

School lunches from September

An email from Aspens was sent to you today regarding the price increase of lunches which, from September will be £2.75.

The same menu will continue in September until October half term although there will not be the option to have a packed lunch. Please order in advance using the Aspens Select site.

Children moving up from Year 2 into Year 3 will no longer receive a free meal unless they are eligible for pupil premium funding. If you think you may be eligible please follow the link below for more information and how to apply:

[School meals - Cornwall Council](#)

Music lessons in September

If your child (from Year 2 upwards) would like to have music lessons in September, there are spaces available for guitar, keyboard, singing and violin. Drum lessons have a waiting list which you are welcome to join. Lessons take place during the school day, usually in the afternoon. For more information and costs, please contact the Cornwall Music Service Trust for guitars, keyboards, singing and drums. [CMST - Cornwall Music Service Trust](#)

For violin lessons, please contact Emma Stansfield by emailing violastansfield@gmail.com

After school childcare club

As per our emails, there will be no after school childcare club on the last day of term, **Tuesday 22nd July**. Please collect your child/children at 3.15pm.

Books

We are still missing lots of library and class reading books so please can you have a really good look at home and return any that are found to us by next Tuesday. Thank you.

School closes next Tuesday 22nd July at 3.15pm (normal time) for the summer holidays. We re-open on Tuesday 2nd September at 8.30am for registration at 8.45am.

Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Nichola Smith (Designated Safeguarding Lead) at nsmith@alverton.tpacademytrust.org 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

Outstanding money owed

At present there are a sizeable number of debts owing for breakfast club, after school child care, trips and swimming. TPAT cannot allow any debt to be carried over to September and certainly none for anyone leaving the school. Please ensure that any money owed for any outstanding amounts are paid by **Tuesday 22nd July** at the latest. Please check your Arbor account to see if you owe anything. All debts for lunches must also be paid on Aspens Select by the 22nd July.

THIS IS OUR

HELP YOUR SHELF

How it Works

It's all free.

Take what you need, whenever you need it.



No Questions Asked – No Judgements Made

Give what you can if you would like to.

Donations wanted

Our Help Your Shelf is looking rather bare. If you are able to bring in any non-perishable food items, cleaning products or toiletries, we would be very grateful. These will all go to helping our families and community. Thank you very much.

Lost property

All the un-named lost property remaining in the lost property box on 22nd July will be taken to the charity shop so please come and check the box before then if you are missing something. All named items will be returned to your child. The box can be found outside the side hall door.



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>

10 Top Tips for Parents and Educators

STAYING SAFE AROUND WATER

Enjoying time in, on, and around water plays a vital role in a young person's overall development, offering a healthy and exhilarating way to have fun. This guide outlines essential safety advice, based on the Royal Life Saving Society UK's Water Safety Code, to help ensure children can enjoy swimming and similar activities safely and responsibly.

1 STICK TO LIFEGUARDED AREAS

It's never advisable to enter unsupervised bodies of water, especially alone. Instead, it's considered best practice to accompany children to places with lifeguards, as they will be trained to respond swiftly in emergencies and provide first aid when needed.



2 LEARN SIGNS AND FLAGS

When going to a new environment, it's important to research the local area and make children aware of safety signage before entering the water. If visiting the seaside, make sure children are always supervised by an adult and that they know what different beach flags mean, so they're knowledgeable of where and when they can enter the sea.



3 STOP AND THINK

Young people should be cautious before entering water, as it's difficult to know what hazards could be underneath. Use the Water Safety Code and encourage children to ask themselves questions such as, "Is the water too deep or too shallow? Are there currents, tides, or underwater objects?" Make sure children know never to enter water from a height, as what lurks below could cause serious injuries.



4 CONSIDER WATER TEMPERATURE

Even on hot days, water can be deceptively cold. Tragedies strike when young people experience cold water shock. Never let children enter water quickly; instead, ensure that they enter slowly and carefully to allow their bodies to adjust to the temperature or exit easily if needed.



5 INFLATABLE SAFETY

Although inflatables may seem like a fun idea when visiting locations like the beach, they can float further out from shore and into more dangerous water. It's advisable only to use inflatables in spaces like appropriately managed swimming pools, where they're used in more controlled and supervised environments.



6 SUPERVISION IS KEY



For young children, and particularly those under the age of five, it's important for them to be supervised at home, outside and at the pool at all times. It's essential for parents and educators to understand that young children can drown quickly and silently; therefore, anyone supervising them must maintain constant watch in case they get into difficulty.

7 DON'T GO TOO FAR



When swimming, especially in open water, it's best to teach children to stay within a safe depth. Share advice with them such as only entering water up to a standing depth, and in the case of visiting the beach, swim parallel to shorelines. This will allow a child to stay in control and get out of the water easily.

8 KEEP POOLS AND TUBS DRAINED

For parents of young children, a simple way to protect them at home is to keep outdoor spaces and bathrooms tidy after playtime. This includes removing water from paddling pools after use and turning them over, returning lids to hot tubs and taking toys out of baths, so all water can be fully drained from the tub.



9 FLOAT AND CALL 999



If a child gets into difficulty in the water, they should try to float on their back, stay calm, and call for help. If a young person sees someone else in trouble, they should dial 999 or 112 immediately, then shout to reassure their friend, encouraging them to float on their back, and letting them know that help is on the way. Children should never enter the water to attempt a rescue or retrieve belongings.

