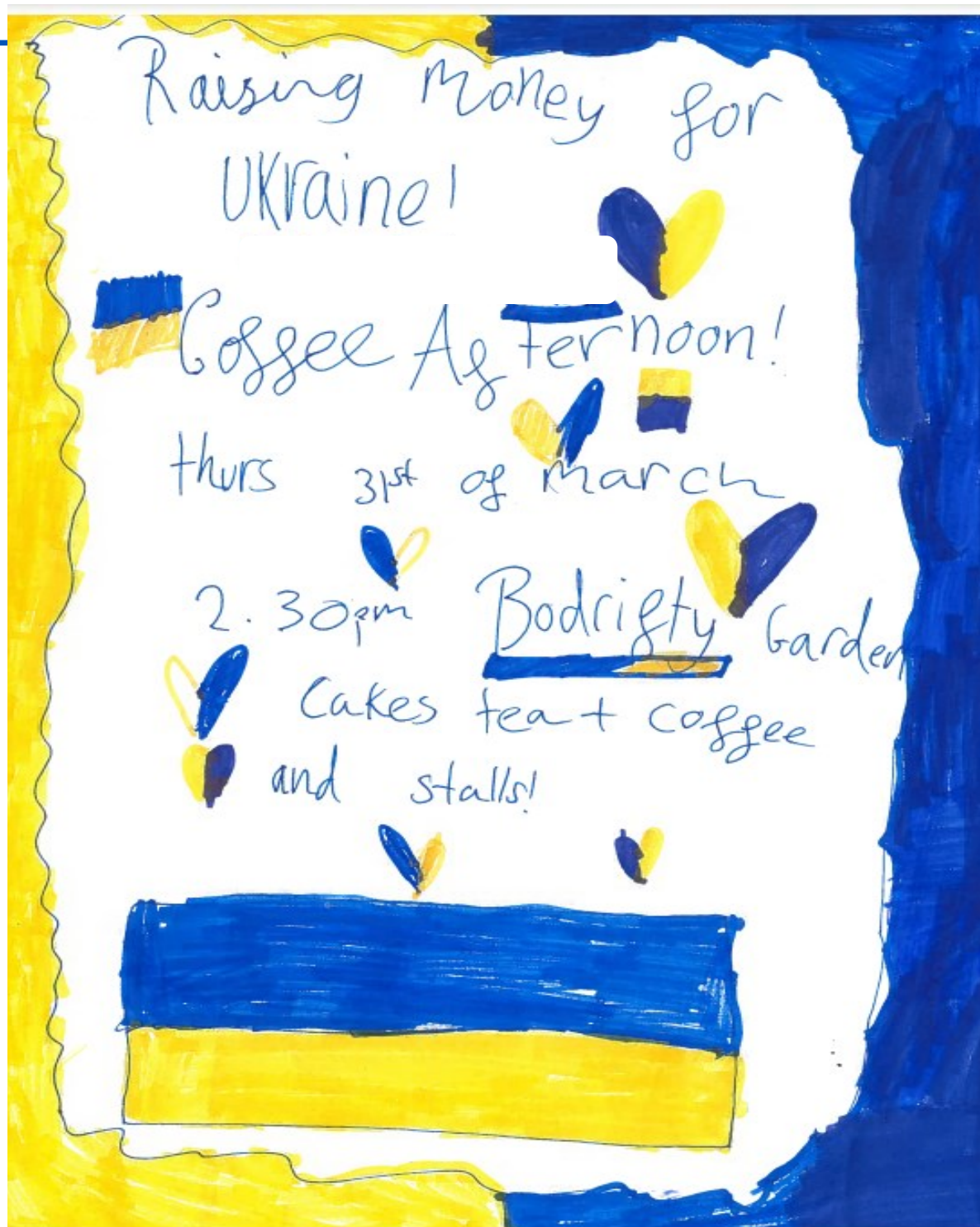


Ukraine Fundraiser

Please come and join us for tea and cake in Bodrifty garden at the front of the school next **Thursday 31st March from 2.30-3.15pm**. All money raised will go to the DEC's Ukraine Appeal. *Poster by Rosa*



Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Martin Higgs (Designated Safeguarding Lead) at head@alverton.cornwall.sch.uk or, if it is out of school hours, please contact the Multi Agency Referral Unit on 0300 1231 116;

E-mail: multiagencyreferralunit@cornwall.gov.uk

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>

Congratulations

We're delighted to tell you that Mrs Hanley has had her baby this week. Ezra James Hanley was born on Wednesday and both he and Mum are doing well. We're really looking forward to meeting him soon.

