

Dear Parents,

It has been great to be back at school this half-term and we hope that your children have enjoyed their learning and spending time with their friends. Thank you to everyone who completed the homework survey last week: we are currently considering everyone's opinion as we review our homework provision and will share our revised policy in due course.

We are now in the process of conducting our annual 360° Review with all members of our school community and, as you know, we ask you to complete a survey every year. The information gathered has a direct impact on the direction in which we try to develop the school over the next year and it is very important to us that our parents' voices are represented.

To this end, you will find a link to Survey Monkey and a QR code below and I would be very grateful if you could follow one of these and complete the survey which should only take a few minutes. These are standard questions: events this year have been unprecedented and some of the questions may not currently apply because of current guidance / restrictions (eg the question about clubs and activities) but we need to ask these nonetheless. Please just put the answer which you think best fits the school in "normal" times if you feel that this is the case. There is also a space for comments at the end if there is anything about the school that you would like to add.

I firmly believe that working together in a spirit of openness is the most effective way of ensuring we are able to meet our common goals and provide your children with the best educational provision possible, and this review is an important part of that process.

Thank you for your continued support and for taking the time to complete the survey.

Best wishes for a sunny half-term holiday,

Martin Higgs
Headteacher

<https://www.surveymonkey.co.uk/r/X8ZNTBK>



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 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

Goodbye

Today we said goodbye to Mrs Ladd who has been working with Key Stage Two this year. We wish her all the very best for the future.

Class photos

Tempest will be in school on **Tuesday 8th June** to take class photos. Please ensure your child wears their smartest school uniform.



Tuck

A reminder that as we are a healthy school, crisps and chocolate bars should not be sent in for tuck at breaktime. Please provide your child with fruit, vegetables, breadsticks, rice cakes, crackers, etc.

LOST

Kai in Tren crom has lost his waterproof coat. It's a grey Peter Storm one with his name in it. Please check and hand in if found.

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.

PE kit

We are finding that a lot of children do not have their PE kit in school on days other than their PPA days. Please can you ensure that your child comes to school on their PPA day **only** wearing their PE kit but has it in school every day for the rest of the week.

Coats

While it is still cold please can you make sure your child has a coat in school every day.



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

NSPCC

Help for children worried about COVID

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

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.



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>



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 to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about EMAIL SCAMS

Email scams are when you receive a mail from someone purporting to be a genuine person or company, but is actually an online fraudster trying to trick you into disclosing personal information. This is often referred to as 'phishing'. Normally, people click on the links in an email assuming that they will be directed to a trustworthy website – but fake sites, closely resembling the real thing, are increasingly being set up by cyber criminals specifically to capture your personal information, which could in turn jeopardise your financial, emotional and possibly even physical wellbeing.

Disguised Deceptions

Some scam emails can appear to be from companies that you know and use. For example, you could receive an authentic-looking email advising of a problem with your account or payment method. Instead of reacting to the email and disclosing personal information like bank details, it's wise to call the company directly on a trusted number to confirm if there actually are any account issues.

Financial Damage

One of the primary consequences for victims of an email scam is the financial cost. If you do click on a scam email and disclose any personal information, it can then be used to take money from accounts belonging to you and your family. Depending on exactly what information the cyber criminals obtain, this could result in significant and far-reaching financial losses and personal stress.

Identity Theft

Another significant risk is falling victim to identity theft. If a scammer manages to acquire your usernames and passwords, they would then have access to your online accounts – and they could effectively pretend to be you. This could have a massive negative impact if changes were made to your accounts, for instance, or the scammer communicated with your contacts while posing as you.

Hijacked Accounts

A scammer with access to your accounts could – once they're logged in as you – deny you entry, if they were to change the password, it would – in most cases – not allow you any further access. Even for accounts with little or no financial value attached, this could be hugely inconvenient; you could permanently lose data and files that you had invested a considerable amount of time in.

