

Dear Parents

I'd first of all like to say an enormous thank you to you all for your support in ensuring all your children returned so positively to school.

The children have settled in really well and have had a brilliant start. We are delighted that we have an attendance level of over 98% given the media coverage and concerns around a return to school.

There were inevitably a couple of areas which we needed to tweak in terms of our drop off and collection processes. These are:

- 1) A reminder that we are asking that only **ONE** person per family to drop off and collect in order to reduce numbers to the site.
- 2) When dropping off or collecting children please try to keep the path around the site as clear as possible to allow parents to access other classes. Some areas are trickier than others for this and we really appreciate your help in keeping the pathways clear.
- 3) Please try to maintain social distancing when on the site at all times. If parents wish to wear masks around the site you may of course do so.
- 4) To remove the congestion on the path caused by parents arriving and departing at the same time we have introduced a one way system to **exit** the site for **LANYON, KINGFISHERS, OWLS and PUFFINS only**.

If, having collected from Kingfishers, Owls and Puffins at 3.10pm or Lanyon at 3.15pm, you then need to collect your older child we would ask that you follow the one way system which will be shown you by members of staff rather than doubling back along the path you came in on.

- 5) Please try to stick to arriving at the times given for your child (8.40-8.55am for KS1 and 8.45-9am for KS2) to help the staggered times. Please leave the site as soon as you have dropped off or collected your child.

Members of staff will be out and about around the site at drop off and pick up times to help if needed.

We will continue to review this process and will update you on any changes .

Thanks again for your support - it has been a really positive start to the term and that it, as ever, down to the whole school community working together and supporting each other.

Martin Higgs
Headteacher

School lunches

We're delighted to say that our school kitchen is up and running normally again providing a choice of hot meals including a vegetarian option and jacket potatoes and sandwiches.

Please note that the price of a school meal is now **£2.40** for all children from Year 3-6 unless they are eligible for a free school meal. Please pay by putting cash or cheque (payable to 'Caterlink') in a named envelope and give it to your child or put in the post box on the wall next to the main door at the front of the school.

Menu

The current menu will run until October half term and is available to view on the school website under Parent Pages, What's On this term. All children have been given a paper copy.

Breakfast Club

As mentioned in the Parent Pack for September, Breakfast club will run from **Monday 14th September** and will need to be pre-booked as places are limited. If you would like to book your child in, please complete the form attached and email it to secretary@alverton.cornwall.sch.uk asap. **We will allocate places on a first come, first served basis and will be unable to admit children who are not booked in.** Please note places are almost full in some bubbles. The cost will be £2.50 per day per child (£1.50 for siblings). Unfortunately for the time being we will not have provision to allow Reception children to come to Breakfast Club but we will update you when this will be available.

After school childcare provision

Mr Timmons will be starting up after school provision from **Monday 14th September** for children from Year 1-6. Full information will be emailed out as soon as possible with details on costs, how to book and how to contact Mr Timmons.

PE kit

All children from Year 1-6 **must** bring a full, named PE kit into school on a Monday and leave it here all week only bringing it home for washing on a Friday. PE will take place outside in almost all weather conditions on varying days of the week and your child will be expected to take part unless they have a medical condition that prohibits them from doing so. If this is the case please detail this in writing by email to the office (secretary@alverton.cornwall.sch.uk). If a child has forgotten their PE kit we may ask them to wear their school uniform to do PE which may get wet and muddy.

Music lessons

Keyboard lessons restart on 14th September and your child should have brought home an invoice and timetable. Please pay Maria by bank transfer before the first lesson so that your child can start. If they no longer wish to continue with lessons or you have any other queries, please contact Maria direct (her email address and contact number are on the invoice).

Guitar lessons - following our email to parents today Julyan has decided not to return to Alverton to teach as he embarks on his television career on 'The Repair Shop'. We wish him every good wish for the future and thank him for teaching guitars here for 21 years. We hope a new teacher will be in place soon and we will be in touch with further details when we have them.

For any queries about music lessons please email or call the office. Thank you.

Absence from school

If your child is unwell or will not be attending school it is your responsibility to contact the school on the first day of absence no later than 9.30am (there is an answering machine if you wish to leave a message before 8am). If we have not heard from you by this time we will need to telephone home to ascertain the nature of your child's absence. This is in line with the Government's policy on attendance. Please note that any child who is ill with sickness or an upset stomach should remain away from school for 48 hours after the last episode of illness.

LOST

Hannah in Trencrom lost her red zipped Alverton top and one black and pink Lonsdale trainer before lockdown. It may have gone home with someone by mistake. They are named so please check at home and let us know if you have them.

