

Dear Parents/Carers

This week Year 6 have worked so incredibly hard on their SATs assessments. They all put in 100% every day and should feel incredibly proud of their achievements - I know we are all very proud of them. A huge thank you to all staff for their support this week. From delicious treats to emotional support, the staff worked very hard to make the week go as smoothly as possible.

I have been very lucky this week to go on 2 trips in this glorious weather. On Wednesday we took Bodrifty class to the Minack where they got to perform Act 4 of Shakespeare's Macbeth. Their performance was polished and professional and they absolutely shone on the stage - well done Bodrifty! On Friday I got to go with EYFS to Penlee park. We were absolutely blessed with the weather and the children had such a great time.

Next week is show week! I can't wait for my first Alverton show. The whole team have pulled out all the stops to put on something very special and I know everyone will love it. The cast are coming in on Sunday for a full rehearsal in preparation before a very packed last week of term.

Have a great weekend

Nichola Smith
Headteacher

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.**

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

Club cancellations

Year 1/2 Book Club will be cancelled on **Monday 19th May** as Mrs Clive has training.
Please collect your child at 3.15pm on those days.

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

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.

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!

SOLD OUT!

**NONE AVAILABLE
ON THE DOOR.**

Alverton Primary School
production of

IAN FLEMING'S
**CHITTY CHITTY
BANG BANG
JR.**

Wednesday 21st May 2025 at 6.30pm

Thursday 22nd May 2025 at 6.30pm

Music and Lyrics by

Richard M Sherman and Robert B Sherman

Music by Special Arrangement with Sony / ATV Publishing

Adapted for the Stage by Jeremy Sams

Based on the MGM Motion Picture

Licensed Script Adapted by Ray Roderick

This amateur production is presented by

Music Theatre International

All authorised performance materials are also supplied by MTI

www.mtishows.co.uk

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 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>

10 Top Tips for Parents and Educators

FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

9 RECOGNISE EFFORTS REGULARLY

Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/fostering-a-sense-of-belonging



@wake_up_weds



/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: 07.05.2025

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	Bella	for her growing in confidence & always being smiley
Little Owls	Maisie	for being such a lovely friend & being so kind & helpful
Kittiwakes	Sowenna	for her enthusiasm & fantastic behaviour on our trip
Curlews	Stefan	for trying really hard to make all the right choices
Puffins	Esther S	Kindness: for always being a kind member of our school
Owls	Rosa	Perseverance: for persevering with improving her writing
Kingfishers	Jasper	Kindness: for being a kind member of the class & a good friend
Trencrom	Alexander	Enthusiasm: for working extremely hard on his pirate story
Lanyon	Lincoln	Perseverance: for his excellent effort with his writing this week
Kerris	Cooper	Enthusiasm: for working hard & embracing the IDL app
Bodrift	Holly	Perseverance: for excellent effort & perseverance with her spelling
Bosigran	Sasha	Perseverance: for perseverance & determination

Time is doing that thing again, isn't it? The one where it speeds up and suddenly you realise something is nearly over when in reality it still feels as if it's only just begun. I'm speaking of the school year and the fact that nearly half of the summer term has whizzed by at an even greater speed than ever. As a parent I look at my rather mature offspring and wonder how on earth a baby suddenly went through all the stages of toddler, child, teenager and appeared at the end of that? Where did it all go? How on earth has it happened so quickly? Is it just me? I really can't fathom it but it doesn't matter what I think or how I feel because it's a fact, my baby is no longer that and hasn't been for quite some time. Was it hard work? Yup. Was it challenging at times? Oh yes indeed. Did I ever feel that I was getting it wrong? Goodness that's a resounding yes. Would I change any of it? No, because I learned early on that it isn't possible to be perfect, it's not at all likely that no mistakes at all are going to be made and it sure wasn't ever going to be the case that I didn't regret any of my actions or words. I'm not perfect. Never have been, never will be, and that's okay. It has to be and it is and I feel comfortable with that. It still doesn't stop time speeding by at a ridiculous pace but it comforts me that I did okay. That's what I feel we should aim for, okay. Our best some of the time, mediocre some and probably not at all great for some of the rest. I can live with that. If you're being too hard on yourself and you'd like me to reassure you, please just ask. Until then, love to you all, Mrs D xxx

Lost property

Once again there are lots of items in the lost property box outside the hall door. Please check it before Friday 23rd May if your child is missing something. All un-named items will be taken to the charity shop.

