

Dear Parents and Carers,

Normally, with half-term next week, we would have plans to catch up with our family and friends, get out and about and maybe even go away for a few days. This year will be different but next week will still be a great opportunity to have a bit of a rest and step back from the busy-ness of this half-term.

Thank you all for supporting your children so well with their home learning. We really do know that this is incredibly tricky for some people who may be balancing it with working from home, younger children and maybe more than one child in more than one year group, all needing different help at different times. We all appreciate so much everything that you are doing. Next week, we can hopefully switch off a bit and enjoy some time with our families without the pressures of home learning thrown into the mix.

Last year during lockdown, despite its many difficulties, the weather was lovely and the sun was shining. This time, however, on our third lockdown, it all feels even more of a challenge. Every single person I speak to says the same. The news isn't positive, social media isn't helping, the weather is rainy, we don't know when it's going to end, we're worried about our parents ... this list could go on.

We are so privileged to have the countryside and the coast on our doorstep. Within five minutes of leaving my front door, I can be walking in the fields and ten minutes would get me to the sea front. My daily walk with my daughter during the first lockdown definitely helped keep me positive. Even though we can't meet up with people at the moment, going for a walk is a great way to – literally – blow the cobwebs away and, hopefully, next week the weather will be fine and we can all get out and enjoy the fresh air every day. I'll be going out regardless and I hope you all will too!

With best wishes for a lovely week,

Cathryn Wicks  
Deputy Head



Five Ways to Wellbeing  
Take Notice ... Be Active



Five Ways to Wellbeing  
Take Notice ... Be Active

# 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 **TAKE NOTICE**. Being present and taking notice of the world around us can be something that we do during our everyday life. The key to taking notice is to be aware of what you're doing and to try to engage with it. Taking notice means actively bringing our mind's attention and interest to the world and observing what's beautiful or unusual.

The link to our website has a presentation which you can view or download which gives all sorts of suggestions about taking notice [http://www.alverton.org.uk/website/take\\_notice/536397](http://www.alverton.org.uk/website/take_notice/536397).

One of the ways suggested is Mindfulness. This is a way of focusing on being fully present in the moment, and not letting our thoughts and worries carry us off and take over. In mindfulness we pay attention to the now – to our breathing, or the sounds we hear, or the feel of the ground beneath our feet – and to our thoughts as they happen, without judgement. It is a form of meditation and can help us to relax and be calm. The Take Notice web page contains two PDFs with lots of ideas for mindful activities.

## 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. With saucepans and wooden spoons at the ready, we've dived in enthusiastically and several new recipes have already been added to the lists of family favourites. If you're anything like me, you're always on the lookout for something different to make for tea so hopefully you'll find something that will appeal.

As before, it is too big a document to send with the Friday News so you can download it from [http://www.alverton.org.uk/website/2020-2021\\_friday\\_newsletters/504029](http://www.alverton.org.uk/website/2020-2021_friday_newsletters/504029) where you will find it at the bottom of the page.

### Light Lunches

#### Pizza Faces

Miss Ching: These are one of my favourites! Sometimes I cheat and buy the base to save time. I often have leftovers so save them for the next day.  
<https://www.pamperedchef.ca/recipe/MISSING+CATEGORY/Funny+Face+Pizza+for+Kids/1006258>



#### Broccoli and Stilton Soup

Mr Higgs: I really like this recipe because it's warming on a winter's day when you come in from the cold, it tastes delicious and is healthy(ish)!  
<https://www.bbcgoodfood.com/recipes/broccoli-stilton-soup>



#### Patatas Bravas Tortilla

Mrs Gill: This is really easy and tasty and makes a huge tortilla but you can easily halve the recipe.  
<https://www.coop.co.uk/recipes/patatas-bravas-tortilla>



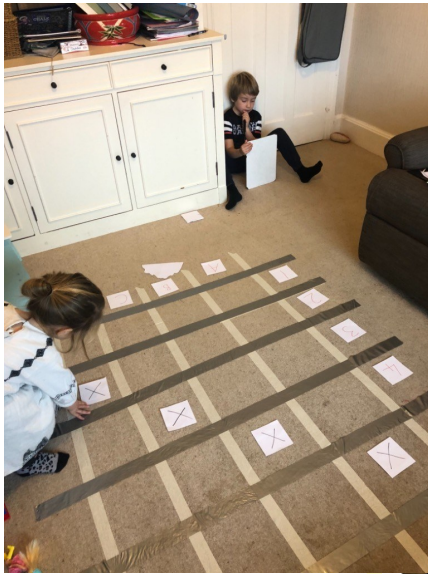
## Feel Fabulous in February!

