

7/11/25

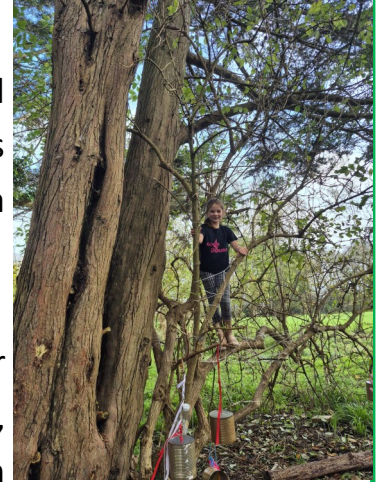
FRIDAY NEWS

Nº 8

Dear Parents/Carers

What a wonderful first week back it has been! Yesterday we had the Halloween Disco, the children were so well behaved and it was a real pleasure to see them having so much fun. I want to say a huge thank you to FOAS for putting on such a lovely event.

We have also had some great sporting events this week—our netball team were very successful in the league on Wednesday, and the football team played brilliantly at our first TPAT league on



Thursday. What struck me most was the fantastic sportsmanship shown by both teams. It was commented on by other schools and made me very proud indeed!

Our first forest school sessions happened this week and despite the weather the children have had a great time! Please make sure they come dressed for the weather—long sleeves and long trousers are a must, and a coat for the upcoming rain!

Over the last few months I have been working on our school environment. I have been redoing displays and changing spaces across the school. In order to continue this, I have a few requests from families at home:

1. I have created a new sports board in the hall, showcasing the variety of sport across the school. If you would like your child to feature on the board, please send in a small photo of them so that I can add it to the board.
2. We are revamping the library and have lots of second hand books that we would like to give away. Please see Mrs Clive's message on a later page.
3. We would like to have more indoor plants! If you have any that you would like to donate, we would be very grateful!

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

FOAS Christmas card fundraising

Don't forget that if you'd like to order some Christmas items to raise funds for FOAS, the deadline for ordering is today, **Friday 7th November**. This will mean FOAS receive the best amount of commission. All items ordered will be sent to school.

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.

Payments for Year 4 sleepover and Year 6 London

Year 4: If your child is going to St Ives in December, please ensure the remainder of the final payment is paid online by **Friday 21st November at the latest**.

Year 6: The next payment of £70 for the London trip next July is due on **Friday 28th November at the latest**. Please pay online on Arbor.

Books, books, books!

When? 12th November 2025

What? An exciting opportunity for your child to bring some new (to them!) books home as we clear stock from our library.

How? Bring a carrier bag to school and fill it with some of the lovely books that will be laid out in the hall. No payment necessary but any donations would be very welcomed!



Emails via Arbor

You may have noticed that emails from us via Arbor are going straight into your Junk or Spam folder. Apologies but this is an issue with Arbor not with us. If you are able to go into your email provider's settings you should be able to choose to mark all Arbor emails as not Junk/Spam which will hopefully solve the problem.

Pirates Rugby

On Saturday 1st November, KS2 children were asked to wave flags in support the televised Pirates Rugby match versus Caldy. Children not only had a fantastic time watching the match but they got a chance to meet all the players at the end of the game. Many collected players autographs and had photographs with their favourite players. A big thank you to Neil Smith for inviting us and thank you to all the parents who brought them along. The children were absolutely brilliant representatives of the school and another reason why they make us so proud.





Thanks to everyone who came out to support the FOAS Halloween Disco yesterday! We raised a brilliant **£338**, every penny of which will go back into the school to benefit the children.

Special thanks to our volunteers who helped make it happen and of course to the teachers who gave up their evening to help supervise, DJ and be wrapped in loo roll!



You will all hopefully have received a flyer in book bags with details on how to buy bespoke Christmas gifts made from your child's design – from cards and wrapping paper to mugs, baubles, toys, cushions and more! Thanks to everyone who has already placed an order.