DIARY DATES

Wednesday 21st-Thursday 22nd May 6.30pm	School show - Chitty Chitty Bang Bang <i>SOLD OUT. No tickets</i>
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

IDENTIFYING AND SIGNPOSTING SUPPORT FOR EATING DISORDERS IN PRIMARY SCHOOLS

IS THERE MORE THAN
ONE TYPE OF EATING
DISORDER?

WHEN DO I LET THE
PARENTS KNOW?

HOW MAY WE BE ASKED
TO SUPPORT?

SHOULD I START A
CONVERSATION
WITH THE YOUNG
PERSON?

WHO DO I GO TO FOR
SUPPORT?



TRAINING TO BE HELD AT
PENPOL PRIMARY SCHOOL
2 ST GEORGES ROAD, HAYLE

LED BY TIFFANY POPE
DEPUTY HEADTEACHER

This training is free and draws upon personal
experience alongside professional advice.

THURSDAY 15TH MAY 13.30

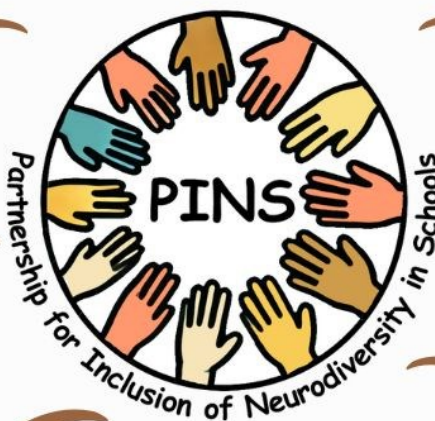
PLEASE EMAIL: tpope@penpol.cornwall.sch.uk



PINS CORNWALL PARTICIPATION GROUP ON FACEBOOK

Access signposting
to other events and
services

Network with other
parents



Get in touch with
your locality worker

See upcoming events
in your school and
locality

Be part of the
PINS community

SEARCH: PINS CORNWALL
PARTICIPATION GROUP ON FACEBOOK
AND REQUEST TO JOIN

PINS Coffee Morning



Hayle Family Hub

MAY 23RD 2025
10.30AM - 12PM

A chance for all the parents/families of
PINS schools to come together, talk and
enjoy a cup of tea or coffee.

Hosted by locality worker Lauren Ladd - you book
your place please email: laurenlpcc@outlook.com



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



**THE MELVILLE
DURRANT
MEMORIAL
& COMMUNITY
DAY**

SATURDAY 7TH JUNE



Live Music
Bouncy Castles
BMX Pro's & Skate Jam
Food and Trade Stalls
Face Painting & Hair Wraps
Kids & Adult Activities
Dog Show & Training Demo
And much more

11AM-4PM



At Princess May Rec

**SKATE
BMX
JAM &
DEMOS**

7TH JUNE 2025 | STARTS AT 12.00 PM
PRINCESS MAY REC, PENZANCE




**CHARITABLE
DOG
SHOW
2025**



AWARD CATEGORIES
CUTTEST PUPPY
GOLDEN OLDIE
FABULOUS FELLA
LOVELY LASS
WAGGIEST TAIL
BEST LOOK-A-LIKE

**SATURDAY
7th
JUNE**



ENTER ON
THE DAY
JUST £1

**PRINCESS MAY
RECREATION GROUND**

HOSTED BY: ROSEVEAN VETS | CLASSES START AT 12PM

IN AID OF THE MELVILLE DURRANT MEMORIAL & COMMUNITY DAY



**CHANCE TO SHINE
STREET**



**IT'S
FREE!**

**SIGN UP
HERE!**



- TAPE BALL CRICKET
- FREE CRICKET COACHING
- NO EQUIPMENT NEEDED
- WEAR WHAT YOU WANT
- ALL GENDERS WELCOME
- PLAYER LED SESSIONS
- DEVELOP LIFE SKILLS

**AGE 8-15 | EVERY MONDAY | 6.15PM - 7.30PM
HUMPHRY DAVY PLAYING FIELDS PENZANCE TR18 2TG**

**TO FIND OUT MORE, CONTACT KELLIE WILLIAMS:
KELLIE.WILLIAMS@CORNWALLCRICKET.CO.UK | 07842 765445**