Goodbye

Recently we have said goodbye to Miss Williams who has been working in Lanyon class and Miss Wilde who has been in Kingfishers as part of their teaching practice for their PGCEs. They have both been a fantastic addition and help to Mrs Dennison and Mr Dawe and we have really enjoyed having them. We would like to wish them every success with their next placements and their future teaching careers.

Sporting Success

We are so proud of Susie in Bodrifty. She was the only person from Alverton who was selected to represent Penwith at the recent Cornwall Cross Country Finals at Newquay. Well done Susie.



Well done

A massive well done to Izzy, Lily and Rosa in Year 5 who spent last weekend making painted stones and selling them and earrings and brooches to friends and neighbours. The girls said "we met lovely people who were very generous". They raised £92 for helping those displaced by the war in Ukraine and are set to hit their target of £100 soon.

Online Safety

Online Safety is a vital part of our Computing Curriculum and Knowlsey CLC, who provide the Computing Scheme we use in school, now produce a monthly newsletter which focuses on current Online Safety topics. The newsletter offers advice and handy tips on how to support your child in keeping them safe online as well as providing links to further information and support. A copy is attached with this newsletter.

We hope that you will take time to read through the newsletter each month, and find it a useful tool in starting discussions with your child around their online presence and their understanding of how to become a responsible digital citizen.

If you have any questions, please feel free to get in touch via my class email, kerris@alverton.cornwall.sch.uk

Best wishes

Mrs Knowles, Computing Lead

Family Cycle - Saturday 26th March at 2pm

Please come along and join us for a cycle from Penzance to the Stationhouse car park just before Marazion. We're meeting at the start of the cycle path next to the bus station at Wharfside. All children should be accompanied by an adult please as we don't have enough staff to look after them.

Wanted

Our Reception children would be so grateful if you have any spare small toy cars that they can play with in their outdoor area. Please hand them to Mrs Hall or Miss Hooton or into the office.



Year 5 and 6 camp payments

Final payments for the Year 6 London trip need to be made by 1st April at the latest please.

If you are able to pay for Year 5 camp before we go on 25th April please do so as we will have had to pay everything in full by then.

PE kit

Please ensure that your child's PE kit is brought into school on a Monday and left here all week other than the evening before their PPA day when they wear it to school all day. Please can it be brought back in the next day so that it is here every day as your child may need it several times during the week.

The Sustrans Big Walk and Wheel 2022 - continues this week

Get set... we're taking part in The Sustrans Big Walk and Wheel 2022, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from **21st March to 1st April**. We would love everyone at Alverton to be involved as it is not only good for your health, but for the environment too!

What do you need to do?

Encourage your child(ren) to walk, scoot or cycle to school on as many days as possible during the event. We will then count how many children from each class travel to school in an active way, with the winning class receiving a prize!

Please join in if you can.

Dr Bike will be here on **Wednesday 30th March** to service or fix any child or adult bikes or scooters.

Go Active Easter Holiday Club

Mr T will be running a holiday club for three days during the Easter holidays from 9am-3pm, £16 per child, per day.

The dates are:

Monday 11th April

Tuesday 19th April

Friday 22nd April

Alverton children only - sorry no siblings or children from other schools. Please ensure all bookings and payments are made by Friday 8th April.

