

Car Parking

Despite many repeated requests, parents and others who are dropping off and collecting their children from school continue to drive down Toltuff Crescent and park either in the staff car park or in a dangerous or inappropriate place in the road. Please can we remind you again that only staff cars are allowed in the staff car parks (the only parents who have access are those dropping off and collecting children from the Once Upon a Time Day Nursery). Please let your friends and relations who may do the school run for you know this. Plenty of parking is available in both Lariggan Road, a minute's walk from the bottom field gate, and at the Hope Church car park.



We are trying to ensure that a child or adult is not badly injured around the school. How would you feel if **you** were responsible for that happening?



Road Safety

Dog fouling

At the recent meeting at school with Councillor Jim McKenna, it was agreed that dog fouling in the lanes around school is still as bad as ever. If you see anyone in the area allowing their dog to foul the paths and not picking up after them and you know who they are, please collect a Council card from reception and complete it. Unfortunately, you cannot use these cards to report dogs mess or if you do not know the owner who is responsible.

The Little Mermaid

Our Drama Club have been practising hard since September for another of our amazing productions in May. Please see the information later in the newsletter about dates and tickets.

LKS2 Exhibition

The LKS2 Exhibition will be held on **Wednesday 3rd April** in the hall from 2-4pm. Please come along and see the wonderful work the children have been doing.

Class photos

Tempest will be in this **Monday 1st April** to take class photos. Please ensure your child is wearing their smartest school uniform on that day.

Online safety

Please see the next page with some excellent advice about Instagram. We will be publishing a different information page each week.



Instagram is a hugely popular social networking app with over 1 billion snap happy users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, like an online gallery. Images and videos can be transformed with an array of filters to edit the shot before sharing. Anyone with an account can see others' online 'galleries' if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. The app has additional features like an 'Explore Page', which contains videos and images tailored to each user based on accounts and hashtags they follow.

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What parents need to know about INSTAGRAM

HOOKED ON SCROLLING

Instagram revealed that young users spent a minimum of 32 minutes on the app per day. Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioural economist Nir Eyal calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a dopamine release. Scrolling may become addictive and it can be difficult to stop scrolling until they find that 'something' they are looking for. Children may quickly lose track of time as they get deeper into their Instagram feed.

SLIDING INTO DM'S

Direct messages (or DM's) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire. Dr Daniela Wagstaff, a psychology professor from Federation University Australia, said that social media and influencer culture can sometimes lead us to "derive a false sense of what everyone else is doing" and that this "can definitely have a negative effect on our mental health and wellbeing."

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

In a recent report by the NSPCC, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram boss Adam Mosseri promised to ban images of self-harm, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform.

LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast, but this feature can be turned off. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In February 2019, the NSPCC demanded a crackdown on Instagram's 'labeled self-regulator' after it was revealed grooming and abuse via the app had more than tripled. 2,000 cases of sexual communication with children, some as young as 5, took place in 18 months.

IN-APP PAYMENTS - Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. Posting photos and videos in Instagram's biggest selling point, but with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

HJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that comes dangers for your child. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

IGTV

Instagram TV (IGTV) works similarly to YouTube. Users can watch videos from favourite accounts on the platform, or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

Top Tips for Parents

RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again.

LOOK OUT FOR #ADS

In January 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they have been paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

SCROLLING

Instagram added a 'You've completely caught up' message in late 2018. This message breaks up the feed and notifies you when you are up to date and there are no more new posts from followers. This feature is enabled automatically, but have the conversation with your child about how much time they are spending on the app and set healthy time limits.

PROTECT THEIR PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so they can take action against the user if necessary. This is an automatic filter but it can be turned off. Make sure it is turned on in the app's settings.

TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!



SOURCES

<https://www.nspcc.org.uk/keeping-children-safe/keeping-them-online/instagram/>
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Sport this week

Year 3/4 football tournament

On Tuesday fifteen of our Year 3 and 4 boys went up to Mounts Bay for a festival of football in beautiful sunshine. They had a lovely time and played magnificently. Mr Holcroft, Mr Coleman and Mr Hammond were very proud of their effort and behaviour.

