



Dear Parents/Carers

What a week it has been in school! The children have been loving their science week activities - especially the wonderful Marine Science Workshop with Connie. Here the children learned about various types of marine life, their environment and the dangers they are facing. Each class has done some amazing investigations as part of their week - we had to watch out for low flying paper aeroplanes!

We have had some great extra curricular activities this week. Year 3-6 had a visit from the RNLI, who then went out to see the children in nursery where they asked some great questions! On Thursday Lanyon class went to the airport to learn about different careers. They absolutely loved sitting in the pilot seat and wanted to know if we could fly to Jamaica! Their behaviour was impeccable, and their questions were very sensible.

On Tuesday we took the girls to the first matches in the Penwith player's league. They had to battle in some horrendous wind and rain but they drew 0-0 against Mousehole and beat St Hilary 2-1! The girls' grit and determination is admirable and they should feel very proud. We have put a list of upcoming fixtures in the newsletter. On Wednesday a group of children competed in the schools' swimming Gala. They swam their hearts out and represented the school wonderfully - well done to all.

Have a great weekend,

Nichola Smith
Headteacher

After school childcare - Thursday 2nd April

There will be no after school childcare club for any children on the last day of term, Thursday 2nd April. Please collect your child at 3.15pm.

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

Year 5 Porthpean meeting

If your child is going to Porthpean in June, please come to a meeting on **Monday 23rd March at 3.15pm** in Bodrifty classroom. There will be lots of information given out and a chance for you to ask any questions.

Club cancellations

Year 4-6 Netball on **Monday 23rd March** and Year 5/6 Art on **Tuesday 24th March** are both cancelled.

Year 5/6 Drama is cancelled on **Thursday 26th March** due to the FOAS Disco.

All clubs finish for this term on Friday 27th March. Pre-booked after school care will still run up to, and including, Wednesday 1st April. **There will be no after school child care on the last day of term, Thursday 2nd April.**

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.

Year 6 London

Final payments

A reminder that all remaining payments for Year 6 London is **Friday 1st April**.

Please log into Arbor check how much you owe and pay by the deadline date.

Any questions, please ask at the office.

Global Boarders Surf Club

Year 3-6

Global Boarders may run an after school surf club after Easter for 6 weeks if there is enough interest. The cost is £108 and you would need to transport your child to and from Praa Sands beach. For more information please see the email sent earlier today or ask for a letter at the office. The deadline is 27th March to sign up.

Tickets on sale after Easter:

Monday 20 April - Year 5 and 6 Drama Club parents

Monday 27 April - Year 3 and 4 Choir parents

Tuesday 5 May - everyone else

£5 for adults, £2.50 for children aged 4 upwards (Alverton pupils free)

Cash only please.

ALVERTON PRIMARY SCHOOL'S PRODUCTION OF



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

Songfest 2026

Fifteen of our Year 5s went to St John's Hall this week to take part in the annual Songfest performance and what a FABULOUS job they did! We were by far the liveliest school there and wowed the live bank with our fantastic singing, awesome dance moves and great behaviour and attitude. Well done to all the children who took part and we can't wait to perform the songs for you at the FOAS Summer Fair this year.

Miss Williams



World Book Day

We had a wonderful day last Friday for World Book Day and enjoyed the Book Oscars where there were some great book recommendations and awards given out. It was great to see our Library Ministers involved in the judging of the books and there were some very deserving winners! A huge

thank you the Mrs Rigby and Miss Field for arranging the awards, Mrs Petty and her team for arranging the decorations and Mr Dawe for his great compering.



Sporting Success!

We've done so well in the past few weeks!

U11 Boys Hockey Championships

Teams A and B

All played amazingly and one team going to the finals at Millfield on 24th March.



Penwith Swimming Gala

Gold - Jack G Butterfly

Silver - Otilie Breaststroke

Silver - Year 5 boys relay

Bronze - Year 6 boy relay



U10 Penzance Hockey Club SW Championships

Placed in finals at Bristol

Violet T, Florrie, Jamie-Leigh, Matilda



Easter Disco

Thursday 26th March

All proceeds
to FOAS



£2
Suggested donation
Includes crisps
and a drink

Reception
and KS1
4:30 - 5:30pm

KS2
(Year 3 and up)
6-7pm

Word Gardening with The Gardeners' House

Hello!

