

Dear Parents and Carers,

I hope that this finds you all safe and well and that Storm Eunice has not caused any harm where you are. The decision to close the school today was taken by Truro and Penwith Academy Trust for all of its schools at around 1.30pm yesterday based on the escalation of the weather warning to a Red 'danger to life' status. We're sorry that we were unable to give you more notice of the closure but I am sure you understand that the people making the decision had to respond to a rapidly developing situation.

Despite the unexpected disruption of today's closure, the overall situation in school has begun to move towards a more normal, pre-Covid one. The children have been fantastic in their acceptance of the changes that Covid adaptations imposed on us but I know that as staff and parents we are eager to return as soon as possible to the school routines and events that were commonplace before March 2020. It does feel that we are well on our way to realising this aim with the changes that are underway both in school and nationally.

As we move into the half-term break, I hope that everyone associated with the Alverton School community has a peaceful, enjoyable and safe week. We look forward to seeing you all again on our first day back at school which is Monday February 28th.

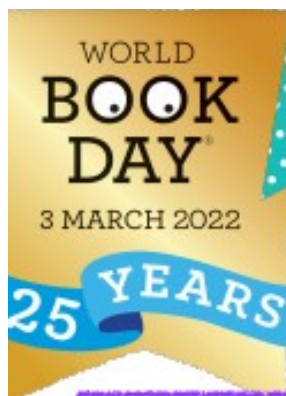
Best wishes

Martin Higgs
Headteacher

Safeguarding Newsletter Spring Term 2022

All children have a right to be safe and we believe that keeping children safe is everyone's responsibility. This term, our safeguarding newsletter provides information about gangs and how you can help protect your children. Please can we ask you to take a few minutes to read this as it is very important and we hope that you will find it informative and useful. Please follow this link and download the newsletter from here:

<http://www.alverton.org.uk/website/safeguarding/85998>



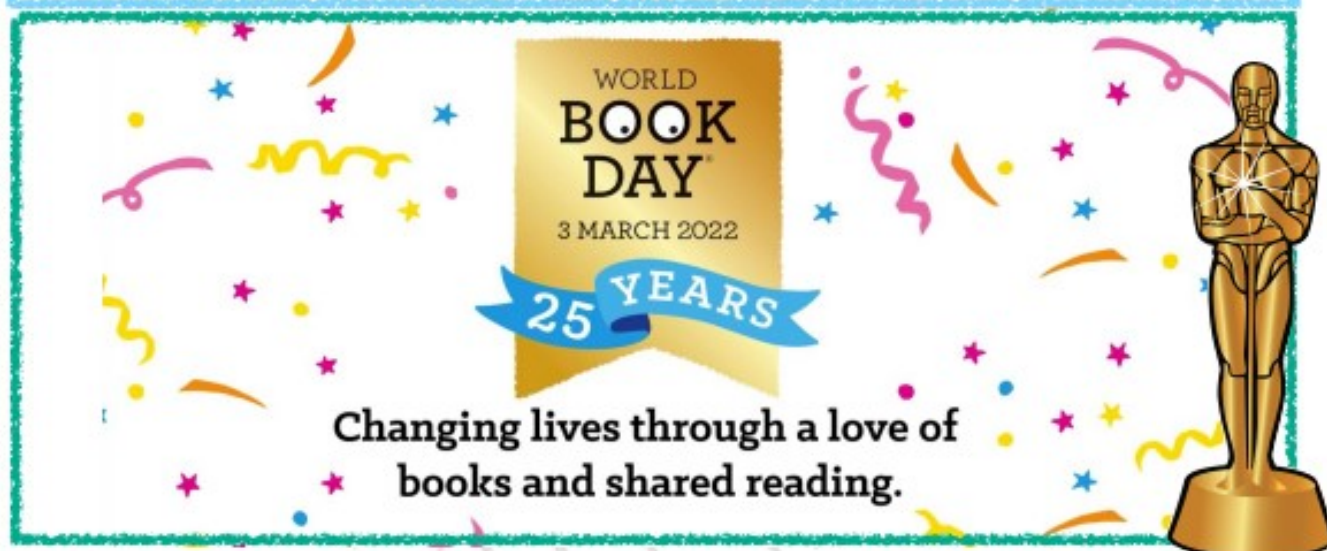
World Book Day: Thursday 3rd March

This year we are really looking forward to joining the national celebration marking **25 years** of World Book Day and our love of reading!

