

Parent WhatsApp and Facebook Groups

We are aware that there are a number of social media groups in circulation for different classes and year groups in our school. There are obviously practical advantages and uses for parents in utilising groups such as these to communicate with one another, and as unofficial groups they sit outside of the school jurisdiction.

That said, we are becoming increasingly concerned that some of the messages we have been shown contain information about our school which is misleading and, in some cases, simply untrue. There have also been occasions where posts have been made which contain criticisms of individual staff members which border on being defamatory and libellous.

As a school we run an open door policy. We always have been, and always will be, happy to listen to and address any concerns that parents may have.

Raising concerns about our school via social media sites is unlikely to have any positive outcome at all, least of all in terms of resolving any potential issues. Indeed, it is likely to damage our school and demoralise our dedicated staff, without allowing us the opportunity to address any problems or indeed to respond in any way to provide a balanced debate.

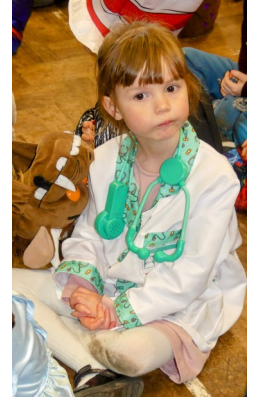
As a school, we have always been proud of our relationships with parents and we rely upon a sense of openness and trust existing between home and school in order to keep the Alverton School community as strong as it has always been. After all, we all share the same objective, that being to make sure that the children who attend our school have the best education possible.

With this in mind, we would strongly encourage parents to approach the school directly with any issues they may have, rather than damaging our shared interests by using social media to air their concerns.

Thank you,

Martin Higgs
Headteacher

World Book Day 2022!



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

School Uniform

We are currently reviewing our Uniform Policy. It is very important to us that our school uniform is affordable for everybody and we are seeking your views about its affordability. Please contact Mrs Wicks via the school office on 01736 364087 if you have any thoughts about this which would be helpful to our development of this aspect of our policy. Thank you.

Covid 19

Please see the attached guidance for the updated Covid 19 guidance or follow the link below:

<https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts/covid-19-people-with-covid-19-and-their-contacts>

Reception clothing

If your child has come home in any spare clothing (pants, socks, trousers, etc) please could you return them as soon as possible as we are running short. If you have any spares at home we would be really grateful for any donations too. Thank you.

Introducing your school's **Education Mental Health Practitioner** (EMHP) from the **Mental Health Support Team** (MHST)!

The **MHST** is a new **NHS** service based in Cornish primary schools. We offer early intervention and prevention services to help stop low-level mental health difficulties from escalating. We'll also be providing wider wellbeing support and information within the school community.

My name is **Sarah Sejahtera**. I'm delighted to be working with Alverton School and I look forward to seeing you around the school.

I offer one-to-one support for children and young people who may be experiencing mild to moderate difficulties with anxiety, low mood or behaviour. I work directly with children or with their parents or carers. Sessions usually run weekly over six to eight weeks and focus on evidence-based **CBT** (Cognitive Behavioural Therapy) techniques.

Just as everyone has times when they get ill and have physical health problems, it's totally normal that we all experience periods when life can seem overwhelming and difficult to manage. Our thoughts or feelings can stop us doing things or make everything seem very hard. A bit of extra help can help get us through to the other side and stop difficulties from escalating.

I also offer psychoeducation groups for pupils, focusing on wellbeing topics. For example, I may support Year 6 classes with their transition to secondary school.

If you would like to discuss whether our service could be of help to a young person, please speak to the school's **Designated Mental Health Lead, Amy Clemens**.



Ukranian Appeal

Across the country, people have been keen to offer any help they can give to the people of the Ukraine.

There is going to be a collection point in The Old Coach House in Penlee Park next **Tuesday 8th March** from 10am to 6pm.

The list of items which are being collected is:

- Noodles, pasta, rice – the ones that can have hot water added
- Thermal base layers for women and children (including socks)
- Underwear – men's, women's and children's
- Formula milk for infants
- Emergency foil blankets
- Microfibre towels
- Fleece blankets
- Sleeping bags
- Bandages and first aid kits
- Face masks
- Disposable nappies
- Black buckets
- Metal cups and bowls
- Toothbrushes
- Menstrual products (preferably tampons)

If you would like to donate any items for this appeal, we can take them to the collection point for you. **Please bring the items into school by the end of the school day on Monday.** Class teachers and TAs will collect these from your children and bring them to the office or you can bring them straight to the office if you prefer.

Thank you



Parents Evenings for Year 1-6

Booking has now opened for parent consultations (a ten minute phone call) most of which are being held in the week beginning Monday 14th March. If you haven't yet booked your appointment time please go online and do so before the booking window closes on 9th March.



