



Dear Parents,

## Relationships and Sex Education at Alverton School.

All schools are required to regularly review their curriculum for Relationships and Sex Education (RSE) and I am writing to let you know how we approach this at Alverton School.

### What is Relationship and Sex Education?

“It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual activity – this would be inappropriate teaching.” (Department for Education and Employment, SRE Guidance, 2020).

From September 2020, Mental Health and Wellbeing, as well as Relationships Education, are statutory requirements and we have spent a lot of time embedding these within our curriculum. Sex Education is not statutory and parents do have the right to withdraw their child from these sessions. However, my aim is to provide you with enough information to reassure you that all of our teaching will be age appropriate and the needs of each individual child will be catered for and met. I am always happy to meet with parents to discuss the sessions and share resources with them if necessary because I do feel that RSE is an important addition to our curriculum.

### Why is RSE needed?

- More than ever before, children are exposed to representations of sex and sexuality through the media / social media and the social culture around them; we need to present a balanced view of RSE and help them to be discerning and stay safe.
- Research shows that most parents say they want the support of schools in providing RSE for their children.
- Research consistently shows that effective RSE delays first sexual experiences and reduces risk-taking.
- Surveys of children and young people, as well as Ofsted, have repeatedly told us that RSE tends to be “too little, too late and too biological”.
- Children should know the basic facts about puberty and human reproduction before they go to secondary school, for their own safety and wellbeing.

### What are the aims of RSE?

There are four main aims for teaching RSE within the context of Primary School PSHE (Personal, Social and Health Education):

- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion.
- To help young people develop positive and healthy relationships appropriate to their age, development etc (respect for self and others).
- To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them .
- To empower them to be safe and safeguarded.

### FAQs

*Won't telling my children about human reproduction take away their innocence?*

No. The evidence suggests that high-quality RSE does the opposite: it actually delays young people's first sexual experience, and it helps them become much more confident and comfortable about making informed choices. Good and appropriate RSE takes away children's ignorance, not their innocence. Teaching about safety and relationships as part of PSHE contributes to how schools approach the safeguarding of pupils. It helps them to recognise when they and others are at risk and equips them with the skills, strategies and language they need to take appropriate action. This is crucial to fulfilling statutory duties in relation to safeguarding pupils. Ofsted expressed concern in its 2013 PSHE report that a lack of high-quality, age-appropriate RSE in over a third of schools left young people vulnerable to inappropriate sexual behaviours and exploitation. It is clear, therefore, that PSHE plays a vital part in helping to meet school's responsibilities to safeguard their pupils, your children.

*I've heard that I can take my child out of RSE lessons.*

Yes, you can. Parents / carers have the legal right to withdraw their children from some of the RSE included in the PSHE curriculum but they are not permitted to withdraw their child from the content included in the National Curriculum for Science or any statutory aspects of PSHE.

If you are considering taking your child out of RSE lessons within PSHE, please consider the following:

- All the other children in your child's class will have been taught this information and may well talk to your child about it, perhaps in the playground... and potentially mislead them or confuse them as a result. It may prove far better to allow experienced and

sensitive teaching staff to teach your child in a progressive, developmental way that is grounded in research.

- They will be learning about reproduction in Science lessons. The RSE in PSHE will echo this and will concentrate on teaching children how to enjoy healthy, appropriate relationships, improve self-esteem and self-confidence, and make healthy, informed choices. When viewed this way, it is hoped that RSE won't be seen as contentious or a cause for concern, but rather as helpful.
- Attend an information session at the school to fully understand the rationale behind and the content of this work.
- Talk to your child's teacher, the head teacher, or the teacher in charge of PSHE. Often, when parents and carers find out what is in the PSHE curriculum, their fears are allayed as they can appreciate it is in the best interests of their child's lifelong learning.

I intend RSE to be a partnership between the school and the parents / carers, working for every child's safety and benefit. Over the last few years, we have used a scheme of work from the Christopher Winter's Project for RSE. This has recently been updated to incorporate some of the new statutory objectives and is a scheme that I feel works well and covers everything that we want.

This is the overview for each year group:

#### **Reception - Family and Friendship**

1. Caring friendships: understanding the importance of friendship
2. Being kind: recognising the importance of forgiveness
3. Families: understand there are lots of different families

#### **Year 1 - Growing and Caring for Ourselves**

1. Different friends: knowing we can be friends with people who are different to us
2. Growing and changing: understanding babies and children grow up
3. Families and care: exploring different types of families and who can help us

#### **Year 2 - Differences**

1. Differences: exploring gender stereotypes
2. Male and female animals: exploring males and females are different
3. Naming body parts: knowing the physical differences between males and females

#### **Year 3 - Valuing Difference and Keeping Safe**

1. Body differences: exploring the differences between males and females
2. Personal space: understanding appropriate touch
3. Help and support: exploring different types of families and who can help us

