

The speed and extent of change with Digital Technology and Digital Media over the past decade has been staggering, and it shows little sign of slowing down. It is little wonder then that very few of us have time to stay in touch with the latest developments in the digital world. A significant aspect of this digital revolution has been the ease with which we are able to access the online world. The internet is accessible from almost every mobile phone, tablet or modern gaming device. This means that the age at which children are able to go online is now lower than ever.

Similarly, the ability of parents to monitor this online behaviour is increasingly difficult, not least because young people's online expertise and knowledge often exceeds that of their parents. It is also problematic because some of the sites young people access seem to actively support clandestine and age inappropriate use.

As a school we are proactive in trying to educate our pupils to keep themselves safe online. The truth of the matter is that despite our best efforts, the number of children accessing age inappropriate sites online is increasing year on year. Similarly the age of children being given access to social media sites is falling. The more common it becomes for underage children to use social media sites, the more pressure this places on their peers to also access them, and in turn the more pressure there is on you as parents to sanction their use by your own children.

The plain truth is that all of the popular social media sites (Tik Tok, Instagram, Snapchat, WhatsApp, FaceTime, etc.) have a minimum age requirement of at least 13 years of age. Therefore no child in primary school should have an account for any of these sites.

The reason for this age restriction is that primary school pupils simply don't have the maturity and skills to manage relationships in an online world. The most common symptom of this problem is children making inappropriate or unkind comments to friends online which leads to huge hurt being caused and family life being disrupted. At a much darker end of this spectrum, we find children entering into 'friendships' with people they don't know, sharing images of themselves and putting themselves in real danger. They do this in spite of knowing how to stay safe online, without parental knowledge, and with a conviction that they are in control of the situation. They are not.

The evidence is very clear, and sadly plentiful. Whilst the vast majority of adults online have no ill intent, there are a significant number of individuals and groups who target vulnerable and innocent young people in order to harm them in some way. These people have always existed but they now have access to children without needing to leave their homes or their computers. Many of them are extremely clever and are able to win the confidence and trust of young people who are no match for a single minded and determined predator.

I'm sorry that this is a hard edged message to end the week on. To be honest, it is tame compared to some of the real stories I could share with you, and some of increasingly frequent and serious concerns which are brought to me on a weekly basis. I absolutely believe that online safety issues are now the single biggest threat our children face, both because of the external dangers I have alluded to and to the psychological harm that is caused by immersing themselves in a virtual world or exposure to images and information which once seen cannot ever be forgotten.

I would therefore implore you, as hard as it is to swim against the tide: please do not allow your children to use online social media sites until they are old enough.

Martin Higgs  
Headteacher

## Can we help?

Foodbanks usually see an increase in demand for food for children during the school holidays when there is extra financial pressure for families who rely on free school meals during term time. Whether or not your child is eligible for the vouchers which will be issued for the Easter holidays to those children who receive free school meals, if some additional support would be helpful to you over the next few weeks, all you need to do is phone the school office on 01736 364087.

Mrs Gill or Mrs Stacey can help to organise this for you by putting you in touch with the Churches Together in Penzance Area Foodbank which has been running for several years and has supported many local families over this time. Mrs Gill or Mrs Stacey will give you a number to phone and the person that you then speak to you will ask you all about what your family needs, their dietary requirements and so on and will put together a food parcel for you which they will deliver to your home. There are also all sorts of other things that they can support you with and they really do want to help.

Any conversations with Mrs Gill or Mrs Stacey will be in the strictest confidence but if you would rather call the Foodbank direct, please ring 07950 159841 - if they are not there to answer the phone, they will call you back as soon as they can.

## Daisy's Diary

### Straw bales needed!

I'd like to try straw bale gardens this year. I think they could look really beautiful and they are supposed to grow like the clappers. I'd like giant cabbages! Great big whoppers! But to make straw bale gardens we need straw bales, small ones, and I can't seem to find any that can be dropped at the school except in Yorkshire. Which seems a bit far really. I'd love –

10 small bales

Straw, not hay – or we will just grow grass

That can be dropped at school as I can't even get one on my bike

Does anyone know a farmer who would like to sell us some bales? If you do please please let me or the office know. I want giant cabbages. Larger than one of the Choughs or Robins.

Thank you very much.



# Weekly Wellbeing!



Sugar Smart is an campaign run by Sustain who aim to help local authorities, organisations, workplaces and individuals reduce the amount of sugar we all consume.

