

Dear Parents,

As Mr Higgs wrote last week, we live in an increasingly digital, online world and it's hard to keep up with it. It is incredibly difficult as parents to monitor everything that the children do online and to understand the current threats and how to keep them safe. We did some online safety training last week, and some of the things we heard that can happen, particularly to 11 – 13 years olds, was horrifying, whether the pressures they can find themselves under or the dangers which can occur because of using some of the apps.

If you've not yet signed up to the free Parenting in the Online World session (please see the next page for more details) which is being run by the Stay Safe Initiative via Zoom on Wednesday March 9th at 7pm, I would encourage anyone who hasn't yet done so to sign up asap as places are limited and it really will be extremely useful. The session has been funded by Truro and Penwith Academy Trust and is free for any of our parents and carers. Places can be booked by scanning the QR Code below or by following this link.

<https://forms.gle/HBcK8dyKdkbGvrDF7>

It was Safer Internet Day this week. We are in the process of launching Natterhub across Key Stage 2. This teaches children to be safe and kind digital citizens through an educational programme that provides an online platform for children to chat and communicate as if they were using social media but in a safe and secure environment. Kerris for example, have been thinking about why we go online and about the choices that we make.

There is lots of advice available about how to keep your children safe online. The Online Safety section of our website provides a good starting point if you would like some more information http://www.alverton.org.uk/website/online_safety_for_families/246722.

Best wishes,

Cathryn Wicks
Deputy Head



Parenting in the Digital World



Dear Parents / Carers of TPAT Schools,

As peoples digital lives continue to grow, we know that for young people, spending an increasing amount of time online, holds lots of potential risks and concerns.

To allow you to help your young people navigate themselves through their ever rapidly growing digital lives, whilst at the same time allowing them to be independent digital users, we are running a special live, virtual online safety presentation on 09.03.22 at 7pm (On Zoom).

During this 60-90min session, Richard from The Stay Safe Initiative CIC will be helping you to understand your young peoples digital lives a bit more. Exploring what they are doing online, understanding the risks, and providing straight forward help and advice to keep everyone at home safe.

We know that many feel overwhelmed trying to keep up with the constant evolution of games, apps and social media platforms and are quite often understandably worried about, cyber-bullying, online grooming and what they are sharing online.

This session will allow you all to be informed and NOT scared!

During the informal Q&A session at the end of the presentation, Richard will be happy to stay online for as much time as needed to help address any of your individual questions and comments.

To book a free place at this event please use the link below or scan the QR Code.

<https://forms.gle/HBcK8dyKdkbGvrDF7>



Educating & Protecting Young People

email: info@thestaysafeinitiative.org.uk web: www.thestaysafeinitiative.org.uk Tel: 01666 577269

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

Although the rules in England regarding mask wearing have changed, we would appreciate it if you continue to wear a mask when you come into the foyer to speak to one of our office staff. You can, of course, still wear a mask outside on the school site if you still wish to do so.

Parents evening

More information will be coming home in next week's newsletter about our parents evening this term. These will be held in the week beginning Monday 14th March and there will be **no school led clubs held at all that week apart from Year 5/6 Drama Club on Tuesday 15th March**. Go Active's clubs and after school care and Jump Dance will be held as normal.

Drop off

Please ensure that your child is not left unattended outside the school before 8am if they are attending Breakfast Club or 8.40am if they are arriving for normal school time. If you need childcare before 8.40am please bring them to Breakfast Club via the office for which there is a small charge.

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 PCR test as soon as possible and stay at home and do not have visitors— only leave home to get the test. Please check the latest Government guidance. **Please ring or email the school office as soon as possible to let us know.**

If your child tests positive over the weekend please email
head@alverton.cornwall.sch.uk

You can book a test online at:

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

Half term

Spring half term is from **Monday 21st-Friday 25th February** and school will reopen on Monday 28th February.

Daisy's Diary

Bread and bird boxes

Things are beginning to feel very Spring - y! It's traditional to get new bird boxes up by Valentine's Day. Some families have donated our bird families new homes and they are all up now ready to use. I've even made one for Stinky Phyllis. She doesn't use it but looks at it occasionally.



Blake's mum has donated a bread maker to the school and it makes fresh hot bread in under an hour! The nursery children had a cinnamon and apple loaf round the fire and it was delicious.

Thank you to our volunteers helping every Wednesday morning, 9 - 10 in the nursery garden. The new strawberry patch is in and the flower bed is cleared and ready for this year's blooms (frilly marigolds and poached egg flowers are growing already and we only put them in last week!) Also, Owls planted a juniper tree this week which means school gin. In a few years.



Dodgeball clubs after half term

Go Active have spaces left for all years for Dodgeball Club after half term for 5 weeks starting the week beginning 28th February.

Wednesdays - KS1 (changed from Mondays)

Thursdays - LKS2

All run from 3.15-4.15pm and cost £15 for 5 weeks payable in cash to the office before the first club.

If your child would like to sign up, please ask for a form from the office either by calling or emailing us. Mr Timmons cannot run the clubs without a minimum of 10 children so unless there is enough interest they won't go ahead.



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 Vervan 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>

CHECK IN WITH YOUR FRIENDS

If one of your friends doesn't seem OK, checking in on them can make a huge difference. One in every five children struggles with their mental health, so let's make sure we support each other through any difficult times.

**BE A GOOD
LISTENER**

**ASK HOW
YOU CAN
HELP**

**SHOW
EMPATHY**

**SEND A
NICE
MESSAGE**

BE KIND

★ **BE** ★
... **SUPPORTIVE** ...

