

Dear Parents and Carers,

Christmas!

This is the time of year when we really start to think about our plans for Christmas. It is lovely to hear all the carols and Christmas songs that are being practised every day and the children are really enjoying preparing for their performances and are excited at the thought of having an audience again.

Christmas Lunch

On Friday 10 December, the whole school will be enjoying a delicious Christmas dinner. If you have not yet returned the form for your child's choice, please do so by next Tuesday 30th November. We are going to combine this with a non-uniform day where the children are invited to wear something Christmassy or their favourite clothes. As we have no Christmas Fair this year, we are going to be raising money for FOAS (the Friends of Alverton School) and would ask for a donation (we suggest £1) towards their funds on this day. For this, they will be entered into a prize draw for a filled jar or other treat (please see the FOAS News section of the newsletter for details). Money raised by FOAS makes a real difference to our school and helps us to provide things for the children we cannot otherwise afford so we would be very grateful for any donations received.

Christmas Performances

We are really looking forward to welcoming audiences for our Christmas productions. Mrs Gill and Mrs Stacey have been enormously busy organising all the tickets and we are extremely grateful to them for all the hard work they have put into this. Further details about the necessary precautions and arrangements we will need to take are being sent out next week and we are really grateful for your support with these. We are conscious that these performances are close to Christmas and are trying to do everything we can to avoid any illness over the Christmas period for any of our school community.

Parties and Celebrations

You child's class will be having a Christmas celebration in the last week of term and further details about this will be sent out in due course if they haven't been already.

Best wishes,

Cathryn Wicks

Deputy Head



Wellbeing

Conversation Starters

Talking to your child about how they're feeling can be tough, especially if you're concerned that they're having a hard time. You might not know what to say or feel worried about how your child will react. It doesn't matter what topic the conversation starts with – it's about the opportunity it gives you to talk about feelings and provide comfort.

Some of these ideas may get the conversation started:

- What was the best bit of your day?
- What was the worst bit of your day?
- What did you do today that made you proud?
- How are you feeling?
- What would you like to talk about?


If your child is having a hard time, you can try to find out how they like to be supported by asking gentle questions like:

- How can I help you with this?
- Do you want to talk about what's going on?
- Is there anything you need from me? (space, time to talk, time to do something fun?)
- What was the biggest problem you had today? What helped?

Self-Care & Mental Health for Kids

 Share your own feelings to encourage self-awareness.



 Find social groups that help them feel like they belong.

 Focus on articulating feelings.
"I am angry."
"I am sad."

Set aside time for low-stress or solo activities.

 Practice self-care for yourself to set the standard.

Encourage journaling and diaries.

Encourage your child to focus on the moment.



 Establish a self-care routine.

Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

December Kindness 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about
5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank
12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving
19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!
26 Get outside. Pick up litter or do something kind for nature	27 Give away. Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2022	

ACTION FOR HAPPINESS

Happier · Kinder · Together



"No act of kindness, no matter how small, is ever wasted." Aesop

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

A reminder that there is no entry into the school buildings apart from into the office foyer area and that, when you are on the site, we would ask you to please wear a mask. Thank you.

Clubs

ALL clubs have now finished except KS1 Nerf Wars (last one Monday 29th November) and Dance Club (last one Friday 3rd December).

A new clubs list for the Spring term will come home in January.

Go Active Christmas Cracker Club

Mr T will be running a holiday club for two days at the start of the Christmas holidays on Monday 20th and Tuesday 21st December from 9am-1pm, £12 per child, per day. Alverton children only - sorry no siblings or children from other schools. Please ensure all bookings and payments are made by Friday 17th December.

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

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 PCR test as soon as possible and stay at home and do not have visitors— only leave home to get the test. Please check the latest Government guidance. **Please ring or email the school office as soon as possible to let us know.**

If your child tests positive over the weekend please email
head@alverton.cornwall.sch.uk

You can book at test online at:

<https://www.gov.uk/get-coronavirus-test> or phone the NHS test line 119.

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

Christmas Productions

All performances will take place at school as follows:

Monday 6 December – Years 5 and 6 – 2pm and 6pm

Tuesday 7 December – Years 3 and 4 – 2pm and 6pm

Wednesday 8 December— Reception – 6pm

Thursday 9 December – Years 1 and 2 – 2pm and 6pm

If you have booked tickets they will be available to collect from the office from next Monday 29th December and all Reception tickets will be available from then on also.

If you haven't yet booked a ticket, please contact the office as soon as possible as we have some remaining for certain performances.

Unfortunately if you don't have a ticket for a certain performance they will not be available on the door and you will not be allowed entry.

A reminder that, to reduce the number of people in the hall, there are only two tickets per child and you are unable to bring any children, siblings or babies to the performances unless they are a ticket holder.

Christmas lunch - Friday 10th December

Letters about arrangements for Christmas lunch have come home. If your child would like a school lunch on 10th December you must return a slip to us, (with the money if your child's meals are not free) by **Tuesday 30th November**. If you do not return a slip, you must send your child in with a packed lunch from home as there will not be any spare meals available on the day.

Christmas tree decoration

Our Christmas tree has now arrived and is looking very bare! Please could your child make a lovely decoration this weekend and bring it in to the office so that it can be put onto the tree. Thank you.



FOAS News

Filled jam jars

We would be very grateful if you could save a clean jam jar, decorate it and fill it with small toys, sweets or similar to bring in to school from Monday 6th December. Please hand into the school office or to your child's teacher. These will be used for prizes in a draw for the children on Friday 10th December.



