

## The Sustrans Big Walk and Wheel 2022 - starts on Monday!

Get set... we're taking part in The Sustrans Big Walk and Wheel 2022, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from **21st March to 1st April**. We would love everyone at Alverton to be involved as it is not only good for your health, but for the environment too!

### What do you need to do?

Encourage your child(ren) to walk, scoot or cycle to school on as many days as possible during the event. We will then count how many children from each class travel to school in an active way, with the winning class receiving a prize!

More information came home in a letter emailed to you yesterday and is attached with this newsletter. Please join in if you can.

Please speak to Mrs Dennison if you have any questions.



Dear Parents

### **Family Cycle – Saturday 26<sup>th</sup> March**

We are organising a Family Cycle starting from Penzance train station at 2pm on **Saturday 26<sup>th</sup> March**. We would be cycling along the coast path to the Stationhouse car park just before Marazion and back. If you think you'd be interested in coming along with your children to cycle with members of staff, please complete the expression of interest form below and return it to the office **by next Tuesday morning** know so that we can gauge the level of interest.

Many thanks

Mrs Dennison

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### Family Cycle – Saturday 26<sup>th</sup> March

Child's name: \_\_\_\_\_ Class: \_\_\_\_\_

I am interested in bringing my family to the Family Cycle from Penzance to Marazion and will be accompanying them.

Total number of family members attending: \_\_\_\_\_

Signed: \_\_\_\_\_

## 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)

## Science Week

We've all had great fun with mushrooms this week as you can read in Daisy's Diary and there is a lovely report from Lower Key Stage Two attached to this newsletter about what they've been up to.

## Covid 19

Please see the link below for updated Covid 19 guidance:

<https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts/covid-19-people-with-covid-19-and-their-contacts>

## School Uniform

Many thanks to those parents who let us know their views about the affordability of our school uniform. We were grateful that you took the time to respond and ensured that your thoughts and opinions were included in our discussions. There are no real changes to what the children need to wear to school but, if you would like to view our up-to-date policy, it can be found by following this link

<http://www.alverton.org.uk/website/uniform/86630> It is important to us that there are no financial barriers to children having the correct uniform and we encourage parents to talk to Mrs Gill or Mrs Stacy if this is the case and we will do our best to support you.

## PASSIONATE ABOUT THE EARLY YEARS

A 4.5 hour workshop for Parents / Carers of children aged 1 to 4 years (pre reception).

### Sessions Include:

- Top tips and strategies to support behaviour
- To build positive relationships with our toddlers
- Developing routines, child led play, special time and praise
- To give support and confidence to parents and carers

Wednesdays 27<sup>th</sup> April, 4<sup>th</sup> & 11<sup>th</sup> May  
09.30-11.00am  
The Woodland Nursery (Alverton School)

## Year 5 and 6 camp payments

Final payments for the Year 6 London trip need to be made by 1st April at the latest please.

If you are able to pay for Year 5 camp before we go on 25th April please do so as we will have had to pay everything in full by then.

## Red Nose Day

Thanks to everyone who donated to Comic Relief today. We raised £286 which is brilliant and it will all go to a fantastic cause.

**COMIC  
RELIEF**



## Netball success

Yesterday, the netball team and I went to Penwith College to play in our first tournament since Covid! It felt so wonderful to be back playing competitive sport again. The newly formed team played exceptionally well winning 6-1 and 7-0. Izzy and Elsa used their experience from playing at Penzance Netball Club to lead the team to success. Kaiden has been playing since Year 3 and scored a phenomenal goal from the edge of the semi-circle. Well done to all involved and we are now looking forward to the next meeting!

Mrs Dennison



## Daisy's Diary - Science Week Special! Fungtastic!



This week in outdoor learning I've been helping out with Science Week, and it's been HILARIOUS.

I started with Year One who came out to measure the world's biggest fungi which was so enormous they ran out of measuring tape, arms, legs, sticks and finally patience - they went for a play on the equipment with Mr Holcroft and left me on the field shouting "but it's even BIGGER!"

We've done Fungi Bingo - it's been the only week where 'oozy slime' gets you 20 points rather than a hasty trip to the first aid cupboard. We made dye on the bonfire from boiled lichen. One was the colour of sick and the other was the colour of sick (but thank you Logan for kindly saying it sort of looked like apple juice). We've debated whether a giant brown bracket fungus found on the field grew out of a tree upwards,

downwards or sideways like one of the BFG's ears. I decided that what the Reception children would really like was mushroom soup so did a campfire cooking demo showing how chopped mushrooms cooked down into grey sludge. Which they all got a little cupful of to dip their bread into. Because that's your perfect afternoon treat when you are 4. The soup seemed to cover everything but their



little bits of bread, and I am still finding it three hours afterwards in places like my laptop and my hair. I'm writing this on Thursday afternoon and still have Friday to go, Year Five and Six out to listen to the fungarium curator at Kew Gardens describing fungi that looks like an alien octopus but smells like dog poo. The wonder of fungi!