How are you getting on with the February Challenge? Lots of us have now ticked off several things with screen-free and sugar-free days looking like the biggest challenges. You can find it on the 29<sup>th</sup> January newsletter which you can download from the link above.

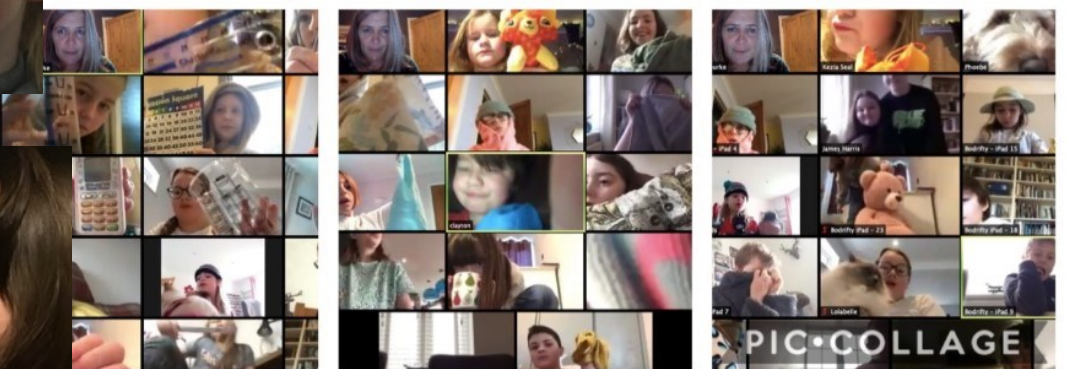
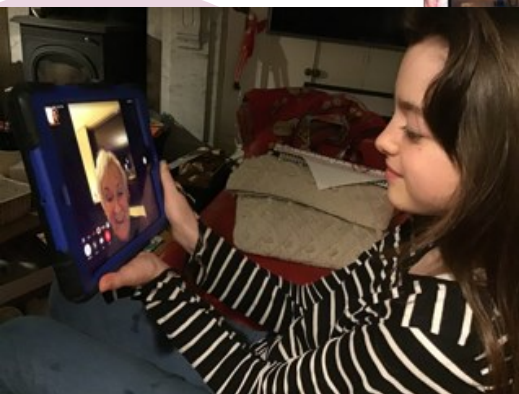


# Weekly Wellbeing!

## Five Ways to Wellbeing: Connect



**CONNECTING WITH A SCAVENGER HUNT!**



**PIC COLLAGE**

## 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 Agency on 0300 1231 116;

E-mail: [multiagencyreferralunit@cornwall.gov.uk](mailto: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 information sent out with this newsletter for all the fantastic things we have planned. We have a page on our website [http://www.alverton.org.uk/website/world\\_book\\_day\\_2021/540485](http://www.alverton.org.uk/website/world_book_day_2021/540485) (click on Home School Learning and World Book Day 2021) which has all the information there for you to download 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](mailto:secretary@alverton.cornwall.sch.uk)) or by calling the office between **9am- 1pm**, Monday to Friday on 01736 364087.

## Dandelion Learning - offer of free online training

<https://www.dandelionlearning.co.uk/helping-parents-with-home-learning-getting-to-grips-with-grammar/>

In this session for parents we will explore:

- Grammatical terminology. Consolidate your understanding of word classes including nouns, verbs, adjectives, determiners, conjunctions, pronouns and adverbs.

- Ways to support your child at home with their understanding of grammar.

This 45 minute session is free to all parents who have children at primary school.

## Tegan's Fundraising

A big well done to Tegan in Kerris who raised over £160 with Gift Aid for Macmillan Cancer Support by having a virtual family murder mystery for her lockdown birthday recently. What a brilliant idea and we hope it was lots of fun.



