

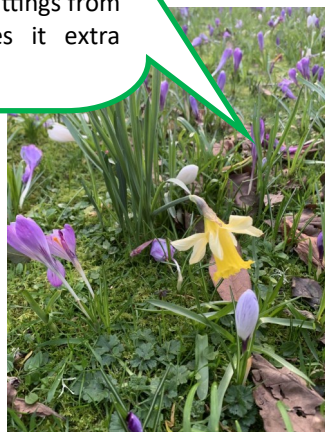
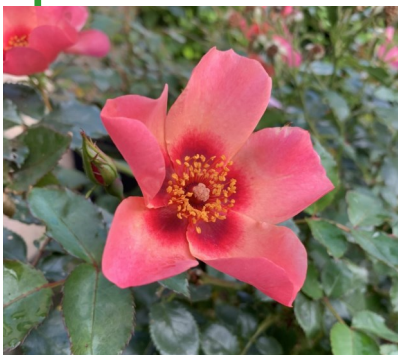
There is lots of evidence to suggest that caring for plants can do wonders for your wellbeing – it is certainly very calming. Gardening is purposeful and can create a real sense of achievement. Even if you don't have a garden, a pot or two on your windowsill can have a similar effect. Gardening can be hard work and so is good exercise and can help you keep fit and healthy. This is what some of our more enthusiastic gardeners have to say about it.

## Daisy's Diary

Some seeds have popped up already for our school gardens! I always get things growing in the greenhouse rather than put seeds down because the slugs just devour them, every one. Unless they are the seeds Mr Dawe put in the wildlife garden that time - I'm not sure if they were magic seeds or Mr Dawe is magic. The greenhouse at school did well but always looked like it had been slightly sat on and I never managed to get the door on so it just blew merrily around at the weekends. During the great lockdown clear out it ended up in the skip and so this year I'm starting things in my greenhouse at home. There isn't enough room for them with the chickens, the guinea pigs, the guinea pigs' salad bar and the banana bike shed plants so I've pre-planned and made a couple of cold frames out of some windows and my neighbours shower screen. I still get such joy out of seeing the seeds pop up - the best ones are the big broad beans that grow satisfying quickly (although mine don't grow like Ruby's from Kingfishers - I suspect Mr Dawe had sent her one of his magic seeds).

*We've included Daisy's Diary on this page this week but it is a regular feature of the Friday News, and always has lots of information about gardening, nature and wildlife. It is also guaranteed to make you smile!*

Miss Ching: My favourite hobby is gardening. I find it very relaxing and love looking at all the different colours that come out throughout the year. Lots of my plants have been gifts from friends and family or even cuttings from their gardens which makes it extra special.



Mr Dawe: I've always loved growing fruits and vegetables principally because I'm a big fan of eating them! There is nothing quite like growing and harvesting your own for great-tasting, fresh, healthy produce. I think gardening has many other health benefits too as you get plenty of fresh air, exercise and a sense of being in touch with nature that feels good for the soul. I love this time of the year especially when I'm busy getting ready for the growing year ahead. It is a time of hope and optimism!



Mrs Daylak: My garden is tiny but my little oasis of calm where I can sit outdoors in all weathers and listen to the sounds around me, watch out for all manner of mini beasts, look up at the sky, talk to neighbours. Being in my garden makes me feel happy, calm, peaceful and rested. I like to plant seeds and watch them appear. I love looking for signs of spring at this time of year and know that the warm weather is on its way. I have lots of plants for all different times of year, plants that like shade, plants that love sunshine. I have daffodils, tulips, a tiny pond, tall trees, tiny weeds. I love it all.





