

8/10/21

FRIDAY NEWS

Nº 5

Dear Parents,

One of the most traditional and reassuringly familiar occasions in the school calendar is that of the Harvest Festival. Throughout the country, and for generations, communities have come together to celebrate the gathering in of crops and to give thanks that the winter months will not be marked by hunger and starvation. For as long as I have been involved with schools, the community spirit of this ancient festival has remained, acting as a reminder that we are still ultimately dependent upon farmers and farming produce that form the basis of our diets.

Over the recent past, the festival has been an opportunity to reflect on the fact that few of us will go to bed hungry through a lack of food, and to think about the many people across the world for whom hunger is a day-to-day reality. I vividly remember the heart-breaking scenes broadcast by the BBC of the Ethiopian Famine in the mid 1980s (yes, I am that old!) which inspired Bob Geldof to create the famous Live Aid concert and fundraising work. I don't think I was alone in believing that hunger and starvation were problems that happened far from the world I knew,

Whilst we have thankfully not had to endure a famine, the truth is that there are now many people throughout the length and breadth of our country for whom hunger and an inability to provide adequate food for their families is a daily reality. It is no longer those who are homeless and destitute who find themselves in this position. We have many families in our own community who rely on local food banks to make ends meet.

I would like to express my thanks to all those members of our school community who have donated to this year's Harvest Festival appeal. The piles of tins, packets and boxes which are currently filling our office are a testament to your kindness and generosity of spirit. All of your donations will go towards helping local families through the Churches Together in Penzance Area Food Bank.

Thank you.

Friends of Alverton School (FOAS)

Throughout the Covid crisis we have been unable to operate or run the Friends of Alverton School events as we have in previous years. FOAS is hugely important to our school as not only does it function to help to raise money for the school to provide resources and equipment that would otherwise be beyond our means, it is equally importantly as an organisation that helps to bring our community together via the various social events it organises.

We desperately need volunteers to get involved and to restart the work of the FOAS group, and are therefore calling out to anyone who would be willing to get involved to attend an online meeting on Wednesday 13th October at 6pm for which a link will be emailed out next week.

We really do need YOU!

Best wishes,

Martin Higgs
Headteacher

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

A reminder that there is no entry into the school buildings apart from into the office foyer area and that, when you are on the site, we would ask you to please wear a mask. Thank you.

Parents Evenings - Year 1-6

Booking for parents evening has now closed. Kerris class has their parents evening next week and all other teachers will be contacting you the week after next (starting Monday 18th October).

If you didn't book your own appointment via the school website for an appointment time will have been made for you and has been sent to you via text. Please be ready at the allotted time for your 10 minute phone call.

If you are going to be unavailable to speak to your child's teacher at the allotted time, please contact the school office either by phone or by email so that the teacher can be informed.

No dogs

Please can we remind all visitors that we do not allow dogs onto the school site.



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. 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.

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

You can book at test online at:

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

Individual photos - next Tuesday

The photographers from Tempest will be in school next **Tuesday 12th October** to take individual photos. Please could you ensure that your child is wearing smart school uniform. **Children in Years 1 and 2 who normally wear their PE kit to school should wear their uniform and ensure their PE kit is in school to change into.** Children with siblings in the main school will be photographed together during the day. **Unfortunately, as with last year, you will not be allowed to bring younger or older siblings who are not at Alverton School into the building to have a family photo taken.**

Flu immunisation - all years

If you would like your child immunised and haven't yet applied, please go online by 19th October. **Your child will not be given the nasal spray without your consent so if you do not wish them to have it done, you do not need to do anything.**

Date of Visit: Thursday 21st October

School Code: EE142240

Link: <https://www.kernowimmunisations.co.uk/Forms/Flu>

Tel No.: 01872 221105

Reception and Year 6 school health screening

All parents of children in Reception and Year 6 should have received an email this week with a link to information about school health screening for their child. The links can also be found below. You do not need to do anything if you are happy for your child to have health screening done in school. **If you do not wish your child to take part in any or all of the health checks in school you must opt out by following the links.**

Reception Year - <https://mailchi.mp/18026a07be64/child-health-programme-health-information-reception-year>

Year 6 - <https://mailchi.mp/cc99221a9df0/child-health-programme-health-information-year6>

Lost property

All the lost property is now put into the large chest outside the office window and is no longer kept in the hall. You can come at anytime from 8am-4pm to look inside for any lost or items or to take any un-named items. Any un-named items will be taken to the charity shop after every half term so please name all your child's belongings.

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

Friends of Alverton School (FOAS)



Annual General Meeting

**Wednesday 13th October at 6pm
at Alverton School**



**Why not come along to
our AGM and find out
about what we do and
how you can get
involved?**

**We are always looking
for new members and
would love to see you
there.**



Everyone is welcome!

**We are really low on numbers and are
desperate for more members to help us keep
all our lovely events running.**



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 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.

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.wcwaaid.co.uk/helpline>

What Parents & Carers Need to Know about ECHO CHAMBERS

The internet is a vast space, home to all manner of differing viewpoints. However, website owners have realised that people tend to enjoy the online company of others who think and sound like them. It's in the website providers' interests, then, to create echo chambers: sites where the user's own views are echoed, reinforced and built on without being challenged. This is common on social media. Combine echo chambers with the dangers of misinformation and fake news, and the result could easily see children becoming trapped in an online bubble – only ever confirming what they think they know, discouraging them from questioning, and never offering a different perspective.

Stifled independent thought

Childhood is a time when free thinking and individual expression should be encouraged. Echo chambers restrict this by fencing young people into a world they're already immersed in. Of course, there's nothing wrong with being a fan of gaming, boy bands or football, but echo chambers can quickly start to focus children's attention on a very limited number of interests, at the expense of everything else.