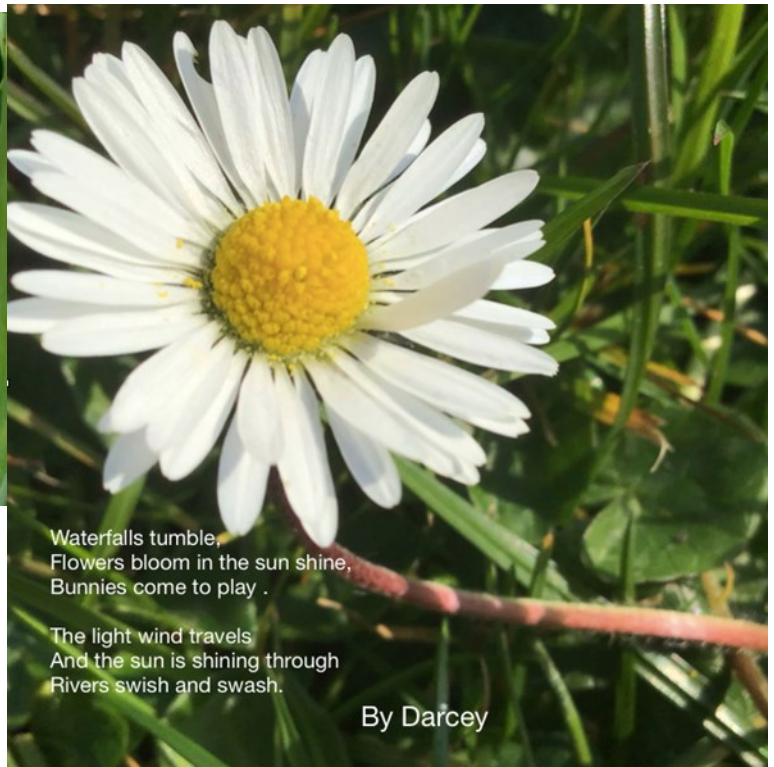
For more information collect a letter from the office or contact Mr T direct on 07843 126 833 or email – alvertonkidsclub@outlook.com





Flowers blossoming,
Sunny days are approaching,
Love and life arrives.

by Kelly



Waterfalls tumble,
Flowers bloom in the sun shine,
Bunnies come to play .

The light wind travels
And the sun is shining through
Rivers swish and swash.

By Darcey

Year 5s have been enjoying the early signs of spring. They have taken some beautiful photographs and practiced writing Haikus!



Sitting on the branch,
Enjoying the summer sun,
Springtime has arrived.

Animals are born
They play among the flowers
Eating and growing.

By Elise



Fluffy clouds fly past
Blue sky beautiful and true
Dancing with the breeze

By Maddie



Droplets on the grass,
Dancing in the soft spring breeze
Spring is in the air.
By L.J.



By Mia and Olivia



BLOOMING BLOSSOMS

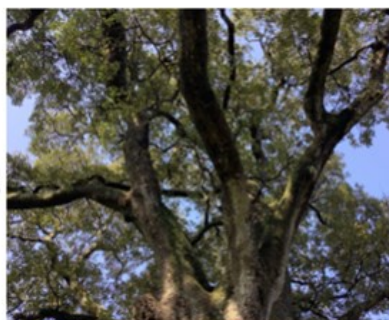


Blossoms bloom whilst they
Dance to the music of wind
Magic flowers grow

APIC•COLLAGE

Swarming with wildlife,
Stretching up above the rest
Sun dances through the leaves!

By Susannah





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

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 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**

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS



"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.wcwaaid.co.uk/helpline>

PASSIONATE ABOUT THE EARLY YEARS



A 4.5 hour workshop for Parents / Carers of children aged 1 to 4 years (pre reception).

Sessions Include:

- Top tips and strategies to support behaviour
- To build positive relationships with our toddlers
- Developing routines, child led play, special time and praise
- To give support and confidence to parents and carers

Wednesdays 27th April, 4th & 11th May
09.30-11.00am
The Woodland Nursery (Alverton School)



**CORNWALL
COUNCIL**
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Together 
for Families



www.cornwall.gov.uk

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18

Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child that you can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CAN WE HAVE A CHAT?