#### **Year 4 - Growing Up**

1. Changes: exploring the human lifecycle
2. What is puberty?: exploring how puberty is linked to reproduction
3. Healthy relationships: exploring respect in a range of relationships

#### **Year 5 - Puberty**

1. Talking about puberty: exploring emotional and physical changes
2. The reproductive system: understanding male and female changes
3. Help and support: understanding the importance of personal hygiene

#### **Year 6 - Puberty, Relationships and Reproduction**

1. Puberty and reproduction: understanding how and why the body changes
2. Communication in relationships: understanding the importance of respectful communication
3. Families, conception and pregnancy: understanding the decisions in starting a family
4. Online relationships: understanding communication in a respectful way
5. Respect and equality: developing respectful relationships

I appreciate you taking the time to read this letter and I hope that it helps you to feel confident in our approach to teaching RSE.

I am always happy to answer any questions and would like to put together a focus group to finalise the content of our sessions - if anyone is interested, please give the school a call and I will contact you in due course.

Mrs Amy Clemens  
PSHE and Pastoral Lead

### **PPA Days**

A reminder that your child should wear their Alverton tracksuit to school for the whole day on PPA days:

Reception Fridays

Year 1 & 2 Tuesdays

Year 3 & 4 Wednesdays

Year 5 & 6 Thursdays

## Christmas lunch - Friday 11th December

Letters about arrangements for Christmas lunch have come home today and are attached to this newsletter. If your child would like a school lunch on 11th December you must return a slip to us, (with the money if your meals are not free) by **Friday 4th December**. If you do not return a slip, you must send your child in with a packed lunch from home as there will not be any spare meals available on the day.



### 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.**

You can book at test online at:

<https://www.gov.uk/get-coronavirus-test>

or phone the NHS test line 119.

### Wanted!

Our pre-school room has no spare socks! If you have any spare socks for ages 3-4 years that you can donate please drop them off at the school office or hand to Mrs Hall or one of the nursery staff. Thank you very much.



### Need a chat?

If you're finding this latest lockdown a challenge then trust me when I say I know exactly how you feel. Suddenly I can't do any of the lovely things I was beginning to enjoy again and it makes me really quite sad at times. If you want to come and chat, about how you are feeling, or anything at all really, I promise I am a very good listener and sometimes that's all it takes to make you feel better. I will always make time for you and I promise that whatever you say will be kept in confidence unless you would like me to share it and specifically ask me to. I know where all the best biscuits are kept and I always head to the staffroom to make tea at the end of each day anyway; you are welcome to join me. You can ask the ladies in the office or just come and find me.

Thinking of you,

Mrs D





## 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



0800 1111



0300 123 3393

[www.mind.org.uk](http://www.mind.org.uk)

for better mental health

# 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 has let us know that, at the moment, it is not necessary to obtain a voucher to receive food from them. If their support would be helpful to you, just phone Veryan or Adele in the office in confidence on 01736 364087 and they can phone the Foodbank for you who will be able to help.

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

**ON YOUR SIDE  
NO MATTER WHAT**

**0800 58 58 58** | [THECALMZONE.NET/WEBCHAT](http://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.**

Who can help me?  
We can

**YOU ARE NOT ALONE**

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

**WCWAid**  
West Cornwall Women's Aid  
**01736 367539**  
<https://www.wcwid.co.uk/helpline>

**AT HOME SHOULDN'T MEAN AT RISK**

#YOUARENOTALONE | FIND SUPPORT AT: [gov.uk/domestic-abuse](http://gov.uk/domestic-abuse)

**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 they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform 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.



## What parents & carers need to know about... XBOX SERIES X/S

The Xbox Series X and Series S are the next-generation video game consoles from Microsoft. They offer improved graphics, sounds and much quicker loading times. Parents should note that the two versions available are quite different.



### Safely Setting up Your Xbox Series X / S

#### Xbox Series X

Xbox Series X is a larger device, with a disc drive, twice as much storage and higher performance chips. It can play the new Xbox games at the highest resolution and with the best visuals. It enables you to run games from disc or digitally.



#### Xbox Series S

Xbox Series S is a smaller, disc-less version of the console which plays all the new games but with reduced visuals or possibly frame-rates. Because it doesn't support discs you can't play old games from discs and must purchase new games digitally. It also has smaller storage, offering 500GB which is about half that of the Xbox Series X.



#### Apply Family Settings

Both Xbox models offer important family controls that should be set-up before your family starts using the system. Although this can take a little time, it ensures that children have their own accounts and sets limits on spending, interactions and age ratings. If done correctly, children cannot circumvent these controls that require the parent's password to alter.



#### Setting Age-Ratings

You can set a limit that stops any older rated games being played without a password being entered. This is not only a good way to ensure children are playing appropriate content but is a good chance to talk about the games they are playing.



