



Dear Parents/Carers

What a week it has been! Our Year 6 hockey team represented the school brilliantly at Millfield, showing great effort, determination, and teamwork throughout the tournament. It was a long but fun day and I was so proud of how the children grew with each match. Their resilience and positive attitude were clear in every match, and they should feel extremely proud of their performance. A huge thanks to all involved for your support.

Meanwhile, our cross-country runners battled the cold and windy conditions at Cape Cornwall School with real grit. Their commitment and perseverance were inspiring to watch. We achieved some great placements, with a few medals thrown in for good measure! Whether they got a high place or not, their effort was admirable. To top off a great sporting week, we're also delighted to celebrate our Hockey B team, who have gone on to **win the league** — an outstanding sporting achievement and a testament to their hard work this season.

On Thursday we were delighted to welcome children's author **Sarah Tagholm** for a special visit with Years R to 3 this week. The children were captivated as she shared her stories, talked about the writing process, and answered their thoughtful questions. Her interactive sessions sparked imagination and excitement across the younger years, making it a truly inspiring experience for all involved.

Our school disco was a great success, with pupils from across the school enjoying an evening of music, dancing, and fun. A huge thank you to **FOAS** for organising the event so brilliantly!

Nichola Smith
Headteacher

After school childcare - Thursday 2nd April

There will be no after school childcare club for any children on the last day of term, Thursday 2nd April. Please collect your child at 3.15pm.

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

Clubs

All clubs have now finished. The new clubs list will come out after Easter. The only club to start in the first week back will be Drama, the first one being on **Thursday 23rd April until 4.45pm.**

Pre-booked after school care will still run up to, and including, Wednesday 1st April. **There will be no after school child care on the last day of term, Thursday 2nd April.**

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.

New menu after Easter

Aspens new menu for next term which will start after Easter can be found on the school website under Parent Pages, School Lunch Menu. This will run into the Autumn term up until October half term. You are now able to choose these meals on the Aspens Select system.

School closes next Thursday 2nd April at 3.15pm, for the Easter holidays and we re-open on Monday 20th April at 8.30am.

Summer 1 – PE Days

	Summer 1
Kittiwakes	Thursdays
Curlews	Thursdays
Puffins	Monday and Tuesday
Owls	Monday and Tuesday
Kingfishers	Friday
Trencrom	Tuesday and Friday
Lanyon	Tuesday and Wednesday
Kerris	Thursday and Friday
Bodrifty	Friday
Bosigran	Thursday (Forest school – outdoor clothing) and Friday
Kenidjack	Monday

Year 6 London

Final payments

A reminder that all remaining payments for Year 6 London is **Friday 1st April.**

Please log into Arbor check how much you owe and pay by the deadline date.

Any questions, please ask at the office.

Lost property

The lost property box is full again. If your child is missing something please check before **Thursday 2nd April.** All un-named items will be sent to the charity shop at the end of term.

LOST

Austin in Trencrom has lost his Alverton red hoodie. It is named. Please check at home and hand in if found.

Hockey News

Millfield Finals

Alverton Boys A Team recently qualified as one of the top Cornish teams (alongside Cubert - Newquay) to attend Millfield Prep School for the SW Hockey Finals. It was an extremely hard competition, predominantly playing very successful private schools. The boys played incredibly hard throughout the matches and were exemplar, displaying excellence both on and off the pitch.



Boys Finalists Team

We would like to give a huge thank you to Alex Cock from Penzance Hockey Club for attending the finals with Alverton School as our qualified Referee, Alana Williams for organising a training session at Penzance Hockey Club and Deb Freeman who coached the boys last Saturday, taking them to the next level leading up to the finals. We are also extremely grateful to Ms Freeman for all her help on the day, her knowledge and expertise were invaluable. Finally we would like to thank all the parents and grandparents who have supported the boys on their fantastic hockey journey this year, and to those who travelled all that distance to support them on Tuesday. A huge well done and congratulations to all the boys who took part.



Alverton A Team

Mixed A Team Success

Our mixed Boys and Girls A Team won the Penzance Hockey League recently. The team played brilliantly throughout the whole season without losing a game and we are extremely proud of all the children.

Mixed B Team Success

B team have played brilliantly all season and have won their league as well.