Spring Games

Mrs Dennison, Mr Timmons and Mr Hammond took some of our KS2 children to Newquay yesterday to take part in the Sports Hall Athletics Finals and the Cornwall Cross Country Finals. They were ably assisted by Miss Williams and Mrs Mooney who transported the children around throughout the day. Many thanks to them.

In the Athletics, our Year 3 and 4 performed brilliantly coming 5th (2 points off fourth place) with some fantastic individual performances. Year 5 and 6 were also a credit to the school with their endeavour and commitment and were also placed 5th. Our Cross Country team, who had been selected for the Penwith area on their results from trials over the winter, showed amazing effort against strong opposition and did us proud. Many congratulations to George in Kerris who came 6th in the county for Year 4 boys. A big thank you to all the parents who have transported their children to, and supported them at, all the Cross Country events this year.



Go Active Easter holiday club

Go Active is running a day's holiday club on Monday 15th April from 9am-3pm at school at a cost of £12 per child. This is only open to children currently on roll at Alverton School - sorry no older or younger siblings or friends and relations. For more information, please contact Mr Timmons on 07843 126833 or ask for a letter at the office. Booking with payment must be made by Thursday 4th April.

Clubs

ALL clubs (except Nerf Games and Needlecraft - both finishing on Monday 1st April) have now finished. A new clubs list for next term will come home just before Easter. The next set of clubs will start on **Monday 29th April** (the second week back after Easter).

Easter Competitions

Don't forget the deadline for entries for the Easter competitions is **Wednesday 3rd April in the morning**.

The categories are as follows:

EYFS – Woodland, Choughs and Robins

Decorate an Easter bonnet

KS1 – Y1 and Y2 in Puffins, Owls and Kingfishers

Create a nest for an Easter chick

KS2— Trecrom, Lanyon, Kerris, Bodrifty, Bosigran and Kenidjack

Decorate a real egg inspired by somebody famous or a book character



FOAS Easter Disco

Thursday 4th April

Reception and KS1: 5-6pm

KS2: 6.15-7.15pm

£1.50 per child on the door to include a drink and entry to an Easter egg raffle.

Volunteers wanted! If you are able to help FOAS at either Disco, please let the office know. They would be very grateful for any help you could give. Thank you.



Menu change - Monday 1st April

Meat pasty will replace BBQ chicken pizza. Cheese and tomato pizza, jacket potatoes and packed lunches also available.

Year 6 London trip - July 2019

A reminder that ALL payments for Year 6 London trip (£310 total) need to be made by next Friday **5th April at the latest**. **Full payment is needed by the above date. If it is not paid in full by this date, we will cancel your child's place and refund any money you have already paid (less the deposit) with immediate effect.**

Year 3&4 camp meeting

If your child is going to Bude in May please come along to a camp meeting at 3.30pm on **Tuesday 2nd April** in the hall. There will be lots of information provided and a chance to ask questions.

Lost property

A reminder that we will be emptying the lost property box again on **Friday 5th April** and sending all un-named items to the charity shop. If you're missing anything please come in after school to check in the box which is situated in the hall.

Found

Last year someone kindly lent us a Disney Cinderella dress (blue) and a Belle dress (gold) when we were sourcing costumes for 'Beauty and the Beast'. If they are yours please collect them from the office as soon as possible. If they are not collected by 26th April they will be donated to a dressing up box in school.

Alverton Primary School's production of

TICKETS
ON SALE
SOON!

Disney
**THE LITTLE
MERMAID**



Performances at 6.30pm on
Wednesday 22nd May 2019 and
Thursday 23rd May 2019

Tickets

£4.50 adult / £2.50 children over five.

Free tickets for pupils of Alverton School.

Please ask at the office if you have younger children
who would like to attend.

Music by **Alan Menkin**

Lyrics by **Howard Ashman** and **Glenn Slater**

Book by **Doug Wright**

Based on the Hans Christian Anderson story and the Disney film.

