

Dear Parents and Carers,

It really is feeling very Autumnal at the moment. This week, the staff stayed behind after school one evening and brushed up barrowloads of leaves and cut back all the summer plants that are now past their best. On Monday, we will be welcoming our new caretaker, Mr Studley, who will be looking after our site. We are fortunate to have such amazing grounds but they really do take a lot of looking after!



I know that lots of us took part in the Big Garden Birdwatch earlier this year and, at the moment, birds are preparing for winter which can be a hard time if food is scarce. With a hanging feeder or a bird table, all the family can enjoy watching them – and they get a good source of food at the same time! I tend to use shop-bought bird food (although I can't bring myself to buy mealworms) but apparently you can also use cooked pasta or rice, cheese, uncooked and unsalted bacon rind, raisins or sultanas as well as apples, pears and soft fruits.

Harvest Collection

Please can you help?

At this time of year, we traditionally invite parents and families into school to help us celebrate Harvest but will be unable to do so again this year. As part of this, we support the CTIPA food bank in Penzance with donations from our school community and we would like to do so again this year.

Next week (week beginning 4 October) we will be collecting for the food bank. They cannot distribute fresh food but anything else will be very gratefully received. Last year you were incredibly generous and we collected an enormous amount of food. This year, our help is still needed more than ever.

If you would like to help, please send in your donations with your child next week. Thank you.



Best wishes,

Cathryn Wicks
Deputy Head

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.

Contact details

We email you lots of letters and information and send quite a few texts too so we always need an up-to-date email address and mobile number for you. Please let the office know if your contact details change.

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

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.**

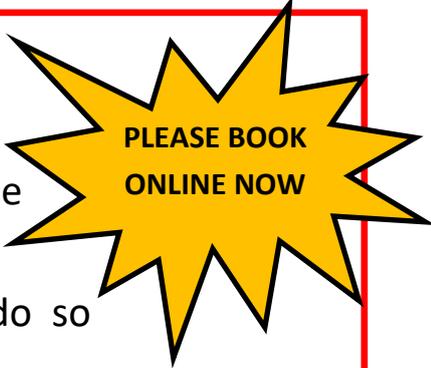
If your child tests positive over the weekend please email head@alverton.cornwall.sch.uk

You can book at test online at:

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

Parents Evenings for Year 1-6

Booking has now opened for parent consultations (a ten minute phone call) most of which are being held in the week beginning Monday 18th October. If you haven't yet booked your appointment time please go online and do so before the booking window closes on 6th October.



PLEASE BOOK
ONLINE NOW

You will previously have been given log in details for eschools. If you are unsure what this is, please contact the office and they will arrange for new details to be given to you. It is easy and quick to use:

- Go to the school website <http://alverton.org.uk> and click onto the green log in button at the top right hand side of the screen.
- Your user name will be your first name.surname (all lower case) eg, john.smith (not your email address)
- If you have forgotten your password, please contact the office.
- Once you have logged in, the Parents Evening icon can be found in the blue bar at the top. Click on that and you'll be taken to your child's class page for you to book.

If you have had a termly review meeting during the school day on the phone with Mrs Hughes and your child's class teacher, you don't need to book an appointment through the eschools system.

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.

Friends of Alverton School (FOAS)

AGM

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.

Menu change - Thursday 7th October

As this is Census Day it really helps our school funding if as many children as possible in EYFS and KS1 have lunch that day.

There will also be jacket potatoes and packed lunches available.

BURGERS & DOGS

07/10/2021

Tasty Mains
Beef Burger

Veggie Hot Dog

Scrummy Sides
Chips

Sweetcorn

Baked Beans

Yummy Desserts
Chocolate Orange Drizzle Cake
with Chocolate Custard

Strawberry Jelly & Ice Cream

Don't forget, school meals are free for all children in Reception, Year 1 or Year 2!

Daisy's Diary

Win a bee!

I am raising money for spring bulbs and Mrs Knowles mum has made us the biggest softest bee ever to have as a prize! Next week we will be collecting names for the bee – it's 50p to enter your bee name and the best bee name, judged by a bee expert, will win the bee.



Nursery garden gets a spring (autumn) clean

A big thank you to Georgie and Oscar's mums who came in to help sort the nursery garden. They sorted through the plants, slugs, spiders, snails and even a baby newt to tidy things up, which wasn't Oscar's mum's favourite thing, especially when the chicken laid an egg and added to the chaos. In just an hour they made a massive difference and I was very grateful. I will be doing another nursery garden tidy on a Wednesday morning, weather permitting, so if anyone can help please let me know.



I've got a new night-time camera! Last weekend I left it filming on the field and got a lovely few photos of a big fox! And then I pressed the wrong button and deleted them all (it's a new camera and I haven't quite figured it out yet.) I'll keep putting it out and we can see who comes to play on the field when all the children are asleep. Until then here's my neighbours cat, Stanley, from my garden.....

Chooks - free to a good home!

The chicks have grown SO FAST and they are getting as big as their mums! It's time for them to fly the roost and live somewhere else as I can't keep four chickens and they are getting heavy to carry to and from school... does anyone want them? Here they are –



Hummus Montego – he's a cockerel



Peewee – she's a hen.



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 Need to Know about

POKÉMON GO



Pokémon GO has been among the world's most popular mobile games since its spectacular release in 2016. It's recently enjoyed a resurgence, thanks partly to people combining entertainment and exercise during lockdown. In Pokémon GO – like the Pokémon TV show, trading card series and other video games – players capture, train and battle with their Pokémon creatures: physically exploring locations while using augmented reality via their phone's screen. The game generally provides a positive experience, but there are still some safety concerns to consider.

