

Dear Parents and Carers,

We're almost there! No matter how fantastic it's been to be back, I think we're probably all ready for the end of term as there are lots of tired faces around the school at the moment.

It's been a great couple of weeks though. The sun has shone, Key Stage 1 and the EYFS have held their sports days, Years 5 and 6 have been to the Jubilee Pool, the EYFS have had a "camp" on the field and Years 3 and 4 have had a barbecue and activity evening to name but a very few things that have been happening. We are also beginning to look forward to September and all the teachers have been to visit their new classes and start to get to know their new children.

The Year 6s have been hard at work practising their Leavers' Assembly. Although this won't have its traditional audience, it is being filmed so that all their parents can see it and the Year 6s are certainly making the most of their last few days here and are having a great time together. Last night they held an end of year film, games and barbecue celebration night which was much enjoyed by all (and contributed to the tired faces this morning!).

At this time of year we need to say goodbye to some of our members of staff. Mr Eddy, who has worked with us in Reception this year, is leaving to take up a different post. Mr Stevens, our caretaker, has a new job too and we are currently advertising for his replacement. We have really enjoyed working with them both and wish them well in their new roles.

Finally, Mrs McClure will be retiring at the end of term. She has worked here for twenty four years and over the last fifteen years or so has helped countless children as our speech and language specialist. She has also been a hugely important part of our annual school musical production for over twenty years and her patience, kindness and talents are appreciated by all the children (and staff) who have worked with her. She has exciting times ahead as she will become a grandmother in five weeks' time and we are absolutely delighted that she has agreed to take time out from this to continue to support us with the show next year. She has had a huge impact on the school and her calm and caring presence will be much missed by everyone.

Have a lovely weekend,

Best wishes,

Cathryn Wicks
Deputy Head

Current arrangements for September, following government guidelines, are being finalised and we will share these with you next week.

Reminder

School closes for the Summer holidays on **Wednesday 21st July** at 3.15pm. We open again on **Tuesday 7th September** at 8.45am.

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 view from Year 6...

Well it has been a strange year. As Prime and Deputy Prime Minister we haven't done the things we would normally have done. But all of the Year 6s have had a lovely time recently going to Jubilee Pool, eating fish and chips, going to Flambards, taking part in a table tennis competition, having an outstanding BBQ (thank you to all of the teachers that helped out) and having a fabulous slip and slide! We are all really excited to go to secondary school but we are also really sad to leave.

By Jacob (Prime Minister) and Agnes (Deputy Prime Minister)

Outstanding money owed

Please ensure that any money owed for lunches, Breakfast Club, extra nursery sessions and any other outstanding amounts are paid by Wednesday 21st at the latest. Please check your Schoolmoney account to see if you owe anything.

As we are changing catering suppliers in September all debts for lunches must be paid to Caterlink by the end of term.

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 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, must also stay at home until you get your result. **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.

School uniform

PE shorts and summer holiday ordering

Sorry for any confusion in last week's newsletter. PE shorts are changing from red to black. If your child has red shorts that fit them it is absolutely fine for them to continue to wear them. Please ensure that any new shorts are plain black shorts with no logos. Our uniform supplier has now sourced new black, football style shorts and these can be ordered from him if you would prefer. Please see the uniform order attached. If you would like to order any items over the holidays, either for delivery to your home or to school in time for the start of the new term, please contact them direct:

Keith Quinn 01736 850634

email: sales@embroiderycornwallsw.co.uk

Ties

From 1st September the cost of a tie will increase to £3.75. Please buy these online using the Shop part of the Schoolmoney website once you have logged in. Once we have received your payment we'll put the tie in an envelope and give it to your child.

School lunches from September

Truro and Penwith Academy Trust have advised us that we have new catering providers for September who will be Chartwells. The cost of a school lunch for all Year 3 children upwards, unless your child is receipt of free school meals, will be £2.34. As soon as we have a menu we will send it out but if this is after the end of term we will try and email it home before we start in September. Payment for meals will be by cash or cheque (payable to Chartwells) and pupils should not be in arrears by more than 5 days lunches (£11.70). Please ensure that you pay whatever is owed by the Friday of the week your child has lunches. **If you have not settled the debt by the following Monday the kitchen staff will not be able to let your child have a meal and you must send your child in with a packed lunch from home until payment is received.** The school office will contact you if your child has not brought in a packed lunch and will ask you to bring one in.

Go Active Summer Holiday Club

Mr T will be running a Holiday Club during August on Wednesdays, Thursdays and Fridays from 9am-1pm. Please see the information attached and if you're interested please return the form and cash payment to the office by Wednesday 21st July at the latest.