Friday 10th December



Christmas non-uniform day with an added surprise!

To coincide with Christmas lunch day, FOAS would like to invite all pupils to wear something Christmassy or their favourite clothes on Friday 10th December. If your child could bring a donation (we suggest £1) towards FOAS funds that would be great. For this they will also be entered into a draw to receive one of Alverton's famous fun-filled jars or a delicious treat! Funds raised are for the exciting music room target we are so close to achieving.



A call for help

Please could anyone with a spare hour or so on any/some/all of the following dates help FOAS (Friends of Alverton School) serve refreshments at the Christmas Performances. We would be very grateful. Please email foas@alverton.cornwall.sch.uk with your details if you can

help.

Dates: 6th, 7th, 8th, 9th December from 5.15pm to 6pm (approx)



Daisy's Diary

New home for our wren!



During the summer the palm tree in the quiet area where the wren usually nests dropped most of its dead leaves. The wren usually has a little nest here in the spring, stopping on top of the tuck shop roof to check the coast is clear and then dashing into the thick leaves where no one can see her. I was worried there would be no nest for baby wrens this coming spring – plus wrens often snuggle up with their friends over winter in their nests as they are so tiny they need to keep warm. Ruby's family decided to come to the rescue and have bought a brand new very sturdy wren nest box. Ruby has decorated it and it's up the palm tree already! If any other families want to help our bird families (we've had quite a few big trees cut down over the past few months) please consider buying a nest box for the school. We have robins that nest every year in the nursery woods and there's been a tree down there, and we have lots of other birds that would love a home.

And on the subject of birds.. here is Phyllis. She has come to live at the school and is obviously someone's pet. She doesn't have a ring on her leg, but she's so tame she must be very used to people. She really wants to come into the school all the time, especially Owls at story time. Does anyone recognise her? She's very sweet.



Beech trees

Does anyone know where I can get any baby beech trees? Just two or three baby ones? Please let me know any leads! My email address is dwright@alverton.cornwall.sch.uk

Morrisons tokens

And thank you so much for everyone who collected Morrisons Grow tokens – we had enough for some seeds and a very useful big sturdy trug and something else – I can't remember what now so looking forward to it coming in the post – early Christmas present!



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>

What Parents & Carers Need to Know about NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an adult, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up too late, affecting their mood and concentration the next day.

SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

HACKING ATTEMPTS

With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during lockdown periods as it allows users from different households (friends and relatives, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite: the link, however, can also be distributed to people you don't know. A text chat feature enables interaction with the other users in real-time: this represents a risk to children if a stranger gains access to the Teleparty.

Advice for Parents & Carers

KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.



CREATE A KIDS' PROFILE

Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.



SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.

SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like them.



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety®
#WakeUpWednesday

Sources: www.help.netflix.com | www.about.netflix.com | www.vodafone.co.uk



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: 10.11.2021

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

Kittiwakes	Dylan	for making a superb effort in all areas of his learning & an amazing attitude
Curlews	Hattie	for always doing her very best & listening so well at carpet times
Puffins	Flinn	for his thoughtful & careful Ibn Battuta stamp
Owls	Aila	for such superb effort in her writing every single time
Kingfishers	Jayden	for super progress in Maths & making such a good effort in lessons
Trencrom	Gabija	for always working so hard, giving 100% to everything she does
Lanyon	Joey	for showing amazing skills in hockey. You are fantastic
Kerris	Hope	for her amazing attitude towards all of her learning
Bodrifty	Zack	for always working so hard & making his work the best that he can
Bosigran	Maddie	for always working hard & being such a kind member of the class
Kenidjack	Callum	for being the grumpiest and best Scrooge ever
Dinnertime	Mani	for his impeccable manners



Water bottles

A reminder that your child needs to have a named water bottle filled with water (not squash or juice) in school every day and it should be taken home to be washed and refilled daily.

Coats

Now that the weather is cold and wet, please can your child have a warm, waterproof coat in school every day.

Hello to you all. I hope you're coping with this sudden drop in temperature as well as the darker mornings and evenings. I am. Sort of. I love the leaf fall, especially working with little folk with whom I can indulge my passion for leaf kicking and traipsing around in wellies exploring our school woods and field. Plus I like this time of year when we get that cold snap. I feel it makes it perfectly acceptable to be lazy and snuggle up on the sofa and do very little. It also means that I need worry less about other things because I can stay home and ignore them, which sometimes, if I'm honest, is a favourite thing to do, even if it's only for a little while. But not for too long, otherwise they'll really begin to bother me. My latests niggle is Christmas; is it fun or stress for you all? I'm opting for fun, my version, which means doing very little this year and having a quiet time. I genuinely want a very quiet couple of weeks so that when the new year comes round I may actually be refreshed. I'm also bracing myself for when the new year begins and the days should in theory be getting longer but never actually feel like they are. That's the darkest time for me, when I really need my support network. If you have support too, that's great. If you don't, I'm still here. Take care and my very best wishes, Mrs Daylak

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.

Growing Links - Street Food Project are desperately short of items such as tea and coffee, breakfast cereals, tinned foods, etc. If you can help, please drop these off at their headquarters, 1 Guildhall Road, Penzance TR18 2QZ. Thank you.

Please Help Santa!

**Fill his sack to help people in poverty in
Penzance this Xmas.**



Tin Tomatoes / Baked Beans / Kidney Beans /
Tuna / Butter Beans / Tin Fruit / Tin Veg / Rice /
Curry or Pasta Sauce / UHT Milk / Herbs & Spices

contact us at foodstore@growinglinks.org.uk