

12/9/25

FRIDAY NEWS

Nº 2

Dear Parents and Carers

What a jam packed first week we have had! The children have had their first full week in their new routines, including PE, music and Forest School! In Forest School this week we have been focusing on teamwork skills. The children were tasked with making intricate spiders webs using knot tying skills. I think this one is my favourite!



Clubs start next week which is exciting! All our clubs that are offered by staff are free for parents and I am very grateful to them for volunteering their time to provide these experiences for children. We have now finalised Year 5/6 boys football, which will be delivered by a coach from the Mounts Bay Academy. The office has emailed a letter about this. If your child would like to sign up, please email the office - [alverton@tpacademytrust.org](mailto:alverton@tpacademytrust.org)

There were a lot of tired (still smiley!) faces this morning, so I hope you all have a lovely, restful 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](mailto: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](mailto:multiagencyreferralunit@cornwall.gov.uk)

**Clubs**

All clubs start from next Monday and some are very oversubscribed. If your child no longer wishes to do a club, please let the office know so that someone else from the waiting list can start.

If your child has a place for Dance club on Fridays, please ensure £30 cash is handed into the office for Steph by Friday morning so your child can take part.

**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.

On Wednesday 17<sup>th</sup> from 8.30am onwards, you are welcome to come into school and chat to our school's family support worker, Nikki Cooper. Nikki has worked with Alverton for many years. She has a wealth of knowledge about anything child related: child development, sleeping tips, food choices, routines at home, plus she knows of other agencies that she can signpost you to if needed. She is great! Come along and meet her on Wednesday.

See you then,  
Mrs Hughes

## Flu immunisation - all years (main school)

A letter about this was emailed home this week to all parents and is also being sent again with this newsletter. This is an **opt in** system so if you do not wish your child to be immunised you don't need to do anything. They will not be asked for this on the day if you haven't booked.

If you would like your child immunised this year, please go online by midday on Wednesday 15th 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:** Friday 17th October

**School Code:** EE142240

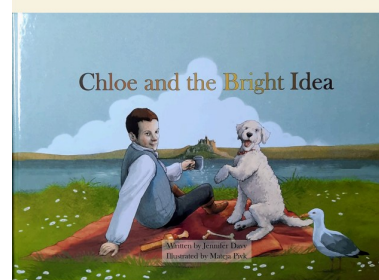
## Absence from school

If your child is unwell or will not be attending school it is your responsibility to contact the school on the first day of absence no later than 9.30am (there is an answering machine if you wish to leave a message before 8am). If we have not heard from you by this time we will need to telephone home to ascertain the nature of your child's absence. This is in line with the Government's policy on attendance. Please note that any child who is ill with sickness or an upset stomach should remain away from school for 48 hours after the last episode of illness.

## Author visit - Monday 15th September

Local author, Jennifer Davy will be visiting us next Monday to read from her new book. If your child would like a copy at a reduced price please send them in with £5 cash in a named envelope on Monday.

## Chloe Tales



A wonderful storytelling event by author  
Jennifer Davy

Alverton Primary School  
15th September 2025

## PE

All children at Alverton take part in a varied and enjoyable PE curriculum, as well as having the opportunity to join a range of active extra-curricular clubs. PE is highly valued by the staff as well as by the children and we aim for all children to enjoy PE and sport and understand the importance of leading a healthy, active lifestyle.

To develop this love of activity, we offer a wide variety of sports and activities both during PE lessons and through our after-school clubs, endeavouring to ensure that pupils will all find an activity they can access and enjoy.

All children from Year 1 to Year 5 go swimming at some point during the year and all classes from Year 1 to Year 6 will have Forest School as part of their PPA for two half-terms across the year. In addition to this, children receive coaching from outside professionals in various sports. Each class also has a PE curriculum that they complete in PE lessons.

Across the school this half term, the sports and activities are Forest Schools, PE Fundamentals, Fitness, Ball Skills, Football, Swimming, Netball, Tag Rugby and Hockey.

All this means that the timetable for PE will need to change each half term as there are many factors to consider! We will keep you updated through the newsletter about any changes as your children are able to wear their PE kits on PE days.

### Autumn 1 – PE Days

Kittiwakes	Friday
Curlews	Friday
Puffins	Monday and Tuesday
Owls	Tuesday and Wednesday
Kingfishers	Wednesday and Thursday
Trencrom	Wednesday and Friday
Lanyon	Monday and Thursday
Kerris	Tuesday and Thursday
Bodrifty	Tuesday (PE kit) and Thursday (outdoor clothes for forest schools)
Bosigran	Tuesday and Friday
Kenidjack	Monday and Tuesday

### PE Uniform

Plain **white** or **red** polo shirt

Plain **black** shorts

Trainers (as plain as possible)

In the colder months, it is important that the children are dressed appropriately for outdoor PE and they may wear a school tracksuit (or plain black bottoms and their red jumper / cardigan / school PE hoodie) for outdoor games.

**Reception PE Uniform** PE kit for Kittiwakes and Curlews is plain **black** bottoms and trainers with their usual **red** polo shirt and **red** jumper / cardigan.

As your children will be wearing their PE kit on two days each week, please can we ask for your support in making sure they look as smart in their PE uniform as they do in their day-to-day uniform. Thank you.

If you have any questions about PE, please don't hesitate to contact your child's teacher who will be pleased to help.