IF YOU ARE WORRIED ABOUT A FRIEND
**TELL A
TRUSTED
ADULT**

**I SAW THIS AND
THOUGHT OF YOU!**

**WANTED TO LET YOU
KNOW I'M THINKING
OF YOU!**

**I'M HERE WHEN YOU
NEED ME.**

**MISSED YOU AT
SCHOOL TODAY.
EVERYTHING OK?**

NOS National
Online
Safety®
#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09.02.2021

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.

Free School Meals / Pupil Premium

<https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/>

Registering a child as eligible for free school meals (as described below) means that your child receives a free meal every day (though they can, of course, bring a packed lunch should they prefer) but there are additional benefits too. Pupil Premium brings more money into the school to help children achieve and learn. Children in receipt of the Pupil Premium also receive other benefits (eg contributions towards Key Stage 2 camps and funding to use for uniform, music lessons, trips etc). At some times, there are further benefits for these children such as food vouchers during holiday times where these are given. Please see the Pupil Premium Provision Map in the Pupil Premium section of our website http://www.alverton.org.uk/website/pupil_premium/172518 or speak to Mrs Gill or Mrs Stacey in the office or contact Mrs Wicks who leads our Pupil Premium provision.

The easiest and quickest way to apply for free school meals is online through the Cornwall Council website but, if you are unable to do this, 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.

A child is eligible for free school meals if their parent / carer (or the child themselves) 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

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 entitlement to benefits-related free school meals and it is important to apply for these if you think your child may be eligible.

Registering for free school meals / Pupil Premium is confidential. If you think that your child is eligible, we strongly recommend that you contact Cornwall Council as detailed above. Mrs Gill and Mrs Stacey in the office will also be able to help you and answer any questions you may have.

Thank you.

STARS OF THE WEEK

Kittiwakes	Rex	for working so hard to be independent in his phonics lessons
Curlews	Kerris	for always doing her best & a beautiful piece of writing
Puffins	Tali	for her fantastic attitude to everything she does. An absolute star
Owls	Otilie	for always showing quiet determination to succeed
Kingfishers	Elsie-Rae	for always striving to do her best in all of her learning
Trencrom	Ruby	for setting a wonderful example every day & working so hard
Lanyon	Emilis	for writing a truly wonderful story based on The Tin Forest
Kerris	Finn	for his hard work & enthusiasm in all of his learning this week
Bodrift	Freddie	for his enthusiasm, excellent contributions & hard work in all subjects
Bosigran	Fred	for being amazing at sharing his vast knowledge with the class
Kenidjack	Alba	for being generally great but particularly for some super writing this week
Dinnertime	Isabelle T	for having perfect manners all of the time



Hello to you all, and I hope the week has been a good one for you all. Personally my week has been filled with some highs, lots of mediums and a couple of lows. Through all of these my family and friends have been there, to listen to my excitement and blues, offer an ear, advice and support in many different ways. All of which are hugely appreciated, and for those of you who are reading this, for some of my colleagues and parents are friends too, a big thank you. The best solution to any problem, no matter how big, at home with my family is, and always has been, a 'walk and talk'. All it needs is someone to walk along with me and listen. I wouldn't be where I am now without our 'walk and talk times' and everyone at home knows what they involve. And I always feel better, without exception. If you need me to walk and talk with you, that can be arranged. It may be a stroll around the field or may just be a 'sit and chat'. Tea and biscuits are available, as am I. Take care until next week. Mrs Daylak

LOST

Willow in Curlews has lost her scarf and hat. It is a chunky knit scarf in rainbow colours with a matching hat and they are very distinctive and have bright pink fluffy pompoms. Please check and hand in if found.

Go Active After School provision

Any queries or to book please contact Mr Timmons direct on 07843 126833 or by emailing him on alvertonkidsclub@outlook.com



FEBRUARY HALF TERM ROADSHOWS

WEST CORNWALL 2022

FALMOUTH SPORTS HUB 21st | 25th
NEWQUAY TREVIGLAS ACADEMY 21st
HELSTON FC 22nd
CARN BREA LEISURE CENTRE 23rd
PENRICE ACADEMY 24th
PENAIR SCHOOL 24th



9.30am - 3.30pm
Boys & girls of all abilities
aged 5-15

Book now 01752 562561 ext. 4
argylecommunitytrust.co.uk

argylecommunitytrust.co.uk

LEARN. PLAY. SUC

WP

FEBRUARY HALF TERM CRICKET CAMPS

GRAY-NICOLLS

ALL PARTICIPANTS TO RECEIVE 20%
OFF GRAY-NICOLLS ONLINE SHOP
& CORNWALL CRICKET CERTIFICATE

BOOK YOUR PLACE

[HTTPS://CORNWALLCRICKET.CO.UK/
JUNIOR-CRICKET/HOLIDAY-CAMPS.HTML](https://cornwallcricket.co.uk/junior-cricket/holiday-camps.html)

OR SEARCH

CORNWALL CRICKET
HOLIDAY CAMPS

Win one of two Gray-Nicolls
bats by simply attending
Cornwall Cricket holiday
camps between now and
summer 2022. You'll be
automatically entered for
each time you participate.
Draw to be made August 2022.

SCHEDULE

Feb 21	10-3pm	Y1-Y5 (5-9)	1 day softball, Engagement into cricket	£15 Per day
Feb 22	10-3pm	Y4-Y8 (8-12)	Hard ball Camp	£20 Per day
Feb 23	10-2pm	ALL AGES (W&G)	Cricket fun day	£10 Per day
Feb 24	10-3pm	Y1-Y5 (5-9)	1 day softball, Engagement into cricket	£15 Per day
Feb 25	10-3pm	Y4-Y8 (8-12)	Hard ball camp	£20 Per day

Softball equipment provided

BOOKING QUERIES
CONTACT

admin@cornwallcricket.co.uk

WWW.CORNWALLCRICKET.CO.UK

WIN A BAT
STICKING HERE