

Thank you!

We would like to say a huge thank you to everyone who took the time recently to complete our parent survey. Despite the challenging year and circumstances in which we have all found ourselves, this was still very positive. Thank you – we really do value your opinions and suggestions.

End of day pick up

Recently, several parents and children have remained on the field and in the wood at the end of the school day. Some of these children have also been keen to join in with the activities run by Mr T in our after school provision which is only for those children whose parents have booked them into After School Club. **Please could we remind all parents that you and your children should leave the school site using the one way system as soon as you collect your children at the end of the day.** Thank you.

Online Resilience Workshop

Headstart Kernow Youth will be hosting a workshop for parents about developing online resilience amongst children and young people. This will be a Facebook Live workshop and will be held on Wednesday 16 June from 7.30 pm to 8.30 pm.

<https://www.facebook.com/TFFCornwall>

Online resilience training can help parents support their children to build their skills and confidence, making it easier for them to manage their online activity (and to switch off!) and to deal with risks.

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

Class photos

We are waiting for Tempest to send us the link for each class photo and as soon as they do we will email it to you. All ordering is done online via their website with deliveries back to school before the end of term if you order before the deadline. More information to follow.

Contact details

If you've moved house, changed your landline or mobile number or your email address please let us know. We correspond with you in all these ways so please help us by keeping your details up-to-date. Thanks.

Water bottles

We are finding that many children don't have a water bottle in school. Please remember that your child should have a named, refillable water bottle in school every day which should be filled with **water only** (not squash or juice) and can then be refilled during the day.

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 test as soon as possible and stay at home and do not have visitors— only leave home to get the test. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result. **Please ring or email the school office as soon as possible to let us know.**

You can book at test online at:

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





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

NSPCC

Help for children worried about COVID

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

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.

ON YOUR SIDE NO MATTER WHAT

☎ **0800 58 58 58** 🌐 THECALMZONE.NET/WEBCHAT

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

citizens
advice

0344 411 1444

"It's alright to ask for help"

SAMARITANS

☎ **116 123**

COVID-19 isolation may cause tensions to rise and domestic abuse to increase. Help is available.



NATIONAL DOMESTIC VIOLENCE HELPLINE
0808 2000 247
24/7 CONFIDENTIAL FREEPHONE

WCWAid

West Cornwall Women's Aid
01736 367539

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



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.

At National Online Safety, we believe in empowering parents, carers and trusted adults to hold an informed conversation about online safety for their children, should they need it. This guide focuses on one game of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about FIFA 21

AGE RESTRICTION
PEGI 3
 Suitable for all ages

You don't need to be a football fan to have heard of the FIFA series of games (named after the Federation Internationale de Football Association: the worldwide governing body for the sport). Part of the franchise's massive appeal is that official licensing gives users the opportunity to play games as their favourite teams, controlling their favourite footballers. They either compete online against other players or work through a solo-play career mode. With updated editions launched annually, FIFA is playable on a range of consoles, with mobile versions available for smartphones and tablets.

<h3>Recurring Costs</h3> <p>FIFA's trump card is that it includes real current players; a feature no other football arcade game can offer. However, this means that a new version of the game is released every year, with updated teams, players, kits and stadiums, plus gameplay tweaks and extra features. Young FIFA fans usually want to be playing the latest version, so the pressure to buy each annual update is likely to be considerable.</p> <p style="text-align: center;">Billing</p>	<h3>Online Chat</h3> <p>While the game of FIFA itself is suitable for children of all ages (as it does not include any inappropriate content), there is the issue of in-game chat. Your child can play against other people online and audio chat with them using headsets. As this communication is largely unregulated, it could mean that your child is exposed to language or conversations that are inappropriate.</p>	<h3>Possibility of Scams</h3> <p>Your child may receive an email or see a message on social media or in forums which appears to be a genuine FIFA promotion, but could be a scam. Following these links would take them to what may seem like a FIFA login page but is actually a phishing attempt to capture their login name and password. Scammers often use a legitimate-sounding name, such as EA Admin or 'FIFA Developer'.</p>
<h3>In-Game Purchases</h3> <p>FIFA offers an array of in-game purchases. The FIFA Ultimate Team (FUT) mode lets gamers build their own team, playing matches to win coins. These coins can be used to recruit better players or packs containing random players. Some purchases can be made with in-game currency; others require real money – which can become expensive. There have been reports of parents receiving large credit card bills after their children's in-game spending.</p>	<h3>Addictive Gameplay</h3> <p>Your child could end up playing FIFA for long periods of time. Matches last around 20 minutes, so playing through an entire tournament can quickly eat up a large chunk of the day. Children sometimes struggle to control their gaming behaviour, at the expense of their daily routine. This is called 'gaming disorder' and is classified as a genuine mental health problem by the World Health Organisation.</p>	<h3>Over-Competitiveness</h3> <p>FIFA has occasionally been criticised for its competitive gameplay leading to disproportionate aggression and negative emotion in some players. This can be amplified by the in-game audio chat with opponents in real time. The potential for an emotional outburst can sometimes reach unhealthy levels – especially if your child's team is losing heavily or is defeated by a very late goal.</p>

