

## The Great Alverton Bake Off! (almost)

Baking seems to be one of the ways in which people have coped with the current situation. Everywhere you turn, someone is making something utterly delightful and the loudly-lamented shortages of flour and yeast would confirm that the popularity of baking is definitely increasing.

There is a reason why we rush to eat comfort food when we feel stressed, anxious or just want to soothe our nerves. In a similar way, people have now turned to baking. Apparently, few things are as therapeutic as baking. It requires patience and effort and, when you've had a bad day, is so absorbing that you can't help but forget your source of stress for a while. It gives you a sense of accomplishment, no matter what you're making.

So, cooking or baking may have become a common cure for stress or feeling down, but there is some science to say why it might make people feel better. According to a new study, a little creativity each day can go a long way towards happiness in the bustle of daily life. The study, published in the Journal of Positive Psychology, suggests that people who frequently take a turn at small, creative projects report feeling more relaxed and happier in their everyday lives. The researchers followed over 650 people for about two weeks, and found that doing small, everyday things like cooking and baking made the group feel more enthusiastic about their pursuits the next day.

Leaving all that aside, it's delicious! We are always cheered up at work when it's someone's birthday and there's cake in the staffroom, or when Mrs Harman appears with some savoury bread she's made that morning, or when Mrs England brings in a tin of fudge, or when Mrs Gill makes tiffin for everyone...

Of course, cooking is not just about baking cakes. Only shopping for food once a week has really made me think about what to buy and has definitely made me look much more carefully (and creatively) at what to make for tea! Having fairly recently decided to become (almost) vegetarian, finding and making new recipes has been a new challenge and a surprisingly enjoyable one.

With many great bakers on the Alverton staff (and some enthusiastic amateurs!) we have put together some of our favourite recipes. Our Great Alverton Bake Off leaflet is unfortunately too big to send with this newsletter as an email but you can download it from [https://alverton.eschools.co.uk/website/2019-2020 friday newsletters/423056](https://alverton.eschools.co.uk/website/2019-2020%20friday%20newsletters/423056) - you'll find it at the bottom of the page. Please have a look because there are some delicious recipes in there – hopefully you'll find something to try!

Cathryn Wicks  
Deputy Headteacher

## THE GREAT ALVERTON BAKE OFF

Tried, tested and tasted - here are some of the Alverton staff's favourite recipes!

### Lemon Drizzle Traybake

Miss Judge: The reason I love this recipe is because it's simple but effective. It has a relatively short preparation / baking time, but the results are really tasty! A traybake is also a great cake for sharing with others, as you can portion as big or as small as you like. I have become more confident with baking the more I have tried it, and if you get everything out ready, I find it really relaxing. I also love baking because the result can be shared with others!  
<http://www.maryberry.co.uk/recipes/baking/lemon-drizzle-traybake>



### Old Fashioned English Tea Loaf

Mrs England: As my husband has been home so much recently (having previously been working away from home) he has taken up baking. Normally he barely knows where the kitchen is! Having baked banana bread, shortbread, wholemeal scones very successfully (amazingly!), yesterday he tried Old Fashioned English Tea Loaf which was delicious! (He did amend it to add 2 eggs and used just raisins - soaked for 2 hours)  
<https://bitofthepoodstuff.com/2019/05/old-fashioned-english-tea-loaf/>



### Carrot Pineapple Cake

Mrs Harman: I had a lot of trouble just choosing one recipe! This lovely carrot and pineapple cake is just so delicious it is untrue. Ask Mrs O'Rourke, as I made it for her birthday picnic!  
<https://www.youtube.com/watch?v=Jt2EawfRQA>



### Sourdough Bread

Mr Dave: I've been baking sourdough bread for years but my understanding of how to do it and what it should look like was transformed by this man. After watching this I understood better what I was aiming at.  
<https://www.youtube.com/watch?v=2FVlJTGpKnU>



### Homemade Quesadillas

Miss Roberts: This is a recipe for vegetable quesadillas, from Jamie Oliver's Keep Cooking and Carry On series. I've made them a few times during lockdown and they are pretty easy to make and very tasty. I like the fact that you can use up whatever veg you have in the fridge and sprinkle over some delicious cheese. Another plus for me is the Youtube clip: sometimes I find it easier to watch and learn than have to read the recipe. Don't forget they can be pretty hot inside! Hope you enjoy making them.  
<https://www.youtube.com/watch?v=SG0u9XW9yM>