Any queries, please contact Mr Timmons direct on 07843 126833 or by emailing him on alvertonkidsclub@outlook.com

Lost property

All the unnamed lost property currently in school will be taken to the charity shop at the end of term. If it is named it will be returned to your child. If you are missing anything please let the office or your child's teacher know so that we can check in the lost property box. **Please remember that you if you name your child's clothing we will always return it to you if we find it.**

Daisy's Diary

Miss Williams and I have made a new music area in the woods! Drums, bells, cymbals... all we need now is some ear protectors for the lunchtime TAs.



Music lessons in September

Guitar, keyboard and violin lessons will continue in September during school hours. There is space for Year 2 upwards for violins and keyboards and Year 3 upwards for guitars. Guitars and keyboards are taught by Steve Watkiss and Maria Heseltine from the Cornwall Music Service Trust. For further details or to sign your child up, please go to their website:

<https://www.cornwallmusicservicetrust.org/>

The violin teacher is Emma Stansfield and can be contacted on 07895 958902.

If your child currently does lessons and would like to continue, please pay your invoice in the usual way. Please let CMST or Emma know as soon as possible if they do not wish to carry on or you may be charged.



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



NSPCC

Help for children worried about COVID

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

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

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

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

www.cornwall.gov.uk/mentalhealth

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.

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 trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

ONLINE FAIR PLAY

The Dos and Don'ts of Online Conduct

Alongside individual skill, impressive teamwork and some truly epic matches, one of the most enjoyable things about this summer's European football championships has been the sense of sportsmanship and fair play. Players have competed fiercely, but they've (mostly) remembered that they're representing their country – and that bad behaviour, dangerous play or outright cheating tends to last in people's memories for a long time after tournaments are over. The same is true of how we act online – one error of judgement or loss of control might only take a second, but can have results that are difficult to forget. Instead, just like the heroes of the Euros, we should aim for people to see us and feel proud and inspired. So, in a five-a-side line-up (with five "dos" and five "don'ts"), here are our top tips for playing fair online.

FAIR PLAY

- 1

Organise your defence
 Use strong passwords to protect your personal information, accounts and data. A trusted adult, like a teacher or a relative, can help you choose one that's easy for you to remember but hard for anyone else to guess.
 
- 2

Keep possession
 Only share personal information online with people you know well, like friends and family. A trusted adult will be able to help you change your online privacy settings so strangers can't find things out about you.
 
- 3

Use teamwork
 Before you use a device for the first time or download a new app, always check with a trusted adult. They'll be able to check if it's safe for you to use and make sure the privacy settings are right for you.
 
- 4

Be respectful
 Treat people online like you would treat them in real life. Remember your manners and be polite and kind in your posts, comments and messages.
 
- 5

Catch attackers offside
 If someone is trying to bully you online, a trusted adult can help you to gather evidence and report that person to the authorities. You should also tell a trusted adult if you see anything online that makes you feel worried, upset, frightened or sad.
 

FOUL PLAY

- 1

Don't ignore possible danger
 Never accept a friend request from a stranger. If somebody you don't know tries to contact you online, tell a trusted adult straight away.
 
- 2

Don't lose control & retaliate
 Although it can be tempting, it's best not to respond if someone attempts to bully you online or sends you hurtful messages. Tell a trusted adult what happened, and then block the person from contacting you again in future.
 
- 3

Don't hurt people deliberately
 It's important to behave online just like you would in real life. Don't post anything that can make you look like a bad person, because the things we put online can stay there for a long time.
 
- 4

Don't cheat your way to victory
 Don't copy another person's work that you found online or pretend that it's yours. This is called plagiarism and can get you into a lot of trouble.
 
- 5

Don't play for extra time
 It can be easy to spend too much time online. Instead, take a break to go outside for some fresh air and exercise. Not using your device just before bed will also help you get a good night's sleep so you can be fresh and focused the next day.
 


National Online Safety
#WakeUpWednesday

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.

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 / withheld number.

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 underlying entitlement to benefits-related Free School Meals. Please ensure that you check this and apply if appropriate, even if your child is in one of these year groups, because of the additional benefits (eg food vouchers during holiday times where these are given by the Government).

Your child may be eligible for benefits-related free school meals if their parent / carer (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.

Menu change

Tuesday 20th July

Chicken curry or vegetarian sausages

Jacket potatoes & sandwiches also available

Wednesday 21st July

Sausages & chips or spicy bean burger

Jacket potatoes & sandwiches also available

Are you joining the Summer Reading Challenge? Find out more details here!

