

Dear Parents/Carers

Hot off the press! - This week we were very lucky to have received a letter from the Secretary of State commending us for our high outcomes for our vulnerable pupils! Our end of Key Stage 2 outcomes have placed us among the very best nationally which I am sure you will agree is a great achievement. As a staff we always aim to do our best for all our pupils and we are absolutely thrilled with this recognition.

Bottom gate - thank you so much for your patience with the bottom gate. We are able to open the gate from Monday which is great news. We ask that you do not let the children climb on the fallen trees and please stick to the path as the grass is rather muddy.

Traffic concerns - thank you to those who have adhered to our request not to drive down to the car park and turn around. Whilst this has improved the start of the day, the end of the day has still been quite congested. Please do not use our car parks to turn around in. The car park at Hope Church is free and you can also park in Lariggan Crescent and come through the bottom gate. Both of these are not more than a 250m walk from school and much safer for our children. I get a lot of people sending me traffic concerns but as it is a public highway, you must report to the traffic police. They are the only people that will be able to make changes to the parking and driving conditions. Please report ALL concerns to [Contact us about driving, vehicles or traffic | Devon & Cornwall Police](#)

Have a great weekend

Nichola Smith
Headteacher

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

Book amnesty

We are missing lots of school library books. Please could you have a good look at home and return any Alverton library books to school as soon as possible. Thanks.



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.

Hockey success

Our hockey teams took part in a tournament last week at Penzance Hockey Club and we won all our matches! Congratulations to them all. Here they are in our fantastic brand new kit as paid for by FOAS. A huge thank you to them for buying these for us.



Author visit



This week we were lucky enough to welcome author Anna Wilson who ran writer's workshops for both KS1 and KS2. This was part of the prize we received for sweeping the board at last year's Exploding Words Festival writing competition (<https://explodingwords.org.uk/>) - We will be entering again this year and hope to repeat the same success! Anna had the children completely engaged as she spoke about being an author (including writing the official books for the Paddington films!) and then supported them in creating their own stories. Her website <https://www.annawilson.co.uk/> has more information about her books which come highly recommended by us at Alverton.



PARENT CAFE

With Lauren Ladd from
Parent Carers Cornwall



- *An opportunity for parents/carers to speak, be heard and meet whilst enjoying tea/coffee/biscuits.*
- *Q&A session at the end*

- ✓ Learn more about sleep, toileting and food.
- ✓ Share your worries with others
- ✓ Access support networks



Wednesday 11th

**FEBRUARY
2025**

9am – 10am
Alverton School

**For more information, please contact
Miss Atkins**

WOODLANDS BIG GARDEN PROJECT - Tesco Blue Token Scheme

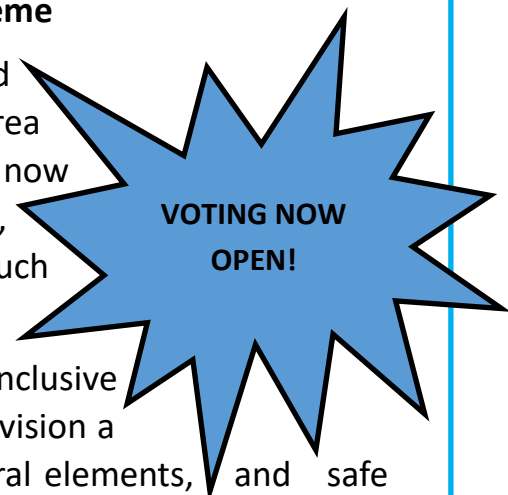
Our Nursery's outdoor garden is currently in a poor and unsafe condition. The space, once a vibrant and engaging area for play and exploration, has deteriorated over time and now poses several safety risks to the children. Uneven surfaces, worn-out equipment and overgrown brambles limit how much time the children can safely spend in the Big Garden.

We aim to transform the garden into a safe, stimulating, and inclusive environment that meets the needs of all our children. We envision a space with age-appropriate equipment, sensory areas, natural elements, and safe surface, designed to inspire creativity, encourage exploration, and support learning through play.

