

19/11/21

FRIDAY NEWS

Nº 10

Dear Parents and Carers,

This week, we would like to share some great news as we have achieved the Gold Healthy Workplace Award through Healthy Cornwall.

The Cornwall and Isles of Scilly Healthy Workplace Award is a county standard of good practice and a quality mark of health and wellbeing in the workplace. The aim of the award is to act as a toolkit to encourage employers to think about ways to improve the health and wellbeing of their employees and focuses on the current good practice in place within an organisation.

In order to achieve the Gold Award, we needed to successfully evidence over eighty different criteria in a range of areas including Creating a Healthy Workplace, Health and Safety and Mental Wellbeing and Stress Reduction. Our assessment was incredibly positive and the assessors were full of praise for our school.

When reflecting on our approach to health and wellbeing, staff have said:

"The school has been ground breaking in its response to issues many women have been facing with menopause. Alongside daily personal support and the offer of counselling sessions if needed, we started a menopause support group which I attended and a menopause workshop which was a fantastic opportunity to look at different ways to help ourselves at this time."

"We work in a very caring and supportive culture which actively addresses mental and physical health and general wellbeing; there is a great sense of a supportive network."

"I feel Alverton is a very supportive school in terms of wellbeing; I have not worked in a setting where physical and mental health are so much at the forefront of the outlook of everyone."

A number of staff have led initiatives as part of our work towards this award including Mrs O'Rourke, Mrs Clemens, Mrs Dennison and Mrs Petty. We are especially grateful to Mrs Wicks who has led our work in this area and who brought together all of the positive things that go on here into such a comprehensive picture of our school.

I know I speak for all the staff when I say how privileged I feel to work at Alverton. It truly is a place that has the wellbeing of everyone – children, parents and staff – at the forefront of our minds at all times.

Best wishes,

Martin Higgs
Headteacher



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.

Mobile phone use

If your child brings a mobile phone to school, please can you ensure that it is turned off whilst on the school grounds, not just when they enter the school buildings.

Speed limit

Some of the residents in Lariggan Crescent have been in touch about cars driving too fast in their road. Please note that the speed limit in ALL the roads around the school including Toltuff Road, Toltuff Crescent, Lariggan Crescent and Lariggan Road is **20mph**.



Year 5 Porthpean

If your child would like to go to Porthpean next June please ensure that the £30 deposit is paid online by **Friday 26th November** at the latest so that we can book them a place.

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. Anyone you live with, and anyone in your support bubble, may also need stay at home until you get your result. 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 at test online at:

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

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

Arrangements for Christmas 2021 Productions

As per the letter that was sent home last week, here is a reminder of the details.

Year 1-6

All performances will take place at school as follows:

Monday 6 December – Years 5 and 6 – 2pm and 6pm

Tuesday 7 December – Years 3 and 4 – 2pm and 6pm

Thursday 9 December – Years 1 and 2 – 2pm and 6pm

- **In order to reduce the number of people in the hall, all children will be allocated two tickets only.** These can be used for either performance and can be used at separate performances (ie one person can come to the 2pm performance and another to the 6pm performance). If you have more than one child, each will be allocated two tickets (eg if you have a child in Year 1 and another in Year 3, you will be allocated two tickets for your Year 1 child and two tickets for your Year 3 child).
- **Tickets will need to be booked in advance via the office on a first-come, first-served basis.** If one performance is full, we will only then be able to issue tickets for the other performance.
- **Booking will be available from Monday 22 November – please either phone the school on 01736 364087, email secretary@alverton.cornwall.sch.uk or come in to book your tickets from 8am-3.30pm, any weekday on or after 22 November.** These are the only times at which you will be able to book your tickets. Please do not email or call prior to this date and time as we will be unable to allocate you tickets.
- **Only the ticket holders will be admitted – unfortunately no additional children, babies, etc will be able to attend unless they are the second ticket holder.**
- **Booked tickets should be collected from the school office from Monday 29 November.**

Reception

Wednesday 8 December – 6pm

All arrangements will be the same as above apart from that there is no need to book tickets.

- **Two tickets per Reception child will be allocated and will be available for collection from the school office from Monday 29 November.**

Staffing Update

We are delighted to welcome Sharon Oakes to the Alverton team as a Teaching Assistant in both Key Stage 1 and Lower Key Stage Two.

Clubs

ALL clubs except KS1 Nerf Wars, and Dance will finish on Friday 26th November.

The last KS1 Nerf Wars will be on Monday 29th November and the last Dance Club will be on Friday 3rd December.

Drama Club will now finish next Tuesday 23rd and not 30th as previously advised.

A new clubs list for the Spring term will come home in January.

Christmas lunch - Friday 10th December

Letters about arrangements for Christmas lunch have come home. If your child would like a school lunch on 10th December you must return a slip to us, (with the money if your child's meals are not free) by **Tuesday 30th November**. If you do not return a slip, you must send your child in with a packed lunch from home as there will not be any spare meals available on the day.



