

Dear Parents

Covid update

As you are aware the Government moved into Step Three of its plans to ease Covid restrictions from Monday of this week. We are grateful that our school community has been so supportive of the measures we have taken to try to protect our pupils, staff and the wider community in these unprecedented times since March last year.

We are mindful that, as restrictions are lifted on a national and local level, parents will naturally wonder when life will return to normal in school. Our plan is to proceed with caution given that the national restrictions are still largely in place until at least 21st June when Step Four of the Government's plan is due to come into effect. This means that our current safeguarding measures will remain until at least 21st June in order to protect pupils, staff and the community's wellbeing. In practice this means that the following principles will remain until a review in four weeks time:

- Bubbles will remain in place in school.
- Staggered start, break, lunch and end of day procedures will remain.
- Visitor and parent access to the school will continue to be restricted.
- Staff will continue to test twice weekly using Lateral Flow tests.
- Clubs, community events and gatherings will remain on hold.
- We will continue to ask parents to wear masks on site and continue to follow Covid procedures.

This is not an exhaustive list but these are some of the measures that have been in place for some time and which will continue.

Thank you for your continued support. By maintaining these safety measures now we hope to ensure the continued safety of everyone in our community and to avoid a return to more stringent lockdown measures in the longer term.

Yours sincerely

Martin Higgs
Headteacher

Dear Parents,

Homework

Homework can be defined as any activities that children are asked to do outside school time, either on their own or with their parents or carers. At Alverton, we believe that homework should be a positive experience and should promote a link between home and school. Through homework, children can see first-hand that home and school are working together towards common and shared aims in their education.

We are also mindful that pupils have opportunities and experiences outside of school that are important in developing and enriching their lives and that children need to have time to be children!

We are currently in the process of reviewing our Homework Policy. We know that parents are very keen to support their children at home and would be very grateful if you could find five minutes to complete a short survey about homework. Please scan the QR code below or click on the link, both of which will take you to our survey.

Thank you very much – we really appreciate your feedback.

Best wishes,

Cathryn Wicks
Deputy Head

<https://www.surveymonkey.co.uk/r/FS9D337>



Safeguarding Newsletter

All children have a right to be safe and we believe that keeping children safe is everyone's responsibility. Sent home with this week's Friday News is our Summer Term Safeguarding newsletter which we hope that you will find informative and useful. It is all about keeping children safe online and particularly about where you, as parents, can find advice and support. Please can we ask you to take a few minutes to read this as it is very important. Our website includes lots of advice about online safety at

http://www.alverton.org.uk/website/online_safety_for_families/246722

and the newsletter can also be downloaded from this page. Thank you.

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

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.



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.

Daisy's Diary

School Trip

School triiiiip! We went out! It was like the olden days! A group of year 5/6s were invited to go and see the building of a huge stone labyrinth, on Bodmin Moor, to learn about the ancient skill of Cornish hedging. The coach was posh, the weather was beautiful and there were little fluffy baby lambs dotted about. It was also fascinating - some Cornish hedges are older than the pyramids! We looked at all types of Cornish rocks with a Master Hedger and watched him and his apprentice build part of the labyrinth that may still be around in 4000 years

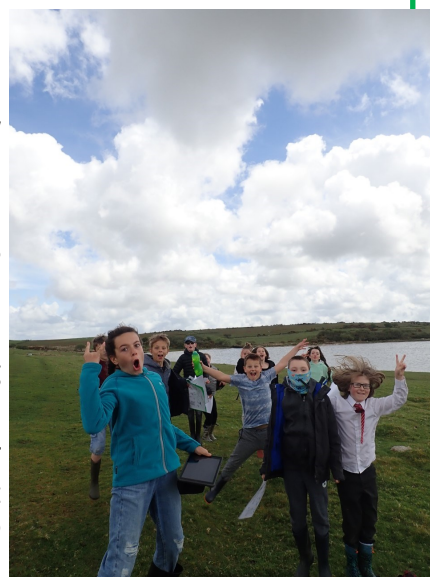


time. We walked the labyrinth's outline and did a Cornish language treasure hunt. I can only remember the word for poo but that's one more bit of Cornish than I knew before so I'm counting it as a win.



What was a total delight to be reminded of is how, when we go on a school trip, it's time spent with students when we are all learning something new together and in a different space. We all

get to know about each other and as an adult it's hugely rewarding to go out with students that are such a lovely bunch - engaged, interesting and interested and so, so polite. The questions to the Master Hedger were brilliant - has he seen the Beast of Bodmin - or even a willo the wisp? What made him decide to do this job? Has a piece of stone ever come off and got him right in the eyeball? I loved the whole day, even when Kenza pulled her tooth out on the coach and we all had to look for it... ew.



