



Parents Evenings

Some of our parents evening phone appointments for this term will start next week. If you didn't book your own appointment via the school website for Puffins, Owls, Kingfishers, Lanyon, Kerris, Bosigran and Kenidjack an appointment time will have been made for you and has been sent home with your child. Please be ready at the allotted time for your 10 minute appointment.

Flu immunisation

If you would like your child immunised and haven't yet applied, please go online by 21st 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 23rd October

School Code: EE142240

Link: <https://www.kernowimmunisations.co.uk/Forms/Flu>

Tel No.: 01872 221105

Log ins

Some parents are getting a little confused about log in details for our online payments system and our website. Let us help you!

Schoolmoney (Eduspot) (eduspot.co.uk) is used for online payments only and you will need your mobile number, email address and a password that has been sent to you. It is a computer generated one which you cannot change but will always be the same so please save it somewhere safe. You can then pay for trips, camp, swimming, etc securely with your debit or credit card. **When signing in, please choose the 'schoolmoney for parent login' at the bottom.**

Eschools (via the Alverton school website) is used for booking parents evenings twice a year. You will need your user name (your first name and surname with a full stop in between) e.g. john.smith (all lower case) and a password which we can reset in the office for you if you lose it.

Tempest photos

If you would like to order any photos from Tempest **please order online if you can as this is the most secure and efficient way to do it.**

If you have no other way of ordering please return the order form with cash, cheque or your card details by next Wednesday 21st October.

Year 5 & 6 camp deposits

If your child would like to go to Porthpean next summer, the deadline for the deposit of £30 (paid online) is Friday 13th November. Please ensure you pay by then to reserve a place.

New consent of images form

Your child has brought home a new consent of images form and it has been emailed to you. If you haven't done so already, please complete and return one copy either in your child's book bag, to your child's teacher or into the postbox outside the office.

Additional INSET Day - Tuesday 3rd November

School will reopen after half term on **Wednesday 4th November.**

Daisy's Diary

We've had an amazing week with Rebuild South West. Bike shed structure is up, and I'm getting lots of aircraft hanger / Eden Project / velodrome jokes....

The entrance way is turning into a ship! Planters already made and filled and looking amazing.

Rebuild South West take people who are unemployed and give them the opportunity to create and build exciting community projects. Its working in a group finding new skills and getting peoples confidence up.

They and a group called Who Dares Works have so many opportunities, they are so welcoming and enthusiastic, and they can offer an amazing array of help and advice (free childcare being one!).

All you have to be to have all this help and advice is unemployed and over 18. We have information in this newsletter about how to contact Who Dares Works - if you or someone you know might like to try.

Rebuild South West's website is - www.rebuildsouthwest.co.uk.



Who Dares Works

Ready for Work?

We have a wide range of help available to help you prepare, look for, apply and get the job you want.

And it doesn't stop there, we can support you with the transition into work and while you get settled into the swing of things, if that's what you need.

W Ready for Work Training

Group sessions covering:

Getting organised	Online jobsearch and applications
CVs and personal statements	Interview preparation
Practical Communications	Coping with knockbacks and managing success
Project Management	

W Employability: Specialist 1-2-1 Support

If you need some extra 1-2-1 support, our specialist worker can help with jobsearch, CVs and applications, interview preparation, and arranging work placements, work trials and references. He will work alongside your mentor and help you to action plan for work.

W Sector Specialists

Speak to our sector partners about routes into jobs in food, hospitality, care, construction, creative industries and more

W Community Clubs

Access jobsearch resources and advice through our weekly clubs in Helston, Penzance and Hayle

To get involved, email: whodaresworks@activeplus.org.uk

Call 01872 300236

Or contact your mentor

Funded by the European Social Fund
and the National Lottery through the
Big Lottery Fund



**NATIONAL
LOTTERY FUNDED**



**European Union
European
Social Fund**



WANTED!

We need plants please! Anything for shade/ semi shade especially climbers, any bulbs, ferns would be lovely. Anyone got a hellebore? Xx



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

Penzance CTIPA Foodbank

The CTIPA Foodbank in Penzance has let us know that, at the moment, it is not necessary to obtain a voucher to receive food from them. If their support would be helpful to you, just phone Vervan 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.

**ON YOUR SIDE
NO MATTER WHAT**

0800 58 58 58 **THECALMZONE.NET/WEBCHAT**

5PM-MIDNIGHT | FREE | CONFIDENTIAL | ANONYMOUS

CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

**citizens
advice**

0344 411 1444

**"It's alright to
ask for help"**

SAMARITANS

116 123

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



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

WCWAid

**West Cornwall Women's Aid
01736 367539**

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



SafeToNet is an app for parents to help them safeguard their children from online risks like cyberbullying and sexting, whilst respecting their child's rights to privacy.

Online Safety

The BBC have a website and app called Own It. The website has a lot of content for children to help them navigate their online lives, and the free smartphone app comes with a special keyboard which can intervene with help and support in the moments that children need it the most.

Whilst there are huge benefits to being online in order to stay connected to family and friends, 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. This information is updated as needed (it's recently added new information on apps) so it's worth another look.