**COVID-19 isolation** may cause tensions to rise and domestic abuse to increase. Help is available.

Who can help me?  
We can

**YOU ARE NOT ALONE**

**NATIONAL DOMESTIC VIOLENCE HELPLINE**  
**0808 2000 247**  
 24/7 CONFIDENTIAL FREEPHONE

**WCWAid**  
 West Cornwall Women's Aid  
**01736 367539**  
<https://www.wcwaid.co.uk/helpline>

**AT HOME SHOULDN'T MEAN AT RISK**

#YOUARENOTALONE FIND SUPPORT AT: gov.uk/domestic-abuse

Download this image onto your phone for **when you might need help**

**Cornwall's 24/7 NHS mental health support** 24h

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**

**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**

[www.cornwall.gov.uk/mentalhealth](http://www.cornwall.gov.uk/mentalhealth)

**Outstanding monies**

As the end of the school financial year is approaching please check your Schoolmoney account and pay any outstanding monies owed as soon as possible. This includes payments for Breakfast club, extra nursery sessions, past trips, etc.

**Contacting School**

Please be aware that whilst school remains open for some children, there will be no admittance to the building for any parents, visitors or children not currently at school. If you need to contact us, please do so by email ([secretary@alverton.cornwall.sch.uk](mailto:secretary@alverton.cornwall.sch.uk)) or by calling the office between 9am– 3pm, Monday to Friday on 01736 364087.

**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](mailto:head@alverton.cornwall.sch.uk) or, if it is out of school hours, please contact the Multi Agency Referral Agency on 0300 1231 116;  
 E-mail: [multiagencyreferralunit@cornwall.gov.uk](mailto:multiagencyreferralunit@cornwall.gov.uk)

To stop the spread of coronavirus (COVID-19), you should try to avoid close contact with anyone you do not live with.

This is called social distancing.

### Stay at home as much as possible.

It's very important to stay at home as much as possible.

There are only a few specific reasons to leave your home, including:

- for work, if you cannot work from home
- going to shops to get things like food and medicine, or to collect things you've ordered
- to exercise or spend time outdoors
- for any medical reason, to donate blood, avoid injury or illness, escape risk of harm, provide care or help a vulnerable person.

When outside your home, it's important to try to stay 2 metres (3 steps) away from anyone you do not live with.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

This is an unusual time and we are conscious that some people and families will be finding it difficult. We have included some helpline numbers on this page in case anyone finds them useful.



## 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**.

### Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance has let us know that it is no longer necessary to obtain a voucher to receive food from them and that they are open every day at the moment. If their support would be helpful to you at this time, just phone Verman 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.



## Online Safety

Whilst there are huge benefits to being online in order to stay connected to family and friends during this period, many parents may feel concerned about the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive support and advice.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



There's a good chance you already know what the PlayStation 4 (PS4) is. Sony's video game console is often touted as being one of the best-selling of all time, with over 100 million units shifted worldwide. With over seven years of polishing and fine-tuning under its belt, you'd expect the console to be one of the safest around. While this is overwhelmingly true, there are still things parents should be on the lookout for whether they're children are starting it up for the first time or they're already experienced users.



## What parents need to know about PLAYSTATION 4



PlayStation Store

### SAFETY CONCERNS

PlayStation users are able to add each other as friends by simply inputting another player's username and sending them a friend request. If accepted, they can chat openly from the console's dashboard, including voice chatting in a private party. If players know each other, this can be a great way to talk privately while in games, without having to interact directly with others. But, similarly, if a stranger adds a child and is accepted as a friend, they have direct access to them.

### ACCESS TO PERSONAL INFORMATION

The PlayStation Network (or PSN) is essentially used to house all the other PlayStation services (like PlayStation Plus and PlayStation Store) under one roof. Accounts are free and come in two forms; master accounts and sub accounts, with master accounts having access to the parental controls on a console. If a user's ID and account password were compromised (if a child was tricked into revealing it or if a hacker obtained the details otherwise) then it could provide access to personal information or banking details.

### ONLINE BULLYING

Sometimes in an online game, players will be able to freely chat with each other. While these interactions will mostly be positive and about having fun in a game, some people will take this opportunity to use offensive or abusive language or may just want to aggravate other players. In some cases, it may amount to harassment, trolling or cases of online bullying.

### ADULT CONTENT IN GAMES

The PlayStation offers a huge variety of different games, all with different age ratings. From shooting games to driving, sports, educational titles and everything in between, they all need special attention when considering a purchase, as some can contain adult content or explicit language which isn't always suitable for young children. The best way to know what a game involves is to check out its PEGI rating which will be on the game box, or on the website page before you buy. Remember that these ratings serve as a guide, and the ultimate choice lies with parents to know what is acceptable and appropriate for their children.