Alverton B Team

Tickets on sale after Easter:

Monday 20 April - Year 5 and 6 Drama Club parents

Monday 27 April - Year 3 and 4 Choir parents

Tuesday 5 May - everyone else

£5 for adults, £2.50 for children aged 4 upwards (Alverton pupils free)

Cash only please.

ALVERTON PRIMARY SCHOOL'S PRODUCTION OF



WEDNESDAY 20TH MAY 2026 AT 6.30PM
THURSDAY 21ST MAY 2026 AT 6.30PM

Music and Lyrics by **Elton John** and **Tim Rice**
Additional Music and Lyrics by **Lebo M**, **Mark Mancina**, **Jay Rifkin**
and **Hans Zimmer**

Book by **Roger Allers** and **Irene Mecchi**
Based on the Broadway production directed by **Julie Taymor**

Tickets

£5.00 adult / £2.50 children over five.

Free tickets for pupils of Alverton School.

Please ask at the office if you have younger children
who would like to attend.

This amateur production is presented by arrangement with Music
Theatre International

All authorised performance materials are also supplied by MTI

www.mtishows.co.uk



APRIL
FOOLS



**BREAK
THE
RULES**

50p
per rule
broken

- Wear non-school uniform
- Paint your nails
- Wear temporary tattoos
- Wear face paint or make-up
- Wear fancy dress
- Bring sweets or chocolate for a snack
- Wear a hat
- Have a crazy hairstyle
- Bring a cuddly toy from home



How many rules will you break?





Easter Disco

Together we raised

£365

Thank you



Menu



STARTER

We have a soothing, pleasant toadspawn - delightfully juicy, salted and squelchy. Slow your jaw down on some al dente baby toadlings.

MAIN

A cool fountain pond, with the elegant taste of toads within. Drizzled with condensation and precipitation, and strong winds. Once eaten this will fill you with joy and make you dream of flying capybaras.



DESSERT

Newts, seasoned with vanilla-like trees and caramel blossom. Sprinkled with snail shells. And to top it off, unforgettable algae ice cream.

**OUR SPECIAL SIDE DISH:
CRISPY DIED UP FUNGUS
CRISPS**



RORY, TED,
DANELIUS, ARLO AND
FRANKIE





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
mind
for better mental health

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 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.

citizens
advice

0344 411 1444

ON YOUR SIDE
NO MATTER WHAT

0800 58 58 58 | THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

"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.wcwaid.co.uk/helpline>

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling: some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.co.uk/news/health-6809924>

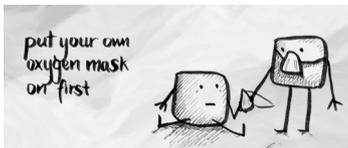
nationalcollege.com [@thenatcollege](https://twitter.com/thenatcollege) [/thenationalcollege](https://facebook.com/thenationalcollege)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.09.2023

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.

STARS OF THE WEEK

	Little Foxes	Rudy	for being extra kind & patient with our new friends
	Little Owls	Eloise	for coming into the nursery really happily
	Kittiwakes	Guoste	Perseverance: for working really hard & not giving up with her reading
	Curlews	Florence	Enthusiasm: for showing constant enthusiasm towards every aspect
	Puffins	Stefan	Respect: for being respectful to children & adults
	Owls	Evie	Perseverance: for trying so hard in her writing
	Kingfishers	Arlo	Enthusiasm: for super progress across the curriculum
	Trencrom	Georgie	Enthusiasm: for independence with improving her writing
	Lanyon	Olly	Perseverance: for perseverance with his writing a lovely survival story
	Kerris	Troy	Enthusiasm: for putting 100% into everything he does
	Bodriftly	Danielius	Enthusiasm: for fantastic effort working extremely hard in his learning
	Bosigran	Betsy	Enthusiasm: for working extremely hard in English & SPaG
	Kenidjack	Lealou	Enthusiasm: for amazing effort & progress in Maths & reading
	Lunchtime Star	Astrid	for her beautiful manners



