

Dear Parents and Carers,

Thank you to everyone who came to our fundraiser yesterday for the crisis in the Ukraine. We raised £351 which will be sent to the DEC Ukraine Appeal. It was also really great to be taking some small steps towards a semblance of normality in school with an actual event with parents! We hope that everyone who came enjoyed the tea, cake and chat. Thank you, too, to the staff who made the cakes.

In a meeting at school this week, we were talking about the legacy of Covid and how this is still affecting us all. This got us onto the subject of what a difficult couple of years it has been and still is, particularly with worries about what is happening in Europe and, closer to home, the cost of living and the alarming increases in fuel costs.

I read a really upsetting story this week about a boy who had fainted from hunger in a foodbank because he hadn't eaten for a while and there was nothing to eat at home. For some people, there are some very difficult financial choices to be made at the moment. If you are in this position, and there is anything at all that we can do at school to help, please do get in touch. Mr Higgs and I are always available to talk and Mrs Gill and Mrs Stacey are on the end of the phone too. There may be a limit to what we can do but we would definitely be able to arrange for you to use the CTIPA foodbank. This is staffed by some wonderful volunteers who will speak to you and find out exactly what you need, what your children like and don't like etc and who will then provide food tailored to your family.

I would really encourage you to get in touch if you think that they can help and we will do our very best to support you.

Best wishes,

Cathryn Wicks
Deputy Head

Fundraising for Ukraine

Izzy, Lily and Rosa in Year 5 have continued their fundraising efforts this week and were an enormous help with our cake and tea afternoon yesterday. They sold more of their own jewellery and stones plus some delicious cakes they'd made. Their total now stands at £200 which is double what they hoped to raise. Very well done - you've been amazing!

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

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>



Sporting Success

Many congratulations to Jasmine in Lanyon class for her fantastic success recently in a Gymnastics competition in South Wales. She came first in her overall age category and second in beam, bars and vault and third on floor. Well done Jasmine.

New menu

Chartwells have a new menu starting after Easter (starting on Week 2). It is attached and can also be found on the school website under Parent Pages, What's on this Term. A paper copy will be coming home with your child next week. This will run until October half term.

Menu change

Thursday 7th April - Chartwells Sandwich Special

Selection of sandwiches with carrot and cucumber sticks & coleslaw.

Or

Cheese & tomato pizza with potato wedges,

Crunchy chocolate biscuit

Raspberry yoghurt cake

Tomato pasta will also be available but not jacket potatoes

Clubs

ALL clubs, including Drama, have now finished for this term. Please collect your child at 3.15pm next week. A new list will be coming home on Monday for starting next term **week commencing Tuesday 3rd May (none on in the first week back after Easter).**

Go Active's after school provision will be running if you need childcare.

Songfest

Twelve of our Year 5 children took part in the Songfest Concert at St John's Hall this week as part of a large choir of nine local schools. It was a fantastic evening and they all sang beautifully making us very proud.



Family Cycle

Thank you and well done to everyone who attended the family cycle last Saturday. Despite being windy, it was a glorious day! We had a lovely cycle along the path to Marazion and back again. Look out for the next date soon. It would be great to see lots of you out on bikes enjoying this new trail from Penzance.

Go Active Easter Holiday Club

Mr T will be running a holiday club for three days during the Easter holidays from 9am-3pm, £16 per child, per day.

The dates are:

Monday 11th April

Tuesday 19th April

Friday 22nd April

Alverton children only - sorry no siblings or children from other schools. Please ensure all bookings and payments are made by Friday 8th April.

For more information collect a letter from the office or contact Mr T direct on 07843 126 833 or email – alvertonkidsclub@outlook.com

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 may need it several times during the week.



Daisy's Diary

Spring - it's springing

The seeds we've been putting in over the last few weeks are popping up. About half of them get eaten straight away by the slugs but the surviving strong ones are even big enough to go in the veg patches to be eaten by slugs there instead.



Thank you very much Dr Bike (Dave)

Came in to fix bikes on Wednesday, for free, just to encourage us to all love our bikes a bit more. He worked all day, surrounded by bikes and the nosy guinea pigs and worked really hard. And he's coming back in the summer term! Brilliant.





