

Dear Parents/Carers

What a wonderful week it has been at Alverton School! The show took place across 3 days and was just amazing from start to finish. I couldn't be more proud to be headteacher here this week - the staff and pupils worked their absolute socks off to put on a spectacular performance. The singing, dancing and acting were fantastic and the children excelled themselves with each performance. I want to say a huge thank you to everyone who helped make it happen.

Whilst it's been a wonderful term, it has been very busy and hasn't followed our usual routine. Next term will be equally as busy and so we will be starting the term with a reset on behaviour and reminding the children of the expectations in school. We are in the process of writing a new policy, and would like to trial some ideas next term. We are going to be explaining our expectations as 3 rules - Safe, Respectful and Ready. We will be breaking these down for the children so that they have a good understanding of what that means for them in both in and out of the classroom. We will also be reminding them of our consequences so that they are clear on the process. As we work through the term, we will be asking for feedback from parents and children on the changes to our policy, so that we can roll the new policy out officially in September.

I hope everybody has a wonderful half term. I am very excited about Year 5 camp in the first week back! We have an INSET day on Monday 2nd June so will see the children on Tuesday 3rd June.

Nichola Smith
Headteacher

Thank you!

A big thank you to FOAS for running the refreshments stall at the show this week. They raised a brilliant **£325**, all of which will go towards supporting children at our school.

Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Nichola Smith (Designated Safeguarding Lead) at

nsmith@alverton.tpacademytrust.org 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

THIS IS OUR

HELP YOUR SHELF

How it Works

It's all free.

**Take what you need,
whenever you need it.**



No Questions Asked – No Judgements Made

Give what you can if you would like to.

Clubs

All clubs continue as normal after half term from Tuesday 3rd June.

The next group for some clubs will start as follows:

Year 3/4 Art - last one for Group 1 on 3rd June. New group starts on 10th June.

Year 3/4 Outdoor Adventures - none on 4th June. New group starts 11th June.

Year 1/2 Science - last one for Group 1 on 6th June. New group starts on 13th June.

Donations wanted

Our Help Your Shelf is looking rather bare. If you are able to bring in any non-perishable food items, cleaning products or toiletries, we would be very grateful. These will all go to helping our families and community. Thank you very much.

FRIENDS OF ALVERTON SCHOOL

ANNUAL DUCK RACE

SATURDAY 7th JUNE

AT WHERRYTOWN BOATING POOL

To raise funds for the school we are holding our annual Duck Race on Saturday 7th June starting at 11.00am. Please come and support us. Ducks are £1 each and can be 'bought' from the office. You will be allocated a number for each duck and there will be a board with all the numbers on at the duck race. Cash prizes for the winner and runners up. Refreshments available.

**PLEASE BUY
YOUR DUCKS!**

School lunches

After half term Aspens will be offering the choice of cheese or ham sandwiches as well as the hot meals they offer. This will run until the end of the summer term only. Please remember to book your child's lunches in advance on the Aspens Select website.

We need your help!

The School Council have been working hard this year at exploring Diversity and Inclusion at our school. They are planning on holding a stand at the summer fair (18th July) and we are looking for parents/ grandparents/ family friends who might be happy to join us!

We're looking for people who could attend with us in cultural dress/ could create some exciting dishes for our families to try/ could come and tell the children stories/ could bring some instruments or play some music/ could demonstrate dance etc....

We'd be HUGELY appreciative of your support! Please let Mrs Clemens know if you could help!

Text and In App messages

Our text service with Teachers2Parents (Eduspot) has now ceased and we are no longer be able to send texts.

We are looking into getting texts with Arbor but this is relatively costly so will only be able to use this for urgent messages and emergencies.

We will be relying on communicating with you via email and In App messages through Arbor. **If you haven't yet downloaded the Arbor App please do so as soon as possible. This means that you will be able to be notified via In App message.**

FOAS Needs You!

Friends of Alverton School (FOAS) is our friendly group of teachers, parents and carers, and we are looking for volunteers to help with our lovely summer events this term, including:

The Duck Race at Wherrytown Boating Lake, Saturday 7th June

Our Annual Summer Fair, Friday 18th July

Any time or help you can offer, however small, is *gratefully appreciated*! These events are not only great fun for the children but raise important funds for enriching experiences and essential equipment that benefit all our children.

Do drop us a line on friendsofalvertonschool@gmail.com – or speak to the office – if you can spare a little time this term, or you'd just like to find out more!

ALVERTON
SCHOOL

DUCK RACE

FOAS

Saturday 7th June at 11am
Wherrytown Boating Lake

£1 per duck from the office

ALVERTON
SCHOOL

FOAS

SUMMER FAIR

SAVE THE DATE

FRIDAY 18 JULY





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 & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'laugh off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportharmfulcontent.com.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit onlinemedialawuk.com for more.



