

Dear Parent and Carers,

It would seem that the situation regarding Covid continues to be an ongoing one for us, and indeed for most schools in the county. I am aware through conversations with other Headteachers in our Trust that they are still encountering a steady stream of Covid cases amongst staff and pupils. This week has been particularly challenging for our school community as we have also had a large number of cases of Chicken Pox in Reception, and various other old school maladies affecting children and adults alike. I'm really grateful to all of the staff who have been so flexible and resilient in ensuring that we have been able to keep the school open for our pupils and in maintaining as smooth an operation as possible.

The opportunities and challenges of an increasingly online world continue to play an ever-larger part in the lives of us all. There are great advantages of the digital age, not least that it allows us to communicate and interact with one another through a wider range of media than has ever been possible before. However, whilst I'm pretty certain that none of us need anything else to worry about at the moment, the fact is that as a school we are also dealing with more pupil online safety issues than ever before too.

This rise in online safety concerns amongst our pupils is reflective of the national picture. It is perhaps inevitable that with access to the internet and the online world now easier than ever before, there are bound to be more opportunities for things to go wrong. As parents, it is incredibly difficult to monitor and police every online activity and interaction that your children have. It is equally difficult to know what the current threats are and how to keep your children safe in a rapidly and ever-evolving digital world.

With this in mind we are therefore pleased to be able to offer our parents a free **Parenting in the Online World** information and help session being run by the highly-regarded Stay Safe Initiative via Zoom on Wednesday March 9th at 7pm. The session is being funded by Truro and Penwith Academy Trust and is open to any of our parents and carers. Places can be booked by scanning the QR Code here or on the poster on the next page. I would recommend that this would be a really worthwhile event for you to attend if at all possible.

Thanks for your continued support.

Martin Higgs
Headteacher



Parenting in the Digital World



Dear Parents / Carers of TPAT Schools,

As peoples digital lives continue to grow, we know that for young people, spending an increasing amount of time online, holds lots of potential risks and concerns.

To allow you to help your young people navigate themselves through their ever rapidly growing digital lives, whilst at the same time allowing them to be independent digital users, we are running a special live, virtual online safety presentation on 09.03.22 at 7pm (On Zoom).

During this 60-90min session, Richard from The Stay Safe Initiative CIC will be helping you to understand your young peoples digital lives a bit more. Exploring what they are doing online, understanding the risks, and providing straight forward help and advice to keep everyone at home safe.

We know that many feel overwhelmed trying to keep up with the constant evolution of games, apps and social media platforms and are quite often understandably worried about, cyber-bullying, online grooming and what they are sharing online.

This session will allow you all to be informed and NOT scared!

During the informal Q&A session at the end of the presentation, Richard will be happy to stay online for as much time as needed to help address any of your individual questions and comments.

To book a free place at this event please use the link below or scan the QR Code.

<https://forms.gle/HBcK8dyKdkbGvrDF7>



Educating & Protecting Young People

email: info@thestaysafeinitiative.org.uk web: www.thestaysafeinitiative.org.uk Tel: 01666 577269

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

A reminder that there is no entry into the school buildings apart from into the office foyer area and that, when you are on the site, we would ask you to please wear a mask. Thank you.

Staffing Update

We're delighted to welcome Rayna Robins to the Alverton team as our new School Crossing Patrol. She has completed her training and you will be able to say hello to her every morning and afternoon at the end of Toltuff Crescent.

Drop off

Please ensure that your child is not left unattended outside the school before 8am if they are attending Breakfast Club or 8.40am if they are arriving for normal school time. If you need childcare before 8.40am please bring them to Breakfast Club via the office for which there is a small charge.

Dolls and dolls pushchairs wanted!

Thank you to everyone who donated dolls for Key Stage 1 but please could we have some more if you have any at home that are no longer wanted. Many thanks.

Half term

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

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.

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.

