



Dear Parents/Carers

This week has been short but mighty! The afternoons have consisted of our Lion King Show rehearsals, and I have to say that it is both looking and sounding wonderful! The children are so excited to share it with you all and I know they will do themselves proud!

I also wanted to do a huge shout out to our Year 6s in advance of their SATs next week. They have worked so hard in all their lessons and are more than ready to give it their best shot. We want them to know that we are so proud of all of them and next week's outcomes will reflect their hard work and determination. We are looking forward to seeing them at Brainy Breakfast on Monday!

Our trial of the new car park system this week has been very successful. Parents I have spoken have given very positive feedback on the change, commenting on how much quieter the road is. We will continue this trial next week.

Nichola Smith
Headteacher

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

Penzance Youth Football

Penzance Youth Football are looking for more players. They are holding trials and these are open to Year 6 children only. Trials and coaching nights are Thursday evenings between 6-7pm at Newlyn Coombe. There is a free coaching session during the trials. Membership fees and kit cost if you join the team. For more information, please call the coach, George Baker on 07849 514788.



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.

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.

Free to good home!

Year 3 and 4 have a three drawer filing cabinet that they no longer want. Please contact the office if you’d like it. You would have to arrange collection yourself from the Year 3/4 workspace.



ALVERTON PRIMARY
PRODUCTION



SOLD OUT!
NONE AVAILABLE ON THE
DOOR. Any returns for waiting
list gratefully received.

WEDNESDAY 20TH MAY 2026 AT 6.30PM
THURSDAY 21ST MAY 2026 AT 6.30PM

Music and Lyrics by **Elton John** and **Tim Rice**
Additional Music and Lyrics by **Lebo M, Mark Mancina, Jay Rifkin**
and **Hans Zimmer**

Book by **Roger Allers** and **Irene Mecchi**
Based on the Broadway production directed by **Julie Taymor**

Tickets

£5.00 adult / £2.50 children over five.

Free tickets for pupils of Alverton School.

Please ask at the office if you have younger children
who would like to attend.

This amateur production is presented by arrangement with Music
Theatre International

All authorised performance materials are also supplied by MTI

www.mtishows.co.uk



Duck Race 2026

11am Saturday 9th May
Wherrytown Boating Lake

Cash Prizes

All proceeds
to FOAS

£1
per duck

Buy in advance from
the office

Refreshments
available



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

ChildLine

0800 1111



0300 123 3393

www.mind.org.uk



for better mental health

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 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.

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.wcwaid.co.uk/helpline

10 Top Tips for Parents and Educators

HELPING NEURODIVERGENT CHILDREN NAVIGATE THE ONLINE WORLD

Neurodivergent people tend to be early adopters of technology, and many influential innovators in this space are neurodivergent themselves. It's therefore likely that a neurodivergent child or young person may be drawn to the online world from an early age. This isn't a concern in itself, but understanding both the benefits and potential risks is essential. Here are ten key considerations to support safe and positive online experiences for neurodivergent children.

1 TREAT ONLINE LIKE THE REAL WORLD

You wouldn't allow a child to cross a road without guidance – you'd hold their hand, use a pedestrian crossing, and model safe behaviour. In the same way, a neurodivergent child's first experiences online should be supported by an adult who can guide and explain safe and responsible digital behaviour to them from the outset.

2 MODEL RESPONSIBLE USE

Children learn from what they see. Show all children, regardless of neurotype, what responsible internet use looks like. Reflect on your own use of social media and AI. Consider how often you use them and your own understanding of these platforms. Talk openly about when and why you use these tools, helping all children develop a balanced and informed approach.

3 KNOW YOUR LIMITS

Current government guidance suggests no solo screen use below the age of two, with a maximum of one hour per day for two- to five-year-olds. Screen time can support communication and connection when shared with an adult. However, passive watching can affect neurodivergent children's attention and language skills. Focus on the type of content they watch, encouraging slower-paced and meaningful material rather than fast-paced, overstimulating content.

4 CONSIDER AGES AND STAGES

For older children and teenagers, agreed limits are important. Screen time can be beneficial, but it should form part of a balanced lifestyle. Neurodivergent children may find online communication easier than real-world conversation, supporting their social interaction. However, it shouldn't be their only option. Encourage a range of activities, including creative play, physical exercise, and opportunities for real-world connections.

5 KEEP CONVERSATIONS OPEN

Discussions about online safety should begin early and continue as children grow. However, neurodivergent children may worry about getting things wrong or being misunderstood, meaning these kinds of conversations should feel open and fair, rather than like a lecture. If a child encounters a problem – such as a scam or inappropriate content – they need to feel able to speak to a trusted adult without fear of judgement or embarrassment.

6 BUILD YOUR KNOWLEDGE

You aren't expected to be an expert, but it's important to stay informed about the platforms, games, or apps neurodivergent children use in order to provide practical support. Social media platforms have age limits, and many apps and games offer parental settings that can control access. Schools and families should work together to understand these tools, helping neurodivergent children use them safely while keeping up to date with new features and changes.