This amateur production is presented by arrangement with
Music Theatre International (Europe)

All authorised performance materials are also supplied by **MTI Europe**

www.mtishows.co.uk

WHARFSIDE SHOPPING CENTRE

FREE Easter Crafts
12.00 – 3.30

Follow the clues to find your little Easter surprise....
1.30 – 3.00

EASTER HUNT
1.30PM – 3.00PM

WEDNESDAY 10TH APRIL
FRIDAY 19TH APRIL

LOCATION: On The Bay **TIME: 12.00 – 3.30**
On The Bay will be hosting a free EASTER arts and crafts table, where you can design your own Easter egg or Easter card.

FREE Easter Trail throughout Wharfside Shopping Centre

Tots yoga

I will be running sessions at Once Upon A time Nursery. It will be introducing tots to the fantastic benefits of yoga. My sessions are suitable for 2-4 year-olds and will be based around Yoga adventures to inspire their imagination, combining yoga and movement, breath awareness, mindfulness and fun. Children will explore and learn in a playful environment. Parents relax or join in. I will also be running baby classes at the same venue depending on interest. £6 a session.45 minutes yoga, 15 minutes runaround. 10-11am Wednesdays/Thursdays.

Booking essential as limited Numbers. My Qualifications: Dru Yoga Teacher, BA Early Years Education, Early Years Professional Practice, NNEB, Career Montessori/Steiner kindergarten Teacher. 07817917426

sarahjeanjones.sj@gmail.com

Twitter

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



CLASS ATTENDANCE THIS WEEK

Choughs	97.0%	3
Robins	88.4%	11
Puffins	94.3%	7
Owls	97.3%	2
Kingfishers	95.3%	6
Trencrom	93.8%	8
Lanyon	93.8%	8
Kerris	92.6%	10
Bodrifty	97.7%	1
Bosigran	96.7%	4
Kenidjack	95.6%	5
Overall school attendance	94.9%	

Our collective target is 96.5%

Need a chat?

Come and have a cup of tea with Mrs Daylak if you have any questions or concerns about anything which might be affecting your child in school. You can find her any Monday to Thursday after school until 4pm. If you would rather make an appointment, please ask the office. She might even find you a biscuit to go with your tea!



DIARY DATES

April

2nd Year 3/4 camp meeting at 3.30pm in hall

3rd LKS2 Exhibition in hall from 2-4pm

4th FOAS Easter Disco – 5pm EYFS & KS1, 6.15pm KS2

FRIDAY 5th APRIL SCHOOL CLOSSES AT 3.15pm (normal time) FOR THE EASTER HOLIDAY

SUMMER TERM BEGINS ON TUESDAY 22nd APRIL at 9am



EASTER HOLIDAY CAMPS

at Mounts Bay Football Development Centre



Football Camps x3: Thursday 11th, Friday 12th & Wednesday 17th April
Multi Sport Camps x3: Wednesday 10th, Thursday 18th & Friday 19th April

Soccer Tots (4-6yrs)

10am - 12pm

£6 per day | £10 for 2 days | £13 for 3 days or £25 for all 6 camps

Soccer Pros (7-13yrs)

10am - 3:30pm

£15 per day | £25 for 2 days | £35 for 3 days or £65 for all 6 camps

SUPER SAVER DEALS

Soccer Tots - All camps for £25

Soccer Pros - All camps for £65

Venue - Mounts Bay Academy Sports Centre, Penzance, TR18 3JT

Come and have some fun throughout the Easter holidays, win prizes, play more and receive some professional coaching

Register online or turn up on the day, players welcome from any school or club

www.mbfdc.co.uk

Contact

Kevin Lawrence - Head of Football Development
Mounts Bay Football Development Centre
01736 352323 ext-2
klawrence@mountsbay.org



ALL STARS
cricket

Big Moments

All Stars Cricket gives children the chance to play, learn great skills and meet new friends!

Penzance cricket club
brian laity way, penzance, TR183dx
4:00pm - 4:45pm, Thursdays (May 23rd - July 11th)
Contact: greg@penzancecricket.co.uk
Register at allstarscricket.co.uk

Includes Personalised Kit!