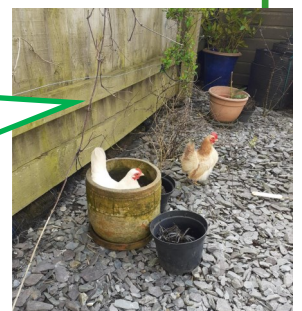
Mrs England: I love my garden! Watching plants come back to life from their winter's rest, sowing seeds and seeing the miracle that happens when they grow and enjoying the huge variety of colours and shapes are all so wonderful and exciting. I love it when birds and insects come and share it all with me. I am so looking forward to it being colourful and vibrant again this year.



Mrs Whipp: I love gardening. It is relaxing, rewarding and one of the best ways to enjoy watching something grow and be successful. One of my favourite things is growing organic fruit and vegetables but also encouraging and supporting the wildlife. I have hedgehogs, frogs, badgers, bats, newts and ladybirds as well as numerous birds visiting regularly which brings me so much pleasure.



Mrs Hanley: Here in the Hanley household we do gardening a little differently ... instead of growing flowers this year we are growing animals! For best results simply put fresh compost into your desired pot, sprinkle in seeds, cover and within minutes feline or fowl will be attracted to the location and will proceed to take up residence. NB Remember to feed and water your animals for the best bloom.





Mrs Wicks: I especially like pots of plants and having colour-themed flowers in these each summer. I happily potter around deadheading, weeding and tidying. This year's highlight so far has been finding a hibernating hedgehog, which was a bit of a surprise! After a disaster with runner beans a couple of years ago, my next challenge is to see if I can grow anything that is fit to eat.



Miss Roberts: I like to garden to grow my own vegetables. It's good for my health because they are organically grown and also it's great exercise digging over the veg patch. I look forward to seeing the first seeds sprout but the best bit is eating your own home grown produce. Home grown sweetcorn is my favourite!



Mrs Hall: March is my absolute favourite month of the year. The dark days are beginning to lengthen out and brave little bulbs poke their heads out of the cold earth to brighten up the barren ground. I always forget what I've planted (and often that I planted anything at all) so it's always a lovely surprise when the spring flowers burst open with their jolly colours and nodding heads. Spring is on its way and just in the nick of time!

Miss Hooton: I have thoroughly enjoyed planting some daffodils and primroses in my front garden last week. I love gardening and find it a very satisfying and enjoyable thing to do. There is nothing better than transforming an old bush or hedge into a beautiful new bed of flowers! Here is a picture of all the things I have planted. Why don't you give it a go yourself? It really is very refreshing and pleasurable too!



Mr Higgs: There is something fundamentally satisfying about growing plants, especially from seed, and about gardening in general. I particularly like the fact that there are no real deadlines to meet and the pace of a day spent gardening is entirely dependent upon how you feel and how often you feel like stopping to admire your efforts with a cup of tea and a biscuit (or two!).



# Weekly Wellbeing!



## Five Ways to Wellbeing

Over the past few weeks, we have been thinking about the Five Ways to Wellbeing and about how they can have a positive impact on our mental health and wellbeing. Thank you to everyone who has sent in a photo showing what they've been doing for this—here are some of them!



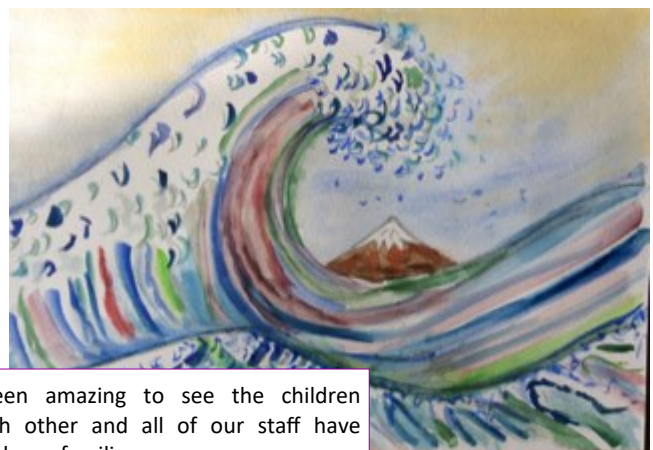
**Be Active** - Everyone has enjoyed being back at school and keeping very active throughout the day, whether walking to and from school, playing with friends in the playground, mad hockey, fun in classes and great PE lessons with Mr T! Mrs O'Rourke has been keeping active with an early morning sea swim.