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

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

WCWAid

West Cornwall Women's Aid

01736 367539

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

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 27th April, 4th & 11th May
09.30-11.00am
The Woodland Nursery (Alverton School)



**CORNWALL
COUNCIL**
one and all - onen hag all

Together 
for Families



www.cornwall.gov.uk

What Parents & Carers Need to Know about FACEBOOK

AGE RATING
13+

With 2.9 billion users, Facebook, owned by the recently rebranded Meta, is the world's most popular social media platform. It encourages interaction with other people by (among other things) adding them as friends, reacting to or commenting on their content, sharing images and videos, posting status updates, joining groups and playing games. Facebook is free, and anyone over 13 can join – but with no age verification, younger children can easily create an account: it's likely your child is already familiar with the platform, even if they don't yet use it themselves.

WHAT ARE THE RISKS?

ADDICTIVE NATURE

Facebook's quick reward cycle of likes and comments on shared posts can be hugely addictive. It encourages users to keep returning to post things and increases FOMO (the Fear Of Missing Out), which leads to people checking the app even more frequently and finding themselves endlessly scrolling through content.

CYBERBULLYING

A 2021 Ofcom report found that around one in four UK 12–15-year-olds had been cyberbullied or trolled (intentionally antagonised online). On Facebook, this can happen through private messages (on Facebook Messenger); hurtful comments on their profiles and posts; pages or groups set up purposely to torment a victim; or exclusion from pages or groups.

FUTURE IMPACT

Like most social media platforms, anything posted on Facebook leaves a permanent 'digital footprint'. This can have future consequences for young people: many universities and employers, for example, now review someone's Facebook timeline during the application process.

CONTACT FROM STRANGERS

Just like in the offline world, there are people on Facebook with malicious intentions. Ofcom reports, for instance, that 30% of 12–15-year-olds have received a friend request from a stranger. This, sadly, can include individuals seeking to take advantage of impressionable youngsters.

OVERSHARING

Facebook encourages you to post "what's on your mind", but children should be wary of revealing too much about themselves online. Users can give away their location by checking in or using Facebook Live, for example, while some photos can also be traced using file data.

INAPPROPRIATE CONTENT

Facebook monitors and removes material like hate speech or extreme political views, while adverts on the platform are now forbidden from targeting under-18s based on their interests. Offensive content isn't always taken down instantly, however, so there's still a risk of children encountering it.

VIDEOS AND STREAMING

Facebook Live lets users stream video live to their friends or watch others' broadcasts. Viewers can comment in real time, which is problematic to moderate. Short, user-created clips called Reels can now also be displayed on profiles and feeds. These video features could contain unsuitable material or allow children to be cajoled into doing something on camera that they wouldn't normally do.

Advice for Parents & Carers

KEEP ACCOUNTS PRIVATE

In the settings area, you can choose whether a Facebook profile is public or private. By far the safest option is to switch your child's to private, so they can only interact with people who they are friends with on the platform. Facebook's settings can also prevent your child's personal information (such as contact details, school name or date of birth) from appearing publicly.

SAVVY SHARING

Make sure your child realises that what they share online with friends can end up being shared again by others. It's important that they think about what they share online and who they share it with. Facebook's 'Audience Selector' gives users the option to filter who sees what they are sharing, whenever a status is updated, photos are uploaded or anything is posted.

ENCOURAGE SAFE FRIENDING

Facebook can help your child to stay connected with the people and the things that they care about. However, it's important for them to understand that they should only accept friend requests from people who they know. The key questions to consider are "has your child met them in person?" and "do they know and trust them enough to feel comfortable accepting them as a Facebook friend?"

RESPECT BOUNDARIES

Once you've talked about Facebook safety with your child, give them some space and trust them to make smart choices. Make it clear, however, that you're always open to discussing social media if they need to. In the early stages, you could occasionally review your child's social media activity with them to put your mind at rest – but take care not to become reliant on checking it every night.

LEAD BY EXAMPLE

Let your child watch you using Facebook – this will demonstrate how it can be used safely and appropriately, reducing the risk of them encountering harmful content themselves. Teach them the habit of thinking before sharing anything online and try to follow the same rules that you set for them – so if you agree time limits on your child's Facebook use, then you should stick to them, too.