<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 educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

Part of our Online Mental Health & Wellbeing Series

NOS
Online Mental Health & Wellbeing

Brought to you by
NOS
National Online Safety
www.nationalonlinesafety.com

What you need to know about... PERSUASIVE DESIGN

What is it? 'Persuasive Design'

Social media can be really addictive, and sites want to keep users on their platforms for as long as possible. The more people scroll and consume there, the more money the social networks make from advertisers. Because of this, the platforms have invested heavily in designing themselves to be super addictive, persuading you to stay with them online. Have you ever noticed that you can seemingly scroll forever on Facebook or Instagram? That's because these platforms collect content from right across the internet so they can keep giving you, or your child, stuff to look at.

Know the Risks

Hard to disengage

The most powerful trick used by social media platforms is to show you things they know you're interested in. Most platforms use algorithms to work out what content they should show you. These algorithms are highly complicated and very effective and keep you engaged for long periods of time. They avoid showing you things you'll find boring.

Limitless scrolling

If you were reading a book, you'd put it down once it ended. It's the same with a newspaper, magazine, or television show. Social media has no natural end, so it's easy to keep on scrolling and lose track of time.

Notifications addiction risk

Whether you're using a social media app or website, notifications from the platform keep you coming back for more. Notifications and alerts are addictive. We generally keep them turned on because we don't want to miss out. They're usually red because red signals danger. Social networks want you to feel like you MUST check your notifications!

Plays on emotions

Social networks are great at reminding you of people's birthdays and past special occasions. This means that lots of meaningful memories and messages between friends and families are documented on social media. This creates an almost emotional bond with social networks, leading to people's reluctance to stop using them.

Safety Tips

Set non-phone times

Have some time in the day when no one uses their phone. A good starting point is meal times. This gives you the opportunity to make sure everyone is off social media and interacts in real life. Perhaps when you go for a walk, you could all leave your phones at home or set a phone-free day each week.

Use screen time controls

There are lots of apps that monitor how long someone is spending on their phone and on specific apps. You can also set phones to restrict when certain apps can be used. iPhones have a 'downtime' feature, which automatically shuts apps off between specific times and needs you to manually override the setting if you want to keep using them.

No phones at night

Keeping a phone in another room at night means there are no temptations to check social media or scroll while in bed. This will definitely help improve sleep patterns too. Phones emit blue light, which can trick people into thinking it's daytime and keep them from feeling tired.

Turn off notifications

There's nothing you can do to change the design of social media platforms. However, if you're concerned that someone's spending too long on social media, turning off their notifications can help put an end to those alerts that can tempt you back into the platform and break the cycle of 'alert, check, scroll'.

Action & Support

Monitor the situation

See if you can link your child's mood with the time they spend on their phone. Do they start scrolling when they're feeling bored or sad? Is the link the other way around? Perhaps it's the scrolling that affects their mood in which case it's a good idea to intervene and talk to them about how they're feeling.

Practice what you preach

If you're always scrolling, your children will think it's normal that they do too. Look at limiting your own usage and following the same rules for your own social media consumption. If there does seem to be an unhelpful relationship with social media developing, this is probably made worse by spending longer there.

Our Expert

Jodie Cook

Jodie Cook is a leading expert on social media. She is the founder of JC Social Media, an award-winning team of social media managers and trainers, and was included in Forbes' 30 under 30 social entrepreneurs in Europe 2017. Jodie has appeared on ITV News and CNBC and has worked as a social media expert for The Telegraph, New York Post and Forbes Online.

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: 07.10.2020

STARS OF THE WEEK

Choughs & Robins	The Whole Class	for being superstars
Puffins	Riley	for his enjoyment of writing and his great listening skills
Owls	Logan	for being on fire with his learning this week
Kingfishers	Jai	for a super attitude to all his learning especially in Maths
Trencrom	Livia	for always making me smile, working hard and trying her best
Lanyon	Jessika	for an amazing Stone Age story
Kerris	Seb	for his superb hockey skills in PE
Bodrift	Summer	for beautiful writing and enthusiasm in every English lesson
Bosigran	Louis	for putting effort & focus into all his English & Maths & being so enthusiastic
Kenidjack	Holly	for superb work on the Sports Leader Training
Dinnertime	Joshua R	for his exceptional manners every day



Menu until Christmas

Caterlink has decided to continue the current menu until Christmas. Please see the one with the new dates on it attached. It can also be found on the school website in Parent Pages, What's on this term.

Need a chat?

Life has been pretty challenging recently and you might need someone to talk to. If you would like to come and have a chat with me about anything at all in confidence, I'm here for you. Talk to Adele or Vryan in the office and they will arrange it. I make a good cuppa and I know where the best biscuits are hidden!



Mrs Daylak

Lost

Theo in Kingfishers has lost his Halfords police bike. It may have been taken home by mistake. Please check at home or if you have seen it anywhere please let us know.



Twitter

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



After school childcare provision

This is now only being offered to Year 3-6.

Please contact Mr Timmons for details and to book by emailing alvertonkidsclub@outlook.com or by phoning 07843 126 833.

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.