## 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](http://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](http://gov.uk/domestic-violence)

**WCWAid**

West Cornwall Women's Aid

**01736 367539**

<https://www.wcwaaid.co.uk/helpline>



# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

### 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: 03.09.2025

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](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

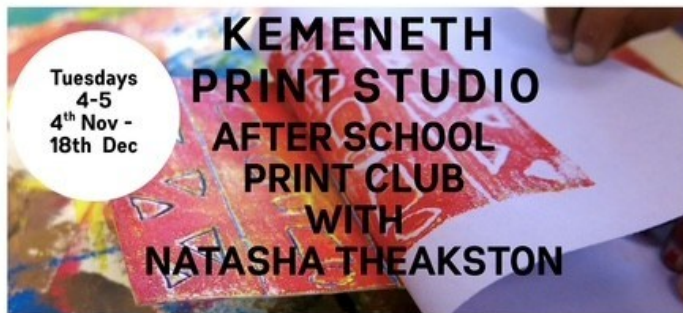
Little Foxes	Dot	for being super kind & patient with her new friends
Little Owls	The Whole Class	for settling in so well to Nursery
Puffins	Lincoln	Respect: for following our school rules & being a kind friend
Owls	Leo	Kindness: for being an incredibly kind & respectful member of Owls
Kingfishers	Arthur M	Perseverance & Enthusiasm: for doing his best in all his learning
Trencrom	Arty	Perseverance & Enthusiasm: for trying his best & persevering
Lanyon	Primrose	Perseverance: for persevering in Maths, trying her best
Kerris	Mia	Enthusiasm: for working so hard in all of her learning
Bodrifty	Danielius	Enthusiasm: I am so impressed with how well Danielius has settled in
Bosigran	Jacob	Enthusiasm: for writing some fantastic poetry about a Roman soldier
Kenidjack	Paloma	Enthusiasm: for hard work in all areas of the curriculum, especially English
Lunchtime Star	Marley W	for being a kind friend at lunchtime

Well, coming back to school after the summer has been a bit of a shock to the system I can tell you. The things that always take me by surprise are tiny - I have to eat at set times of the day, I have to set an alarm to make sure I'm not late, I have to plan in advance what I want for my lunch and make it that morning and finally, and this is the tricky one, if I need the loo....I have to run... fast, and try to time it so that it is at a natural break in my timetable - that last one makes me smile (sometimes). However, if it's a challenge for an adult then how much more challenging is it for our small people to come back? And I bet they're shattered too. Or do you have a child who can be on the go for 23 hours of the day? That must be exhausting! Goodness, it's all a challenge, there are no easy answers, so the best way is, for me, take a deep breathe, pack something tasty, make sure I go to the loo when the chance arises and, of course, make a cuppa. You know where I can be found if you want to talk anything over (if I'm not there I've legged it to the loo and won't be long).  
Much love, Mrs Daylak xxx

### School lunches

The same menu is continuing until October half term. Please order in advance using the Aspens Select site and before 9am at the latest on the morning your child would like the meal. If you forget to order, Aspens can only offer your child tomato pasta and not a choice of meals.





Tuesdays  
4-5  
4<sup>th</sup> Nov -  
18th Dec

# KEMENETH PRINT STUDIO AFTER SCHOOL PRINT CLUB WITH NATASHA THEAKSTON

Do you have a budding young artist?

As a teacher, a mother and an artist, I am excited to start the after school print club, for children aged 6 - 11. We will look at different artsits, drawing and mark making techniques. Children will experience Collagraph Mono, Lino and Screen printing. We will have fun with unusual still life set ups, cover portraiture and create abstract art. We will look at colour theory and get skilled at choosing and mixing a palette. The term will finish with an exhibition where the children can sell their work.

A great opportunity to meet likeminded children in the local area, gain confidence, learn new skills and develop creativity!

All materials, drinks and fruit provided.

£7  
a session!  
10%  
discount  
for bookking  
termly

4 Wood  
Street  
Penzance  
TR18 2EW

For more information email Tash at [kemenethprintstudio@gmail.com](mailto:kemenethprintstudio@gmail.com), find us on Instagram or call 07501208302.



# KEMENETH PRINT STUDIO KIDS HALLOWEEN PRINT WORKSHOP WITH NATASHA THEAKSTON

Thursday 30<sup>th</sup> Oct 10- 1

Join us for the spooky kids Halloween print workshop... if you dare!!  
For children 5+.

We will draw pumpkins from life, and then use our drawings to inspire a set of relief prints!  
Refreshments provided.  
Fancy dress encouraged!

£26



@PENZANCEPRINTMAKER

4 Wood Street  
Penzance  
TR18 2EW

To book email Tash at [natasha\\_theakstone@hotmail.com](mailto:natasha_theakstone@hotmail.com), find me on Instagram or call 07501208302.  
Website: <https://www.natashatheakston.com>





# MBFDC TRIALS 2025/26



Join the exciting Cornwall Player Pathway!

In partnership with Plymouth Argyle, Cornwall FA & Cornwall Schools FA!

## **TRIAL TIMES:**

**U8S, U9S, U10S : 5PM - 6:15PM**  
**U11S, U12S, U13S : 6:30 - 7:45PM**

- ✓ Enhanced coaching & provision - UEFA/FA staff!
- ✓ Player(s) & goalkeeper specific training, plus fixtures!
- ✓ Play at a level suited to your ability!
- ✓ Proven pathway for players to progress!

### **PHASE 1 - OPEN TRIAL** **MON 15<sup>TH</sup> SEP 2025**

New players only!

### **PHASE 2 - INVITE TRIAL** **MON 22<sup>ND</sup> SEP 2025**

Invited players only from  
Phase 1 & returning players  
from the 2024/25 season!



### **MOUNTS BAY ACADEMY 3G PITCH**

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

**Registration Link**  
Via QR Code



[www.mbfdc.co.uk](http://www.mbfdc.co.uk)

Please visit the MBFDC  
website  
for further details!