Minack Shakespeare Festival

This week, Bodrifty took part in The Minack's annual Shakespeare Festival, celebrating 90 years of the Minack with a production of The Tempest, the first play performed at there. Last week, we had a brilliant workshop in school with John Brolly who helped us put together our own take on Act 3. On Tuesday the children had the amazing experience of acting on this iconic stage, joining four other schools to recreate The Tempest. The children did an incredible job, taking it all in their stride and thoroughly enjoying themselves. They did Alverton proud!



Friendly February 2022

MONDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

TUESDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today



WEDNESDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise



THURSDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them



FRIDAY

4 Organise a virtual 'tea break' with a colleague or friend

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why



SATURDAY

5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

SUNDAY

6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them



ACTION FOR HAPPINESS

Happier · Kinder · Together



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 for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right in front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



National
Online
Safety®

#WakeUpWednesday

Sources: <https://www.nationalonlinesafety.com/publications/online-safety-for-children-and-young-people>
<https://www.nationalonlinesafety.com/publications/online-safety-for-children-and-young-people>



www.nationalonlinesafety.com



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/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.02.2022

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

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.

STARS OF THE WEEK

Kittiwakes	Olly	for his wonderful writing & recount of the Eden Project
Curlews	Alexander	for being a very kind friend to all children at school this week
Puffins	Matilda	for her wonderful start to her poem
Owls	Lowan	for being utterly on fire in his writing this week
Kingfishers	Jayden	for working really hard & making excellent behaviour choices
Trencrom	Stacey	for having a brilliant week & settling in so well. Welcome to Trencrom
Lanyon	Yasmin	for fantastic effort & resilience in PE. Well done
Kerris	Niko	for his amazing understanding of tectonic plates in Geography this week
Bodrifty	Megan	for a fantastic performance in The Tempest at the Minack this week
Bosigran	Jenson	for focussing on his Maths & trying to improve
Kenidjack	Kai	for working really hard & playing a blinder in the football versus Parc Eglos
Dinnertime	Logan Pi	for his exceptional manners all of the time
Breakfast Club	Jacob	for always having lovely manners.



WP

FEBRUARY HALF TERM CRICKET CAMPS

GRAY-NICOLLS

ALL PARTICIPANTS TO RECEIVE 20% OFF GRAY-NICOLLS ONLINE SHOP & CORNWALL CRICKET CERTIFICATE

BOOK YOUR PLACE

[HTTPS://CORNWALLCRICKET.CO.UK/JUNIOR-CRICKET/HOLIDAY-CAMPS.HTML](https://cornwallcricket.co.uk/junior-cricket/holiday-camps.html)

OR SEARCH

CORNWALL CRICKET HOLIDAY CAMPS

WIN A BAT

Win one of two Gray-Nicolls bats by simply attending Cornwall Cricket holiday camps between now and summer 2022. You'll be automatically entered for each time you participate. Draw to be made August 2022. admin@cornwallcricket.co.uk

SCHEDULE

Feb 21	10-3pm	Y1-Y5 (5-9)	1 day softball, Engagement into cricket	£15 Per day
Feb 22	10-3pm	Y4-Y8 (8-12)	Hard ball Camp	£20 Per day
Feb 23	10-2pm	ALL AGES (W&G)	Cricket fun day	£10 Per day
Feb 24	10-3pm	Y1-Y5 (5-9)	1 day softball, Engagement into cricket	£15 Per day
Feb 25	10-3pm	Y4-Y8 (8-12)	Hard ball camp	£20 Per day

Softball equipment provided

BOOKING QUERIES CONTACT

admin@cornwallcricket.co.uk

WWW.CORNWALLCRICKET.CO.UK

Welcome to the February/ March issue of BlackbirdPie the What's On magazine in Cornwall for families, FREE via www.blackbirdpie.co.uk

<https://www.blackbirdpie.co.uk/>

BlackbirdPie
Cornwall's what's-on for families

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