I've had 5 really lovely weeks with a group of students from Alverton where we have been down into the dried up pond, up a stepladder into lichen covered tree branches, making bread and letters from flour and seeds and sticky noodles, listening to experts and musicians who love the natural word and watching the tadpoles grow. These have been turned into some great poems!

The poems are starting to make their way around Penzance now – have a look in Thornes fruit and veg shop or pop into the library to see which ones they are showing people...



The Head Gardener has one framed, up in his shed!

Over the next few weeks they will also be popping into the school newsletter – so watch out for them!

Daisy from The Gardeners' House,
Morrab Gardens.





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

CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

"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

What Parents & Educators Need to Know about STREAMING SERVICES

WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

See full reference list on our website

@wake_up_weds

/wuw.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: 11.03.2026

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	Fiadh	for making friends & playing nicely
	Little Owls	Ralphie	for growing in confidence & settling into pre-school
	Kittiwakes	Ibrahim	Respect: for showing respect all the time through his excellent behaviour
	Curlews	Layla	Respect: for always showing a huge amount of respect
	Puffins	Aurora	Respect: for respecting not only people but property
	Owls	Alfie	Respect: for always showing respect to his friends & adults
	Kingfishers	Xanthe	Respect: for her respect for adults & friends in school
	Trencrom	Joni	Respect: for being respectful & resilient
	Lanyon	Elliot	Respect: for asking fantastic questions on our airport trip
	Kerris	Marley	Respect: for always being so kind, respectful & helpful
	Bodrifty	Nina	Respect: for always working extremely hard in all she does
	Bosigran	Sienna	Respect: for working hard all week, showing respect in all her lessons
	Kenidjack	Elsie-Rae	Respect: for respectful behaviour to all & being a great role model
	Lunchtime Star	Owls class	for their great manners to the cooks in the kitchen



Have you ever just assumed you wouldn't be any good at something? And doubted whether or not to even give it a go? This week a colleague managed to get herself into a real state about this sort of dilemma and needed a lot of support and encouragement to try something that she was hugely hesitant about. The outcome went really well (even better than expected) and afterwards she was delighted. At times like these, when you're really unsure about what to do or even the right way to go about doing something that needs to be done...a chat with somebody else can clear your mind or offer a different perspective and suddenly all is easier, clearer, more manageable. I had a chat recently with a parent who was in a similar situation, unsure before we talked (but knew deep down what needed doing) and much more certain and with a clearer mind afterwards. Sometimes it's more complicated than that but there are times when it really is that simple. I tend to overthink things and usually get myself into a pickle, but I also have friends and family who will listen. I currently have a situation with a dear friend and am not only unsure of what to do but don't really know how to feel. I've done nothing but think about it but I'm none the wiser so I've booked a date with pals to chat and I guarantee that afterwards all will be clearer and I'll feel better. Come and chat with me (or if not me find somebody else who will listen). Talking is a great way forward. Much love, Mrs D xx

DIARY DATES

Monday 23rd March 3.15pm	Year 5 camp meeting in Bodrifty classroom
Thursday 26th March EYFS/KS1 4.30-5.30pm KS2 6-7pm	FOAS Easter Disco
Wednesday 1st April	FOAS Break The Rules Day <i>More information to follow</i>
Thursday 2nd April 3.15pm	School closes for Easter holiday (normal time)
Friday 3rd - Friday 17th April	Easter holidays
Monday 20th April 8.30am	School opens for Summer term
Monday 27th April	Clubs start
Monday 4th May	Early May Bank Holiday - school & nursery closed
Saturday 9th May 11am	FOAS Duck Race at Wherrytown Boating Pool
Monday 11th - Friday 15th May	Year 6 SATs

Upcoming Fixtures



Wednesday 18th March	Y5/6 Football tournament at Penwith College (after school)
Thursday 19th March	Y5/6 Hockey tournament at Pz Hockey Club (after school)
Tuesday 24th March	Y5/6 Boys Hockey Finals at Millfield School (all day)



Bookings now LIVE for Easter!

Easter activities are now live for bookings! We are proud to be offering a wide range of activities across the county for young people in Cornwall. To find out more, head to our website linked below.

This Easter, we're doing things a little differently to make the experience even better for everyone. More activities will be added over the coming weeks rather than having all activities online on the first day. Hopefully, this will ensure that there is enough for everyone to choose from, so keep an eye on our socials for updates!

The programme is open to all children, with fully funded places available for those receiving benefits related free school meals.

[Time2Move Holiday Programme – Active Cornwall](#)

Time2Move Holiday Programme

Humphry Davy School

The Time2Move Holiday Programme will offer fun physical activities, games and wider activities plus a hot meal for all children at lunchtime.

