



Dear Parents or Carers,

Arrangements for Pupils Attending Alverton School with effect from 8 March 2021

I would like to begin by saying a huge “thank you” for your support of the school again over the latest lockdown and period of home learning. I am grateful to you all for the way in which you have supported your children to enable them to take part in home learning so successfully. Over 92% of children regularly engaged with their teachers and learning and this will be an enormously positive step for them as they return to school.

As you know, the Government intends all pupils, in all year groups, to return to school full-time from the 8th March. We will need to continue to follow the strict guidelines that have been set out by the Department for Education in order to keep our children, staff and parents as safe as possible. These have been put into place following a full risk assessment process and are in line with guidance from both the Department for Education and Truro and Penwith Academy Trust. These arrangements are, almost entirely, the same as we put in place across the Autumn term, and we will be sending them to you again at the beginning of next week. I would ask you all, please, to read these again and ensure that you, and your children, are familiar with the necessary health and safety arrangements.

Although I hope that all your children are looking forward to returning to school, we know that some will be feeling particularly anxious at this further change. We have included a poster “Preparing your Child for the First Day Back in School” on the next page in this newsletter and would also encourage you to watch this video <https://nipinthebud.org/returning-to-school-after-the-lockdown/> and look at the supporting information on the page. All of this has lots of helpful information and advice about ways in which you can support your children over the coming days.

The most challenging aspect of health and safety in the Autumn term, and certainly the one which caused most anxiety amongst parents, was social distancing during drop off and pick up times. We want to thank those of you who worked with us to try to make the site as safe as possible for the whole school community. When dropping off or collecting children, it is essential to maintain social distancing (including only one adult coming onto the site), follow our one-way system (including leaving the site through the car park) and keep paths clear. We are also now asking all adults and children from Year 7 upwards (unless exempt) to wear a mask when on site. These are all things that we can do together to support all our families and we are sure that we can count on your support.

We are, as always, committed to providing your children with the best possible quality of education and care and look forward very much to seeing you all soon.

Martin Higgs
Headteacher

Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – “it’s completely fine to feel like that at the moment” or ‘I can really understand why you would feel like that’



Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your ‘goodbye’ routine and create a ‘hello’ greeting for the end of the day for them to look forward to.



Weekly Wellbeing!



Five Ways to Wellbeing

We have been thinking about the Five Ways to Wellbeing and about how they can have a positive impact on our mental health and wellbeing.

This week, we will be focusing on **GIVE**. Research has found a link between doing good things and an increase in wellbeing. Carrying out acts of kindness, whether small or big, can increase your own happiness, life satisfaction and general sense of wellbeing.

The link to our website has a presentation which you can view or download which gives all sorts of suggestions and ideas <http://www.alverton.org.uk/website/give/536399>

Alverton (Not Quite) MasterChef

Last year, the staff had a great time putting together their favourite recipes (and then making lots of them) for our Great Alverton Bake Off booklet and we hope you enjoyed it too.

This year, we have taken a healthier, budget-friendly approach and have created the Alverton (Not Quite) MasterChef booklet full of our favourite healthy(ish!), lunches, main meals and more.

If you haven't yet had a chance to have a look at it, you can download it from <http://www.alverton.org.uk/website/2020-2021-friday-newsletters/504029> where you will find it at the bottom of the page.

The Emotional Cup

So much of what we do each day as parents, such as giving children time to talk, appreciating their efforts and conveying empathy for their feelings, can fill a child's "emotional cup". The emotional cup is a helpful way to explain to your child why it's important for them to identify how they're feeling, to come to you if they're running on empty and what they can do to ensure their cup is always full. Emphasise the importance of always taking care of themselves and their mental health (see the Five Ways to Wellbeing for lots of ideas about this).

THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



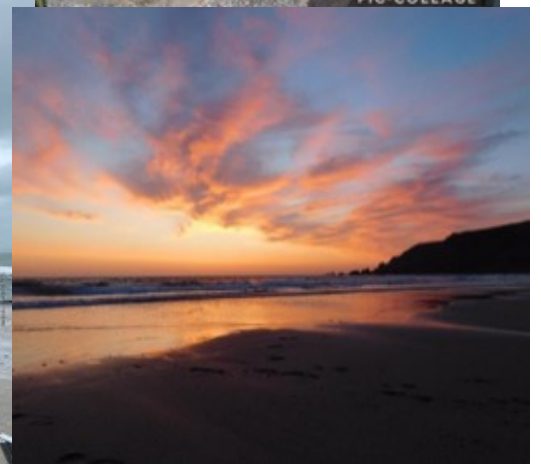
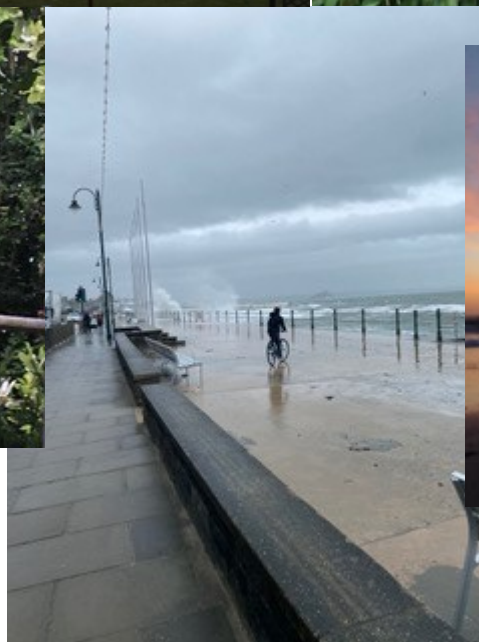
What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



Weekly Wellbeing!

Five Ways to Wellbeing: Take Notice



Mrs England loves to sit in her kitchen and watch the birds in her garden. Nat enjoys riding his bike along the prom and feeling the waves crash over him. Bailey has been exploring his back garden. Roxy has the most beautiful view from her house over the Bay. Annie loves going out for beautiful long walks and noticing the gorgeous colours. Ruby often thinks back to her trip to Switzerland and remembers the stunning scenery. Lots of us like visiting Penlee Park and admiring the friendly squirrels!

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 Agency on 0300 1231 116;

E-mail: multiagencyreferralunit@cornwall.gov.uk

Mr Higgs has recorded a message for all children and parents. Please follow this link and download the video to view it:

[http://www.alverton.org.uk/website/messages from mr higgs/542945](http://www.alverton.org.uk/website/messages%20from%20mr%20higgs/542945)

(click on Home School Learning and Messages from Mr Higgs)

Normally by now my single question is 'what are you doing for half term?' But that's no fun, because I know. Pretty much the same you've been doing so far, just without the school stuff. Which is probably a massive relief in itself, as you can take off the teacher hat and hopefully wear the mummy or daddy hat for a whole week. Which may be super for some. And less so for others. We're all different. We all cope in different ways. And some cope better than others. It's fine. But it's also fine to reach out. You can reach out to someone who needs a bit of you. Or you can reach out to someone if you need a bit of them. We're all in this together and we all need to know that. And hey, sometimes it's hard. Really hard. We can't do the things we normally would to make us feel better. When I'm sad or flat I tend to head off to a pal who lives a couple of miles away. She makes me a coffee, opens the cake tin (always full when I arrive and a little bit less so when I leave) and I moan. I sit there and have a really good old moan. I may even weep a bit. We put the world to rights. And then I feel better. Lots. But I can't do that at the moment. So I hang on for a bit. Which is okay for a little while but then I have to call her, and do it that way. Without her coffee or biscuits. Or smile. Or cuddles. But she's there. And that's what I need.

I'm still here too, with my offer of a cuppa and biscuits. If you don't need me, great. If you do need me, come on in. It's easy to get hold of me. I can call and we can chat on the phone. or you can pop in to school and we can sit on a bench. Just let the office know (they're very discreet) via phone or email. If you think someone else needs me, suggest it or be there for them. All it takes is a smile, the question "How are you?" and we feel better. We can make others feel better too.

I just hope my friend has a large supply of cakes and biscuits for when this is over, because boy will I need them. Best wishes, Mrs D xxxx



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 if your child is currently attending school.**

You can book at test online at:

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

World Book Day

This year's World Book Day is going to be very different but we would like to make it as memorable and enjoyable as all other years at Alverton.

Please see the World Book Day page on our website for all the fantastic things we have planned

http://www.alverton.org.uk/website/world_book_day_2021/540485 (click on Home School Learning and World Book Day 2021) and your child's teacher will also let you know what's planned.

Miss Rudge

WORLD BOOK DAY

4 MARCH 2021

Contacting School

Please be aware that whilst school remains open for some children, there will be no admittance to the building or grounds for any parents, visitors or children not currently at school. If you need to contact us, please do so by email (secretary@alverton.cornwall.sch.uk) or by calling the office between **9am- 1pm**, Monday to Friday on 01736 364087.