## 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](http://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](http://gov.uk/domestic-violence)

**WCWAid**

West Cornwall Women's Aid

**01736 367539**

<https://www.wcwaaid.co.uk/helpline>



Please be aware of “Huggy Wuggy” which children are finding on YouTube. The name may appear innocent but the content is not.

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 of many apps which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

- FIND OUT WHAT YOUR CHILD KNOWS**  
There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.
- RIGHT TIME, RIGHT PLACE**  
Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.
- KEEP IT AGE APPROPRIATE**  
With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.
- EMPHASISE HOPE**  
Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.
- MONITOR REACTIONS**  
All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.
- CONSIDER YOUR EMOTIONS**  
It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.
- SET LIMITS**  
Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example), it's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.
- TAKE THINGS SLOWLY**  
Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.
- ENCOURAGE QUESTIONS**  
Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.
- FIND A BALANCE**  
There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.
- BUILD RESILIENCE**  
News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.
- IDENTIFY HELP**  
It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

**Meet Our Expert**  
Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

**NOS National Online Safety®**  
#WakeUpWednesday

Sources: <https://www.bbc.co.uk/news/health-5647836> <https://www.childrens.com/blog/supporting-your-child-with-upsetting-content/> <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>

[www.nationalonlinesafety.com](http://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: 09.03.2022

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](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.

## Free School Meals / Pupil Premium

<https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/>

Registering a child as eligible for free school meals (as described below) means that your child receives a free meal every day (though they can, of course, bring a packed lunch should they prefer) but there are additional benefits too. Pupil Premium brings more money into the school to help children achieve and learn. Children in receipt of the Pupil Premium also receive other benefits (eg contributions towards Key Stage 2 camps and funding to use for uniform, music lessons, trips etc). At some times, there are further benefits for these children such as food vouchers during holiday times where these are given. Please see the Pupil Premium Provision Map in the Pupil Premium section of our website [http://www.alverton.org.uk/website/pupil\\_premium/172518](http://www.alverton.org.uk/website/pupil_premium/172518) or speak to Mrs Gill or Mrs Stacey in the office or contact Mrs Wicks who leads our Pupil Premium provision.

The easiest and quickest way to apply for free school meals is online through the Cornwall Council website but, if you are unable to do this, 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.

A child is eligible for free school meals if their parent / carer (or the child themselves) 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

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 entitlement to benefits-related free school meals and it is important to apply for these if you think your child may be eligible.

Registering for free school meals / Pupil Premium is confidential. If you think that your child is eligible, we strongly recommend that you contact Cornwall Council as detailed above. Mrs Gill and Mrs Stacey in the office will also be able to help you and answer any questions you may have.

Thank you.



## STARS OF THE WEEK

|             |            |  |
|-------------|------------|--|
| Kittiwakes  | Arlo       | for fantastic progress in reading & Phonics due to his fantastic attitude          |
| Curlews     | Charlie    | for fantastic concentration & effort in his Phonics lessons                        |
| Puffins     | Isabelle   | for always giving 100% effort in her work  |
| Owls        | Kit        | for his brilliant Maths when it came to counting money                             |
| Kingfishers | Benjamin   | for fabulous writing about the South China Tiger                                   |
|             | Miss Wilde | for being a fantastic teacher in Kingfishers Class                                 |
| Trencrom    | Logan      | for fantastic effort during Science Week & with his handwriting in English         |
| Lanyon      | Reece      | for his amazing Maths this week. Well done for challenging yourself                |
| Kerris      | Bea        | for her enthusiasm, hard work & wonderful knowledge of fungi                       |
| Bodrifty    | Joshua     | for being such a brilliant helper to Sam in rugby training & working hard in Maths |
| Bosigran    | Leo        | for being such a hard worker & always having a smile on his face                   |
| Kenidjack   | Phoebe     | for putting in 100% effort to whatever she does. She is a star!                    |
| Dinnertime  | Megan      | for being very helpful   |
| PE star     | Todd       | for being an amazing Sports Leader in planning & presenting a lesson               |



## PE kit

Please ensure that your child's PE kit is brought into school on a Monday and left here all week other than the evening before their PPA day when they wear it to school all day. Please can it be brought back in the next day so that it is here every day as your child will need it several times during the week.

## Go Active After School provision

Any queries or to book please contact Mr Timmons direct on 07843 126833 or by emailing him on [alvertonkidsclub@outlook.com](mailto:alvertonkidsclub@outlook.com)

## LOST

Ashton in Kingfishers has lost his brand new red PE hoodie, size 7-8 years. Please can you check and hand in if found.



It's Friday, that delightful day of the week beloved by many of us as it marks the beginning of a weekend, time to relax maybe, visit family perhaps, or go for walks, or catch up with friends not seen in the week and hopefully other lovely things. If this isn't what your weekend looks like, if the thought of it doesn't make you happy, or you have worries or concerns, you know where we are, and you definitely know where I am. Nothing is too small and if I can help, I will. Meanwhile, I shall make the most of the fact that the sun appears to have come out of hibernation, there are still daffodils everywhere and the days just keep on getting longer. See you on Monday if not before. My very best wishes, Mrs Daylak