Advice for Parents & Carers

#WakeUpWednesday

<h3>Set out Your Strategy</h3> <p>As a parent, it's worth considering that – if they like gaming and football – your child's fascination with FIFA probably won't be short term. It's more likely to be the start of a relationship that could last for years, involving repeated outplay on each updated edition of the game. If you think this may present a problem, it might be best to make your child aware of it beforehand to avoid disappointment later.</p>	<h3>Give Abuse the Red Card</h3> <p>The facility to chat to other players certainly adds to the overall enjoyment of FIFA, and it's unlikely that you'll be able to convince your child to play the game without using it. It would be wise, however, to make sure beforehand that your child is aware of how to mute the audio of any abusive players and knows how to report anyone who is being offensive or intimidating.</p>	<h3>Defend against Scammers</h3> <p>Teach your child to stay clear of scams. Explain why they should be suspicious of any link which asks them to verify their username and password or provide other sensitive information: game developers never send messages asking for players' login details. Console messages, emails and social media posts promising in-game content if a player inputs their login information are fake.</p>
<h3>Control In-Game Spending</h3> <p>To spend real money in FIFA, a player's account must have a payment method enabled. Check whose debit or credit card – or PayPal account – is linked to the device that your child plays FIFA on. Most devices' parental controls can be adjusted to limit spending. There is also the prepaid option of Paysafecard – you can top up the balance, making it easier to control your child's purchasing in the game.</p>	<h3>Avoid 'Extra Time'</h3> <p>Devices' parental controls can also be used to restrict the amount of time spent playing. If you feel it's necessary, keep an eye on how long your child spends playing FIFA. Just like you might monitor how long they watch TV for, warning signs of over-playing include disinterest in other activities, tiredness or fatigue, neglect of personal hygiene or becoming angry when they have to stop playing.</p>	<h3>Encourage a 'Half-Time' Break</h3> <p>Monitoring in-game chat is difficult, as you can usually only hear one side of the conversation. But your child's reactions will be a good general indication. Dealing with the frustrations of a game and troublesome people can be useful life lessons – but if your parental instinct is that your child is getting too upset or angry, that's the time to intervene and encourage them to take a break from the game.</p>

Meet Our Expert

Mark Foster has worked in the gaming industry for several years as a writer, editor and presenter. He is the general editor of two of the biggest gaming news sites in the world: UNILAD Gaming and GAMINGABLE. Having started gaming at a young age with his siblings, he has a passion for understanding how games and tech work – but, more importantly, how to make them safe and fun.

SOURCES
<https://www.ea.com/en-gb/games/fifa/fifa-21> | <https://www.ea.com/en-gb/games/fifa/fifa-21/features> | <https://help.ea.com/en-gb/help/fifa/buy-a-new-copy-of-fifa-21-with-fut-coins-and-fifa-points> | <https://www.bbc.com/news/technology-55108933> | [My son spent hundreds of pounds on in-app purchases without me knowing him](https://www.bbc.com/news/technology-55108933) | <https://help.ea.com/en-gb/help/fifa/report-player-for-cheating-abuse-and-harassment/>

www.nationalonlinesafety.com
Twitter - @natonlinesafety
Facebook - /NationalOnlineSafety

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Golowan Exhibition

This year is the 30th anniversary of the Golowan Festival and to celebrate its colourful history since its revival in 1991 they are hosting a pop-up exhibition in the former Argos store in Wharfside Shopping Centre.

The Argos industrial unit will be transformed into a fascinating multi-media exhibition commemorating the history of Golowan and its people, for the two weeks in June leading up to Mazey Day.

Due to Covid constrictions and the need to limit numbers attending tickets are needed in order to visit the museum and these should be booked in advance.

Details are on their website golownafestival.org or follow the links below.

<https://www.facebook.com/events/260720589169119/>

<https://www.eventbrite.co.uk/e/golowan-festival-exhibition-tickets-156418222113>

Wanted - for our Mazey sculptures!