Summer menu

The school kitchen will reopen as normal from Monday 8th March with the current menu. The cost of a lunch for Year 3-6 children remains at £2.40 which should be paid to Caterlink either in cash in a named envelope or by cheque. The menu is attached to the newsletter this week and can be found on the school website under the Parent Pages tab, What's on this term.

Sad news

We are very sad to tell you that Mrs Lorraine Turner, who many of you will remember as one of our Early Years teachers and who volunteered for many years reading each week with our Reception children, died last weekend. We all remember Mrs Turner's kind and caring nature and send our condolences to her family.

| Spring Menu 2021 | | | | | |
|--|------------|---|---|---|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week One 4/1 25/1 22/2 15/3 | Option 1 | Macaroni Cheese | Pork Sausage, Mashed Potatoes and Gravy | Roast Chicken with Stuffing, Roast Potatoes and Gravy | Chicken Tikka Curry with 50/50 Rice |
| | Option 2 | Soya Spaghetti Bolognese | Vegetarian Sausages, Mashed Potato and Gravy | Quorn Roast Fillet with Roast Potatoes and Gravy | Lentil and Sweet Potato Curry with 50/50 Rice |
| | Vegetables | Sweetcorn Peas | Cauliflower Cabbage | Fresh Mixed Vegetables | Broccoli Carrots |
| | Dessert | Apple, Cheese and Crackers | Pineapple Cake | Fresh Fruit or Yoghurt | Marble Sponge with Custard |
| Or a choice of Yoghurt & Fresh Fruit available daily | | | | | |
| Week Two 11/1 1/2 2/3 22/3 | Option 1 | Sausage Roll with Wedges | Cottage Pie with Gravy | Roast Gammon, Roast Potatoes and Gravy | Chicken Sausage Pasta Bake with Garlic Bread |
| | Option 2 | Tomato and Vegetable Pasta | Vegetable Hotpot | Quorn Roast Fillet with Roast Potatoes and Gravy | Chickpea Curry with 50/50 Rice |
| | Vegetables | Sweetcorn Broccoli | Peas Carrots | Fresh Mixed Vegetables | Sweetcorn Broccoli |
| | Dessert | Oaty Apple Crumble and Custard | Chocolate Cake with Chocolate Drizzle | Fresh Fruit or Yoghurt | Pear and Ginger Slice |
| Or a choice of Yoghurt & Fresh Fruit available daily | | | | | |
| Week Three 18/1 8/2 8/3 29/3 | Option 1 | Cheese and Tomato French Bread Pizza With Pasta Salad | Chicken and Sweetcorn Pie, New Potatoes and Gravy | Roast Turkey, Roast Potatoes and Gravy | Mexican Beef Chilli with 50/50 Rice |
| | Option 2 | Jacket Potato with BBQ Beans | Vegan Mexican Bean Roll with wedges | Quorn Roast Fillet with Roast Potatoes and Gravy | Broccoli and Cheese Pasta Bake |
| | Vegetables | Coleslaw Mixed Salad | Sweetcorn Broccoli | Fresh Mixed Vegetables | Green Beans Carrots |
| | Dessert | Banana Sponge and Custard | Peaches and Ice Cream | Fresh Fruit or Yoghurt | Chocolate and Mandarin Brownie |
| Or a choice of Yoghurt & Fresh Fruit available daily | | | | | |

Added Plant Power
Vegan
Wholemeal

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.



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

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 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.



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>



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 guides, hints and tips for adults.

10 Top Tips for ... KEEPING CHILDREN SAFE FROM CYBER CRIME

We all want to continue being informed and inspired by the ever-expanding capabilities of the internet. But we also need to be able to safeguard ourselves against the growing amount of online hazards. Knowing what is fact, understanding what dangers exist and taking appropriate steps can go a long way towards protecting yourself and your family. National Online Safety has collaborated with the Yorkshire and Humber Regional Cyber Crime Unit to compile 10 pointers to help you keep your children safe from cyber crime.