<https://summerreadingchallenge.org.uk>



FOAS tea towels

If you missed out on ordering a school tea towel FOAS have some spare. Please email or ring the office and we can help. The cost is £3.50 for one or £10 for three. Please let us know whether you'd like the Reception/ KS1 or the KS2 one.

LOST

Todd in Bosigran has lost his red zipped top. It is named and has a school councillor badge on it. Please check and hand in if found.

Mrs D

This is my very last message of the school year and it feels like it's going to be a long time until we're all together again. I don't know where the year has gone but it went at great speed, that's for sure. Six weeks for some sounds fantastic, while for others it may sound daunting, dreadful and ridiculously long. When things all become a bit much for me, here are some of my personal top tips. Keep in touch. I know I'm not around but there are lots of others you can keep in touch with, family, friends, neighbours, colleagues. We all need each other at some point, and staying in touch is one way of making sure nobody is alone. I'm a big fan of a quick chat over the fence with a neighbour or on the phone to a friend. Even just a text can help to make me feel I'm not alone. Keep active. It doesn't have to be much, a walk along the beach or the prom can make a big difference if you're feeling a bit fed up. A walk has always been my solution to everything and I always come back feeling better. Do something you enjoy. I guess making sure you do something for you really, even if it's just taking ten minutes out of a busy day. Make sure others know this is 'your time'. Even young children can benefit from knowing that while you have a cuppa in your hand, you're 'off-limits'. In my house, if I have a cup of coffee in my hands, I'm left in peace to enjoy it. If things do get too much, and there really isn't anyone for you, there are many organisations you can turn to. There's no shame in asking for help and telling someone you can't cope, in fact, it's incredibly brave and must be done if the need is there. Just calling a number and hearing a voice, someone who will show their concern for you, could make all the difference. There are some details of organisations on a previous page of this newsletter. But I'm still here, right to the very end, on Wednesday. So you can still get in touch. And if it's someone you know, point them in my direction. Or talk to them yourself. We are all in this together. Nobody should be alone. Have a lovely summer. Enjoy it as much as you can. My very best wishes to you all. Stay safe and take care of yourself and each other.

Mrs D xx

SUMMER SOCCER CAMPS

12 Camps Available

Mounts Bay Football Development Centre



Dates

'Mondays, Wednesdays & Fridays every week throughout August'

Week 1 : Mon 2nd, Weds 4th, Fri 6th August

Week 2 : Mon 9th, Weds 11th, Fri 13th August

Week 3 : Mon 16th, Weds 18th, Fri 20th August

Week 4 : Mon 23rd, Weds 25th, Fri 27th August

Soccer Tots (3-6yrs)

10am - 12pm

£6 per day | £10 for 2 days | £13 for 3 days | £25 for 6 days | £50 for all 12 dates

Soccer Pros (7-13yrs)

10am - 3:30pm

£15 per day | £25 for 2 days | £35 for 3 days | £65 for 6 days | £130 for all 12 dates

Venue

Mounts Bay Football Development Centre

Mounts Bay Academy Sports Centre, Penzance, TR18 3JT

Other Info

All players welcome from any school or club

Coaching staff are UEFA / FA / DBS qualified

Pre-booking only, register & pay online

Visit the website for further information - www.mbfcd.co.uk

Contact

Kevin Lawrence - Head of Football Development

Message us on facebook - www.facebook.com/MBFDC

Email - klawrence@mountsbay.org

Website - www.mbfcd.co.uk





SUMMER HOLIDAY COURSES

CORNWALL

FOR ALL
CHILDREN
AGED 2-12
YEARS

EARLY
9AM
DROP OFF
AVAILABLE



COURSES FROM
£5.00 PER DAY
BOOK BELOW!



SCAN ME!