Delivery is free to school and a commission raised from every sale goes to the Friends of Alverton School.

It's a lovely way to share your child's creativity with friends and family while helping raise funds for our school community.



@ You can contact us at:
friendsofalvertonschool@gmail.com

@ You can also follow us on Instagram...
[ALVERTON_SCHOOL_FOAS](https://www.instagram.com/ALVERTON_SCHOOL_FOAS)



Halloween Disco 2025

Thank you!

Thank you!

Thank you!

Thank you!

Thank you!

Together
we raised...

£3338

Thank you!

All proceeds to
Friends of
Alverton School
(FOAS)

Worried about your child's mental health?

*Come along to our mental health coffee morning hosted by Early Help
Penwith*

**Monday 10th November 9:30-11:30 St Johns
Hall, Penzance**

**Meet with other parents/carers and have a chat with our
friendly guest professionals from:**

CAMHS

Mental Health Support Team

Education Inclusion Outreach

Targeted Youth Worker

Family Workers



No need to book, please just pop in on the day ☺



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>

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College



@atnolinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024

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

Little Foxes	Frankie	for great sharing with friends & exploring new activities
Little Owls	Keanu	for great communication & joining in at carpet time
Kittiwakes	Isabella	Enthusiasm: for always trying her best in everything we do in school
Curlews	Jenson	Enthusiasm: for boundless enthusiasm even when the work is a challenge
Puffins	Maya	Enthusiasm: for being a kind, positive & confident member of the class
Owls	Freya	Respect: for her 100% commitment to doing the right thing
Kingfishers	Felix	Perseverance: for reaching 100% fluency on Reflex Maths
Trencrom	Cammie	Responsibility: for being ready to learn all week & great enthusiasm
Lanyon	Alora	Enthusiasm: for always being ready to learn, following our school rules
Kerris	Kiera	Enthusiasm: for being such an all round superstar to have in our class
Bodrift	Arlo	Enthusiasm: for fantastic effort & attitude towards his work
Bosigran	Bobby	Perseverance: for working so hard on his handwriting
Kenidjack	Kaden	Responsibility: for his mature & independent approach to his learning
Lunchtime Star	Chester	for amazing manners & always thanking the kitchen staff
	Chloe d R	for being so sensible & helpful

Hi there, do you ever feel that you don't have enough time? Not enough hours in the day to do what you want or need to do? And on top of that do you feel that technology is becoming too much? I have that feeling a lot at the moment. Not enough time to do the things that I'm always being asked to do which are usually not the most fun in the world, like housework (dull) and paper work (painful). I'm a people person and that's my favourite thing ever—chatting, hanging out, playing, teaching, seeing friends and family. And one thing that I never mind doing is chatting to you, be you parent, aunt, grandpa; you are all welcome to come and say hi, have a moan, talk things through and share anything that is worrying you. Just ask for Mrs D. Then I can dump the stuff I don't like to do and put the kettle on in favour of helping you guys. Because even when you're sad or worried, I like you more than I will ever like housework or technology. Mrs D xxx

DIARY DATES

Friday 28th November	Clubs finish
Monday 1st December 9.30am	Advent Service <i>Followed by coffee & mince pies</i>
Tuesday 9th December 9.30am and 2pm	Reception Christmas performances
Wednesday 10th December 2pm and 6pm	KS1 Christmas performances
Thursday 11th—Friday 12th December	Year 4 Christmas sleepover at St Ives
Friday 12th December 2pm	Nursery Nativity
Wednesday 17th December 6.30pm	KS2 Christmas Carol Concert at Chapel Street Methodist Chapel
Friday 19th December	Pupils Christmas lunch
Friday 19th December 3.15pm	School closes for Christmas holidays (normal time)
Monday 22nd December—Friday 2nd January	School closed for Christmas holidays
Monday 5th January 8.30am	School opens for Spring term
Monday 26th January	INSET Day - school closed