Children aged 7 to 16 are welcome to attend. Places are limited to 80 per day so booking is essential. During the sessions, children will be able to take part in a variety of activities such as:

- Football
- Basketball
- Soft Archery & Nerf Guns
- Badminton
- Netball
- Dodgeball
- Karaoke
- Crossbow & Laser Tag

Sessions run from 10am to 2pm. The fantastic team in the Humphry Davy School Kitchen will be providing lunch and fruit for all children that attend. Please make sure you write on the registration forms if your child has any special dietary requirements and we will liaise with the team to make sure they can still enjoy a hot meal. If you would prefer to send your child with a packed lunch that is absolutely fine. Each day please send your child/children wearing comfortable clothes and shoes to be able to run around in, a refillable water bottle, any medication they may need clearly marked and a coat in case the weather allows us to go outside for activities.

<https://playwaze.com/humphry-davy-school/4r399obbm919xd/session-display?eventId=PhysicalEventSeries%2F123841-B&overrideAdminView=True>



CAPE CORNWALL SCHOOL

SUPER! SATURDAY

Years 4, 5 & 6

Saturday 21st March 2026 10.00 - 12.30

FRENCH A morning in Paris

Get ready to step into the charm of the City of Lights! Our Paris-themed morning will be packed with fun and imagination, including Paris Landmarks Treasure Hunt, creating your own Eiffel Tower and a Parisien Café Roleplay

Get Active

Mission Impossible Ultimate Challenge Edition. A variety of fun skill-based games that test your teamwork, problem-solving, and communication skills to the test - all while having loads of fun!

DT Robot Pencil Head

Come and join us in the DT workshop for a super-fun adventure where you'll create your very own Robot Pencil Head – a tiny robot buddy for your pencil! You'll design, glue, sand, and paint to make something bright, bold, and totally unique. Let your imagination run wild and build a robot friend as cool, silly, or colourful as you like!

CODING Python Turtle

You'll be learning to code using Python Turtle, a little turtle that follows your instructions on the screen! You'll get to make it move, turn, and draw to create cool shapes and repeating patterns, watching your ideas turn into colourful designs. It's a fun way to learn how coding works while teaching the turtle lots of new tricks!

GEOGRAPHY World Explorers

You'll explore different countries around the world and see what life is like there compared to the UK. Then you'll create your own fact file about your chosen country and/or write a postcard home describing the amazing place you've "visited"!





MBFDC FOOTBALL CAMPS



EASTER HOLS

All children welcome from any school or club, come & have some fun at Easter!



**4 DAYS - THURS & FRIDAYS
9TH, 10TH, 16TH, 17TH APRIL**

- ✓ UEFA/FA Qualified Staff & DBS Checked
- ✓ Skills & ball techniques
- ✓ Fun activities, matches & tournaments
- ✓ Penalty shootouts, prizes & more!

SOCCER PROS:

10am-3pm
School Year(s) 2-8 | U7s-U13s
1 day £18, 2 days £33, 3 days £45
4 days £55 - Super Saver Deals!

PLAYERS NEED:

Packed lunch & drinks
Wet weather clothing & spares!
Football boots & shin pads
Indoor footwear (in case of poor weather!)

MOUNTS BAY ACADEMY 3G PITCH

Boscathnoe Lane, Heamoor, Penzance, Cornwall, TR18 3JT

Online Registration Link
www.mbfdc.co.uk

Please visit the MBFDC website for further info
& to register online!



PENZANCE
LEISURE CENTRE

LEARN TO SWIM

Scan the QR code



Working in Partnership
with your Local Authority



Learn to Swim
Programme



LeisureCentre.com



TRURO
SCHOOL

YEAR 5 MATHS MASTERCLASSES

Truro School warmly invites Year 5 pupils from across Cornwall to join them for their Year 5 Maths Masterclasses. Pupils can sign up to attend, one, two, or all three masterclasses.

Saturday 25 April - Probability

Saturday 9 May - The Mobius Strip

Saturday 16 May - Tactics in Games

Session time: 10.00am – 12.00pm

Location: Truro School (Senior School) TR1 1TH

There is no charge for the event and all Year 5 children are welcome.
Spaces are limited and will be allocated on a first-come basis.

Please sign up here >

<https://forms.office.com/e/qfLDthBQ16>

Any questions?

Please email admissions@truroschoo.com