We will be holding our Book Oscar Award ceremony together in the hall where we will be announcing each year group's winner of the best book nomination.

In addition, we would really like everyone to come to school either dressed as their favourite children's book character or dressed ready to attend the Oscars Award ceremony!

If you'd like to continue the celebrations at home, please see below the link to the official World Book Day website for lots of great activities. <https://www.worldbookday.com>



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

Although the rules in England regarding mask wearing have changed, we would appreciate it if you continue to wear a mask when you come into the foyer to speak to one of our office staff. You can, of course, still wear a mask outside on the school site if you still wish to do so.

Healthy tuck

A reminder that any tuck for breaktime should be healthy and should not be crisps, biscuits, sweets or chocolate. Suitable items are breadsticks, crackers, fruit or vegetables. All Reception and Key Stage 1 children are offered a piece of fruit or vegetables for their snack as part of the Government School Fruit and Vegetable Scheme.

St Piran’s Parade

Our Year 6 will be taking part in the St Piran’s Parade in Penzance on Friday 4th March in the morning. Do come and cheer us on if you can from 10 - 11.30am. We start at the top of Causewayhead at 10.15am and then make our way to Morrab Gardens and back up Morrab Road to St John’s Hall.

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. Please check the latest Government guidance. **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 a test online at:

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

Half term

Spring half term is from **Monday 21st-Friday 25th February** and school will reopen on Monday 28th February.

Parents Evenings for Year 1-6

Our parent consultations this term will again be a **ten minute phone conversation** with your child's teacher in which you will be able to discuss your child's progress.

A letter will come home on Monday 28th February from your child's teacher by email with all the dates and times later this term. **They will take place in the week beginning Monday 14th March.**

We are going to use our system for booking phone appointments through our eschools facility which is part of our school website, as we did in the Autumn.

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. These details will be needed in order to go online and book the appointment slot that suits you best when **the booking period opens on the 2nd March**. 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.

Please ensure that we have your up-to-date phone number so that your child's teacher can contact you for your appointment.

Clubs after half term

All clubs will continue as normal straight after half term except that KS1 Dodgeball will now be on Wednesdays starting 2nd March for 5 weeks. There are no spaces left this term. LKS2 Dodgeball on Thursdays may run but, as yet, there is not enough interest for it to go ahead. Please contact Mr Timmons on 07843 126833 if you'd like your child to join.

All school led clubs except Drama, Go Active Dodgeball and Girls Sports and Jump Dance will be cancelled in the week beginning Monday 14th March due to parent consultations.



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 & Carers Need to Know about

WINK

AGE RATING
13+

Wink is a messaging app which allows children to connect and communicate with other users. In a similar style to Tinder, Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on one another's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern.

WHAT ARE THE RISKS?

POTENTIAL FOR GROOMING

Wink accounts can't be made private – so when a young person uploads images and shares their social media usernames, it's easier for potential groomers to stalk and locate them online. The fact that children prioritise having an abundance of friends is also a concern: they're more likely to accept someone just to build their friend count – possibly including users with sinister intentions.

ACCIDENTAL OVER-SHARING

Many young people don't consider privacy when they choose to share their social media usernames on their Wink profile. This allows other people to connect with them on multiple platforms, strengthening their online presence and reputation. Some children post photos which reveal aspects of their personal life to other users – showing their house, school, friends and family, for instance.

INAPPROPRIATE CONTENT

Many popular messaging apps contain profiles featuring profanity, nude or semi-nude photos and users openly looking for a "wifey" or "hook up". Users can send messages anonymously, which engenders a sense of power and freedom. Children often engage in inappropriate behaviour more willingly when it's anonymous, even if it's not the sort of thing they would take part in normally.

CYBERBULLYING

Being anonymous online provides some users with an incentive to bully others through toxic private conversations. Anonymous bullies can send hurtful messages or pressure young people into sending inappropriate content. Being a victim of cyberbullying can result in children becoming depressed and showing low self-esteem. If your child is exhibiting these signs, it's time to step in.

