



PE kit

We are continuing to find that many children do not have either an entire PE kit in school when it is needed or that some of it has been left at home. This means that they cannot fully take part in their lessons. As PE is part of the National Curriculum, **all** children should be taking part in it unless there is a medical reason why they should not. A full PE kit (trainers, red shorts, black tracksuit bottoms, white polo shirt or T shirt and red zipped Alverton top) should be brought into school on a Monday **and left here all week** as PE can take place on any day not just on PPA days. If your child regularly doesn't have their kit, you will be asked to make an appointment to see Mr Higgs.

Medical reasons for missing PE

Any child that is unable to take part in PE due to a medical condition should either bring in a letter signed by a parent explaining why they cannot take part or parents should ring or come to the office and leave a message. Unless one of these has been done your child will be expected to do PE.

Clubs

Clubs will continue after half term except KS1 Alternative Sports on Mondays and KS2 Street Surfing on Fridays which have now finished.

New clubs after half term

Mondays **KS1 Disco Dodgeball** 3.15-4.15pm with Go Active. £12 for 3 weeks.

Thursdays **Year 5 & 6 Rounders** 3.15-4.15pm with Mrs Harman. 20 places only.

Fridays **KS2 Disco Dodgeball** 3.15-4.15pm with Go Active. £16 for 4 weeks.

If your child is interested in any of these clubs please put their name down at the office and pay cash for any paid club before next Friday 14th February.

KS2 Street Ice Hockey will continue for two Wednesdays, 26th February and 4th March and will then finish.

Club cancellations

ALL clubs will be cancelled **on Monday 9th, Tuesday 10th and Wednesday 11th March due to parents evenings** apart from morning Roller Skating club on Wednesday 11th.

Online safety

Please see the information below with some excellent advice about social media and mental health. We will be publishing a different information page each week.

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 topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

 **National Online Safety**
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna 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 of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing2015-10-20>, <https://www.rspg.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/warning-signs-mental-health-risk>

www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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Mothers and Daughters Tennis Sessions (Year 2 upwards) - new date

Penzance Tennis Club will be running four mothers and daughters tennis sessions at the tennis club after half term starting on **Tuesday 3rd March** from 3.30-4.30pm. The cost is £1 per person, per week payable in cash to Ian Vidgen (club coach) on the day. If you're interested, please let either Mrs Dennison or the office know so that we can put your names down so that he knows you're attending.



Year 6 London trip - July 2020

A reminder that ALL payments for Year 6 London trip (£310 total) need to be made by 14th April at the latest.

Full payment is needed by the above date. If it is not paid in full by this date, we will cancel your child's place and refund any money you have already paid (less the deposit) with immediate effect.

You can pay as much or as little as you want anytime up to the final date. Please pay online at schoolmoney.co.uk. Click into the amount box and change the total payment to the amount you'd like to pay. If you cannot pay online, please ask at the office for a Paypoint barcode which you can use to pay cash at a local Paypoint retailer.

Reading Revolution Poster Competition

Don't forget to enter the Reading Revolution Poster Competition. Entries should be on A4 paper and should include the words 'Alverton School Reading Revolution' and at least one fact about why reading is so important. Prizes are fantastic book tokens from the Edge of the World bookshop. The closing date is **Monday 24th February**. Please hand entries to Mrs Clive.

Songfest 2020

Some of our children will be singing in Songfest on 16th March. Please buy tickets and come and support us if you can.

THE CORNWALL
MUSIC EDUCATION HUB
PRESENTS...

SONGFEST 2020

SPECTACULAR SONGS FOR THE
HEART AND SOUL!

St John's Hall, Penzance
16th & 17th March 2020 - 7pm

TICKETS
£6 for adults and £3 for under 18's (plus booking fee)
Tickets available from the Minack Theatre Box Office:
01736 810181 or <https://www.minack.com/songfest2020/>.

Cornwall Music
Education Hub

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LEISURE CENTRE

LEARN TO LOVE SWIMMING

Pay nothing until March

Sign up to our swimming lesson programme between 1 - 14 February and pay nothing until March

FREE CASUAL SWIMMING

LeisureCentre.com

Following the Swim England Learn to Swim Programme

Other funding from the Cornwall Council

Drop in support meeting

Nicky Cooper, a family support worker, will be holding a drop in session for parents on **Thursday 13th February** between 10.30am-12.30pm. Please come along at any time within that period to discuss any concerns you may have regarding behaviour, sleeping or any other issues you may have with your child. This is a very informal session.

Need a chat?

Come and have a cup of tea with Mrs Daylak if you have any questions or concerns about anything which might be affecting your child in school. You can find her any Monday to Thursday after school until 4pm. If you would rather make an appointment, please ask the office. She might even find you a biscuit to go with your tea!



Lost property box

The lost property box is full again. If you are missing anything please come in after school and check the box before next Friday 14th. All unnamed items will be emptied out and taken to the charity shop next Friday.

Twitter

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



CLASS ATTENDANCE THIS WEEK

Choughs	93.5%	9
Robins	85.9%	11
Puffins	95.5%	5
Owls 	98.6%	1
Kingfishers	97.0%	2
Trencrom	94.2%	8
Lanyon	95.3%	6
Kerris	94.4%	7
Bodrifty	92.5%	10
Bosigran	95.7%	4
Kenidjack	96.1%	3
Overall school attendance	94.7%	

Our collective target is 96.5%

DIARY DATES

February

14th Sharing assembly for Trencrom at 2.45pm

14th School closes at normal time of 3.15pm for half term break

Monday 17th to Friday 21st February – HALF TERM

PLEASE NOTE CLUBS CONTINUE AS NORMAL AFTER HALF TERM

March

5th St. Piran's dance for Year 6 – details to follow

5th World Book Day

9th-11th Parent Consultations – appointment times will be booked online – **no clubs this week on Monday, Tuesday and Wednesday.**

13th Sharing assembly for Owls at 2.45pm

19th FOAS Easter Disco – details to follow

20th **All clubs finish**

20th All music lessons finish

25th Last swimming for Year 5

FRIDAY 27th MARCH SCHOOL CLOSSES AT 3.15pm (normal time) FOR THE EASTER HOLIDAY

SUMMER TERM BEGINS ON TUESDAY 14th APRIL at 9am

