

Dear Parents and Carers,

What a fortnight it's been!

The last time I wrote the newsletter on 26 November, it was all about looking forward to Christmas performances and other festive events. How things can change over a weekend! On the Sunday evening, I was just starting to think about the Strictly results when the phone began to ring and texts and emails started flying through. By the time I next looked at the clock, it was after 9pm and we were deep into trying to plan the beginning of the next week as it had become very apparent that Covid had well and truly arrived at Alverton.

The children, as ever, were amazing. They coped with changing plans, different classrooms, new routines and new teachers with fantastic resilience and adaptability. It was not at all unusual to walk into a room and see children taking everything firmly in their stride and getting to grips with the intricacies of Maths whilst wrapped up in their warmest coats against the chilly breeze coming in through the windows. We are extremely proud of them all.

Our staff have also been absolutely incredible. It has been a challenging couple of weeks with, at one point, 60% of teaching staff absent. We are so grateful for everything that all our staff have done and for keeping going with such fortitude, professionalism and good humour – the Alverton / Dunkirk spirit has been very much in evidence!

We had obviously hoped never to have to return to school closure and home learning but had to take the difficult decision to close the school for three days this week. Thank you all for everything you did to support your child with this and for all the organisation etc that you needed to do with your own arrangements at home to enable this to happen. I know that you will have understood why this step became necessary and we hope that the measures taken were effective.

For all of you who have been unwell, I hope that you are feeling better now and that the worst is behind you. We all look forward to seeing you back at school once you can return and hope that you are able to use the forthcoming Christmas holidays as time to rest and recuperate before the term starts again in January.

Thank you to everyone for all the support you have shown to us and to each other.

Cathryn Wicks  
Deputy Head

**The Spring Term begins on Wednesday 5th January 2022 as Tuesday 4th is a staff training day.**

## 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)

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.

## Thank you



A big thank you to everyone who brought in a filled jam jar and/or made a donation to FOAS today. So far a fantastic **£154.39** has been raised. if you'd like to donate online here is the link for their Just Giving page:

<https://www.justgiving.com/campaign/alvertonmusic>

Thank you also to all the kitchen staff and our staff who served lunch to over 200 children and adults. You are brilliant!



## 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](mailto: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](mailto:alvertonkidsclub@outlook.com)

The Charlie Waller Trust has a lovely Advent of Kindness, linked to the Five Ways of Wellbeing. This is a bit late for the start of December but might be nice to start now or adapt for after Christmas.

**Charlie Waller**

# ADVENT OF KINDNESS 2021

In this challenging year, here are 25 ideas to bring a little more kindness into the world in the run-up to Christmas

- Start a happiness jar for December and write down one thing each day that has made you happy
- Write a letter or draw a picture for someone who might be feeling lonely
- Put on some gloves, grab a carrier bag, go for a walk and pick up as much litter as you can
- Do a Christmas quiz with your friends
- Find five minutes to help someone out today
- At the end of the day write down three positive things that have happened
- Make a playlist of your favourite Christmas songs and share it with your friends
- Set up an obstacle course and see how quickly you can do it
- Learn three new facts and share them with your friends
- Give some love to your postie and bin collection team and draw thank you posters to put up
- Take time to think about what you have done this year that you are really proud of
- Write a Christmas card to someone you wouldn't usually send one to
- Try making a giant Santa on the floor with household items (remember to clear up after!)
- Make some Christmas tree decorations
- Make a small gift and give it to someone who won't be expecting it
- Try a blindfold taste test of various Christmas foods – really concentrate on the flavours and textures
- Talk about your family Christmas traditions with your friends and see if anyone else does the same
- Put on your favourite song and dance like no one is watching
- Design and make a board game you can play with your friends and family
- Pay someone a compliment
- Take some quiet time out to do some colouring in
- Spend five minutes doing some stretches today
- Have a video call with someone you aren't able to see as much at the moment
- Perform three acts of kindness during the day
- Even if remotely this year, enjoy giving, enjoy receiving – happy Christmas!

**GET IN TOUCH**  
hello@charliewaller.org • 01635 869754

**FIND OUT MORE**  
charliewaller.org

**FOLLOW US**  
Facebook, Twitter, LinkedIn, Instagram icons

**Five Ways of Wellbeing Diagram:**  
 - CONNECT (Heart icon)  
 - BE ACTIVE (Sun icon)  
 - TAKE NOTICE (Star icon)  
 - GIVE TO OTHERS (Smiley face icon)  
 - KEEP LEARNING (Lightbulb icon)

## Equality Information

Every year we write to all parents about the Single Equality Scheme. This addresses our statutory duties in relation to race, disability, gender and promoting community cohesion and covers staff, pupils and people using the services of the school such as parents. It also addresses the legislation relating to religion or belief, age and sexual orientation and includes our priorities and actions to eliminate discrimination and harassment for these equality areas.

The scheme requires us to produce an annual report on our progress, looking at the impact of our actions. Please click on the link below to find out more about this, including our Parent Guide which can be downloaded from this page and which includes the report on our progress towards our key objectives this year. The guide also asks anyone interested in being part of our ongoing consultation to get in touch with one of the Senior Leadership Team – if you are interested, we would be delighted to hear from you.

[http://www.alverton.org.uk/website/equality\\_information/85312](http://www.alverton.org.uk/website/equality_information/85312)





## 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>



# What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

## WHERE IS IT FOUND?

### SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

### GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

### STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

### ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

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## Advice for Parents & Carers

### TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child that you can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CAN WE HAVE A CHAT?

### CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

### BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content that violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

### GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

### STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

## Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



**National Online Safety®**

#WakeUpWednesday

Sources: <https://www.education.gov.au/documents/about/programs/bullying-prevention/inappropriate-content> | <https://www.nos.gov.au/education/training-professionals/professional-learning-program-teachers/inappropriate-content-fact-sheet> | <https://www.wednesdayonline.com/parents/parents-uploads/2024/04/children-media-view-year-7.pdf>



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



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@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.12.2021

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](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.