You can read about the effects of sugar and how to reduce these here <https://www.sugarsmartuk.org/about/> and here <https://www.nhs.uk/change4life/food-facts/sugar>

## SUGAR SMART

## COUCH TO 5K

### Alverton Couch to 5K

Starting on Monday (29th) some of the Alverton staff will be starting the Couch to 5K running programme in an effort to get fitter and healthier this Spring. If anyone would like a new challenge or would like to join us in this endeavour please download the app and let us know that you're taking part as well. Look out for this on our Twitter page.

### Wellbeing Week

Next week we are having our very own Health and Wellbeing Week as part of which the children will be doing a fitness class with Mr T, a Wellbeing workshop with Daisy and a cooking session in class. **Please can you make sure that PE kits and trainers are in school all week.**



## MENTAL HEALTH

WHATEVER YOU CHOOSE TO WATER WILL GROW



@journey\_to\_wellness\_

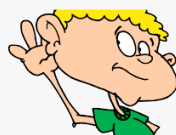
## Remember – safeguarding is everyone's responsibility

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 Unit on 0300 1231 116;

E-mail:

[multiagencyreferralunit@cornwall.gov.uk](mailto:multiagencyreferralunit@cornwall.gov.uk)

We have, shockingly, nearly reached the end of the Spring term and I for one am stunned. I've only just come back to school! However, the sun is shining, the days are getting lighter and warmer and spring is certainly here. Lockdown as we know it seems to be about to reach an end, albeit in slow steps. So why do I still have good days and bad days? Why do I still wake up sometimes and feel flat, or fed up or glum or utterly miserable? I'm fine, really, is what I tell myself. And in many ways I am. I have a lovely family and some superb friends. Yet I don't see them often enough. So they don't see my downs and my flat days. Do you know who does? You. The parents, the children and my colleagues. You see me nearly every day. And you smile at me, you say lovely things, you ask how I am, how my weekend was, if I have any plans for the Easter break. And I feel better. That's all it takes. Say hi. Ask someone how they are. How are they really feeling. That's all we have to do. But it's more important now than ever. And if you need me, or if you know someone who might, come and say hi. Lots of people do, for all sorts of reasons. And if you don't want to be seen we can find a place to chat privately. And of course tea and biscuits are always available. Take care and stay safe, Mrs D xx



## 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 a test online at:

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

## Tuck shop

There will be a limited tuck shop available for KS2 next week as we are running down our stocks for the Easter holidays. Please send your child in with a healthy snack for breaktime in case stocks have run out. Children in EYFS and KS1 will continue to be offered a piece of fresh fruit or vegetables.





**LAST FEW  
DAYS TO  
APPLY!**

## **Easter Holiday Club**

**Tuesday 6th - Friday 19th April 9am-1pm**

Go Active will be running a Holiday Club for four days in the first week of the Easter holidays for Years 1-6. These will be run in three separate Key Stage bubbles and will abide by all school and Government guidelines so that provision is Covid-safe.

Activities will include Nerf Wars, Ultimate Frisbee, Street Surfing, Dodgeball, Archery and Crossbow, Bubble Football and more.

Children in receipt of Free School Meals (not Universal) can access this provision **for free**. All other children will cost a discounted daily rate of £10. Please complete the attached sign up form or ask for a paper copy from the office. Please complete and return with the payment in cash by Thursday 1st April at the latest.

\*\*\*\*\*

## **Summer Sports Club after Easter**

Go Active are able to run after school sports clubs for three bubbles on three separate days after Easter for half a term. There will be only 18 spaces per group and the cost will be £10 for 5 weeks payable in advance to Mr Timmons.

KS1 - Mondays 3.15-4.15pm

LKS2 - Tuesdays 3.15-4.15pm

UKS2 - Wednesdays 3.15-4.15pm

If your child would like to take part, please complete the appropriate form attached to this newsletter or ask the office for a paper copy and return it with the payment to the office as soon as possible. Places will be allocated on a first come, first served basis and you will be notified by text if your child has a place.

These will start the week commencing Monday 26th April (the week after we start back after the Easter holidays).

**After school childcare provision with Go Active will continue as normal every day. To book please contact Mr Timmons on 07843 126833.**



## 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.**

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.wcwaaid.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.