**Keep Learning** - Back at school everyone has enjoyed their new topics, new routines and being back learning to gather again. Here is a photo of Annie in Bosigran learning all about our bones.



**Take notice** - So many people have sent in such beautiful pictures of where they have stopped to 'take notice'. Here is Mrs Wicks's photo of one of her many beautiful walks that she enjoys. And Ella and her friends in Owls have enjoyed walks around the school grounds, taking notice of the beauty surrounding us.

**Give** - Jacob, Eva and Otilie ran a mile every day in February, raising £1,920 for Action Cerebral Palsy.



**Connect** - It has been amazing to see the children 'reconnecting' with each other and all of our staff have enjoyed reconnecting with our families.

## 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](mailto: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](mailto:multiagencyreferralunit@cornwall.gov.uk)

## Scooters and bikes

We love the fact that many children scoot or cycle to school but please ensure that your child gets off their scooter or bike at the school gates and pushes it round to park it for safety reasons. We have had a number of incidents when collisions have been narrowly avoided. Thank you for your support.

## Payment for school lunches

Unfortunately due to the amount of debt being built up for school lunches to Caterlink we now must ask that if you are paying for your child's lunches **we cannot allow you to be in arrears by more than one week (5 days lunches) which is £12.** Please ensure that you pay whatever is owed by the Friday of the week your child has lunches. **If you have not settled the debt by the following Monday the kitchen staff will not be able to let your child have a meal and you must send your child in with a packed lunch from home until payment is received.** The school office will contact you if your child has not brought in a packed lunch and will ask you to bring one in. Lunches cost £2.40 per meal and can be paid in cash or cheque payable to 'Caterlink'.

## 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 test as soon as possible and stay at home and do not have visitors— only leave home to get the test. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result. **Please ring or email the school office as soon as possible to let us know.**

You can book a test online at:

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

## Wanted

Our younger children have run out of underwear to change into if they need to. If you have any unwanted, good quality pants, socks or tights (aged 4 up to aged 7) that you could donate to Reception/Year 1 & 2 please bring them to the office. Thank you very much.





## **Easter Holiday Club**

**Tuesday 6th - Friday 19th April 9am-1pm**

Go Active will be running a Holiday Club for four days in the first week of the Easter holidays for Years 1-6. These will be run in three separate Key Stage bubbles and will abide by all school and Government guidelines so that provision is Covid-safe.

Activities will include Nerf Wars, Ultimate Frisbee, Street Surfing, Dodgeball, Archery and Crossbow, Bubble Football and more.

Children in receipt of Free School Meals (not Universal) can access this provision **for free**. All other children will cost a discounted daily rate of £10. Please complete the attached sign up form or ask for a paper copy from the office. Please complete and return with the payment in cash by Thursday 1st April at the latest.

\*\*\*\*\*

## **Summer Sports Club after Easter**

Go Active are able to run after school sports clubs for three bubbles on three separate days after Easter for half a term. There will be only 18 spaces per group and the cost will be £10 for 5 weeks payable in advance to Mr Timmons.

KS1 - Mondays 3.15-4.15pm

LKS2 - Tuesdays 3.15-4.15pm

UKS2 - Wednesdays 3.15-4.15pm

If your child would like to take part, please complete the appropriate form attached to this newsletter or ask the office for a paper copy and return it with the payment to the office as soon as possible. Places will be allocated on a first come, first served basis and you will be notified by text if your child has a place.

These will start the week commencing Monday 26th April (the week after we start back after the Easter holidays).

