



It's the start of a new school year but this September it's not quite been business as usual. In addition to new classes and new teachers to get used to, this year we have all had to add in all manner of things that weren't quite as we remember back in March, if at all.

We have all been delighted to welcome our pupils back to school. We have missed seeing them each day just as much as they have missed coming to school. Some things may be different but a huge number of things have remained the same which is reassuring for everyone.

One of the biggest changes is that parents are not currently allowed in the school building. The start of a new school year is often an anxious time and this may well have been compounded for some by the feeling that the teachers are less accessible than they used to be. However, feedback from parents has been that dropping off, and collecting, their children from the classroom and seeing their child's teacher / TA has been really positive and any messages etc have been relayed direct to the relevant staff. However, if you are feeling worried or if there is something that you would like to talk to your child's teacher about, do please give the office a ring on 01736 364087. They can arrange for your child's teacher to phone you back or organise a time after school where you can meet outside (weather permitting!). Alternatively, if you email [secretary@alverton.cornwall.sch.uk](mailto:secretary@alverton.cornwall.sch.uk), Mrs Gill and Mrs Stacey will forward your email to your child's teacher or pass on any messages you may have.

Uncertainty is a big trigger for anxiety: quite often, it's not the worst-case scenario that stresses us most but the not knowing. We will do our very best to ensure that we keep you up to date with changes or things that are happening as soon as we can and provide you with information so that you, and your children, know what to expect. Please make sure that you talk with your children about any information that comes home, including any things that are different and any concerns they may have about these.

Several parents have phoned the office this week concerned that their children may – or may not – have coronavirus symptoms and want to know what they should do. We will be sending home some information about this early next week which we hope you will find useful.

Please don't hesitate to get in touch as described above if you need to.

Cathryn Wicks  
Deputy Headteacher

## Parking and traffic

Please can we advise all new parents and remind existing ones that parking is not allowed in either of the school car parks. These are for staff parking only. Nursery parents **only** may use the drop off bays in the upper car park when collecting their children. There are plenty of safe places to park your car just a few minutes walk from the school so you do not need to drive down Toltuff Crescent. The back gate from Lariggan Crescent is unlocked at 7.45am and again at 3pm so please consider using that route if you don't want to park in the Free Church car park. Please park considerately and do not block our neighbours driveways. Consider the safety of your own child and if you must drive into Toltuff Road or Toltuff Crescent, please drive with care and below the speed limit. **The speed limit in Toltuff Road and Toltuff Crescent is 20mph.**



## Late collections

The after school childcare club, which is privately run, has changed its charging structure to reflect the restrictions of COVID (collection at 4.15pm or 5.15pm with a charge of £4.50 and £9.00 respectively). We need to make parents aware that when children are not being collected at the end of school we will continue to put them into this after school provision for safe supervision and parents will be charged at the rate detailed above.

If you are going to be late or unavoidably detained please phone the office to make us aware and we will do our best to help you.

## PE kit

All children from Year 1-6 **must** bring a full, named PE kit into school on a Monday and leave it here all week only bringing it home for washing on a Friday. PE will take place outside in almost all weather conditions on varying days of the week and your child will be expected to take part unless they have a medical condition that prohibits them from doing so. If this is the case please detail this in writing by email to the office ([secretary@alverton.cornwall.sch.uk](mailto:secretary@alverton.cornwall.sch.uk)). If a child has forgotten their PE kit we may ask them to wear their school uniform to do PE which may get wet and muddy.

## After school childcare provision

Mr Timmons will be starting up after school provision from next **Monday 14th September** for children from Year 1-6. Details and booking information were emailed out earlier this week and are also attached. Please contact Mr Timmons by emailing [alvertonkidsclub@outlook.com](mailto:alvertonkidsclub@outlook.com) or by phoning 07843 126 833.

### Flu immunisation

Please see the information from Kernow Health about the flu immunisation taking place in school which was emailed home this week and is attached. If you would like your child immunised and haven't yet applied, please go online by 21st October. **Your child will not be given the nasal spray without your consent so if you do not wish them to have it done, you do not need to do anything.**

**Date of Visit:** Friday 23rd October

**School Code:** EE142240

**Link:** <https://www.kernowimmunisations.co.uk/Forms/Flu>

### Breakfast Club

A reminder that all places for Breakfast Club must be pre-booked as places are limited. **Places in the Year 5 & 6 bubble are now full.** Your child's name can be put on a waiting list for if a space becomes available. Please do not bring your child in if they are not booked in.