BLOCK AND REPORT

On Facebook, you're able to report harmful content and block particular people or groups so they can't contact your child or view their profile. Before they start spending serious time on the platform, show your child how these features work and explain why they might need to be used. Facebook's Bullying Prevention Hub offers advice on dealing with harassment on the platform.

Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.



National Online Safety
#WakeUpWednesday

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.

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 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	Isla	for her beautiful writing & letter to the Giant
Curlews	Xavier	for working so hard & having a great week
Puffins	Nikolas	for his concentration & great ideas for his puppet
Owls	Kaylan	for always giving 100% in whatever he does
Kingfishers	Marley	for making such an effort to improve his handwriting
Trencrom	Eva-Grace	for working incredibly hard on her writing & always willing to help others
Lanyon	Jai	for his conscientious & enthusiastic approach to Maths. You're a super star
Kerris	Isla	for her creativity in writing a survival story this week - wonderful ideas Isla
Bodrift	TO BE ANNOUNCED ON MONDAY	
Bosigran	TO BE ANNOUNCED ON MONDAY	
Kenidjack	TO BE ANNOUNCED ON MONDAY	
Dinnertime	TO BE ANNOUNCED ON MONDAY	



Water bottles

All children from Year 1-6 need to have a named water bottle in school every day. These should be taken home and washed regularly. With the warmer weather it is even more essential to have one in school. If you don't have one, the office sells them for £1.50.

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

Well that was a curved ball thrown by the weather, for sure! Over the weekend I was digging out summer clothes, by Monday I was back in boots, scarf, a warm hat and gloves first thing in the morning and peeling off the layers gradually as the day warmed up and at the end of the week I'm feeling cold again and not peeling any layers off, it's way too cold for that! And with the change of weather we may feel unsettled, our children may too, coughs and colds become more prevalent, and we may even feel glum. I find it's worse after some lovely weather, because I feel my hopes have been dashed. And I want to revert back to snuggling by a warm fire and staying indoors. If the crazy weather is getting to you too, or anything else is bothering, worrying or even annoying you, come and find me. You don't need to make an appointment in advance, you know where I am, you can just pop over. And if I'm busy we can make a plan for another time. Take care and wrap up warm. Or dress for summer. Who knows? Not I. Mrs Daylak

Easter half term Nature explorers

Thursday 14th & 21st
9.30-11.30 or 1.30-3.30
Come explore with us!



Booking @
www.heartofthewoods.org

Wild Explorers

Tuesday 12th/19th April
Friday 22nd April



10-3

7-11yr olds

Booking @ www.heartofthewoods.org

Free spaces and hot meal for
children in receipt of free school meals.

Book a free T2M space @
www.activecornwall.org/t2mprogramme



EASTER HOLIDAYS FOOTBALL CAMPS

Mounts Bay Football Development Centre



Easter Dates (2022)
Tuesday 19th April
Wednesday 20th April
Thursday 21st April
Friday 22nd April

Soccer Tots (3-6yrs)
10am - 12pm

£6 per day | £10 for 2 days | £13 for 3 days or £16 for all 4 camps

Soccer Pros (7-13yrs)
10am - 3:30pm

£15 per day | £25 for 2 days | £35 for 3 days or £50 for all 4 camps

SUPER SAVER DEALS

Soccer Tots - All 4 days for £16
Soccer Pros - All 4 days for £50

Venue

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

Other Info

All children are welcome to attend from any school or club
The MBFDC coaching staff are UEFA / FA qualified & DBS checked
Pre-booking only, register & book 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@mountsbayacademy.org
Website - www.mbfdc.co.uk



Easter Active Holiday Club

19th - 22nd April 2022
Mounts Bay Academy TR18 7JT

10.00am - 2.00pm

5-16 years old

£10 a day or free for FSM

Our Easter programme promises to deliver massive amounts of fun, play and activity! Our full program will give children the chance to discover a range of exciting and engaging activities. There will be new games, play, wellbeing activities and much more.



FREE to book. Scan here:

5-11 years old



11-16 years old



Football



Email: holidaycamp@mountsbayacademy.org

FREE HOT MEAL INCLUDED