**After school childcare provision with Go Active will continue as normal every day. To book please contact Mr Timmons on 07843 126833.**



## 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](http://www.cornwall.gov.uk/mentalhealth)

# NSPCC

Help for children worried about COVID

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

### 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.

## ON YOUR SIDE NO MATTER WHAT

☎ **0800 58 58 58** 🌐 [THECALMZONE.NET/WEBCHAT](http://THECALMZONE.NET/WEBCHAT)

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
**CALM**

citizens  
advice

0344 411 1444

"It's alright to ask for help"

**SAMARITANS**

☎ **116 123**

**COVID-19 isolation** may cause tensions to rise and domestic abuse to increase. Help is available.



**NATIONAL DOMESTIC VIOLENCE HELPLINE**  
**0808 2000 247**  
24/7 CONFIDENTIAL FREEPHONE

**WCWAid**

West Cornwall Women's Aid  
**01736 367539**

<https://www.wcwaaid.co.uk/helpline>





SafeToNet is an app for parents to help them safeguard their children from online risks like cyberbullying and sexting, whilst respecting their child's rights to privacy.

## Online Safety

The BBC have a website and app called Own It. The website has a lot of content for children to help them navigate their online lives, and the free smartphone app comes with a special keyboard which can intervene with help and support in the moments that children need it the most.

Whilst there are huge benefits to being online in order to stay connected to family and friends, many parents may feel concerned about the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive support and advice. This information is updated as needed (it's recently added new information on apps) so it's worth another look.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on an app of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know About WHATSAPP

**16+**  
in UK & EU;  
12+ rest of world.

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, and making voice and video calls. The app offers end-to-end encryption, meaning messages can only be read by the sender and the recipient(s). Not even WhatsApp can read them. Updates to its privacy policy in 2021 reportedly caused millions of users to leave the app. But the new policy was widely misinterpreted: it only related to WhatsApp's business features, not to personal messages.

### Prize Scams

WhatsApp users occasionally receive messages from unauthorised third parties or fraudsters pretending to offer prizes – encouraging recipients to click a link to win. A common scam involves a warning that someone's WhatsApp subscription has run out: aiming to dupe them into disclosing payment details. Other scams include instructions to forward a message to earn a gift or reward.

### Enabling Fake News

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India, some outbreaks of mob violence were reported to have been sparked by false allegations shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

### Connections with Strangers

To start a WhatsApp chat, you need the mobile number of the person you want to message (they also need to have the app). WhatsApp can also access the address book on someone's device and recognise which of their contacts use WhatsApp. If your child has given their mobile number to somebody they don't know, that person could then use it to get in touch via WhatsApp.

### Ephemeral Messaging

By enabling the 'disappearing messages' option in a chat, users can send messages that will vanish from WhatsApp after seven days. Parents may want to take note of this new feature, which makes monitoring what children are talking about on the app problematic. Equally, if someone sends you a child an inappropriate message, once it has disappeared there is no way to prove any wrongdoing.

### 'Only Admins' and Cyberbullying

Group chats and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

### Live Location Sharing

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." Indeed, it is a useful method for a child to let loved ones know they are safe. But if your child is in a chat with people they don't know, it means they will be exposing their location to them, too.

## Advice for Parents & Carers

### Report Potential Scams

Advise your child not to engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report that number as spam. They can also report a contact or a group as spam by tapping on the contact or group name to open their profile and scrolling down to 'report spam'.

### Explain about Blocking

If your child receives spam or offensive messages, calls or files from a contact, they should block them. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – they would also need to be deleted from the device's address book. The option to block someone is on their contact info screen.

### Create a Safe Profile

Even though someone would need your child's phone number to add them as a contact, as an extra precaution it's worth altering your young one's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody'. Choosing one of the latter two ensures their profile is protected.

### Leave a Group

If your child is part of a group chat that makes them feel uncomfortable, or has been added to a group that they no longer want to be part of, show them how to use the group's settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

### Use Location Features Sparingly

If your child needs to use 'live location' to show you or their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives 'live location' options of 15 minutes, one hour or eight hours. However, your child can manually choose to stop sharing their position at any time.

