

Dear Parents/Carers

This week started with a bang and it was so wonderful to see all pupils return to school so happy and keen for the next term. This term is incredibly busy, with SATs and the show taking the spotlight. Please keep an eye out for important dates for events. The pupils thoroughly enjoyed the disco on Wednesday and the children were very well behaved indeed. Huge thanks to FOAS for organising the event and to all the staff who stayed to help and dance the night away. The total raised was a brilliant £340! We will be using this to put towards some new equipment to support playtimes both in the playground and in the woods.

Now that we are on the field more consistently at lunchtimes, there are lots of handstands, cartwheels and somersaults which is great! Some girls were finding themselves pulling their skirts down as they didn't want anyone to see their underwear and we have spoken to a few about a little pair of cycling shorts to help them to feel more confident with this. It does not form part of the uniform policy as it is not compulsory uniform, but purely optional for parents to enable the girls to wear a pair of shorts to protect their modesty should they choose.

Sadly, Ms Holliday will be off school for a while as she prepares for, and recovers from, major surgery. We don't yet know how long this will be, and wish her a very speedy recovery. We have been working hard to ensure there is consistency in class for the days she will be off. We are pleased to say that from Monday, Mrs O'Rourke will be teaching in Bosigran on a Monday and Tuesday, and we are just finalising who will teaching in Kerris class on Fridays. We will update you further when we know more.

Another piece of sad news - Mrs O'Neill has decided to retire at the end of this academic year. Mrs O'Neill is our longest standing member of staff having been here for 27 years! She has been a real asset to the school and made a positive impact on the pupils in all classes. She will be greatly missed by all, but hopefully we can encourage her back for special events in the future!

Have a great weekend

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 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

Clubs

All clubs start next week with the exception of Spanish club which did not have enough interest so will not be running on Mondays.

Many clubs have waiting lists so if your child no longer wants their place, please let the office know asap.

Wanted!

If you have any old CDs or DVDs at home, KS1 would be very grateful for them to use for their Mazey sculptures.

We are also very short of boys underpants (all ages) so if you have any spares they would be much appreciated.

Please hand them into the office. Many thanks.

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.

A big thank you

Many thanks to everyone who supported the school by attending Roo's on the prom during the holidays. The fancy dress and craft morning raised **£85** for KS1 gardening and outdoor equipment. A huge thank you to Esther L and her Mum Emma for their generosity in organising this.

Tickets now on sale!

Monday 28 April - Year 3 and 4 Choir parents

Tuesday 6 May - everyone else

£5 for adults, £2.50 for children aged 4 upwards (Alverton pupils free)

Cash only please.

Please remember to buy your tickets as soon as possible - they sell out very quickly!

Alverton Primary School's production of



Wednesday 21st May 2025 at 6.30pm

Thursday 22nd May 2025 at 6.30pm

Music and Lyrics by

Richard M Sherman and Robert B Sherman

Music by Special Arrangement with Sony / ATV Publishing

Adapted for the Stage by Jeremy Sams

Based on the MGM Motion Picture

Licensed Script Adapted by Ray Roderick

This amateur production is presented by

Music Theatre International

All authorised performance materials are also supplied by MTI

www.mtishows.co.uk

SEND drop in sessions

Wednesday 7th May



Mrs Hughes
SENDCO

9am- 10:30am



Miss Atkins
Autism Champion



Alverton School

These meetings will take place across the year and offer the opportunity to pop into school for a coffee and chat with Mrs Hughes and Miss Atkins about the support your child is receiving or any concerns you might have.