Blinkered worldview

Social media algorithms may use sophisticated software, but their principle is simple: keep users on the app or website for as long as possible by giving them more of the content they want. For social media platforms, this means prioritising the posts, videos, and streams of your child's favourites. This constant regurgitation of the same kind of content can cause children to develop an extremely niche and selective view of the world.

Risk of radicalisation

Extremist groups have been known to use echo chambers – allied to website popularity algorithms – to their advantage in the past. They also attempt to use social media as a conduit for grooming and radicalising (known as 'red-pilling') impressionable minds. Ironic memes have been known to promote far-right ideology, while terror groups have utilised social media in an attempt to recruit young people.

Creating obsessions

Children and young people naturally tend to enjoy a diverse range of interests. Echo chambers, as perpetuated on social media, can funnel your child's attention down an extremely restricted path. This gradual but powerful take-over of your child's impulses can cause them to slowly whittle down their former varied interests into an unhealthy, overwhelming obsession with one particular subject.

Lack of variety

More than 500 hours of content is uploaded to YouTube every minute, which is over 80 years' worth of material every day. Algorithms, however, push people towards familiar faces and themes. If you notice that your child seems to be watching content from the same small number of accounts all the time, it's a sign that algorithms are exerting an influence and your child is no longer being served a varied diet of online content.

Changes in behaviour

In extreme cases, the content found in echo chambers can lead to radicalisation. Growing isolation, an unwillingness to discuss views, and increased anger and secretiveness after being online can all be indicators that a young person has been at least partly indoctrinated. Other warning signs include sudden hostility towards certain groups, drastic changes in appearance and expressing unusually controversial or divisive opinions.

Safety tips for Parents & Carers

Talk it through

If you become worried about the effect that online echo chambers might be having on a young person, the first step is to establish an open dialogue with them about what they're discussing online, and on which sites and platforms. Try to approach the conversation in a non-judgemental manner – explain that you trust them to make good decisions, but that doesn't stop you being concerned about them.

Adjust content settings

Investigate the settings of individual apps and sites to see if they can be tailored to limit the impact of echo chambers. Twitter's default setting, for example, is to show tweets it thinks a user will like first, rather than a chronological timeline. Likewise, YouTube automatically plays its next 'recommended' video (selected by an algorithm and based on what the user has watched in the past) unless you specifically tell it not to. Both of these settings can be adjusted.

Introduce time limits

If you become concerned about the amount of time that your child is spending on certain websites or social media platforms, you could talk to them about establishing some time limits. You can maintain these limits either through personal supervision, or by using the parental control options on their devices to either reduce access to sites or prevent it altogether.

Ask for expert help

It can be hard to know exactly when having an inflexible opinion on a topic crosses the line into extremist ideology. Should things become so serious that you're genuinely worried a young person is becoming radicalised online, then it may be best to seek additional help. Speak to the safeguarding lead at your child's school or contact a professional support organisation such as Childline or the NSPCC.

Meet Our Expert

Alan Martin has been writing about technology for a decade. In 2015, he joined Dennis Publishing to help launch an establish Alpha! – a site about tech and internet culture. He worked on over 1,800 articles and after starting out as Science Editor, he then became News Editor, Deputy Editor and finally Acting before he left in 2018 to go freelance.



SOURCE: <https://www.bellingcat.com/news/america/2018/10/11/meme-software-75-far-right-activists-red-pilled/> | <https://theconversation.com/on-social-media-fis-uses-fantastical-propaganda-to-recruit-members-86628> | [https://www.nspcc.org.uk/keeping-children-safe/keeping-children-safe/keeping-children-safe/keeping-children-safe/keeping-children-safe/](https://www.nspcc.org.uk/keeping-children-safe/keeping-children-safe/keeping-children-safe/keeping-children-safe/keeping-children-safe/keeping-children-safe/) | <https://smallstepsconsultants.com/the-for-right-the-way-to-spot-signs-of-far-right-radicalisation/>



www.nationalonlinesafety.com



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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: 17.08.2021

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.

STARS OF THE WEEK

Kittiwakes
Curlews
Puffins
Owls
Kingfishers
Trencrom

Lanyon

Kerris
Bodrift
Bosigran
Kenidjack
Dinnertime

TO BE ANNOUNCED ON MONDAY



St Ives School of Painting - Kids Art Club

Face to face workshops for children aged 7-12 years. Running fortnightly in term time from 31st October, 10am to 12pm.

This term's theme is environment and what we can do to help climate change. Lots of trying out of different art mediums - painting, collage and printmaking.

<https://www.schoolofpainting.co.uk/young-artists/youth-7-12/>

LOST

Troy in Kittiwakes has lost his coat. It's a camo pattern with orange up the side and is named. Please check and hand in if found.

Hi again,

I just can't get used to how quickly the week comes to an end; it's a literal whirlwind and I'm shattered but content. My mind is also completely full so I shall swim, walk, meet friends and family for coffee and have catch up chats, as well as curl up on the sofa to relax and unwind. I hope your weekend is filled with lovely things that help you to unwind, although filled with small people maybe that's not so easy? Whatever you do to relax, don't stop because the weather is turning chilly and the days becoming longer, it's just as important to help you keep smiling. If you can't do the things you love, if something is stopping you from getting on and you want to talk about it, you know where I am. Although I have moved, I'm over in the nursery. But I'm still here and I even have my own kettle, so making a cuppa is even easier now.

My very best wishes,

Mrs Daylak

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.