SAINTY IS
AVAILABLE TO
TALK TO 24/7
VIA OUR
WEBSITE



AFFILIATE PARTNER OF SOUTHAMPTON FC

SUMMER HOLIDAY COURSES

WK JULY 26TH - AUGUST 27TH

SOCCER SCHOOLS 10.00AM - 3.00PM

LOCATION	VENUE	DAY	DATES	INFANT (KS1)		JUNIOR (KS2)	
				AGES	PRICE	AGES	PRICE
BODMIN	BODMIN FOOTBALL CLUB	MONDAY	26TH JULY & 23RD AUGUST	5-7	£15.00	8-11	£15.00
PENZANCE	PENZANCE LEISURE CENTRE	MONDAY	9TH AUGUST	5-7	£15.00	8-11	£15.00
MOUSEHOLE	MADRON PLAYING FIELDS	MONDAY	16TH AUGUST	5-7	£15.00	8-11	£15.00
WADSWORTH	BODEIVE PARK	WEDNESDAY	4TH AUGUST	5-7	£15.00	8-11	£15.00
FALMOUTH	FALMOUTH SPORTS HUB	WEDNESDAY	25TH AUGUST	5-7	£15.00	8-11	£15.00
HELSTON	HELSTON FOOTBALL CLUB	WEDNESDAY	28TH JULY, 4TH, 11TH, 18TH, 25TH	5-7	£15.00	8-11	£15.00
NEWQUAY	TREVIGLAS SPORTS HUB	THURSDAY	29TH JULY, 5TH, 12TH, 19TH, 26TH	5-7	£15.00	8-11	£15.00
TRURO	TRURO SENIOR SCHOOL	FRIDAY	30TH JULY, 6TH, 13TH, 20TH, 27TH	5-7	£15.00	8-11	£15.00

TRAIN LIKE A PRO 10.00AM - 3.00PM

LOCATION	VENUE	DAY	DATES	TRAIN LIKE A PRO		GOALKEEPER CAMPS	
				AGES	PRICE	AGES	PRICE
BODMIN	BODMIN FOOTBALL CLUB	MONDAY	26TH JULY & 23RD AUGUST	9-12	£15.00	5-12	£15.00
PENZANCE	PENZANCE LEISURE CENTRE	MONDAY	9TH AUGUST	9-12	£15.00	5-12	£15.00
MOUSEHOLE	MADRON PLAYING FIELDS	MONDAY	16TH AUGUST	9-12	£15.00	5-12	£15.00
WADSWORTH	BODEIVE PARK	WEDNESDAY	4TH AUGUST	9-12	£15.00	5-12	£15.00
FALMOUTH	FALMOUTH SPORTS HUB	WEDNESDAY	25TH AUGUST	9-12	£15.00	5-12	£15.00
HELSTON	HELSTON FOOTBALL CLUB	WEDNESDAY	28TH JULY, 4TH, 11TH, 18TH, 25TH	9-12	£15.00	5-12	£15.00
NEWQUAY	TREVIGLAS SPORTS HUB	THURSDAY	29TH JULY, 5TH, 12TH, 19TH, 26TH	9-12	£15.00	5-12	£15.00
TRURO	TRURO SENIOR SCHOOL	FRIDAY	30TH JULY, 6TH, 13TH, 20TH, 27TH	9-12	£15.00	5-12	£15.00

SAINTS SOCCER TOTS (2-4 YEARS) AVAILABLE AT ALL SESSIONS FROM 2.00PM - 3.00PM

EDUCATION SERVICES

PPA COVER
PE SUPPORT
OBSERVATIONS
LESSON PLANS
CPO
OPPORTUNITIES

FREE
ENRICHMENT
DAYS AVAILABLE

EXTRA
CURRICULAR
CLUBS, LUNCHTIME
AND BREAKFAST
CLUBS

ABOUT
All staff are fully qualified
Trained and have
enhanced DBS/CRB checks
completed.
Staff are regularly assessed
and have to attend
Continued Professional
Development training 3
times per year.

AFFILIATE PARTNER OF SOUTHAMPTON FOOTBALL CLUB

Locally led learning

**COURSES STARTING
IN
SEPTEMBER**



- **Not sure what direction to take?**
- **Want to refresh your skills?**
- **Free learning local to you**

If you are 19+, currently not in work and live in Penwith, Porthleven or Helston, we want to hear from you.

We are offering unique learning opportunities with a wide range of theme-based activities that will enhance your skills whilst helping you develop new ones.

Current sessions include:

- Arts & Crafts ● European Languages ● Fitness, Health & Wellbeing
- Confidence & self-esteem building ● Employability Support
- Nature & Environment ● Personal & Financial Development ● IT upskilling
- Maths & English support

Locally Led Learning is a new ESF funded project aimed at encouraging, supporting and enthusing individuals back into learning or work, by improving self-esteem, confidence and skills.

Find out more:



If you are interested in finding out more, please text your name and postcode to **07837 311 681** or follow this link to our enquiry form **www.cornwall.gov.uk/locallearning**

DROP IN SESSIONS
PENZANCE & HELSTON
EVERY MON IN JULY - COME & TALK TO US!