### Delete Accidental Messages

If your child has posted a message in the wrong chat or sent a message that they immediately regret, they can delete it. Tap and hold on the message, choose 'delete' and then 'delete for everyone'. WhatsApp allows seven minutes to delete a message after it's sent – but it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

### Fact-Check Messages

You can now fact-check messages that have been forwarded at least five times in WhatsApp, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was accurate or not. It's a good way to encourage young people to question things they see online.

### Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks, a web resource that helps parents and children thrive in a digital world.

**National Online Safety**  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.03.2021



## Free School Meals

At this time, many families may find themselves eligible for Free School Meals and Pupil Premium who previously did not meet the criteria. Please read this page carefully to find out if you are now eligible.

Cornwall Council are continuing to process new applications for Free School Meals. Please ensure that you read the eligibility criteria before applying and complete the online application form if you are eligible.

<https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/application-for-free-school-meals-and-pupil-premium/>

Postal applications are currently not being accepted but, if you are unable to apply online, 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. Please make sure that your phone will accept calls from a private / withheld number.

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 underlying entitlement to benefits-related Free School Meals. Please ensure that you check this and apply if appropriate, even if your child is in one of these year groups, because of the additional benefits (eg food vouchers during holiday times where these are given by the Government).

Your child may be eligible for benefits-related free school meals if their parent / carer (or the child themselves in their own right), 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

However, you will be temporarily eligible to claim free school meals if you receive a Working Tax Credit run-on, which is the payment you may receive for a further four weeks after you stop qualifying for Working Tax Credit.

If you think that your child is eligible for Free School Meals, we strongly recommend that you contact Cornwall Council as detailed above.

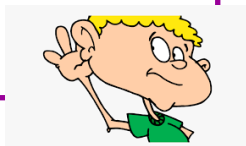


### STARS OF THE WEEK

Choughs	Leo	for his amazing confidence with his reading & writing all week
Robins	Darcy	for her happy attitude to school - always smiling no matter what
Puffins	Sasha	for her hard work & being such a wonderful, kind, sweet young lady
Owls	Alfred	for exceptional hard work in writing this week
Kingfishers	Mani	for super progress with his reading this week
Trencrom	Alarna	for amazing writing in her rainforest explorer story & being a wonderful listener
Lanyon	Megan	for working so hard writing her rainforest story - fantastic writing
Kerris	Katie	for putting so much effort into improving her handwriting this week
Bodriftly	Phoebe	for a fantastic attitude to all her work & working so hard in lockdown
Bosigran	Callum	for always having such a positive attitude towards his learning
Kenidjack	Bea	for some top marks in Maths this week & picking a cracking football team
Dinnertime	Charlotte	for being so kind and helpful at lunchtime
	Ashton	for his healthy meal choices



Hi all, it's me again. It seems we are a hardy bunch, either coping very well or simply being very brave. I feel that personally I have a foot in both camps with a toe dipped into "I'm really tired and want my mum" too. Hopefully I will soon get to have a cuppa with my mum, and possibly even see a friend in person. Won't that be amazing? To actually spend time with a pal, in real life? I almost can't remember what that feels like, but I do know I am very much looking forward to it. If you can't wait that long, if your friends and family are far away, if you just want to chat, you know where I am. It's all confidential, it's all fine and there is no judgement. Because we all need someone who will listen to us. If you would like that person to be me, just ask. Best wishes, Mrs D xx



### Thank you

A very big thank you to everyone who made a donation to Comic Relief today. We had a lovely time not having to wear uniform and raised over £200 for this very worthy cause.

**COMIC  
RELIEF**

### Lost

Elise in Lanyon has lost her school skirt. It is named. Amelia in Bodriftly has lost her black coat with a white fleece lining, M&S brand.

Please check at home and hand in if found.