Go Active Christmas Cracker Club

Mr T will be running a holiday club for two days at the start of the Christmas holidays on Monday 20th and Tuesday 21st December from 9am-1pm, £12 per child, per day. Alverton children only - sorry no siblings or children from other schools. Please ensure all bookings and payments are made by Friday 17th December.

For more information collect a letter from the office or contact Mr T direct on 07843 126 833 or email –

alvertonkidsclub@outlook.com

Water bottles

A reminder that your child needs to have a named water bottle filled with water (not squash or juice) in school every day and it should be taken home to be washed and refilled daily.

Coats

Now that the weather is getting colder and wetter, please can your child have a warm, waterproof coat in school every day.

Daisy's film

Please follow the link to watch Daisy in action on 6th November as part of the Tides Reach 2050 Event:

<https://vimeo.com/647326335>

FOAS News

Filled jam jars

We would be very grateful if you could save a clean jam jar, decorate it and fill it with small toys, sweets or similar to bring in to school from Monday 6th December. Please hand into the school office or to your child's teacher. These will be used for prizes in a draw for the children on Friday 10th December.



Friday 10th December

Christmas non-uniform day with an added surprise!



To coincide with Christmas lunch day, FOAS would like to invite all pupils to wear something Christmassy or their favourite clothes on Friday 10th December. If your child could bring a donation (we suggest £1) towards FOAS funds that would be great. For this they will also be entered into a draw to receive one of Alverton's famous fun-filled jars or a delicious treat! Funds raised are for the exciting 🎵 music room 🎵 target we are so close to achieving.



Christmas tree decoration



Our Christmas tree arrives soon and will look very bare! Please could your child make a lovely decoration in the next two weeks and bring it in to the office so that it can be put onto the tree. Thank you.



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>

If you'd like to come to this please ring or email the office to book a place in advance. Thank you.

Information Classification: CONTROLLED

Early Help Family Worker Support and Guidance Session



Do you have a child under the age of 13 years old?

Do you feel you may need some help?

Need advice around Boundaries and Behaviours?

Interested in doing one of the Parenting Programmes?

Would like signposting to Money Matters for financial advice?

Come and meet our school link Senior Family Worker Nikki Cooper who will also have the support of Senior Family Worker Mel Berryman. They are available to offer support and guidance to families.



**Date: Friday 26th November
2021**

Time: 1pm – 3pm

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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: 17.11.2021

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

Kittiwakes	Louie	for amazing listening & a great attitude to everything he does
Curlews	Rufus	for his fantastic listening & caring nature with the chickens
Puffins	Leo	for his amazing singing & actions in our Christmas play rehearsal
Owls	Tyler	for such enthusiastic participation in our Christmas play rehearsals
Kingfishers	Benny	for his super work in Maths
Trencrom	Noah	for always using his manners, being an enthusiastic learner & a delight to teach
Lanyon	Charlie	for being such a kind and lovely boy. You are a delight
Kerris	The Whole Class	for being so sensible this week using the craft equipment
Bodriftly	Jamie	for having such a fantastic attitude in class & his amazing story writing this week
Bosigran	Logan P	for working hard in Maths & being determined to complete the questions set
Kenidjack	Annie	for working hard, making loads of progress & playing some storming football
Dinnertime	Nathan	for being the most tremendous help at lunchtimes



LOST

Hope in Kerris has lost her glasses. They are purple, Hype brand and are in a black glasses case with Hype written on it. Please check at home and hand in if found. Thanks.

Hair and headlice

As part of our uniform policy please remember that if your child's hair is longer than shoulder length it should be tied up every day. There are a number of cases of headlice in school at present and this will help stop the spread of these.

Hello again, I've been listening to teenagers this week, and wondering how on earth they cope with the stresses of social media. There's a pressure to have an absolutely fabulous time and then take a photo of it and put it on whatever platform they're using at the time, for all to see. No matter what they're feeling. And then I chatted with friends about it and they had all experienced the same with other teens. I wondered then, does the same happen to adults? If I'm honest, I avoid social media as much as possible, I like it that way. And I'm rubbish at it too. But there does seem a pressure to always be having a great time, and that's not remotely possible. Or If it is, I'm missing a trick because my life has ups and downs, always has done. Probably always will. But that's okay because they make it all real. Challenging, but real. Maybe we just don't want others to know when life has hit a down patch. Personally, I don't mind, because I get cuddles and someone to talk to. Plus I'm reminded how fortunate I am to have the family and friends I do. If you don't want others to know, if you have hit a 'down' and want to chat, it's fine if you want to find me. People seek me out all the time, for all sorts of reasons, so nobody will think anything of it. So do find me if you want to. Maybe I can help, you never know.

Mrs Daylak

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.