

Youth Speaks

Our team of Zac, Scarlet and Lily returned to Penwith College on Tuesday to take part in the area finals of the Youth Speaks Competition and spoke on 'The Benefits of Drama'. They competed against ten other schools and did a fantastic job. We are very proud of them.



WORLD BOOK DAY

Non uniform day

Just a reminder that we are celebrating World Book Day on **Thursday 5th March** and will be holding our annual Book Oscars. If the children would like to dress up for this, they should come to school dressed as a book character or as if they are going to an awards ceremony.



Water bottles

Please ensure your child has a named water bottle in school **every day** filled with water (not juice or squash). If your child doesn't have a suitable bottle, we have them for sale at the office priced £1.50.

Healthy tuck

Please can we remind all parents that tuck at breaktime should be a healthy snack such as fruit, vegetables, crackers or rice cakes. Crisps and sweet biscuits are not allowed to be eaten at breaktime.

Club cancellations

ALL clubs will be cancelled on **Monday 9th, Tuesday 10th and Wednesday 11th March due to parents evenings** apart from morning Roller Skating club on Wednesday 11th.

Online safety

Please see the information below with some excellent advice being kind online. We will be publishing a different information page each week. All this information can be found on the National Online Safety website (a link to which can be found on our website).

AT NATIONAL ONLINE SAFETY WE BELIEVE IN EMPOWERING PARENTS, CAREERS 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 THE PLATFORM OF MANY WHICH WE BELIEVE TRUSTED ADULTS SHOULD BE AWARE OF. PLEASE VISIT WWW.NATIONALONLINE SAFETY.COM FOR FURTHER GUIDES, HINTS AND TIPS FOR ADULTS.

LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON. CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING, PERHAPS DEVELOP A MENTAL PICTURE OF THEM. SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING EMPATHY FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.



★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.



TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



UNDERSTAND THE **IMPACT** OF YOUR **WORDS**

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

ACTIONS

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND. YOUR COURAGE COULD SAVE A LIFE.

#BEKIND



National
Online
Safety®

#WAKEUPWEDNESDAY

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>

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: 19.02.2020

Correct school uniform

We have recently noticed that some children are not wearing all the correct uniform. Please ensure you use the following guidelines:

- **Plain white** shirt (not polo shirt)
- **School tie**
- **School Red** sweatshirts, or plain V necked jumpers or cardigans
- **Grey** trousers (or shorts in summer term)
- **Grey** skirts, pinafore dresses or culottes
- **Red checked** dresses (in summer term)
- **Plain white, black or grey** socks or **grey or red** tights

All items of clothing should be plain and free from logos etc, except any items incorporating the school badge.

Shoes:

- **Black shoes** (not boots) All shoes should have a low heel.
- Laces should be **plain black**.
- In the summer, **black or red** closed-toe sandals may be worn (not crocs).

PE uniform:

- **Plain white** polo shirt or T shirt
- **Red** shorts
- **Black** tracksuit bottoms
- Black or white trainers

Reception children should wear a red polo shirt and no tie and do not have to have red shorts for PE.

Please note that all items of jewellery, apart from watches, are not allowed. For safety reasons, only stud earrings may be worn and these should ideally be removed for PE or alternatively covered with a plaster. Long hair should be tied back using plain bands without attachments. **Children should not wear any make-up or nail varnish.**

Please label all school uniform, shoes, coats and wellies with your child's name.

Parents Evenings

Our Parents Evenings this term will be held in the week beginning Monday 9th March from 3.30—6.30 pm and we are really looking forward to meeting you and discussing your child's progress.

We are going to use our system for booking appointments through our eschools facility on our school website (www.alverton.org.uk) as we did last Autumn.

You will previously have been sent log in details for eschools. If you are unsure what this is, please ask at the office and they will arrange for new details to be given to you. These details will be needed in order to go online and book the appointment slot that suits you best. **The booking period is now open so please book your slot as soon as possible.**

If you have had, or will be having, a review meeting with Mrs Hughes and your child's class teacher, you don't need to book an appointment. Woodlands parents do not have to use this system either.

Year 3 and Year 4 camp information sessions

Year 3 Eden camp

3.30pm on **Wednesday 18th March** in Lanyon classroom.

Year 4 Bude camp

8.15am on **Thursday 19th March** in Lanyon classroom.

Please come along for more information and to ask any questions.

Menu change

Thursday 5th March - St Piran's Day

Meat pasty

or

Cheese & onion pasty

with chips & baked beans

Jacket potatoes and sandwiches will be available on both days.

St Piran Parade

Our Year 6 will be in the St Piran Parade in Penzance next Thursday morning (5th March). Do come and cheer us on from 10 - 11.30am. We start at the top of Causewayhead at 10.15am and then make our way to Morrab Gardens and back up Morrab Road to St John's Hall.