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



Sources: <https://www.education.gov.au/documents/about/programs/bullying-prevention/age-inappropriate-content> <https://www.scsh.gov.au/education/training-providers/online-professional-learning-program/teaching-inappropriate-content-fact-sheet> <https://www.wednesday.org.uk/wp-content/uploads/2021/04/children-media-twee-year-7.pdf>



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: 01.12.2021

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 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.

STARS OF THE WEEK

Kittiwakes	Jessica	for always smiling & giving 100% effort in everything she does
Curlews	Alfie	for always making sure we're tidy & ready to go
Puffins	Miller	for his effort & determination in our puppet making this week
Owls	Sid	for such an amazing & confident start to life in Owls class
Kingfishers	Alby	for super progress in reading & writing
Trencrom	Lola	for being an enthusiastic learner & listener on our field trip to Geevor
Lanyon	Layla	for fantastic work in English & Maths. You are a superstar!
Kerris	Hannah	for her positivity & enthusiasm & her great ideas & focus in class
	Niko	for his expert knowledge & superb manners on our Geevor trip
Bodrifty	Seb	for working hard in all subjects & making progress in arithmetic
Bosigran	Layla	for working hard & behaving beautifully
Kenidjack	Thomas G	for making a great effort to change his behaviour & work this week
Dinnertime	Ella	for being lovely & always so polite



Water bottles

All children from Year 1-6 need to have a named water bottle in school every day. These should be taken home and washed regularly. With the warmer weather it is even more essential to have one in school. If you don't have one, the office sells them for £1.50.

Go Active After School provision

Any queries or to book please contact Mr Timmons direct on 07843 126833 or by emailing him on alvertonkidsclub@outlook.com

Well the sun has shone now for a few days in a row and I can hardly believe the difference it has made to not only myself but to all around me, adults and children alike. We all seem to be happier, calmer and generally sunnier! There are more and more flowers appearing, in gardens and hedgerows, and even the ones for sale in shops look brighter. It's easier to put aside the worries all around us, at home, at school or work, nationally and internationally, when the sun is shining. I know it won't be like this all the way through for the rest of spring, but it's a great start and shows the promise of summer for us all, giving something great to look forward to. Amongst all of this lovely and jolly stuff remains the fact that not everyone and everything is great all the time, and that we all need a chat, a friendly shoulder, a friend, colleague or even a neighbour. And me. I'm here, I can listen, suggest, advise, support, help. Or just be present with tea, biscuits and the ability to listen. I hope the weather holds for the weekend, and I refuse to look at the forecast in case it's gloomy, so if you see me around in sandals, shorts and a t-shirt and it's suddenly gone really cold, wet and windy, that's why. The eternal optimist. Mrs Daylak



HOCKEY HEROES

A HERO
IN EVERY KID

A fun welcoming introduction
to hockey for all 5-8 year olds

FIND OUT MORE: hockeyheroes.co.uk




COME AND MEET CAPTAIN DRIBBLE!