Having just had parent evenings I know the following to still be true...children frequently have temper tantrums when they leave school and greet the adult who has come to get them. I always felt, instinctively as a parent that this was because they'd held it in for the whole day at school, followed all the rules and expectations, made all the right choices, listened when they should, worked when they should, had lunch when they should, played nicely with others when they should and so on and that when you guys come to pick them up they can't hold it in any longer and it needs to come out. And to be perfectly honest when I've spent the whole day making good choices by the time I get home from school I'm done and need about half an hour to myself before I can transition fully back to my role here and stop being a teacher (though hubby will tell you that I don't always manage that completely and it's not unusual for him to have to remind me that he isn't actually four. Then I did a bit of research and discovered that this is true - there are many websites out there but I plumped for this one because it resonated with me... <https://www.thepsychologistschild.com/post/why-is-my-child-having-so-many-tantrums-after-school>

This is filled with fabulous advice and suggestions but helps to make it all seem fine - which it absolutely is. Children should be able to offload and you guys are their safe space - don't worry too much, it's natural and a compliment - and once they've offloaded it is probably going to be fine. And if you want me to reassure you in person, come and get me. And if you see someone else's child doing this, don't judge, don't feel smug. Smile and say something like, "I know how you're feeling, it's exhausting when mine do that too". Much love to you lovely folk, Mrs Daylak xxx



DIARY DATES

Wednesday 1st April	FOAS Break The Rules Day <i>See FOAS poster</i>
Thursday 2nd April 3.15pm	School closes for Easter holiday (normal time) No after school child care
Friday 3rd - Friday 17th April	Easter holidays
Monday 20th April 8.30am	School opens for Summer term
Monday 27th April	Clubs start
Monday 4th May	Early May Bank Holiday - school & nursery closed
Saturday 9th May 11am	FOAS Duck Race at Wherrytown Boating Pool
Wednesday 20th - Thursday 21st May 6.30pm	School show - The Lion King
Monday 25th - Friday 29th May	Summer half term holiday

Upcoming Fixtures



Monday 30th March	Year 5/6 Boys Football Match v St Agnes at Chiverton Cross (after school)
Tuesday 31st March	Year 5/6 Girls Football Tournament at MBA (after school)

Monday 21st April	Year 5/6 Girls Football Play-offs at MBA (after school)

* THE FIRST EVER *



Gardeners' House

Morrab Magnolia Festival

10am - 2pm
Sunday 26th April 2026

Music! Making!
Magnolias!

Join us
in Morrab
Gardens and
the Gardeners'
House



Free community festival day!

For more info go to thegardenershouse.org/events
or email info@thegardenershouse.org

SCAN QR FOR MORE INFO





EASTER HOLIDAY
Family workshops

AT THE EXCHANGE GALLERY, PENZANCE

BOOK
NOW!



Weds 8th April -
Hot Air balloon Adventures
Thurs 16th April -
Springtime creatures & Wild Gardens

LITTLE ARTISTS
10:00-11:00 OR 11:30-12:30
FOR 2-10YRS - £10

EMAIL : NEWLYNLITTLEARTISTS@YAHOO.COM



Wasson Wednesdays



Easter Fun!

Wednesday 8th and 15th April

10am - 3.30pm

Site entry **FREE**

Egg Nature Trail **£1**

DIY Craft Kits **£2.00**

Spring Crowns **£1**

Pop up café serving drinks,
snacks and cakes.

Join us for a fun-filled day celebrating spring.

Make a spring crown and explore our site
on our egg themed treasure hunt.

We invite you to bring a picnic to enjoy in our beautiful grounds.

KEHELLAND TRUST
KEHELLAND
CAMBORNE
TR140DD



U18's must be accompanied by an adult

PHONE : 01209 613153

WEBSITE: WWW.KEHELLANDTRUST.ORG.UK



Cornish Coast Adventures

with **MAKAI**

🌀 *Surfing, Coasteering & Mega SUP this Easter*
Running Monday 6th - Friday 17th April. 10am to 1pm.

▶ Penzance
Surfing
Mega SUP
Bodyboarding

▶ Mousehole
Coasteering

BOOK NOW



- All abilities welcome
- Instructor-led sessions
- Build confidence in the ocean
- Fun, active days outdoors

🌀 £30 per session

🌀 **FREE FUNDED**
places available*

AGES
8 - 16