#WakeUpWednesday®

The National College®

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.05.2025

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

Little Foxes	Archie	for his love of learning new things & always making us smile
Little Owls	Jenson	for doing so well with toilet training
Kittiwakes	Vinnie	Enthusiasm: for always challenging himself in his own learning time
Curlews	Dottie	Enthusiasm: for being an all-round super star
Puffins	Elliot	Respect: for following our school rules & being a respectful friend
Owls	Georgie	Responsibility: for always doing the right thing at the right time
Kingfishers	Scarlett	Perseverance: for her brilliant writing about 'Greta & the Giants'
Trencrom	Troy	Perseverance: for working extremely hard in English
Lanyon	Leo	Perseverance: for completing his 169 club & for excellent sportsmanship
Kerris	Otilie	Responsibility: for always listening, prepared & ready to learn
Bodrift	Brodie	Enthusiasm: for fantastic enthusiasm & commitment in the school show
Bosigran	Meria	Enthusiasm: for hard work in Geography
Kenidjack	Hayden	Enthusiasm: for being a great friend & great Geography work
Lunchtime Star	Kyelan	for always using his best manners

The final half term before the big summer break is upon us and we have had the most incredibly warm weather that may/may not continue for the week to come. I was chatting to a dad recently who told me how he had felt when asked how he was. We do this all the time I know, but he spoke of the fact that he had actually stopped to really think about how he was feeling at that time and how he'd spoken honestly when he said that he was finding life a bit rubbish at the time. It's funny isn't it, but I assume I will feel better generally when the sun shines and yet that's not always the case. So, let's check in on each other and ask how we are then really listen to the answer. Until we meet again some of you may have big plans for this week off, others will be aiming for a chilled approach, some may just aim to get through the week, survive and make sure all is okay in readiness for the last run up to a new school year.

Whatever you are planning I sincerely hope the weather is kind and you feel okay. If not.....

HOW DO YOU FEEL TODAY?



CALM



HAPPY



ANGRY



SAD



SICK



FRIGHTENED

DIARY DATES

Monday 26th – Friday 30th May	Summer half term holiday
Monday 2nd June	INSET Day - school closed
Tuesday 3rd June 8.30am	School re-opens
Wednesday 4th - Friday 6th June	Year 5 camp at Porthpean
Saturday 7th June 11am	FOAS Duck Race at Wherrytown Boating Pool <i>Please buy your ducks from the office.</i>
Monday 9th June 1.30pm	UKS2 Sports Day
Tuesday 10th June 1.30pm	LKS2 Sports Day
Wednesday 11th June 1.30pm	KS1 Sports Day
Monday 16th June	Class photos (Hatchbox)
Wednesday 18th June 1.30pm	Reception Sports Day
Wednesday 25th June 5pm	New Reception Parents Meeting
Thursday 26th May am	Alverton Mazey Event - school field
Saturday 28th May	Mazey Day
Tuesday 1st July	Year 6 transition day to Humphry Davy & Mounts Bay
Wednesday 2nd - Friday 4th July	Year 6 London



CYANOTYPE WORKSHOP

A free Workshop for half term. Available
for children, young people, and adults.

Thursday, 29th May

SESSION 1

CHILDREN

Age 7+ with parental
supervision

10:00am - 12:00pm

SESSION 2

ADULTS

Age 16+, for young
people and adults

13:00pm - 15:00pm



Booking is essential. Email us with details of which session
and how many tickets desired

penzance.library@cornwall.gov.uk



**COMMUNITY
FUND**

Penzance
Library

**WEDNESDAY
28TH MAY**

**HALF TERM
WORKSHOPS**

LITTLE ARTISTS (2-8YRS) 10-11. £10

LITTLE ARTISTS (2-8YRS) 11.30-12.30 £10

DROP OFF 1-3 (5-11YRS) £20

EMAIL ANNIE TO BOOK
NEWLYNLITTLEARTISTS@YAHOO.COM

AT NEWLYN
ART GALLERY

**May Half term
2025**

Open to
Members and
Non-Members

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
<p>Bank Holiday Closure</p>	9:30-10:30am Busy bees £5	9:00am-3:00pm Holiday Club £35	9:30-10:30am Busy bees £5	9:30-10:30am Busy bees £5
	10:30-11:30am Family Fun £6 Adults go free!		10:30-11:30am Family Fun £6 Adults go free!	10:30-11:30am Family Fun £6 Adults go free!
	11:30-12:15pm Preschool Parkour £5		11:30-12:30pm Parent hour - Be coached by your child! £6	11:30-12:30pm Parkour Clinic - Tricking £6
	12:30-1:30pm Parkour Vault Clinic £6		12:30-1:30pm Family Fun £6	12:30-1:30pm Parkour Taster class £6
	1:30-2:30pm Parkour taster class £6		1:30-2:30pm Pit fun £6	1:30-2:30pm Family Fun £6
	2:30-3:30pm Family Fun £6		2:30-3:30pm Parkour Taster £6	

JUNIOR GIG ROWING TASTER SESSION

AGE 10 - 16? JOIN US FOR A FREE
TASTER SESSION

AGE 10 - 16?

Join us for a free taster session on:
Saturday 10th May 3.30pm - 6pm
or

Saturday 24th May 2pm - 5pm
North Quay, Hayle
Outside Gilbert's TR27 4DD



Join one of our junior
rowing taster sessions!
Make friends, stay fit,
and enjoy the thrill of
competition.

Wear layers and sturdy
shoes you don't mind
getting wet. See you
there!

MORE INFO

WWW.FB.COM/HAYLEGIGCLU

Scan Qr for entry form



CORNWALL CRICKET PRESENTS

CORNWALL VS SOMERSET

50 OVER SHOWCASE GAME



AUG 4

WADEBRIDGE CRICKET CLUB
DOORS OPEN 9AM | 11AM START

Adults **£10**

Under 18 **£5**



Scan the QR Code or visit
<https://booking.ecb.co.uk/WyOIko>

Parking available at the rugby club for
£5 per car payable on the day when
you park. Other parking available at
car parks in the town.