ENVIRONMENTAL HAZARDS

Pokémon GO requires players to visit in-game landmarks like Pokéstops and Gyms. These are often situated at public real-world locations such as churches or post offices. Sometimes, however, they can inadvertently end up being placed in dangerous areas which are unsuitable for children, even when accompanied by an adult: near a construction site or a main road, for example.

STRANGERS & MEETING OFFLINE

Players often cooperate with friends in the game, and there are many online discussion hangouts. As well as sharing tips and info, these groups may arrange to meet offline to catch Pokémon or attend raids (communal events where players flock to the same real-world place for a mass battle). This can put children at risk of being messaged and invited to meet by strangers under the pretence of talking about the game.

DATA COLLECTION

When a player logs into their Pokémon GO account, the game collects personal data about the user and their device. Locations, emails, names, ages and even camera images can all be accessed. What then happens to this information is open to debate. Niantic, the game's developers, maintain that they do not sell user information to third parties – but the fact that they have it at all is a concern, nonetheless.

VISIBLE PROFILES & LOCATION

Pokémon GO players can add each other as 'friends' in the game by sharing their trainer codes. Two trainers who do this can then view each other's information, such as their username. If a username gives any clues to the player's real name or personal details, a stranger may then be able to look them up online. The game also lets users upload images to social media, which could publicly disclose a child's exact location.

IN-GAME PURCHASES

The game uses a currency called Pokécoins, which can be bought for real money (in bundles between £0.79 and £99.99) and exchanged for in-game items such as Pokéballs and berries. It's extremely easy for a child to purchase Pokécoins (even accidentally) if there's a payment method connected to their mobile phone – and possibly rack up a sizeable bill without realising it!

Advice for Parents & Carers

PLAY ALONGSIDE YOUR CHILD

Finding and catching Pokémon with young ones could turn into a great mutual hobby. At 25 years old, it's one of the few games franchises that spans two generations. Enjoying the game together will give you plenty of new things to talk about with your child – and if you played Pokémon in your own childhood, you might impress them with your knowledge of the digital critters!

ENCOURAGE AWARENESS

Remind your child of the physical dangers they could face while catching Pokémon and emphasise staying aware of their surroundings. The game will often alert children (through their phone) when they are close to an interesting Pokémon item – usually sending them excitedly rushing off to find it – so they should never play Pokémon GO near busy roads or in places they don't know well.

DISGUISE THE EXERCISE

One of Pokémon GO's benefits is that it encourages young (and not-so-young!) ones to get exercise outdoors. Some parts of the game can be completed from home, but it's best experienced while walking around your local area. Certain tasks (like visiting Pokéstops) can be repeated every day – and an hour outside having fun catching Pokémon will hardly feel like exercise at all!

USE AN OLDER PHONE

If children use an older phone to play Pokémon GO, then they won't be walking around with their own new device, which could get broken or stolen. Parents are also far less likely to have left a credit card linked to the old mobile. It also means that you can limit the amount of information used to set up an account, and what companies who gain access to your data can do with it.

AGREE PLAY BOUNDARIES

Ensure your child knows where they are (and aren't) allowed to go searching for Pokémon, when they have to be home, and how often they can play the game. Talk to other young Pokémon GO fans' parents or carers to see what boundaries they set for their children. Lunchtimes (if allowed by the school) or after school are ideal times for getting some exercise and catching all those Pokémon!

Meet Our Expert

Mark Foster has worked in the gaming industry for several years as a writer, editor and presenter. He is the gaming editor of two of the biggest gaming news sites in the world: UNILAD Gaming and GAMINGible. Having started gaming at a young age with his siblings, he has a passion for understanding how games and tech work – but, more importantly, how to make them safe and fun.



SOURCES: <https://heimdalsecurity.com/blog/is-pokemon-go-safe/>
<https://bleedingcool.com/games/pokemon-go-announces-quality-of-life-updates-for-february-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	Lottie	for her enthusiasm, bravery & determination to come to school with a big smile every day
Curlews	Jemima	for being a good friend to those who need one
Puffins	Imogen	for her fantastic effort & concentration in Geography this week
Owls	India	for her determination to do her best in her work
Kingfishers	Jackson	for his enthusiasm for our explorers topic
Trencrom	Bella	for always setting a wonderful example & for trying so hard in Maths
Lanyon	Jacob H	for making a huge improvement in his writing
Kerris	Tyler D	for the most amazing skipping skills I have ever seen
Bodrifty	Susie	for a brilliant attitude in all lessons & a brilliant letter of complaint in English this week
Bosigran	Gracie-Mae	for an excellent start to Year 6 & her mature attitude & approach to learning
Kenidjack	Sunny	for a brilliant attitude to his work - a great start to Year 6
Dinnertime	Finley C	for always choosing a healthy lunch option
	Mrs Whipp	for her brilliant gardening skills



No dogs

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



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

Hi folks, it's me again, beginning to seriously consider putting the sandals away and get the winter boots out...any day now I think. The nights are getting darker earlier, the mornings still dark when I awake and the temperature is beginning to drop. If you're happy at home, have family, children and friends to snuggle with, then hopefully all is good with your world. But it's not the same for everyone. We don't all have someone at home to chat with during those evenings which are going to feel longer, or someone to make us a nice cuppa when we get home from work. I'm incredibly lucky that I do. But if you don't or can't, for whatever reason, I can still do all of those things if you fancy a chat. Make a cuppa, find a warm cosy place to listen, be there if you need me. Until such time, keep safe and have a lovely weekend. Mrs D xxx

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.