To help support this project we have applied for funding from the Tesco Stronger Starts programme and have been successful. Alverton Woodland Nursery is now in the Tesco Blue Coin Customer Vote in both Penzance Tesco stores from **NOW!** This runs until the end of March.

Please help support this project by shopping and voting for us in Tesco!

Thank you for your continued support.




Stronger Starts. 





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



"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 & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

X @wake_up_weds

f /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: 28.01.2026

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.

Currently I've lost some of last week's excitement....I'm just a bit fed up with the rain. Oh, alright, I'm absolutely over it and have had enough wet weather to last me for the whole of February. I know we need water and rain and all but really? I think I shall be developing webbed feet or flippers (or both) at this rate! Will it ever stop? Maybe I need to read Noah's Ark to my class? I can't even buy an umbrella because it's too windy to hold one!!!! Hey ho, it is what it is. I'm wet and cold and damp and soggy and in need of more daffodils and some dry weather and sunshine. If it's making you anything like as fed up and flat and grumpy as me then please do come and have a chat and a cuppa. Indeed, as always, if anything at all is making you sad, flat, grumpy, tearful, tired, worried, anxious, concerned, please come and say hi. It might even be the season for a hot chocolate? I need hardly any excuse to sit down with a hot drink and a pack of biscuits. Preferably inside in the warm and dry. Much love and oodles of sunshine, Mrs Daylak xxxxx



DIARY DATES

Monday 16th - Friday 20th February	Spring half term holiday
Thursday 5th March	St Piran's Parade - Year 6
Thursday 5th March	World Book Day
Monday 9th March - Thursday 12th March	Parents evenings <i>Teacher led clubs cancelled</i>
Friday 13th March	No Dance Club - Steph away
Thursday 2nd April 3.15pm	School closes for Easter holiday (normal time)
Friday 3rd - Friday 17th April	Easter holidays



ARGYLE
COMMUNITY
TRUST

PLYMOUTH ARGYLE **FOOTBALL** ROADSHOW

FIRST EVER HUMPHRY DAVY ROADSHOW
WEDNESDAY 18TH FEBRUARY



SCAN HERE TO BOOK!

USE THE QR CODE OR LINK BELOW TO BOOK

ANY QUESTIONS PLEASE CONTACT


harry.hounsome@argylecommunnitytrust.co.uk



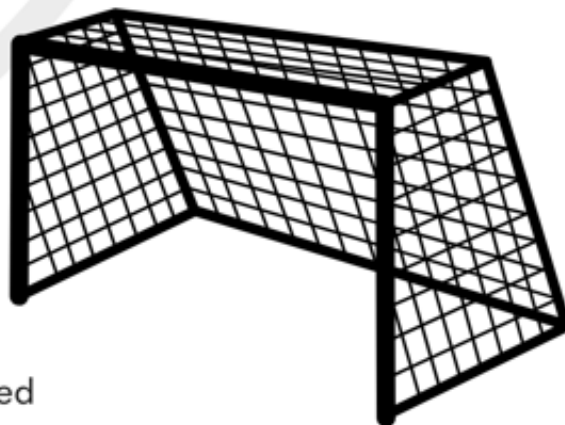
MBFDC FOOTBALL CAMPS



FEB HALF TERM

All children welcome to attend 
Have fun, score goals & play football!

TUES 17TH FEB 2026



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

TIMES / AGES:

School Years 2 - 8
U7s - U13s
10am - 3pm
£18 (1 day)

PLAYERS NEED:

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

MOUNTS BAY ACADEMY 3G PITCH

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

Online Registration Link
www.mbfdc.co.uk

Visit the MBFDC website for further details



Penzance Taekwondo

Tuesdays + Thursdays
Humphry Davy School
*Tiny Tigers (5-7 Years)
*Cadets (8-12 Years)
*Juniors + Adults



***Confidence
***Fitness
***Self Defence
***Stranger Danger
***Team Building



FREE TRIAL SESSIONS

07794538018
www.tkd.co.uk