AN EXCITING INTRODUCTION TO HOCKEY FOR 5-8 YEAR OLDS

DEVELOPS PERSONAL CHARACTER AND PHYSICAL SKILLS

PARENTS AND CARE GIVERS ENCOURAGED TO JOIN IN THE FUN

STICKS, BALLS, T-SHIRT AND STICKERS TO PRACTISE AT HOME

ENJOY A HEROES SNACK IN THE CLUB HOUSE AFTERWARDS

GRADUATE TO OUR UNDER 8'S CLUB SESSIONS FOR A REDUCED MEMBERSHIP FEE

SUPERHERO COURSE STARTS SUNDAY 10TH APRIL 10-11AM

HERO HQ - PENZANCE ASTRO PARK - TR18 3QW



Little Artists @ Newlyn Art Gallery Easter Holiday Art Workshops

THURS 14TH
APRIL
★
SHAVING
FOAM
MARBLING
+
AMAZING
CROWNS
+
GIANT
PAPER
AEROPLANES



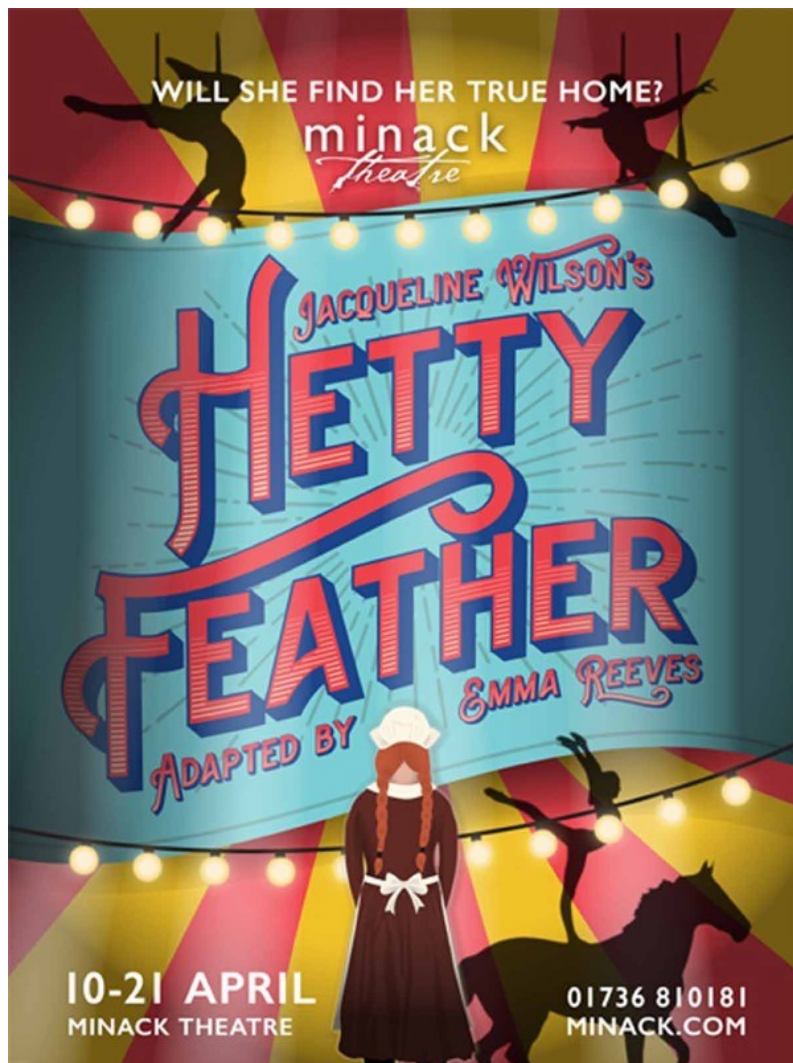
THURS 21ST
APRIL
★
SPRAY
PAINT
PLANETS
+
CRAZY
CLAY
ALIENS
+
SPACE
ROCKETS



Ages 2-8yrs - 10.00-11.00am
£8 per child (siblings £6)



Book at newlynlittleartists@yahoo.com



Roll Up! for a circus of dreams at the Minack this Easter

Hetty Feather hates her cruel life at the Foundling Hospital and longs to find her true mother. Only her courage and imagination give the determined little redhead the strength to keep her hopes alive but when she encounters the glamorous, flame-haired circus performer, Madame Adeline, her dreams become dangerously entangled with the perils that lurk in the real world.

Adapted by Emma Reeves from the popular children's books by Jacqueline Wilson, this imaginative stage version will have surprises and delights for both fans and newcomers to the story.

Special Discount Offer

The Minack is offering a 50% discount on tickets for local children & families for performances of Hetty Feather on the following dates & times:

Monday 10 April at 7pm
Tuesday 11 April at 7pm
Wednesday 12 April at 7pm

Book your tickets online or by phone using the discount code supplied.

Offer strictly limited to children attending schools located in TR18, TR19, TR20, TR26 or TR27 postcode areas. This offer is non-transferable.

minack.com
01736 810181

