

Dear Parents and Carers

This week we saw the first of 4 Cross Country events for local primary schools. We took an eager team of children from Years 4 - 6 to compete at Mounts Bay. ALL of the children did an incredible job, with us getting quite a few children finishing in the top 10! This is obviously an incredible achievement, but equally as incredible is the fact that every single Alverton child finished with a smile on their face - everyone kept on going! These children are going to be the first on our new 'sporting success' board in the hall for all to see. If your child attended and won a medal, could they bring it into school on Monday please for a photograph.



This week we also celebrated our Harvest Festival. The children performed beautifully as usual, but more notable was the wonderful turn out and generous donations we received. In my introduction I said that I really want to develop Alverton

as a 'hub' for community support where we give when we can and take when we need to. The community feel was so wonderful yesterday and I am excited for more to come! The minsters and I will be going to the food bank in Treneere on Monday morning to deliver the food - thank you all so much!

Nichola Smith  
Headteacher



## Remember – safeguarding is everyone's responsibility

If you have a safeguarding concern, please contact Nichola Smith (Designated Safeguarding Lead) at [nsmith@alverton.tpacademytrust.org](mailto:nsmith@alverton.tpacademytrust.org) 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](mailto:multiagencyreferralunit@cornwall.gov.uk)

## Thank you

A big thank you to everyone who kindly donated items for the food bank and also money for Macmillan Cancer Support. We raised **£137.44** for this very worthy charity.

Thank you also to Mrs O'Neill who came back in from her retirement to set up the beautiful harvest display, baked cakes and helped with the refreshments.

## THIS IS OUR

## HELP YOUR SHELF

### How it Works

It's all **free**.

**Take what you need,  
whenever you need it.**



**No Questions Asked – No Judgements Made**

**Give what you can if you would like to.**

## Donations wanted

Our Help Your Shelf is looking rather bare. If you are able to bring in any non-perishable food items, cleaning products or toiletries, we would be very grateful. These will all go to helping our families and community. Thank you very much.

## Club cancellations

ALL clubs will be cancelled next week due to parents evening apart from after school child care and the following clubs which will be **ON**:

Tuesday - Year 5/6 Girls tennis & Year 4-6 Rugby

Wednesday - Year 3/4 and Year 5/6 Football

Friday - Year 1-4 Dance

All girls lunchtime football clubs will be ON.

Please collect your child at 3.15pm unless the club is on. Thank you.

## **Parents Evenings - next week**

Booking for parents evening has now closed. If you have booked an appointment please come to the school hall a few minutes before your appointment time and your child's teacher will come to get you.

**If you are going to be unavailable to see your child's teacher at the allotted time, please contact the school office either by phone or by email so that the teacher can be informed.**

## **Flu immunisation - all years (main school)**

This is an **opt in** system so if you do not wish your child to be immunised you don't need to do anything. They will not be asked for this on the day if you haven't booked.

If you would like your child immunised this year, please go online by midday on Wednesday 15th 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 17th October

**School Code:** EE142240

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

School closes on Friday 19th October at 3.15pm for two INSET days and the Autumn half term holiday. We will be closed for **two weeks**. School re-opens from 8.30am on **Monday 3rd November**.



**Fancy joining us for a drink?**

The Friends of Alverton School are meeting at:

**The Turks Head on Chapel Street  
7pm on Tuesday 14<sup>th</sup> October**

We'll be chatting about plans for the school year – fundraising ideas, fun events and ways to bring the school community together. Everyone's welcome – familiar faces and new! No pressure or commitment.

**Hope to see you there!**



Disco!

Save the date!  
School Disco  
Thursday 6<sup>th</sup>  
November



More details to follow...



