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.

### ASDA CAFE

Kids eat for £1 every day with NO need for a paying adult from 25th July - 4th Sept, 2022.

### DUNELM

One free mini main, two snacks and a drink for every £4 spent in the in-store cafe.

**YO!** Kids eat free from 3pm-5:30pm Mon-Thurs for every £10 spent on food.

### BEEFEATER & BREWERS FAYRE

Free breakfast for two children under 16 with every paying adult.

### HUNGRY HORSE

Free kids breakfast with an adults breakfast from 9am-12pm daily.

### IKEA

Get TWO kids hot meals, fruit, drink and jelly for £5 in their Swedish restaurants (subject to availability).

### BELLA ITALIA

Kids eat for £1 with each adult meal from 4-6pm on Mon-Thurs.

### DOBBIES

Kids eat free with an adult main meal.

### TABLE TABLE

Two children under 16 get a free breakfast with one paying adult every day.

### CAFE ROUGE

Kids eat for £1 with an adult meal excluding Saturday.

### MORE TO COME!!

M&S, TESCO and more expected soon, see websites for latest information.

## Lost property

All the un-named lost property remaining in the lost property box next week will be taken to the charity shop so please come and check the box before then if you are missing something. All named items will be returned to your child. The box can be found outside the side hall door by the table tennis tables.



## 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



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)

If you're worried about a child:

☎ **0808 800 5000**  
✉ [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  
🌐 [www.nspcc.org.uk](http://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 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.

citizens  
advice

0344 411 1444

**ON YOUR SIDE  
NO MATTER WHAT**

☎ **0800 58 58 58** 🌐 [THECALMZONE.NET/WEBCHAT](http://THECALMZONE.NET/WEBCHAT)

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"It's alright to ask for help"

**SAMARITANS**

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VIOLENCE HELPLINE  
0808 2000 247  
24/7 CONFIDENTIAL  
FREEPHONE**

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SHOULDN'T  
MEAN  
AT RISK**

#YOUARENOTALONE

FIND SUPPORT AT:  
[gov.uk/domestic-violence](http://gov.uk/domestic-violence)

**WCWAid**

West Cornwall Women's Aid

**01736 367539**

<https://www.wcwaaid.co.uk/helpline>



# 12 Ways to Champion EQUALITY ONLINE

In terms of the esteem it's held in, women's football has made impressive progress in a short space of time. That's a bit like the online world: it's come a long way, but that doesn't mean we should stop trying to make it even better. The Women's European Football Championships are underway, and that's a timely reminder of how important it is to give everyone the respect they deserve online – regardless of gender, race, sexual orientation, religion or anything else. In partnership with the Global Equality Commission, we've produced a special guide to help young fans kick online discrimination into touch!

## 1 KNOW IT WHEN YOU SEE IT

Expressing views based on prejudice about a part of someone's identity – their race, gender or a disability, say – counts as online hate.

## 2 WHEN "BANTER" ISN'T FUNNY

Discrimination is sometimes disguised as humour: some memes, clips or gifs that certain people try to pass off as "funny" might actually be offensive.

## 3 BE YOUR OWN PERSON

Set a good example through your own online communication. Think whether you'd say a thing in real life before posting or sharing it online for the world to see.

## 4 SEEING SHOULDN'T EQUAL BELIEVING

Sneakier, less obvious types of online abuse can stay on the internet for longer, so don't assume that something's OK just because it's not been taken down yet.

## 5 SEXISM CAN BE ILLEGAL

As well as being extremely hurtful to a person or a group, online sexism and prejudice against women (known as misogyny) can be recorded as a hate crime in some cases.

## 6 ONLINE HATE, USED AS BAIT

Sadly, it's not just that being exposed to prejudice online is upsetting – some extreme organisations even try to recruit young people to their cause.

## 7 GET SOME DISTANCE

If you see messages online that upset you, it's probably time to give yourself some space from that site or app. Talk to a trusted adult about how you're feeling.

## 8 TURN OFF THE HATERS

If someone you follow on social media is posting sexist content, you could always mute them or block them – or unfollow them altogether.

## 9 PLAY IT BY THE BOOK

If you see someone discriminating online, you don't have to challenge them yourself. Screenshot their post and report them to the app or site you saw it on.

## 10 EXPLOITING 'PACK MENTALITY'

Sexist messages aren't always sent to a target directly: sometimes, they're posts designed to provoke misogyny among other people.

## 11 POSITIVITY ALWAYS WINS

Go the extra mile and spread some positive vibes! Instead of just reacting to a post and scrolling past, you could add a message of support and encouragement, too.

## 12 CREATE THE WORLD YOU WANT

Remember, you're the boss of your online world. Engage with posts and accounts that celebrate equality and understanding: block or unfollow the ones that don't.

GLOBAL  
EQUALITY  
COLLECTIVE



National  
Online  
Safety®  
#WakeUpWednesday

### FURTHER SUPPORT

If you've been affected by any of the issues mentioned in this guide, there are some excellent resources that can offer further help and support.

NOS Mental Health Guides: [nationalonlinesafety.com/guides](http://nationalonlinesafety.com/guides)

Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Stop Hate UK: [stophateuk.org](http://stophateuk.org)

Ditch the Label: [www.ditchthelabel.org](http://www.ditchthelabel.org)

Childline: [www.childline.org.uk](http://www.childline.org.uk)



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



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.07.2022

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](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](http://www.alverton.org.uk/website/pupil_premium/172518) or speak to Mrs Gill or Mrs Stacey in the office or contact Mrs Wicks 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.