Next drop in session:
Wednesday 2nd July 9am



A huge welcome back. How was it? Did you achieve everything you set out to do? In the nicest way I sincerely hope not for if you did that makes me really envious and puts you in the camp of superhero in my world - in which case please tell me how you did it? I invariably start off with lots of plans and lists and superb ideas for things to do, places to go, people to see and so on, and I fully intend to stick to these lists. But I never do, and the reason is, quite simply, I never ever make enough time to do nothing. I don't prioritise myself, and at some point within my favourite two weeks, normally week 2 as I run out of steam and good intentions (but not chocolate, never chocolate) I give in, make a coffee and do exactly what I want to do. And then I enjoy that so much I repeat it the next day. Heaven. To all of you lovely folks out there who are simply not able to have any time to yourselves because of your child care commitments, hang on in there, your day will come. But until then, if it all gets too much and you want somebody to talk to why not let me be that person? I can listen, smile and nod in all the right places. Until then, have a lovely weekend and take care. Much love, Mrs Daylak xxx



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

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 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.

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.wcwaaid.co.uk/helpline>

10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.

3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel..." or "I think..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

7 START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each other.

9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.

10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/choose-respect>



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.11.2024

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. Your child's teacher will also always be happy to talk to you about online safety.

Free School Meals / Pupil Premium

<https://www.cornwall.gov.uk/schools-and-education/schools-and-colleges/school-meals/>

Registering a child as eligible for free school meals (as described below) means that your child receives a free meal every day (though they can, of course, bring a packed lunch should they prefer) but there are additional benefits too. Pupil Premium brings more money into the school to help children achieve and learn. Children in receipt of the Pupil Premium also receive other benefits (eg contributions towards Key Stage 2 camps and funding to use for uniform, music lessons, trips etc). At some times, there are further benefits for these children such as food vouchers during holiday times where these are given. Please see the Pupil Premium Provision Map in the Pupil Premium section of our website http://www.alverton.org.uk/website/pupil_premium/172518 or speak to Mrs Gill or Mrs Stacey in the office or contact Mrs Simpson who leads our Pupil Premium provision.

The easiest and quickest way to apply for free school meals is online through the Cornwall Council website but, if you are unable to do this, 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.

A child is eligible for free school meals if their parent / carer (or the child themselves) 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

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 entitlement to benefits-related free school meals and it is important to apply for these if you think your child may be eligible.

Registering for free school meals / Pupil Premium is confidential. If you think that your child is eligible, we strongly recommend that you contact Cornwall Council as detailed above. Mrs Gill and Mrs Stacey in the office will also be able to help you and answer any questions you may have.

Thank you.

STARS OF THE WEEK

Little Foxes	Ralphi	for always being kind & sharing
Little Owls	Amaria	for growing in confidence at Nursery
Kittiwakes	Cleo	Enthusiasm: for fantastic enthusiasm for all her learning this week
Curlews	Sienna	Enthusiasm: for superb writing this week & a lovely positive attitude
Puffins	Rowan	Enthusiasm: for trying really hard with her writing
Owls	Oscar T	Perseverance: for perseverance in using Maths strategies
Kingfishers	Arthur M	Perseverance: for trying really hard to improve his handwriting
Trencrom	Matilda	Enthusiasm: for working really hard this week in all her subjects
Lanyon	Olympia	Enthusiasm: for her fantastic poem about the ocean
Kerris	Isaac	Responsibility: for his mature attitude & always being so kind
Bodrift	Riley	Enthusiasm: for incredible teamwork & sportsmanship at rugby
Bosigran	Gabija	Perseverance: for consistent hard work & great progress
Kenidjack	Kieran	Responsibility: for fantastic work in all areas all year
Lunchtime Star	Esther S	for being so polite & using her best manners

DIARY DATES

Monday 28th April	Clubs start
Tuesday 29th April	Swimming starts for Trencrom Group 2
Monday 5th May	Early May Bank Holiday - school & nursery closed
Wednesday 21st-Thursdays 22nd May 6.30pm	School show - Chitty Chitty Bang Bang <i>Please see posters for information about tickets</i>
Monday 26th – Friday 30th May	Summer half term holiday
Monday 2nd June	INSET Day - school closed
Tuesday 3rd June 8.30am	School re-opens