Rocks needed!

If you have the odd 5 tonnes or more of granite that you don't need Kerdroya will come and collect it to use on the labyrinth (it would be part of the West Penwith section). Just give them a ring on 01209 206169 or email kerdroya@goldentree.org.uk



Daisy's Diary... continued

Trees chopped!

We have had the tree man in again and several more trees have gone. This is because they were dead or diseased (even though the two biggest still looked fine, with lovely green leaves, they were starting to rot through at the base). I hate having the trees chopped but if they fall that's bad news. Pretty much all the wood has been left at school so we can make things with it or it can rot down and feed the minibeasts. And we have PLENTY of baby trees growing to replace them. The big tree on the field that has been chopped was always going to go as it was poorly: I planted the willow and hazel coppice in its shadow knowing that soon it would be chopped and those baby trees would get all the sunshine. They will spring up now. Some of



the trees had Dutch Elm Disease which is spread by little beetles. Here is a picture of where the beetle has laid its eggs in a long stripe under the bark, then the babies have hatched and nibbled their way across the bark, getting bigger as they go.



Go Active Half Term Holiday Club

Mr T will be running 3 holiday club sessions from 9am-1pm on the following dates in half term:

Wednesday 2nd June - Summer Sports Day theme

Thursday 3rd June - Summer Sports Day theme

Friday 4th June - Euro Football Frenzy theme

To book or for more information contact Go Active direct by calling 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



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.

12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

- 1 Give something back to nature**
A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!
- 2 Tranquil streams**
Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.
- 3 Give geocaching a go**
If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!
- 4 Share what you see**
While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!
- 5 Watch the stars**
Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.
- 6 Wildlife on the web**
A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

OFFLINE

- 1 Ditch the phone**
Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.
- 2 Put down some roots**
Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!
- 3 A different kind of tweet**
Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!
- 4 Feed your feathered friends**
Hang a bird feeder where you can easily see it from a window. Then enjoy the feel-good factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.
- 5 Park your worries**
If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.
- 6 Art and soul**
Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Bateman 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 for Education, advising them on their mental health green paper.





National Online Safety
#WakeUpWednesday

Sources: <https://rhiforest.org/coronavirus-lockdown-we-need-nature-now-more-ever/> | <https://www.nationalgeographic.com/magazine/article/call-to-wild/> | Mental Health and Nature, Mind, 2018

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: 12.05.2021

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	Leja	for being a kind & delightful young lady who always the most lovely smile
Robins	Felix	for being a delightful young man in class - always perfect
Puffins	Chloe	for her interest & enthusiasm about saving the planet
Owls	Jack	for trying very hard in English this week & producing some super writing
Kingfishers	Blake	for working so hard on his writing this week
Trencrom	Seren	for having such a positive attitude to her learning & trying her best
Lanyon	Finn	for working really hard in Maths
	Sophie	for always presenting her work beautifully. It's a pleasure to read
Kerris	Sienna	for having such a wonderful, positive approach to all of her learning
Bodripty	Kaiden	for fantastic work in Maths this week
Bosigran	Jackson	for having such a great attitude to all his learning
Kenidjack	Izzy	for being a star this week and every week
Dinnertime	Jace	for being so kind and helpful



Mrs D

Well, I feel slightly embarrassed to admit to you that the thought of heading off to sit inside a pub or restaurant isn't yet enough to entice me to go. So I haven't. I've stayed home, sat in the garden, chatted with neighbours and generally had a lovely time. I have ventured out just once to have a drink in a beer garden, and after a short while had to go home because I was sooooo very cold I could hardly feel my feet! The first lockdown was made bearable for me because the weather was gorgeous. Warm days, filled with blue sky and sunshine. This exact time of year, just as we are coming out of lockdown, feels like sitting in a fridge with the door wide open and a cold fan blasting right at me. Chilly to put it mildly. And as for going on holiday? Abroad? Let's wait and see, I think to myself. Perhaps next year. Or the one after. And I'm lucky, because I can stay home and have a lovely time. I have family to chat to and share any worries with while at school I have colleagues to listen to me if I'm struggling. So life is okay. What if I didn't have that amazing network of support? What if you don't? Or someone you know doesn't? Are you all okay? I'm still here. Just ask xxx



**CORNWALL
COUNCIL**
one and all • oen hag oll

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**

CLLD Enabling Business
Inspiring People



European Union
European
Social Fund

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