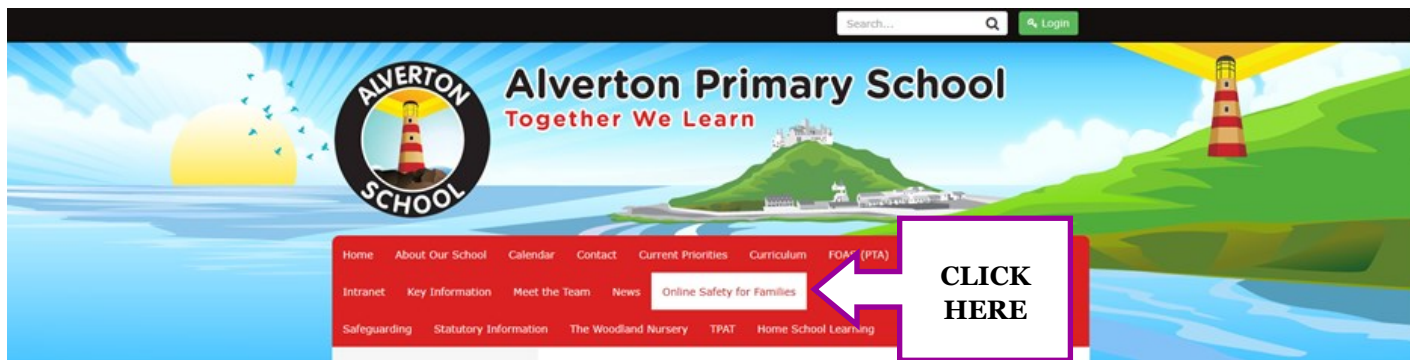
## Online Safety

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.

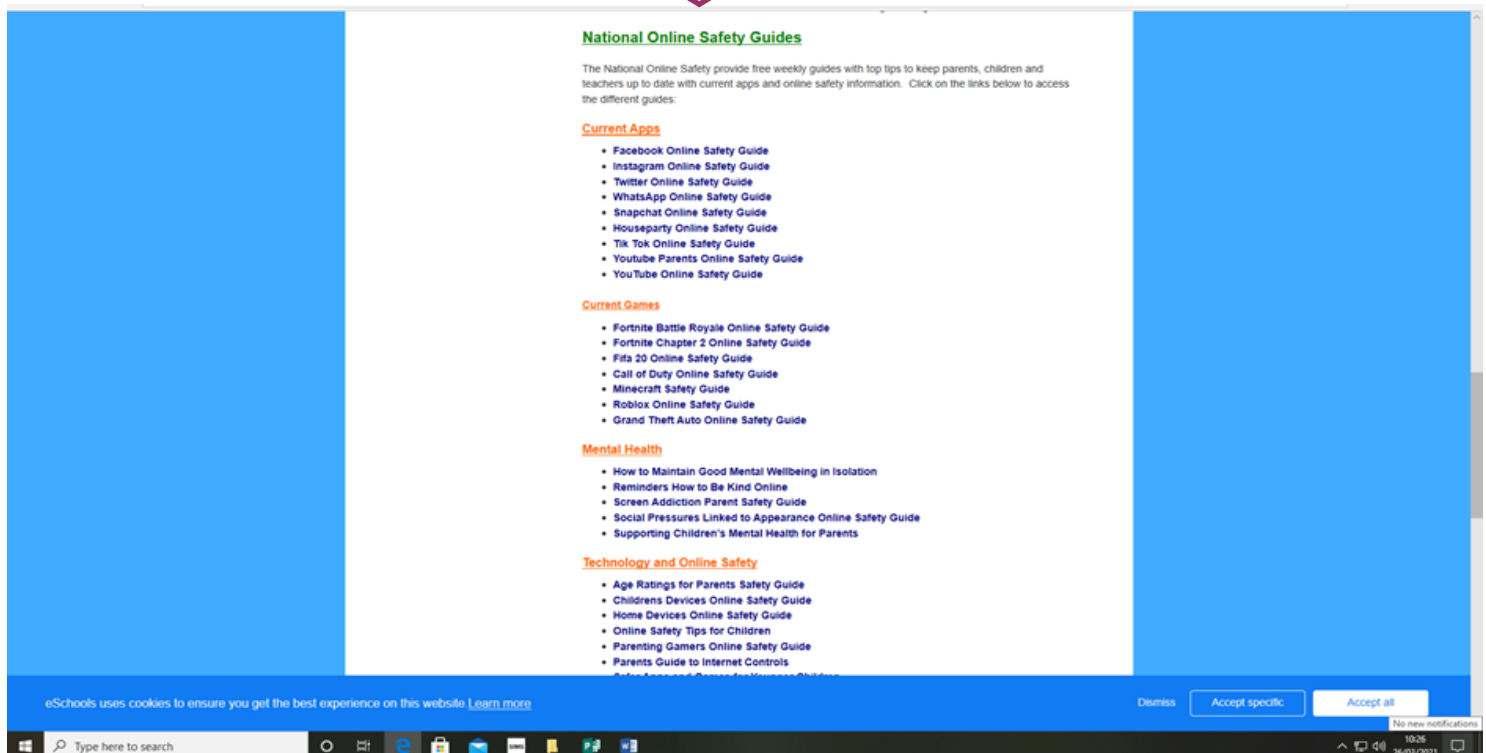
Whilst there are huge benefits to being online in order to stay connected to family and friends, many parents may feel concerned about the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive 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>