## 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

ChildLine

0800 1111



0300 123 3393

www.mind.org.uk



for better mental health

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 Veryan 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.wcwaid.co.uk/helpline

# 10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

## 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

## 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

## 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

## 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

## 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

## 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

## 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

## 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

## 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

## 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday

The National College®

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/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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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](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

Little Foxes	Daisy	for her excellent listening skills & fantastic helping at tidy up time
Little Owls	Orlaith	for her enthusiasm & perseverance with her amazing drawing
Kittiwakes	Lyra	Enthusiasm: for incredible enthusiasm towards all her learning
Curlews	Joshua	Enthusiasm: for constant enthusiasm every time we learn something new
Puffins	Freddy	Enthusiasm: for super singing & wearing a smile in Harvest Festival
Owls	Winnie	Enthusiasm: for showing amazing enthusiasm for all her learning
Kingfishers	Jude	Enthusiasm: for achieving 100% on Reflex Maths
Trencrom	Neve	Responsibility: for her excellent contributions & always being ready to learn
Lanyon	Kerris	Responsibility: for maximising her morning learning
Kerris	Lottie	Enthusiasm: for wonderful story writing
Bodrifty	Matilda	Enthusiasm: for always being so hardworking & enthusiastic towards work
Bosigran	Ottlie	Enthusiasm: for always working so hard in lessons
Kenidjack	Ashton	Perseverance: for perseverance & maturity in his approach to learning
Lunchtime Star	Luna B	for sitting quietly without any fuss & following instructions
Breakfast Club Star	Florrie N	for being such a great help in the mornings

I searched for advice for parents and carers tonight and found some lovely quotes - 'You can't be too loving' - this is adorable and true. Obviously we need to parent and sometimes that means saying no or restricting things, but loving is always a big one and children cope best when they know they're loved. We do too (I can show you I care with a cuppa, a hug, a box of tissues, a biscuit or two). 'Stay involved' - I love this one too as it gives us permission to always be there, at school, at home, to always be available and be there if or when we're needed. Needs change as children get older and become more independent but they will always want or need our advice, support, suggestions, opinions at some point in their lives and they'll want us at least in the background. (I speak from experience). 'Explain your decisions' - this is a good one too, though at times it's hard to put our thoughts into words, we are the adults and the small people are the children and they often need us to explain so that they can understand. You can come and explain to me, chat, weep, eat biscuits, drink tea, moan, grumble, complain, all of these or just some. It's fine. I can listen, hug, console, perhaps help. Always here for you, no matter who you are, no matter what the concern, no matter.....much love, Mrs Daylak (aka Mrs D) xxx





## DIARY DATES

<b>Monday 13th - Thursday 16th October</b> 3.30-6pm	Parents evening meetings - clubs cancelled
<b>Monday 20th &amp; Tuesday 21st October</b>	INSET Days - school closed
<b>Wednesday 22nd - Friday 31st October</b>	Autumn half term holiday
<b>Monday 3rd November</b> 8.45am	School opens
<b>Thursday 6th November</b> Reception & KS1 4.30-5.30pm KS2 6-7pm	FOAS Disco
<b>Friday 28th November</b>	Clubs finish
<b>Monday 1st December</b> 9.30am	Advent Service <i>Followed by coffee &amp; mince pies</i>
<b>Tuesday 9th December</b> 9.30am and 2pm	Reception Christmas performances
<b>Wednesday 10th December</b> 2pm and 6pm	KS1 Christmas performances
<b>Thursday 11th—Friday 12th December</b>	Year 4 Christmas sleepover at St Ives
<b>Wednesday 17th December</b> 6.30pm	KS2 Christmas Carol Concert at Chapel Street Methodist Chapel
<b>Friday 19th December</b>	Pupils Christmas lunch
<b>Friday 19th December</b> 3.15pm	School closes for Christmas holidays (normal time)
<b>Monday 22nd December - Friday 2nd January</b>	Christmas holidays
<b>Monday 5th January</b> 8.45am	School re-opens for Spring term

# COMMUNITY ACTION FESTIVAL

AT HUMPHRY DAVY SCHOOL

**FRIDAY 24<sup>TH</sup> OCTOBER**  
**12PM – 6PM**

**Free half-term family fun**  
**Cost of living and wellbeing support**

**FREE FOOD**

**FAMILY ACTIVITIES & ENTERTAINMENT**

**DISCOVER LOCAL SUPPORT  
AND COMMUNITY GROUPS**



**HOSTED BY**  
**ANDREW GEORGE MP**