- 1. Spot Phishing Bait**

Phishing messages are untargeted mass emails asking for sensitive information (e.g. usernames, passwords, bank details) or encouraging recipients to visit a fake website. It's safest to learn the warning signs of phishing and increase your child's awareness. Too good to be true? Spelling or punctuation errors? Odd sense of urgency? These are all red flags. Don't click on links or follow demands: if you're unsure, contact the official company directly online to enquire further.
- 2. Don't Over-Share**

Is your child sharing too much on social media? Do they post things about their private life, upload images of your home, or discuss their friendships and relationships online? Criminals will gather this information and may try to use it for identity theft or other offences such as fraud. To combat this, ensure your child's privacy settings mean they are only sharing information with family and close friends. Use parental controls where appropriate.
- 3. Encourage Strong Passwords**

Weak passwords make it faster and easier for someone to gain access to your online accounts or get control of your device – giving them a route to your personal information. For a strong password, national guidance recommends using three random words (e.g. bottlegaragepylone). Consider paying for your child to access a password manager. Encourage them to have a separate password for their email account. Ensure the whole family uses two-factor authentication where possible.
- 4. Stay Updated**

People often put off installing updates to apps or software because they don't feel it's necessary, it can be time consuming, or could cause problems with programmes they rely on. But updates help protect users from recently discovered vulnerabilities to malware. You can usually set them to run automatically – encourage your child to select this option. Ensure updates are installed as soon as possible after you're notified they're available.
- 5. Back up Your Data**

Some cyber attacks can lead to the theft or deletion of important (and possibly sensitive) data or loss of files (like photos and videos) that can't be replaced. Backing up your data to the cloud – or to another device – will help prevent data loss if you ever become the victim of a cyber attack. Where possible, set your child's devices to back up automatically. Also encourage them to back up their data prior to installing any updates.
- 6. Be Wary of Public WiFi**

Free public WiFi is commonplace – but it's often not secure and sends unencrypted data via the network. A hacker on the same network could access personal data (like financial information) without you even realising they'd done so. To avoid this, suggest to your child that they use their 3G or 4G mobile data when they're out and about, rather than free WiFi. Consider purchasing a VPN (Virtual Private Network) where possible.
- 7. Take Care When Chatting**

Criminals may look to manipulate others online and coerce them into using their talents or cyber skills for unethical means. Try to get your child to be open about who they are talking to online. Communication tools such as Discord are popular among gamers – but be cautious of the other people using them, and ensure you know who your child is chatting with.
- 8. Recognise Warning Signs**

Often, budding cyber experts will relish the challenge of testing themselves or earning recognition from peers for their exploits. Even principled 'white-hat' hackers will look to test their skills online. If you think your child is interested in hacking, try to understand what their motivation is. You could encourage their participation in ethical competitions such as bug bounties.
- 9. Understand Their Motivations**

Those being influenced online to use their skills unethically may display certain key warning signs. Sudden evidence of new-found wealth (unexplained new clothes or devices, for example), secrecy around their online behaviour or boasting of new online friendships are all causes for concern. If in doubt, refer through to your regional cyber crime team.
- 10. Know the Consequences**

Many young people may feel that hacking is essentially a light-hearted prank, and not especially serious. So make sure your child is aware of the implications of a conviction under the Computer Misuse Act – not only the possibility of a criminal record, but also lifelong travel restrictions and damage to their future career or educational prospects.

Produced in Partnership with

The Yorkshire & Humber Regional Cyber Crime Unit (YHCCU) works with the National Crime Agency (NCA) and other partners, in the UK and abroad, to investigate and prevent the most serious cyber crime offences.

YH ROCCU **Yorkshire & Humber REGIONAL CYBER CRIME UNIT**

NOS **National Online Safety**
#WakeUpWednesday

www.nationalonlinesafety.com [@natonlinesafety](https://twitter.com/natonlinesafety) [/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety) [@nationalonlinesafety](https://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: 10.02.2021

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.

Your School Nurse

Your child can have access to a School Nurse at any time if you have any health concerns, in addition your School Nurse offers a full health assessment in reception and year 6.

The School Nurse can check:

- Your child is growing healthily and support with healthy eating
- Support with access to dental care and general support for dental hygiene
- Help with day / night time wetting or soiling
- Provide information about immunisations
- Guidance re healthy lifestyles
- Support with general hygiene issues including head lice and worms
- Support with general emotional health issues
- Support to access other health professionals
- Routines, including sleep

Additionally in Year 6:


- Friendships
- Relationships
- Development, including periods and puberty
- Access to specialist services – including dietician, healthy weight programmes and voluntary services
- Developmental issues
- Transition to secondary school
- Healthy lifestyles



Find out more...

Call **01872 322779**

Email hvsnadvice@cornwall.gov.uk

Follow us @tffcornwall   

 www.cornwall.gov.uk/schoolnursing