Do you have an old metal framed backpack or baby carrier in any condition that we could use for supporting our Mazey sculptures? We would be so grateful if you do! Please let the office know or bring it in for us. Many thanks.

FOAS tea towel fundraiser

Tea towels are £3.50 each or three for £10 and there is one for Reception and KS1 and one for KS2. Please put all orders in an envelope with your child's name and the correct cash inside. **You don't need an order form—you can just write on the envelope or put a note inside.** All orders can be either handed to your child's class teacher, put into the post box to the right of the main school door or given to the office staff (please knock on the window and they will come out to you).

The deadline for all orders is **Friday 18th June.**

Thank you very much for your support.



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.

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 / withheld number.

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 underlying entitlement to benefits-related Free School Meals. Please ensure that you check this and apply if appropriate, even if your child is in one of these year groups, because of the additional benefits (eg food vouchers during holiday times where these are given by the Government).

Your child may be eligible for benefits-related free school meals if their parent / carer (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.

Daisy's Diary

Louis wanted this photo to be called 'Local lad saves people from slipping down slope.' Brilliant! Louis made stone steps going up the slippery bank to Nathan's bee patch from massive rocks, in 40 minutes! It's obviously an ancient part of the school as we found crisp packets from the Dark Ages.

Tuck

A reminder that, as we are a healthy school, crisps and chocolate bars should not be sent in for tuck at breaktime. Please provide your child with fruit, vegetables, breadsticks, rice cakes, crackers, etc.



Mrs D

Hello and a very big welcome back to you all. I sincerely hope you've had a lovely break and managed to get out in the sunshine. It is really good for our health and well-being, not just for putting some colour back into our cheeks. Everyone tends to smile more when the sun is shining and going out for a walk is so much more appealing. Some people have had fun, others perhaps less so. "How was your half term"? is a good question to find out about what those adults around us have been doing. The answers vary but are often positive. What is sometimes apparent is that the body language or tone of voice doesn't always match the positive and happy answers. That's a time when we can all help, just by smiling and asking more. "How are you feeling?" is a great question too. It allows the person we're talking to the chance to really tell us. "How are you really feeling?" is my favourite question because it really allows that other person the opportunity to get stuck in with an honest and open reply. It implies that we really want to know and will take the time to listen. This is often all it takes. Something as simple as a five minute, open and honest exchange. We all have problems of some sort, life isn't ever smooth and sometimes just telling someone about it can help. Well, I know that mine isn't ever plain sailing, there's invariably a snag looming or sitting at my front door. Some enormous and overwhelming, such as the time when I lost all my hair, some smaller such as when an unexpected bill pops up which I thought I'd already paid. But asking is a great start to helping someone else. Or being asked too. Conversations are invariably two way, so if you need help, maybe you could begin by asking someone else how they are feeling. This should lead to them asking you. And there's your opening. And if that fails, I'm here too. I'm here anyway. No matter what you want to talk about. All confidential unless you say otherwise. You know where I am.

Mrs D xx

STARS OF THE WEEK

Choughs	Lily	for always giving super effort & showing great determination in all aspects of learning
Robins	Flinn	for being a great friend & smiling through the day
	Roisin	for trying her best even when it's not easy
Puffins	Lowan	for his effort & determination in his reading & writing
Owls	Isabella	for persevering in her Maths this week
Kingfishers	Buster	for super comprehension in his reading
Trencrom	Joe	for being a great listener & for setting such a good example in class
Lanyon	Eva	for writing lots of beautiful poems. They were fantastic
	Tyler	for an amazing week of Maths - you have worked so hard
Kerris	Alfie	for being so polite, kind & helpful towards everyone
Bodriftly	Elsa	for her hard work in Maths & English which has led to great progress
Bosigran	Ruby R	for being helpful, kind & a lovely person to have in Bosigran
Kenidjack	Isla	for not only being a complete star the whole year but also spending an hour at home sorting out Science resources
Dinnertime	Riley M	for being an utter delight at lunchtime



**Search for
a STAR**

**ARE YOU THE NEXT
TENNIS STAR?**

WWW.IVTENNISCOACHING.COM

This is an exciting competition looking
for the most promising boy and girl

We're looking for players
aged 5-12 years old
No experience required
FREE to enter

CHANCE TO WIN

FREE MEMBERSHIP
3 MONTHS FREE GROUP COACHING
FREE WILSON MERCHANTISE

Saturday 19th June
Penzance Tennis Club
TR18 4HE

Saturday 26th June
Hayle Tennis Club
TR27 4AF

FOR MORE INFORMATION

ian.vidgen@hotmail.co.uk 07582669511