7 SET CLEAR BOUNDARIES

Children and young people often know more about current technology than adults, meaning it's important to recognise that controls may be bypassed. Clear, predictable boundaries should be used, based on trust and consistency. Involving children in discussions that affect them helps them feel heard. This is particularly important for neurodivergent children, who may respond strongly to perceived unfairness.

8 UNDERSTAND AI CONTENT

The internet now includes large amounts of AI-generated content, including images, videos, and stories. These can be difficult to identify. Children should be encouraged to question what they see and check the information using trusted sources. Neurodivergent children may interpret content literally, meaning adult guidance is important in helping them recognise what's real and reliable – and what isn't.

9 EXPLAIN AI LIMITATIONS

AI isn't the same as a search engine. It generates responses based on prompts and patterns, and its accuracy depends on how it's used. Sometimes, it produces incorrect or unrealistic information, known as 'hallucinations'. Both adults and children need to understand this and learn how to check information carefully using reliable and trusted sources.

10 CLARIFY AI RELATIONSHIPS

AI can feel conversational and personal, but it's not capable of real relationships. It learns from patterns in user input rather than human understanding. Some neurodivergent children may experience a sense of connection with AI chatbots, particularly if they find social situations challenging. It's therefore important to explain that these are simulated conversations and aren't a substitute for real, human relationships.

Meet Our Expert

Catrina Lawri is a neurodivergent former SENCO and Advisory Teacher who works with nurseries, schools, colleges, and businesses to improve inclusion for neurodivergent people. She is the Founder and Director of Neuroteachers and the author of "The Other 29 – How Supporting Your Neurodivergent Learner Can Improve Teaching and Learning for the Whole Class".



See full reference list on our website

@wake_up_weds

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.05.2026

#WakeUpWednesday

The National College

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	Brody	for lovely playing with his friends
Little Owls	Maria	for settling back into Nursery so well
Kittiwakes	Taran	Enthusiasm: for showing fantastic enthusiasm towards his learning
Curlews	Noah R	Enthusiasm: for wonderful Phonics, recognising his sounds & tricky words
Puffins	Vincent	Respect: for being respectful to children & staff
Owls	Vinnie	Perseverance: for trying so hard to improve his handwriting
Kingfishers	Oscar	Enthusiasm: for super progress in Maths
Trencrom	Callum	Enthusiasm: for super writing & enthusiasm in learning
Lanyon	Emilia	Enthusiasm: for always having a big, beautiful smile on her face
Kerris	Poppy	Enthusiasm: for excellent writing about Pompeii
Bodrifty	Ayla	Enthusiasm: for amazing Maths & being an exceptional student
Bosigran	Lowan	Enthusiasm: for amazing effort in his lessons & the show this week
Kenidjack	Florey	Perseverance: for amazing progress & perseverance in Maths
Lunchtime Star	Isla M	for being such a kind friend

Caring adults is my theme today - I believe we're a community and that all adults play a part in the care of our children. Here are some lovely examples of this in the animal kingdom plus THE MOST ADORABLE PICTURE EVER of a sea otter looking after her baby... brace yourselves for 'cute' and 'ahhhhhh' thoughts. These are all from the Marine Conservation Society website - here's the link (if it works) Mothers in the wild 'Mothers are amazing – be they human or marine animal. Here are 2 watery mothers with their own unique parenting styles. - Sea otter mothers are good at multi-tasking. Their pups can't swim at birth, so mothers swim on their backs whilst carrying their young on their stomachs for the first few months, until the pups can swim on their own. When going to find food, mother sea otters have been known to wrap the pups in kelp to keep them close and stop them floating away.' - Bottlenose dolphins turn to their community for support, living in pods of up to 15 dolphins that work together to raise their young, protect themselves from predators and catch food together. They're great at communicating with and helping one another. They sometimes even have other adult female dolphins assist them during the birth, to make sure the calf reaches the surface to take its first breath. Aren't animals amazing? I love that level of support. We can and do support each other but do let me know if I can support you too. With much love, Mrs Daylak xxxx



DIARY DATES

Saturday 9th May 11am	FOAS Duck Race at Wherrytown Boating Pool
Wednesday 20th - Thursday 21st May 6.30pm	School show - The Lion King <i>Sorry - tickets sold out</i>
Monday 25th - Friday 29th May	Summer half term holiday
Wednesday 3rd - Friday 5th June	Year 5 camp at Porthpean
Monday 8th June 1.30pm	LKS2 Sports Day
Tuesday 9th June 1.30pm	UKS2 Sports Day
Wednesday 10th June 1.30pm	KS1 Sports Day
Thursday 11th June 1.30pm	Reception Sports Day
Tuesday 16th June	Hatchbox class photos
Tuesday 30th June	Year 6 transition day at MBA & HDS
Wednesday 1st - Friday 3rd July	Year 6 London trip

Upcoming Fixtures



Tuesday 12th May

Year 3/4 Tennis Festival 12.30-2.30pm Tennis Club