**PLEASE BOOK
ONLINE NOW**

You will previously have been given log in details for eschools. If you are unsure what this is, please contact the office and they will arrange for new details to be given to you. It is easy and quick to use:

- Go to the school website <http://alverton.org.uk> and click onto the green log in button at the top right hand side of the screen.
- Your user name will be your first name.surname (all lower case) eg, john.smith (not your email address)
- If you have forgotten your password, please contact the office.
- Once you have logged in, the Parents Evening icon can be found in the blue bar at the top. Click on that and you'll be taken to your child's class page for you to book.

If you have had a termly review meeting during the school day on the phone with Mrs Hughes and your child's class teacher, you don't need to book an appointment through the eschools system.

Please ensure that we have your up-to-date phone number so that your child's teacher can contact you for your appointment.

Menu change

Tuesday 8th March

To belatedly celebrate St Piran's Day the menu will be:

Steak Pasty

or

Cheese Pasty

Hevva Cake

Jacket potatoes and sandwiches will also be available.

Thank you

Thank you very much to Mr Ellis, Ashton's Dad, who gave us lots of lovely film advertising for our Book Oscars Celebration on Thursday.

Go Active After School provision

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

Daisy's Diary

Wendy house

We have a lovely Wendy house for the nursery! Can any parents help me put it up because I need an extra pair of arms. Can do in the week or a weekend day - shouldn't take long (famous last words). Please pretty please because the little tinies would love it.

Adopt me

Please adopt me! Someone donated this to the school but we haven't got room for him. He's been in the dark boiler room...all alone....please can someone adopt him?



Chicken update!



I've been sad not to bring the chickens into school - it's been ages now. It's because of bird flu - they have to stay at home. Hopefully soon it'll be over and we can have chicken cuddles again. Meanwhile they are all quite busy. Rabbit and Lemon are sitting on eggs! We might get chicks! And hopefully I can bring them in! They sit on their nests all day and sing if you look at them. Mrs Leiworthy's hen came to hang out with them too.



In other bird news - Phyllis is back! She got blown away by the storm but a week later made her way back to school because she was missing peering in at Mr Higgs and Mrs Wicks through the window.

Geraniums!

Demand demand demand - lots of asking this week, sorry. I've just planted a bed with anemones and geraniums and run out of geraniums. It's just a bare brown patch. Anyone got any spare? Any old type will do. Many thanks.





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 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.

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>

What Parents & Carers Need to Know about



WHATSAPP

UK AND EUROPE
16+
REST OF THE WORLD

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



National Online Safety
#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.03.2022

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 Wicks 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.

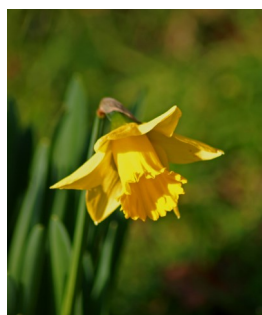
STARS OF THE WEEK

Kittiwakes	Freddie	for giving 100% effort & being so independent in his Phonics lessons
Curlews	Lincoln	for being the best friend anybody could ask for
Puffins	Rory	for his excellent effort & enthusiasm in all of his learning
Owls	Darcy	for absolutely amazing effort in writing this week
Kingfishers	Quinty	for always doing her best in all of her learning
Trencrom	Charlie DK	for being a lovely member of our class & making us smile
Lanyon	Lottie	for working hard all week. Your work has been wonderful
Kerris	Angus	for his enthusiasm & technical knowledge writing about tsunamis
Bodripty	Daniel	for always working really hard & being so enthusiastic
Bosigran	Lily	for an amazing attitude to all her work - and being an amazing performer
Kenidjack	Nina	for being a star in class, on the football field & in everything she does
Dinnertime	Betsy	for being so independent at lunchtimes



Clubs - advance notice of cancellations

All school led clubs except Drama, Go Active Dodgeball and Girls Sports and Jump Dance will be cancelled in the week beginning Monday 14th March due to parent consultations.



Hoorah, it's finally happened! It's light when I leave the house each morning! I'm so happy, it makes such a difference to my well-being when this time of year comes around. I'm sure I'm not alone in my adoration of this season, bringing as it does warmer weather, light days, sunshine, daffodils, snowballs, crocuses and the promise of summer. There are invariably bunches of daffodils at home too, indoors and out. It may be that this time of year doesn't fill you with joy and I now that for a friend it brings a painful anniversary, so I shall be ready with the offer of company, a chat, a shoulder to cry on, a walk, whatever may be needed to ease the sadness. I may be able to help you too, or you in turn may know of someone in need. It doesn't take much, just making contact, saying, hi, smiling, offering a cuppa, a box of tissues and a shoulder. I can do those for you too, should you want that. As always, you know where I am. Mrs Daylak