## HOW TO GET EASY ACCESS TO ALL THE NATIONAL ONLINE SAFETY GUIDES



**SCROLL DOWN  
THE PAGE TO  
GET TO THE  
GUIDES & CLICK  
ON THE LINK  
YOU REQUIRE**



## 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.



## STARS OF THE WEEK

Choughs	Millie TA	for always being such a kind friend & just a perfect person all round
Robins	Tyler	for making the most enormous effort at home & school to be the best person ever
Puffins	Florence	for always working hard, listening well & being gentle & thoughtful
Owls	Sofia H	for being a super sensible & extremely hard working member of our class
Kingfishers	Lillie	for super work with money in Maths
Trencrom	Bea P	for always being a superstar, always a fantastic listener & working her hardest
Lanyon	Sophie	for working hard all week to write an explanation text. Fantastic
	Millie	for working hard all week to write an explanation text. Fantastic
Kerris	John	for his superb understanding of rainforest layers for his explanation text writing
Bodriftly	Lola S	for always putting 100% into her writing & producing such interesting work
Bosigran	Agnes	for brilliant Science work this week - you are a superstar
Kenidjack	Ruby A	for amazing progress with her reading comprehension
Dinnertime	Noah G	for being so polite and well mannered



## SUNDAY KIDS ART CLUB

My Dream World - Inspired by Dali



Sunday 28th March 10.30 - 11.30am  
Just £10 per family, Watch Live or Later  
**BOOK NOW** [www.schoolofpainting.co.uk](http://www.schoolofpainting.co.uk)



Adult  
Education

## Locally led learning

- Not sure what direction to take?
- Want to refresh your skills?
- Free learning local to you?

If you are 19+, currently not in work and live in Penwith, Porthleven or Helston, we want to hear from you.

We are offering unique learning opportunities with a wide range of theme-based activities that will enhance your skills whilst helping you develop new ones. Current sessions include:

- Arts & Crafts ● European Languages ● Fitness, Health & Wellbeing
- Confidence & self-esteem building ● Employability Support
- Nature & Environment ● Personal & Financial Development ● IT upskilling
- Maths & English support

Locally Led Learning is a new ESF funded project aimed at encouraging, supporting and enthusing individuals back into learning or work, by improving self-esteem, confidence and skills.

### Find out more:



If you are interested in finding out more, please text your name and postcode to **07837 311 681** or follow this link to our enquiry form [www.cornwall.gov.uk/locallearning](http://www.cornwall.gov.uk/locallearning)



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# EASTER HOLIDAY CAMPS

## Mounts Bay Football Development Centre



### Dates - 2021

**Easter Week 1** - Wednesday 7th, Thursday 8th & Friday 9th April

**Easter Week 2** - Wednesday 14th, Thursday 15th & Friday 16th April

### Soccer Tots (3-6yrs)

10am - 12pm

£6 per day | £10 for 2 days | £13 for 3 days or £25 for all 6 camps

### Soccer Pros (7-13yrs)

10am - 3:30pm

£15 per day | £25 for 2 days | £35 for 3 days or £65 for all 6 camps

### **\*\*SUPER SAVER DEALS\*\***

Soccer Tots - All 6 days for £25

Soccer Pros - All 6 days for £65

### Venue

Mounts Bay Football Development Centre  
Mounts Bay Academy Sports Centre, Penzance, TR18 3JT

### Other Info

All children are welcome to attend from any school or club  
The MBFDC coaching staff are UEFA / FA qualified and DBS checked  
Pre-booking only, register & book online  
Visit the website for further information - [www.mbfdc.co.uk](http://www.mbfdc.co.uk)

### Contact

Kevin Lawrence - Head of Football Development  
Message us on facebook - [www.facebook.com/MBFDC](https://www.facebook.com/MBFDC)  
Email - [klawrence@mountsbay.org](mailto:klawrence@mountsbay.org)  
Website - [www.mbfdc.co.uk](http://www.mbfdc.co.uk)







# Big Moments

All Stars Cricket gives children the chance to play, learn great skills and meet new friends!



Includes Personalised Kit!

**Paul CC**

Hutchens Park Playing Field, Penzance, TR19 6UB

5:30pm - 6:30pm, Fridays (May 7th - June 25th)

Contact: [sharon.dee777@btinternet.com](mailto:sharon.dee777@btinternet.com)

Register at [allstarscricket.co.uk](http://allstarscricket.co.uk)