EXCESSIVE SCREEN TIME

Wink encourages repeated engagement through signing in daily, making connections, building up a message 'streak' and publicly sharing stories. The reward is 'gems', which allow users to connect with more people, play games and edit their profile background. This can lead to children spending an excessive amount of screen time on the app, which of course can be detrimental to their health.

Advice for Parents & Carers

DO YOUR RESEARCH

If you do decide to allow your child to have a Wink account – or you find that they already have one – it's vital to talk to them about how to use the app responsibly and keep themselves safe. You could also consider exploring Wink yourself and becoming familiar with the app before letting your child download it, as there are no security settings or parental controls that can be put into place.

OFFER YOUR SUPPORT

While it's not always easy to talk about inappropriate content with your child, it's crucial that they understand the impact of sending or receiving it. They also need to feel that they can speak to you about it without worrying about consequences. Emphasise that, if your child receives any messages that make them feel uncomfortable, they can block the sender and report them to the app.

BE WARY OF SHARING

It's important that your child stays aware of what they're sharing online. Remind them about the importance of not posting personal information like their full name or which school they go to. Many users share their other social media account details on Wink to build their friend count, but we would recommend advising your child not to give strangers multiple avenues to contact them.

DISCUSS LOSS OF OWNERSHIP

It's essential that young people understand that once content goes online, the sender no longer has any control over where it will end up. While your child may feel like they can trust their online 'friend', that person is still a stranger. Even sharing one inappropriate image, for example, could then be used as leverage – as their 'friend' threatens to release it publicly unless the child sends more.

BALANCE SCREEN TIME

Before having a chat with your child about screen time, ask yourself if you're being a positive role model. Get your child thinking about how much time they spend on the app: is it healthy? Is it affecting their offline relationships with people? Is it impacting their mood? If so, you could suggest some activities you can do together which aren't so reliant on digital technology.

BE CAUTIOUS OF NEW CONTACTS

Remind your child that not everyone online is who they say they are, and some users have harmful intentions. If someone on Wink is asking them lots of personal questions or suggests meeting up in real life, these are definite red flags. Encourage your child to ask for help if they're unsure about a particular profile. Remember, the app has a block button: your child shouldn't be afraid to use it!

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety
#WakeUpWednesday



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: 16.02.2022

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.

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.

FOOTBALL CAMPS FEBRUARY HALF TERM



Camp Dates
Monday 21st February
Wednesday 23rd February
Friday 25th February

Soccer Tots (3-6yrs)
10am - 12pm
£6 per day | £10 for 2 days | £13 for 3 days

Soccer Pros (7-13yrs)
10am - 3:30pm
£15 per day | £25 for 2 days | £35 for 3 days

Venue
Mounts Bay Football Development Centre
Mounts Bay Academy Sports Centre, Penzance, TR18 3JT

Other Info
All children welcome from any school or club
The MBFDC coaching staff are UEFA / FA qualified & DBS checked
Pre-booking only, register & book online
Visit the website for further information - www.mbfdc.co.uk

Contact
Kevin Lawrence - Head of Football Development
Message us on facebook - www.facebook.com/MBFDC
Email - klawrence@mountsbayacademy.org
Website - www.mbfdc.co.uk



Lost

Chester in Kittiwakes has lost his water bottle with fish on it (similar to this photo).

It was a present and he'd love to find it.

Please check at home and hand in if found. Thank you.



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

Hello there, and my very best wishes to you all as our half term appears to have started a little earlier than we were expecting. As I sit here at my laptop I'm surrounded by sounds, mostly the wind howling which I can hear despite the fact that my windows are all firmly closed. Perhaps it's lovely to have an extra day with your children, perhaps it's quite a challenge as you try to juggle workloads and childcare, especially, as I was reminded this week, wind really can lead to a lively child as it seems to stir them up as much as it blows the trees around. And it's not even safe to go outside today, which is another challenge with young children. However, I am warm, safe and at home, with family and friends at the end of a phone call or around the corner. How fortunate am I? Even if I worry about anything, the wind, Covid, heating bills, the potential rise in council tax, I can still put the kettle on, take a break, call someone for a chat or do anything else that makes me feel calmer, happier, safer, reassured. You can still contact me, I will still listen, and I will see what can be done to help if that's what you would like. Please don't worry alone, there are so many others who can help and who will do whatever they can for you. I am one of those. You know where to find me. Have a lovely half term, Mrs Daylak