### SCREEN ADDICTION

The PS4 can provide hours of entertainment. As well as being an avenue to play games, it provides the ability to browse the internet, watch live TV or stream video services such as Netflix, Amazon or YouTube. Such is the variety, that it can be easy to switch between modes and rack up time in front of the screen. Some children may also find it difficult to control the amount of time they play games, potentially leading to gaming disorder.



## Safety Tips for Parents & Carers

### CREATE 'CHILD FAMILY MEMBER' ACCOUNTS

The PS4 allows parents to set up different accounts for different family members, including children. This will allow you to control different aspects of your child's PS4 experience including the ability to set age restrictions on gameplay, limit play time sessions, disabling chat messaging and the ability to access the internet.

### DISCUSS PSN RISKS WITH YOUR CHILD

It's always a good idea to discuss with your child how to stay safe on the PlayStation Network and how to respond if people they don't know contact them. Advise your child to report anybody who upsets them or makes them feel uncomfortable and to never share personal or private details or images with anyone online. You can also block other users if they are abusive or your child feels threatened by their behaviour.

### SET MONTHLY SPENDING LIMITS

It's a good idea to set a limit on how much can be spent on things like new games, or for skins or card packs in games like Fortnite and FIFA. This can be done using your master family account and then selecting your child's account. Go to Applications/Devices/Network Features from where you should be able to select Monthly Spending Limit and adjust it as you see fit.

### IMPLEMENT PRIVACY CONTROLS

Sometimes it's easier to block potential risks at the source when playing online. Through Network Features, you can select whether a child's sub account can communicate with others while on the PSN or whether they can view content created by other players. This means disabling the ability for your child to communicate via chat or messages or displaying and entering comments for friend requests and game invitations. It also means you can block videos, images and text created by other users from view.

### SET AGE RATING LEVELS FOR GAMES, DVDS AND BLU-RAYS

As well as controlling what age rating level of a game your child can play, you can also set appropriate controls for DVDs and Blu-Rays. To set this up, simply go through the Family Management setting and then Applications/Devices/Network Features and select the type of content you would like to restrict.

### LIMIT PLAY TIME

Play time can also be managed through the PlayStation's parental controls. On the family manager accounts, go to Settings, Parental Controls, Family Management and select the child account you'd like to limit play time for. From here, set a Time Zone, then configure the Play Time Settings to your preference.

### KEEP ACCOUNTS SECURE

To stop children from changing parental controls and adjusting their own limits and restrictions, you can create a system restriction passcode to disable guest login and set up a log-in passcode so that only you can access your account. To protect against hackers, you can activate 2-step verification (2SV) which will alert you of any new logins. You can also set up a password at 'checkout' in the PlayStation Store so that there is an additional layer of security if anybody attempts to make any unauthorised purchases.

### Meet our expert



Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He's the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMING Bible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

SOURCES: <https://www.playstation.com/en-gb/get-help/help-library/my-account/parental-controls/ps4-parental-controls/> | <https://www.playstation.com/en-gb/get-help/help-library/my-account/parental-controls/online-safety/> | <https://www.playstation.com/en-gb/get-help/help-library/my-account/parental-controls/play-time-settings/>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)
Twitter - @natonlinesafety
Facebook - /NationalOnlineSafety
Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.05.2020

## Free School Meals

At this time, many families may find themselves eligible for Free School Meals and Pupil Premium who previously did not meet the criteria. Please read this page carefully to find out if you are now eligible. Our Pupil Premium Parent Guide is being sent home alongside today's newsletter to provide you with more information.

Cornwall Council are continuing to process new applications for Free School Meals. **Please ensure that you read the eligibility criteria before applying** and complete the online application form if you are eligible.

<https://www.cornwall.gov.uk/education-and-learning/schools-and-colleges/school-meals/application-for-free-school-meals-and-pupil-premium/>

Postal applications are currently not being accepted but, if you are unable to apply online, 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. Please make sure that your phone will accept calls from a private number.

*NB All Key Stage 1 (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. Whilst schools are closed to most pupils during the current Covid-19 pandemic, schools are not required to provide meals or vouchers to Key Stage 1 children who usually receive free meals under the Universal Infant Free School Meals scheme but are not currently attending school.*

**However, some children in Reception, Year 1 and Year 2 and receiving Universal Infant Free School Meals (as well as all Key Stage 2 children) may have an underlying entitlement to benefits-related Free School Meals. Schools will make arrangements for these children to receive free meals through food parcels or supermarket vouchers.**

Your child may be eligible for benefits-related free school meals if you, or the child themselves in their own right, 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

However, you will be temporarily eligible to claim free school meals if you receive a **Working Tax Credit run-on**, which is the payment you may receive for a further four weeks after you stop qualifying for Working Tax Credit.

**If you think that your child is eligible for Free School Meals, we strongly recommend that you contact Cornwall Council as detailed above.**