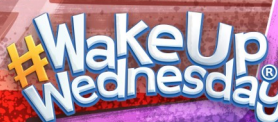
10 TEACH WATER SAFETY



Beyond swimming lessons, children should be educated in school on water safety. Use RLSS UK's accredited programme, 'Water Smart Schools', which offers free lesson plans and resources on how to be safe on, near and around water by following the Water Safety Code.

Meet Our Expert

The Royal Life Saving Society UK (RLSS UK) is a national water safety charity that gives children the chance to enjoy a lifetime of fun in the water, safely. Water safety education provided in schools is vital and, in some instances, could be a child's only opportunity to learn about the water.



The National College

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.07.2025

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.

DIARY DATES

Monday 21st July 3.15pm	Year 6 BBQ
Tuesday 22nd July 1.30pm	Year 6 Leavers Assembly
Tuesday 22nd July 3.15pm	Last day of Summer term <i>No after school child care club</i>
Wednesday 23rd July	INSET Day - school closed
Thursday 24th July-Friday 29th August	Summer holidays
Monday 1st September	INSET Day - school closed
Tuesday 2nd September 8.30am	School opens for Autumn term

Have a lovely summer, rest, relax, enjoy, meet friends, family, other children, go to the park, play on the beach, paddle or swim in the sea and make the most of the weeks ahead. I'll be here in September but until then I shall try my best to do exactly the same things. See you in September - much love and the very best for the weeks to come. Call me in September if you need me (or even if you want to find out how good my tea making skills are). Much love until we meet again, Mrs Daylak xxxx



Sun hats and water bottles

Don't forget that your child needs a filled, named water bottle with them every day and if the weather is hot and sunny, please ensure they have a sun hat and have had sunscreen applied before school. Thanks.

*Penzance
Fencing Club*



Penzance Fencing Club

Beginner Course

Age 9 and upwards

**Every Monday for six weeks
from 21 July**

£30 per person

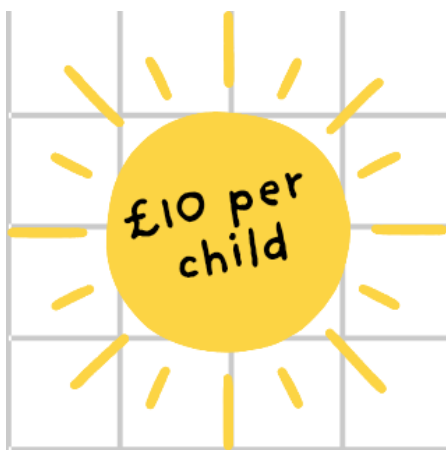
**Main Sports Hall, Humphry Davy School
7-8.30pm.**

Each session will include coaching in sabre, foil, and epee

Adults very welcome too

Sign up today

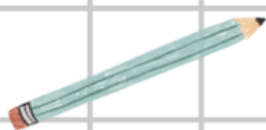
(or contact on Facebook
duncangeorge@btinternet.com
realoldcorn@gmail.com)



Little Artists Summer Workshops

Thurs July 31st
Thurs Aug 14th, 21st & 28th

Mini Artists - 6m to 2yrs	10-11am
Little Artists - 2 to 8yrs	11.30-12.30
Drop off Session - 6 to 11yrs	1-2pm



Email Annie to book
newlynlittleartists@yahoo.com



Aug 4th-8th ALL DAY SUMMER CAMPS
9am-3pm at Alverton Nursery. £45

Get in touch for more info

Summer Holiday Activities at MBA

There are some great activities on offer, they cover a mixture of sports activities from **Trampolining to Bike Track to Swimming to Art/Crafts and Slip n Slide.**

The Holiday Programme is open to all young people aged 5 to 16 and is fully funded for those who are in receipt of benefits-related Free School Meals.

Included is a FREE hot lunch for FSM

We had lots of positive feedback from families whose children got involved in the programme over our past camps and would recommend taking a look at the activities on offer and book before places are full.

BOOK - Click the link:

[MBA HOLIDAY ACTIVITIES](#)

If you have any questions regarding the activities or need some help with booking on, please feel free to contact holidaycamp@mountsbayacademy.org

Free School Meal (FSM) voucher codes

Original voucher codes should still be working. If you need to check or re add yours, please head to [Time2Move](#) to find out how to get your code.

Discounts

We offer discount for booking multiple sessions. This is applied at the end of the booking, for paying families.

Any issues please email us or the T2M programme.

BELIEVE DANCE EVENT

**A WEEK OF DANCING, SINGING, CRAFTS AND
MUCH MORE. OPEN TO EVERYONE 5 YEARS +**

**Monday 12th August - Saturday 17th
August.**

10am-4pm Everyday.



**WORKSHOPS IN ALL DANCE STYLES. SINGING
WORKSHOPS & CRAFTS EVERY AFTERNOON MONDAY
11TH - FRIDAY 15TH AUGUST 10AM-4PM
FOLLOWED BY A SHOWCASE ON
SATURDAY 16TH AUGUST.
HELD @ MOUNTS BAY SCHOOL.
ONLY £20 PER PERSON FOR THE WEEK.
CALL CHARLOTTE TO BOOK, OR JUST COME ALONG
NUMBER BELOW.**



CHARLOTTE : 07919062831



WWW.BELIEVE-ACADEMY.CO.UK



INFOBELIEVEACADEMY@GMAIL.COM