Viruses and Malware

A particularly devastating hazard with scam emails is that some links, when clicked on, could result in dangerous viruses or malware being downloaded onto your devices. This could enable scammers to harvest valuable information without your consent (and sometimes even without your knowledge) or prevent you from accessing the device altogether, making it unusable.

Personal Safety

Another danger of scam emails is that, in extreme cases, they could ultimately lead to a threat to your physical wellbeing. If someone is demanding to meet with you and has accessed your personal information (your address, for example), they could attempt to confront you in person – which is of course an extremely dangerous. Losing control of sensitive information could put you in a vulnerable position.

Advice for Parents & Carers

Protect Personal Details

Never input any personal information into websites that you are unfamiliar with. If you were redirected onto a certain page by clicking a link in an email, entering your personal details could then give away your location or other key information to the scammer. This could then put you in physical danger as the cyber criminals would know exactly where to find and approach you.

Beware of Suspicious Emails

If you are unfamiliar with the sender, it's safest to simply not open an email. When an email makes you wary, mark it as junk (to reduce the chance of any recurring issues) and then delete it. Awareness of phishing is the primary method of defence against malicious emails. Once someone knows how to identify and deal with scam emails, they are far less likely to fall prey to them in future.

Check Spelling and Grammar

Pay close attention to any spelling mistakes or grammatical errors. Many scam emails can be spotted this way, as they often tend to contain the same types of mistakes. Make sure your child knows that if they do spot this sort of tell-tale error and is not sure who the email came from, it's a good idea to either delete the email or report it to a trusted adult to prevent any possible future harm.

Access Sites Manually

If you or your child wish to visit a particular website, it's safest to avoid clicking on a link in an email to take you there. Instead, find the site through your search engine or manually type the address into your browser. This significantly reduces the possibility of being redirected to a bogus website where fraudsters could capture your personal information after you enter it.

Don't Open Dubious Attachments

If you or your child ever see any files as attachments on emails that you are uncertain about, do not download them or even click on them; this could result in your systems being infiltrated. If your devices at home do not already have anti-virus software, you should install some and ensure it is regularly updated. This will help you to detect and remove any dangerous files as soon as possible.

Meet Our Expert

Formed in 2016, KryptoKloud provides cyber security and resilience solutions to its customers. With offices in the UK, the company offers managed service operational packages including cyber security monitoring and testing, risk audit, threat intelligence and incident response.

 KryptoKloud

 **National Online Safety**
#WakeUpWednesday

SOURCES: <https://www.infosecurity-magazine.com/news/education-dissemination-spies/>, <https://www.improvisetech.com/blog/cybersecurity-in-education-steps-2022/>

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.05.2021

Daisy's Diary

The wildlife garden has had a bit of a love, with lots and lots of help from children in their lunchbreaks, on Tuesday afternoons and whenever there's a spare moment. The sunflowers are slightly nibbled but surviving, we've got a couple of new seating areas, the trees are growing away for our mixed native hedge, and the insect house ended up so brilliant its actually an insect city! Next year the hedge will be thick enough to protect the top of the wildlife meadow against most of the wind and we can get the pond in. The reason we have waited for the pond is that partly I need to find one (I think I'm going for a fibreglass ready made one that will be super sturdy) and partly if we got the hedge

grown then it should be the perfect place for a dragonfly pond (the book I read said they need somewhere not too windy - do you think they just get blown away?!?).

Help please!

Everything is growing away now we've had rain and it's warming up. In the holidays next week - sometime in the last three days (Fri, Sat, Sun) - I'll be in having a good plant, weed and tidy. If there's any chance of a helping hand I'd love that. I'll bring food and drinks. There will be plenty of room to social distance and it'll all be outdoors. If you want to come please just send me an email - dwright@alverton.cornwall.sch.uk



FOAS tea towel fundraiser

A letter came home this week via email from FOAS about their tea towel fundraiser. Please support them if you can.

Tea towels are £3.50 each or three for £10 and there is one for Reception and KS1 and one for KS2. Please put all orders in an envelope with your child's name and the correct cash inside.