Daisy's Diary

Help wanted

The Eden Project are visiting the school next Wednesday to look at our outdoor areas and it has rained and rained and rained.....and rained. Everything is looking a bit woebegone. If any kind adults could help with a bit of a spruce on next Tuesday 3rd that would be really kind. Please just let the office know.

Are you or any of your family planting vegetable seeds soon? If so, please could you plant a few extra for us of any sort and when they are seedlings, let us have them for planting in our vegetable garden. Thank you.

Top Tip Tips!

We learnt a lot on our trip to the recycling centre. I thought I'd pass on some of the top tips over the next few weeks in the newsletter. This week - foil!

Foil is one of the easier things to recycle - but little pieces can get lost or mixed in with other types of waste.

If you make a foil ball, adding all the bottle tops, yogurt tops etc as you go along, then it's much easier for the recycling centre to process.

Mucky foil they can't process - so worth rinsing off the yogurt etc before you add it plus then it won't be smelly in your recycling bag!

Here's the start of our families foil ball - I'm hoping to make a giant one.



Year 6 London trip - July 2020

A reminder that ALL payments for Year 6 London trip (£310 total) need to be made by 14th April at the latest.

Full payment is needed by the above date. If it is not paid in full by this date, we will cancel your child's place and refund any money you have already paid (less the deposit) with immediate effect.

You can pay as much or as little as you want anytime up to the final date. Please pay online at schoolmoney.co.uk. Click into the amount box and change the total payment to the amount you'd like to pay. If you cannot pay online, please ask at the office for a Paypoint barcode which you can use to pay cash at a local Paypoint retailer.

West Cornwall Spring Show

All entries for the show must be in school by **Wednesday 4th March** so that they can be taken to Marazion. You will need to collect your child's entry from Marazion on Saturday 7th March as we are unable to bring them back for you.

Need a chat?

Come and have a cup of tea with Mrs Daylak if you have any questions or concerns about anything which might be affecting your child in school. You can find her any Monday to Thursday after school until 4pm. If you would rather make an appointment, please ask the office. She might even find you a biscuit to go with your tea!



EASTER HOLIDAY MULTI-SPORTS CAMPS

5-13 YEARS OLD
30th March – 2nd April
6th - 9th April
8:30am – 6pm
£17 per child per day

BOOK ONLINE
WWW.PENZANCETENNISCLUB.CO.UK/COACHING/HOLIDAY-CAMPS



- Multiple sports
- Arts & Crafts
- Pick individual days to suit you



STARS OF THE WEEK

Chobins	Harry	for super effort all week
	Kaylan	for superb reading both effort and progress
Puffins	Brae	for his perseverance & hard work in everything he does—super star!
	Noah	for all his hard work & effort in reading and Maths
Owls	Riley	for working so hard to master finger spaces in his writing
Kingfishers	Eva	for her fantastic attitude and effort in all her work
Trencrom	Tegan	for always putting in 100% and producing fantastic writing
Lanyon	Kenza	for working extremely hard in Maths all week—you have been Fraction-tastic!
	Leo	for working extremely hard in Maths all week—you have been Fraction-tastic!
Kerris	Roxy	for writing an amazing book review. Well done!
Bodrift	Bailey JW	for excellent effort/understanding in Maths
Bosigran	Logan	for an amazing attitude to all aspects of his learning AND being a computer whizz
Kenidjack	Zac P	mainly for being a lovely young man but also for speaking so eloquently for the Youth Speaks team
Dinnertime	Zachary	for always being so polite and well mannered
Daisy's Star	Kenidjack	for coming out for a fire when I said I wouldn't be too wet and it POURED.



Twitter

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



CLASS ATTENDANCE THIS WEEK

Choughs	97.0%	7
Robins	88.0%	11
Puffins	93.6%	9
Owls	97.9%	4
Kingfishers	97.9%	4
Trencrom	96.1%	7
Lanyon	99.3%	1
Kerris	99.3%	1
Bodrift	97.9%	4
Bosigran	98.2%	3
Kenidjack	93.6%	9
Overall school attendance	96.6%	

Our collective target is 96.5%

DIARY DATES

March

5th St. Piran's dance for Year 6 – details to follow

5th World Book Day

9th-11th Parent Consultations – appointment times will be booked online – **no clubs this week on Monday, Tuesday and Wednesday.**

13th Sharing assembly for Owls at 2.45pm—**POSTPONED**

19th FOAS Easter Disco – details to follow

20th **All clubs finish**

20th All music lessons finish

25th Last swimming for Year 5

FRIDAY 27th MARCH SCHOOL CLOSSES AT 3.15pm (normal time) FOR THE EASTER HOLIDAY

SUMMER TERM BEGINS ON TUESDAY 14th APRIL at 9am

