



6/11/20

FRIDAY NEWS

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Dear Parents and Carers,

Following the Government's announcement for a further national lockdown beginning on Thursday 5 November, we have been reviewing our school health and safety procedures. We continue to do everything we can to make our school safe for everyone and we would like to again ask for your help in trying to keep our site as safe as possible.

Social distancing must be adhered to at all times while on the school site and this includes anyone waiting to drop off or collect their child. If you are waiting, please do not congregate together and ensure that all paths, gates etc are clear. We would ask everyone to try to minimise their time on site and so it would be helpful if you arrived at the designated times and not before. Can we again please remind you that only one person should come on site with your child / children at drop off and collection times. Thank you to everyone who is following our one-way system, including leaving the site through the car park, as this is really helpful.

Visitors are only allowed into school if attending a necessary pre-arranged appointment (for example to work with certain children) or are conducting essential grounds and maintenance checks. All visitors have their temperature taken, sanitise their hands and are required to wear a face covering. If these health and safety precautions are not adhered to, then we refuse entry into the school building.

As you know, we are meeting parents outside at the moment. This will, as you can imagine, become trickier as the weather becomes colder and wetter and we are grateful for your understanding about this. If possible, we would ask you to phone (or ask us to phone you) if you need to speak to a member of staff.

I know that this second lockdown is not ideal for everyone and will cause much anxiety for some families, but at least this time schools can remain open and will give the children a degree of continuity and reassurance. We will continue to do all that we can to keep everyone safe by following the health and safety procedures which were sent to you at the beginning of the term.

The staff have been working hard behind the scenes to prepare for the possibility of individual children needing to self-isolate and also for the scenario where a whole class or bubble are required to enter isolation. Should either of these situations arise, we will liaise with you about our arrangements and the work which is being set for the children.

Once again, we will keep you updated as and when we receive further information from the Government, DfE and / or Truro and Penwith Academy Trust.

Please may I take this opportunity to thank our families for supporting the procedures we have in place, as well as the children, who are being so resilient, and the staff, who are working above and beyond to provide the best education they can for all of the children in these continuing challenging circumstances.

Yours sincerely,

Martin Higgs
Headteacher

The Five Ways to Wellbeing

In our last newsletter, we introduced The Five Ways to Wellbeing, around which we are basing our work on children's mental health and wellbeing. We have sent a "Five Ways to Wellbeing Family Guide" with this newsletter which gives more information about this as well as some really lovely ideas.

Mrs Clemens

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 notice 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 at test online at:

<https://www.gov.uk/get-coronavirus-test>

or phone the NHS test line 119.

Need a chat?

I'm here for you if you need a chat and I'm a good listener. Sometimes that's all it takes, a sit down, a quiet moment, a cuppa and a biscuit, someone to listen to you. All confidential. If you or someone you know may benefit, ask at the office or come to me directly and let me know. I'll always make time for you.

Mrs Daylak



Year 5 & 6 camp deposits

If your child would like to go to Porthpean next summer, the deadline for the deposit of £30 (paid online) is Friday 13th November. Please ensure you pay by then to reserve a place.

After school childcare provision

This is now only being offered to Year 3 -6.

Please contact Mr Timmons for details and to book by emailing alvertonkidsclub@outlook.com or by phoning 07843 126 833.

Twitter

Don't forget to follow us on Twitter @alvertonschool to keep up-to-date with all the exciting things that are going on.





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



0800 1111



0300 123 3393

www.mind.org.uk

for better mental health

NSPCC

Help for children worried about COVID

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

Download this image onto your phone for **when you might need help**

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

Samaritans:
Emotional support to anyone in distress, struggling to cope, or at risk of suicide.
116 123

Shout:
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

If you, or someone else, is in immediate danger call 999

www.cornwall.gov.uk/mentalhealth

Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance has let us know that, at the moment, it is not necessary to obtain a voucher to receive food from them. 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.

**ON YOUR SIDE
NO MATTER WHAT**

0800 58 58 58 | **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.

Who can help me?
We can

YOU ARE NOT ALONE

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

WCWAid
West Cornwall Women's Aid
01736 367539
<https://www.wcwid.co.uk/helpline>

AT HOME SHOULDN'T MEAN AT RISK

#YOUARENOTALONE | FIND SUPPORT AT: gov.uk/domestic-abuse

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 they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote education experience.

- ### 1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.


- ### 2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.


- ### 3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.


- ### 4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will inevitably advise on screen breaks; however, it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.


- ### 5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.


- ### 6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependant on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.


- ### 7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.


- ### 8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

Schools should have a policy on remote education that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.


- ### 9. MAINTAIN FEEDBACK WITH TEACHERS

Engage in communication with teachers where possible, and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.


- ### 10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends every day might take its toll.





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. Our Pupil Premium Parent Guide is being sent home alongside today's newsletter to provide you with more information.

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 number.

NB All Key Stage 1 (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. Whilst schools are closed to most pupils during the current Covid-19 pandemic, schools are not required to provide meals or vouchers to Key Stage 1 children who usually receive free meals under the Universal Infant Free School Meals scheme but are not currently attending school.

However, some children in Reception, Year 1 and Year 2 and receiving Universal Infant Free School Meals (as well as all Key Stage 2 children) may have an underlying entitlement to benefits-related Free School Meals. Schools will make arrangements for these children to receive free meals through food parcels or supermarket vouchers.

Your child may be eligible for benefits-related free school meals if you, 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.