You don't need an order form—you can just write on the envelope or put a note inside. All orders can be either handed to your child's class teacher, put into the post box to the right of the main school door or given to the office staff (please knock on the window and they will come out to you).

The deadline for all orders is **Friday 18th June.**



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	Ruby	for making super progress in her reading over the last couple of weeks
Robins	Rory	for making a big effort to make all the right choices all week
Puffins	Jayden	for his effort and motivation to learn & improve his writing
Owls	Gabija	for always trying her best in Maths
Kingfishers	Harris	for always doing his best in all of his learning
Trencrom	Sophia	for working hard on her non-chronological report in English & always using her manners
Lanyon	Sienna	for writing a super report about a monster. You've worked really hard
	Tyler	for super listening skills during swimming. You're a star
Kerris	Fred	for being so brave & joining in with our fair trade taste test
	Logan	for having such a positive attitude this week - amazing
Bodrifty	Hazel	for doing so well in her Maths & English assessments
Bosigran	Nat	for fabulous focus in his Maths tests - we are very proud
Kenidjack	Jasmine	for a great attitude to her work and an excellent landmarks map
Dinnertime	Saphron	for her lovely manners and kind nature



Mrs D

Well, I feel we've reached quite a significant milestone this school year. The summer term is now half-way through and it's tinged with mixed feelings for me. On the one hand I'm delighted, especially as there's a promise of some well-timed sunshine over the break. Yet I feel sad too. I adore my class, they're all fabulous, funny, fascinating and inspire me on a daily basis. But my time with them has been cut short. It's great that it appears that we may now be coming out of this time of our lives, tinged as it is with memories of lockdowns, testing, self-isolation and a whole range of words none of us would have ever used before, but I do feel cheated somewhat. But then I look at the bigger picture and I know that in the scheme of things, where lives and loved ones have been taken from us, my concern over less time with my class is insignificant. So I must be logical and sensible. And not cross, tearful, grumpy, tired and all those negative emotions I feel. Yet feel them I do. And it's okay. I've decided I'm not going to give myself a hard time, I'm just going to go with it. And I still have several weeks of lovely times ahead of me. And my health. Family. Friends. Colleagues. And if you do too, great. And if you don't, here I am. If you need me it won't be long and then I shall be back. Take care until then, enjoy the days, the sunshine, the fresh air, the freedom and this beautiful place where we live. Watch out for each other too. Take care, Mrs D xxx



**SUNDAY
30TH
MAY
9.30-11.30PM**

WELCOME BACK TO THE WOODS

THIS IS A GREAT OPPORTUNITY FOR ALL DADS, GRANDADS
AND MALE CARERS TO SHARE TIME IN NATURE WITH THEIR
CHILDREN. IN A FUN, INCLUSIVE AND CHALLENGING SESSION
FULL OF ACTIVITIES.

CAMPFIRE SNACK AND DRINK PROVIDED!
FREE SESSION/DONATIONS GRATEFULLY RECEIVED

TICKETS MUST BE BOOKED DUE TO LIMITED NUMBERS
WWW.HEARTOFTHEWOODS.ORG

HEART OF THE WOODS,
CUBIT WOODS,
CARBIS BAY TR26 3HW

(Opposite the entrance to
St Ives storage)



FOOTBALL CAMPS JUNE HALF TERM AT MBFDC



Whitsun Half Term Dates (2021)
Thursday 3rd June
Friday 4th June

Soccer Tots (3-5yrs)
10am-12pm
£6 for 1 day or £10 for 2 days

Soccer Pros (7-13yrs)
10am-3:30pm
£15 for 1 day or £25 for 2 days

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

Other Info
All children / players are welcome to attend the Camps from any school or club
Coaching staff are UEFA / FA / DBS qualified
Pre-booking only, register & pay online
Visit the website for further information - www.mbfdc.co.uk

Contact
Kevin Lawrence - Head of Football Development
Message us on facebook - www.facebook.com/MBFDC
Email - klawrence@mountsbay.org
Website - www.mbfdc.co.uk