#### Managing Spending

You can set a limit on spending via the family settings. This means that any additional purchase requires your password. Another alternative is not to put credit card details into your account and instead add credit as they need it using the book-token-like cards in-store or online.



#### Managing Online Interactions

Another important area of the Family Settings is specifying how and who your child can interact with online. Modern consoles enable players to share text, voice, images and video with each other. You can set whether they can do this, and also apply a password before they can add new friends.



#### Setting Limits on Play-Time

You can specify the time of day and how long the console can be used to play without needing a password. Talk to your children and agree how long is appropriate, then set this together so it's something they understand and accept. On the Xbox Series X/S you can also limit time on a particular game, which is a good way to encourage children to play a wide range of experiences.



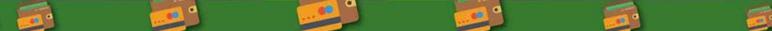
#### Creating Guest Account Password

An important step on the Xbox Series X/S set-up is specifying a passcode for your own account and a password to access the Guest account. This ensures that all users need to access the system with their own account and related limits and settings.



#### Game Subscriptions

In addition to buying individual games digitally or in-store, you can also subscribe to services that offer access to 100's of games for a monthly fee. Xbox Game Pass is often bundled with the Xbox Gold subscription you need for playing online. Most of the bigger Xbox games are provided as part of the service, as well as a wide range of independent games that often offer educational and wellbeing based experiences.



## Types of Accounts

#### Set-Up Parent Accounts

Setting up a parent's account is important so you can manage the console for your family. After downloading the Xbox app to aid set-up, connect to the internet and while the console updates, use the app to start specifying settings. Once updated, create a parent user account with an email address you regularly check and password specified.



#### Set-Up Child Accounts

Setting up child accounts are important to be able to limit play-time, spending and apply age ratings automatically. Separate accounts for each child user can be set-up. It's a good idea to specify a password for the guest account so children cannot access this also. You can also download the Xbox Family Settings app to help you adjust these settings in the future without having to access the console directly.

#### Meet our expert

Freelance family technology expert for the BBC, Andy runs the Family Gamer TV YouTube channel and contributes to a range of national media on the topic of video-games and family.



## STARS OF THE WEEK

Choughs	Esme	for her genuine enthusiasm for school
Robins	Immy	for always being delightful, polite, kind and caring
Puffins	Harry	for his accurate throwing skills in PE this week
Owls	Amy	for fantastic writing ideas & beautiful handwriting
Kingfishers	Juniper	for settling into life in Kingfishers class so brilliantly
Trencrom	Evie	for being a kind, thoughtful & hard working member of the team
Lanyon	Logan Jay	for writing a truly fantastic report about a Stone Age creature
Kerris	Adam	for settling in really well to Kerris class. Well done, keep up the good work
Bodrift	Lolabelle	for always working incredibly hard & presenting her work beautifully
Bosigran	Nina	for her excellent descriptive writing about the Witch's Character
Kenidjack	Oli C	for fantastic work on our Macbeth unit & being more Shakespeare than Shakespeare
	Issac	for fantastic work on our Macbeth unit & being more Shakespeare than Shakespeare
Dinnertime	Lola B	for always being so cheerful and well mannered



### Coats

Please ensure that your child has a warm, waterproof coat in school every day now that the weather is getting colder and wetter. They also need a pair of named wellies in school at all times so that they can use the field and woods at times during the school day.

### Reminder

School finishes for the Christmas holidays on **Friday 18th December at 3.15pm** (normal time). The Spring term starts on **Wednesday 6th January 2021 at 9am**.

### Twitter

Don't forget to follow us on Twitter @alvertonschool to keep up-to-date with all the exciting things that are going on.



### Applying for a school place for September 2021

If you have a child born between 1st September 2016 and 31st August 2017 you need to apply for a school place in a Reception class for starting in September 2021. The deadline for applications is **15th January 2021**. The easiest way is to apply online at [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions). For more information call the Admissions team on 0300 1234 101 or visit the website.

### After school childcare provision

This is now only being offered to Year 3-6.

Please contact Mr Timmons for details and to book by emailing [alvertonkidsclub@outlook.com](mailto:alvertonkidsclub@outlook.com) or by phoning 07843 126 833.

## 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. Our Pupil Premium Parent Guide is being sent home alongside today's newsletter to provide you with more information.

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 number.

*NB All Key Stage 1 (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. Whilst schools are closed to most pupils during the current Covid-19 pandemic, schools are not required to provide meals or vouchers to Key Stage 1 children who usually receive free meals under the Universal Infant Free School Meals scheme but are not currently attending school.*

**However, some children in Reception, Year 1 and Year 2 and receiving Universal Infant Free School Meals (as well as all Key Stage 2 children) may have an underlying entitlement to benefits-related Free School Meals. Schools will make arrangements for these children to receive free meals through food parcels or supermarket vouchers.**

Your child may be eligible for benefits-related free school meals if you, 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.**