Twitter

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





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: Emotional support to anyone in distress, struggling to cope, or at risk of suicide.
☎ **116 123**

Shout: 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 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 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.



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 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 for further guides, hints and tips for adults.

What parents & carers need to know about... XBOX ONE

The Xbox One is among the most popular video game consoles on the planet. Released in 2013, there are a multitude of Xbox One variants on the market, including the One, One X and One S, with the next full console, the Xbox Series X, coming towards the end of 2020. With units sold exceeding 50 million, there's a whole network of gamers already enjoying online experiences together through the console's Xbox Live service. That's why it's important that parents and carers understand exactly what the Xbox One is all about.

Playing with Strangers

Xbox Live is the online service for the Xbox One, and it's where the majority of online games are played. Part of the fun of gaming is playing with people from all different walks of life, and while most players will only be looking to have fun and make some new friends along the way, it also means that children can be playing and potentially communicating with people online they don't know and have never met.

Purchasing Add-Ons

The Xbox Games Pass gives players access to over 100 high quality games which can be played on the console, PC and, soon, other Android devices depending on what type of pass is bought. Players can also receive discounts on in-game purchases and add-ons, which can quickly add up, particularly if your child is operating under an adult account and has a card registered with no spending limits in place.

Screen Addiction

The Xbox is not just a games console; it's a family entertainment system. Children can play games online, stream their favourite films and TV shows, listen to music, watch YouTube, chat on Skype and browse the web. All of this makes it very easy for children to rack up the hours in front of the screen and find it difficult to switch it off which could lead to tiredness, fatigue and an inability or reluctance to engage in other activities.

Online Bullying

Xbox includes multiplayer games and the ability to interact and chat with other players. This includes being able to private message one another. Xbox has community standards that players should abide by however these aren't always followed and it's possible, like any online social media interaction, that players can send harmful or hateful messages to your child or even display online bullying behaviour.

Phishing Risk

Phishing is the act of posing as somebody else (possibly an authority figure like an Xbox or Microsoft employee) in order to obtain things like passwords for accounts. Unfortunately, there are many people out there who look to those who are vulnerable and aim to exploit them. They could disguise their intentions by asking seemingly innocent questions, with an ulterior motive of gaining details that will give them access to personal accounts or banking details.

Inappropriate Content

Like many gaming platforms, one of the biggest attractions to Xbox One is the ability to play games online. Children can access these through the Games Pass service. However, this can also open up channels for younger children to potentially play online games with older children or young adults who may use swear words or inappropriate language. Furthermore, if there are no age restrictions in place, children could access games that contain adult themes such as graphic depictions of war, violence or even sexually suggestive material.

Safety Tips

#WakeUpWednesday

Set up a Microsoft Family Account

Setting up a family account is a great way to personalise your child's online experience based on age-appropriate limits that you set for privacy, online purchases, content filters and screen time. It provides you with the ability to manage parental settings and ensures that only you can change Xbox privacy and online settings for a child account.

Check Age-Ratings

Make sure you're aware of the games that your child is playing and what the PEGI ratings for them are. The ratings are there to guide parents in knowing what's contained within the games, but it's up to them to make the decision of whether or not they're suitable to play. If you want a complete overview, use the family account settings to block inappropriate content and make sure your kids only view content and play games that are right for their age.

Discuss Screen Time

Taking regular breaks from gaming is vitally important for children as much as anybody so it's important to encourage children to take time away from their screen and to do other things. If you're really concerned about their device usage, you can implement screen time limits from your family account to help encourage a healthy balance. This can be done on specific apps and games and can be implemented for individual devices or every device they own.

Create Spending Limits

Having a pre-set limit of how much a child can spend is a great way to set boundaries on purchases with your bank accounts, while giving them the freedom to spend some money on their favourite games. On top of that, it's a great way to encourage fiscal responsibility at an early age. If you'd prefer, you can also have child accounts request approval to buy things through you each time they want to make a purchase.

Report Bullying Behaviour

Teach your child how to report inappropriate behaviour that they experience online. If it's a particular player, they can search for them from the People tab and then select report or block. Make sure they know when to tell a trusted adult if somebody has said or done something upsetting online. It's also worth remembering that kids don't have to game online; there are a lot of games that can be played offline either alone, or with family members in the house.

Keep Profiles Private

Use the Xbox controls and settings to ensure your child's profile is kept private online. Manage what others can see about your child's personal details and limit who your child can communicate with and who can interact with their content or send them friend requests. This will help to reduce the number of strangers contacting them and will keep you in the loop as to who they are engaging with online.

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGible. 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.xbox.com/en-GB/community/for-everyone/responsible-gaming>

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: 26.08.2020

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.