## Fundraising for FOAS

If you're thinking of buying some name labels for your child's belongings over the holidays please think about using this company as FOAS will get 24% of your order in commission!

We send around 24 bin bags full of lost property to the charity shop every year and none of it is named.

**Please name ALL your child's belongings so that they get returned to you.**

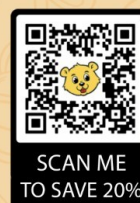


### REDUCING LOST PROPERTY IN SCHOOLS & NURSERIES!



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## SUMMER HOLIDAY ROADSHOWS

WEST CORNWALL 2022 | JUL/AUG/SEPT

FALMOUTH SPORTS HUB July 25, 27 (Girls Only), 29 Aug 1, 5, 8, 12, 15, 19, 22, 26 | Sept 2  
CARN BREA LEISURE CENTRE July 27 | Aug 3, 10, 17, 24, 31  
TREVIGLAS ACADEMY, NEWQUAY Aug 2  
PENRICE ACADEMY July 26 | Aug 18, 23, 30  
ST DAY FC Aug 4, 16  
THE COOMBE, PENZANCE July 26, | Aug 5, 26  
HELSTON ATHLETIC FC July 28 | Aug 11, 19 (Girls Only) | Sept 1  
ST AGNES FC July 28  
TROON FC Aug 9, 25  
PENAIR SCHOOL Aug 12

**BOOK NOW!**

9.30am - 3.30pm  
Boys & girls | Aged 5-15  
All abilities



Book now 01752 562561 ext. 4  
[argylecommunitytrust.co.uk](http://argylecommunitytrust.co.uk)

[argylecommunitytrust.co.uk](http://argylecommunitytrust.co.uk)

EARN. PLAY. SUCCEED.

## STARS OF THE WEEK

Kittiwakes	Oliver	for an all round superb member of Kittiwakes class
Curlews	Rufus	for providing us with his fantastic knowledge of rockpooling on our trip
Puffins	Nessa	for being a thoughtful, caring, wonderful member of Puffins class
Owls	Emily	for being an all round splendid member of Owls class
Kingfishers	Cassia	for settling in to life in Kingfishers & Alverton so brilliantly
Trencrom	Eden	for being a wonderful, caring & kind member of our class
Lanyon	Riley	for achieving 100% in Reflex! You have worked so hard to learn your times tables
Kerris	Henry	for the amazing art work he has produced this year - what a talent
Bodriftly	Elise	for her fantastic writing all year & being such a brilliant member of Bodriftly
Bosigran	Levan	for being a superstar & a great friend
Kenidjack	Kezia	for being an all round star
	Nathan	for great progress this year
Dinnertime	Kaden	for healthy meal choices & wonderful manners



Well the weather has continued to stay warm and sunny and it really has made me feel better in every single way. I have also noticed that people around me are smiling more, talking to each other more, and my neighbours are all out of their houses so my life is much more sociable. The sunshine makes me feel very happy indeed as does the temperature of the sea, the fact that more of my life can be spent outdoors and the days are still rather long. I get to spend more time with family and friends and this in turn makes me feel happy, positive and supported. I can be there for you too and if you want to chat we can be inside or outdoors in the fresh air (I suspect I can find a place to hide too). I know where those biscuits hide as well and it would give me a pretty good excuse to go and free them from captivity. Don't keep it all to yourself, share it. A problem shared is indeed one that is halved. Mrs Daylak xx

### Diary Dates

22nd July	Year 6 Leavers assembly
22nd July	School finishes at 3.15pm for the summer holidays
25th July	INSET Day - school closed
26th July	INSET Day - school closed

School begins again for the Autumn term on **Tuesday 6th September.**

### School holiday club

Any queries please contact Mrs Dennison by emailing

[pe@alverton.tpacademytrust.org](mailto:pe@alverton.tpacademytrust.org)

### After school childcare provision

Any queries or to book please contact Mr Timmons direct on 07843 126833 or by emailing him on [alvertonkidsclub@outlook.com](mailto:alvertonkidsclub@outlook.com)





Dear Parent/Guardian,

### Time2Move Holiday Programme – Summer 2022

It is with great pleasure that we can inform you that the Time2Move Holiday Programme for Summer 2022 has gone live.

The programme offers fun physical activities, games and wider activities plus a free meal for every child. Activities this Summer will be taking place across Cornwall throughout the whole School Summer Holidays. All children are welcome to attend, and it is completely **FREE** for children that are eligible for benefits-related Free School Meals.

As a parent or guardian of a child eligible for benefits related free school meals you will need your child's unique code in order to access the activities for free. You can access your child's code quickly and easily at:

[www.cornwall.gov.uk/time2move](http://www.cornwall.gov.uk/time2move)

Once you have this code you can search and book on activities here:

[www.activecornwall.org/T2MHolidayProgramme](http://www.activecornwall.org/T2MHolidayProgramme)

The activities are all delivered by approved providers with the main focus on fun and enjoyment. So please search for activities near you, book your child's place and we look forward to seeing your child over the Summer holidays.

For any questions regarding the Time2Move Holiday Programme please email [Time2Move.HolidayProgramme@cornwall.gov.uk](mailto:Time2Move.HolidayProgramme@cornwall.gov.uk) or phone 01872 233335.

Yours faithfully

The Time2Move Holiday Programme Team