## Daisy's Diary

# LET'S HELP THE SCHOOL BEES!!

Oh NO! The school bees are in trouble... this summer the Government has decided to allow some farmers to spray their crops with a chemical that will harm our bees. I'm finding out where the spray will be used and how we can try to stop this happening so they can be safe. It will mean they will not be able to feed on our flowerbeds or feed their baby bees properly and all our bees, solitary, bumble and honey, will be affected. I think we can do something about this as a school! I think those bees need bee heroes! There are already some on line petitions that we could sign –

<https://act.friendsoftheearth.uk/petition/shape-future-our-countryside?ga=2.241914562.1575909734.1613040228-1025472129.1613040226>

<https://you.38degrees.org.uk/petitions/continue-the-ban-on-insect-damaging-neonicotinoid-thiamethoxam-on-all-crops>

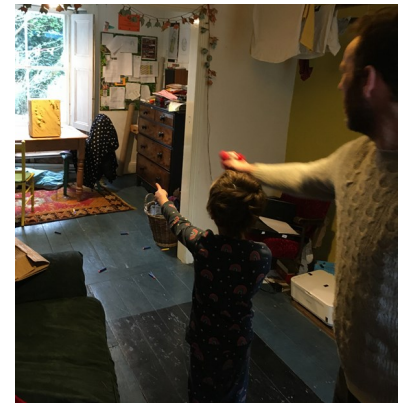
but we need to write to people in the Government and explain how important bees are to us all. Will you help me do this? Please, please think of something you could write or draw and send it to me (my email is at the bottom of this Daisy's Diary). I'll let you know more after half term but until then just look at how delicious our flowerbeds have been for our bees in the last couple of years – happy bees!



Half term is weather is supposed to be c..c..c..cold. I REALLY hope it snows but if not some of the children at Alverton might need some ideas of games to play on cold or rainy days. Here's some of ours -



**Cat Buckeroo.** If you have a very easy going cat (or dog) they might let you have a go at this. See how many (light!) objects you can balance on your pet before they wander off. Our cat Snowdrop is quite happy to have the whole washing basket full but don't play this game if your pet finds it worrying to be covered in pants.



**Nerf Gun Shootout.** Cardboard box with tissue or crepe paper over the front with different numbers on. Shoot through the numbers into the box keeping score as you go.

**Pingpongdingdong.** Take turns to drop a ball down the stairs trying to bounce it into an object at the bottom (excellent if no one bothers to put their wellies and shoes away like in our house).

Also sitting on a squashed cardboard box whilst your parent swishes you about on the end of a broom - only works on shiny floors. Excellent upper body workout for parents.

Can you suggest some more please? If they are games that don't need lots of equipment that means more people can play.

If you can help please email me with words and / or pictures

[dwright@alverton.cornwall.sch.uk](mailto:dwright@alverton.cornwall.sch.uk)

Thank you!

Daisy





## Cornwall Partnership NHS Foundation Trust

The Trust has its own Out of Hours telephone support provided by Support Matters Cornwall. This service operates from 5pm to 9am on weekdays and 24 hours a day at weekends and bank holidays. The service is open to all patients (aged 16+) under the care of the Trust's mental health services. Support can be delivered over the telephone, via text, email or web chat. Call free on **0800 001 4330**.



Family  
Line

0808 802 6666



# NSPCC

Help for children worried about COVID

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

Download this image onto your phone for **when you might need help**

**Cornwall's 24/7 NHS mental health support**

Call for free, any time day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone service will listen to you and determine how best to help

**0800 038 5300**

**Valued Lives:**

Supports people who are experiencing mental or emotional distress in Cornwall. Every day, 5.30pm - midnight.

**01209 901438**

If you, or someone else, is in immediate danger call 999

**Samaritans:**

Emotional support to anyone in distress, struggling to cope, or at risk of suicide.

**116 123**

**Shout:**

Text service, free on all major networks, for anyone in crisis anytime, anywhere.

- If you're over 18, text the word SHOUT
- Under 18s, text YM

**Text: 85258**

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

### Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance provides food for anyone in need. If their support would be helpful to you, just phone Vryan or Adele in the office in confidence on 01736 364087 and they can phone the Foodbank for you who will be able to help.

The Foodbank are extremely busy at the moment and are very grateful for any donations.

## ON YOUR SIDE NO MATTER WHAT

0800 58 58 58 THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
CALM

citizens  
advice

0344 411 1444

"It's alright to  
ask for help"

SAMARITANS

116 123

COVID-19 isolation may cause tensions to rise and domestic abuse to increase. Help is available.



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/>

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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# 7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

NOS National Online Safety  
#WakeUpWednesday

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

## 1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love: underline that it's an important part of who they are.

## 2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

## 3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

## 4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

## 5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on an adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).

## 6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.

## 7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

## Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



## About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)



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



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

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## 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.