### Music lessons

**Keyboard lessons** - please ensure that you have paid Maria by bank transfer by Monday 14th so that your child can continue with their lessons. Any queries please contact Maria direct.

**Violin lessons** will restart next Monday 14th and there are spaces for your child if they would like to take part. Please contact Emma Stansfield on 07895 958902.

**Guitar lessons** - information about the new way of booking guitar lessons was emailed out yesterday. Please sign your child up asap if you'd like them to continue.

### Ties

Buying a new tie is easy!

Go online to Schoolmoney, into the Shop area and order and pay for a tie.

We will get notification and will put the tie in your child's register or give it to them.

Cost £3.50.

### Tuck

All Reception and KS1 children are offered a piece of fruit under the Government free fruit scheme. KS2 children can either bring in a healthy snack or buy one from their bubble tuck shop. Items such as breadsticks, crackers, dried fruit, etc are available at a cost of 50p.

### Twitter

Don't forget to follow us on Twitter @alvertonschool to keep up-to-date with all the exciting things that are going on.





## Daisy's diary

Back at last!

At the end of last term the school was sparkling clean from the massive clean and clear out - but all the outside areas looked unloved. I was a bit worried about the amount that needed to be done but so many people - children, parents, grandparents, TAs - came and helped over the holidays we got loads done. The baby trees were found again in the wildlife garden and a barrier of concrete slabs dug in to stop the bamboo. Gardens were cleared and tidied and weeded. Thank you so much to everyone. I did find everyone else seemed to be furiously digging whilst I just looked for tools and poured the drinks!

Leaving everything to grow over those few months did mean that our school wildlife was happy though. Just that small area of field that is now left to grow long grass and weeds in the wildlife garden is now an oasis. Finding the trees again with my scythe meant I got to see what lives in the long grass. So many beetles, a really long, beautiful slow worm, lots of grubs (Jesse the robin came straight down to hoover up) and a

family of (sleepy) field mice with enormous eyes. There's also a huge patch of thistles growing on the seating area

which I went to tidy - but then a family of goldfinches came down and the parents were feeding the fledglings the seeds from the thistles, so I've left it for a while.



**Bike Shed** - is happening! Construction company is coming in October (originally September but delayed). They will be here for 2 weeks and will use any spare time to make the front entrance of the school look beautiful. Crystal, Haydens mum, is sorting out a cake rota for them so if anyone wants to bake please let her know!





## 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:** Emotional support to anyone in distress, struggling to cope, or at risk of suicide.  
☎ **116 123**

**Shout:** 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)

## Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance has let us know that it is no longer necessary to obtain a voucher to receive food from them and that they are open every day at the moment. If their support would be helpful to you at this time, just phone Veryan 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.





**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>

**TikTok has been in the news recently due to distressing video content and it is even more important that you follow the guidance below for safeguarding reasons.**

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

**AGE RESTRICTION**

**12+**

If under 18, supervision of a parent or legal guardian required.

What parents need to know about

# TIKTOK

**MATURE CONTENT**

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'For You' feed when logging into the platform.

**INAPPROPRIATE MUSIC**

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.

**TIKTOK FAME**

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities – social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

**ONLINE PREDATORS**

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.

**ADDICTIVE NATURE**

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.

**IN-APP PURCHASES**

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.

**National Online Safety**

#WakeUpWednesday

## Safety Tips For Parents

**TALK ABOUT ONLINE DANGERS**

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they're seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.

**USE PRIVACY SETTINGS**

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.

**ENABLE RESTRICTED MODE**

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.

**EXPLORE AND LEARN YOURSELF**

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.

**LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT**

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.

**MODERATE SCREEN TIME**

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.

**Meet our expert**

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.

**\*NEW FOR 2020\* FAMILY SAFETY MODE**

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.

SOURCES: [www.tiktok.com](http://www.tiktok.com)

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.02.2020

## 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. Our Pupil Premium Parent Guide is being sent home alongside today's newsletter to provide you with more information.

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 number.

*NB All Key Stage 1 (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. Whilst schools are closed to most pupils during the current Covid-19 pandemic, schools are not required to provide meals or vouchers to Key Stage 1 children who usually receive free meals under the Universal Infant Free School Meals scheme but are not currently attending school.*

**However, some children in Reception, Year 1 and Year 2 and receiving Universal Infant Free School Meals (as well as all Key Stage 2 children) may have an underlying entitlement to benefits-related Free School Meals. Schools will make arrangements for these children to receive free meals through food parcels or supermarket vouchers.**

Your child may be eligible for benefits-related free school meals if you, 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.**