



Dear Parents and Carers,

We are delighted to have been able to welcome you and your children back into school this week and it is no exaggeration to say that by 9.15 on Monday morning the school was alive again and back to normal. It was clear from the first day that the children and staff were extremely pleased to be back to school. It's probably also fair to say that, judging by the smiles on the faces of many parents as they skipped out of the school gates, they too were not unhappy to draw a line under the home-schooling experience for a while.

We have been so pleased overall with the enthusiasm that children have shown for their learning and it is clear that those children who undertook the home learning programmes provided by our teachers will catch up quickly where needed. For some children, who did little or no work at home, there may however be a significant amount of work to do to regain lost ground.

One of the repeated themes in the press, and from some senior politicians, has been to paint a rather apocalyptic picture of the long-term damage that the lockdowns have had on children's learning and their future academic success. I have to say that I find some of the reporting to have been irresponsible and misleading.

Certainly, the lockdown periods have had an impact upon the academic progress made by some children; they may have also affected the mental and physical wellbeing of children and adults alike. It is also undoubtedly the case that some families have experienced a particularly difficult period as a result of bereavements or challenging home circumstances. None of us would have chosen to have lived through the difficulties of the last year and I very much hope that the future holds happier times for us all. That said, the regrettable fact is that difficult times are part of life. Almost every generation before ours has been through some form of collective challenge or hardship, including members of our own families who may have been your children's age during the six years of World War 2, which was a far more challenging time than that which we have recently faced.

It is through these times that we learn to understand and value things we may otherwise take for granted. The danger of never facing any challenge or difficulty is that we fail to develop our mental resilience to adversity. I believe that the vast majority of our children are extremely resilient, perhaps more so than we are as adults, and that they will recover quickly from the events of the last year - they may well even be stronger for the experience.

The point I am making is that I don't believe that any of us can or will live through a life without challenge. By catastrophising the impact of the lockdown on our children we are in danger of making the situation worse than it really is and are under-estimating the innate resilience and strength that our children have. As long as they continue to have the love and support of their families and are prepared to work hard to reach their goals, they will be fine. And so will we.

Martin Higgs  
Headteacher

# Weekly Wellbeing!



## Five Ways to Wellbeing

We have been thinking about the Five Ways to Wellbeing and about how they can have a positive impact on our mental health and wellbeing.

This week we are focusing on **KEEP LEARNING**. Learning new things is a good way to meet new people and boost self-confidence which in turn improves our mental health and wellbeing. Learning new things helps us view the world from a range of perspectives, makes it easier to adapt to new situations and inspires creativity within us.

[http://www.alverton.org.uk/website/keep\\_learning/536398](http://www.alverton.org.uk/website/keep_learning/536398)

## HeadStart Kernow – Start Now

“Many children and young people returned to school this week, after another two months of home learning and all the challenges it brings.

Many were looking forward to seeing their friends and teachers again, but we know others were worried about what new challenges the return to school would bring. And now, more than ever, it's important to recognise that it's okay not to be okay.

HeadStart Kernow is a partnership programme that aims to support young people to develop their resilience and mental well-being. It's led by Cornwall Council and funded by The National Lottery Community Fund. HeadStart Kernow's Start Now website was created by young people for young people. It includes a range of advice and guidance to help young people in Cornwall understand what mental health is and how they can look after theirs.”

[www.startnowcornwall.org.uk](http://www.startnowcornwall.org.uk)



## MindEd for Families

MindEd for Families is a vital online resource providing evidence based advice and information for family members or caregivers concerned about their child's mental health.



**Families can access online information and practical advice on a wide range of areas, including:**

- ✓ Supporting a child in difficult circumstances
- ✓ Coping strategies and building resilience
- ✓ When to get help
- ✓ Nurturing and building healthy family relationships
- ✓ Coping in crisis situations
- ✓ Feelings of isolation

Developed in partnership with YoungMinds and co-written with parents and carers, the resources are **engaging, interactive and accessible** on all mobile and tablet devices.

**Please share this resource with your families today!**



### Contact us:

Email:  
[minded@rcpch.ac.uk](mailto:minded@rcpch.ac.uk)

Phone:  
0207 092 6000

Twitter:  
[@MindEdUK](https://twitter.com/MindEdUK)

[www.minded.org.uk/families](http://www.minded.org.uk/families)



## Marvellous March!

How are you getting on with the Marvellous March Challenge? If you missed it, have a look at last week's newsletter which you can find at the bottom of this page [http://www.alverton.org.uk/website/2020-2021\\_friday\\_newsletters/504029](http://www.alverton.org.uk/website/2020-2021_friday_newsletters/504029) – it's a month-long challenge which the staff are taking part in and we thought some of you might like to as well.

## 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](mailto: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](mailto:multiagencyreferralunit@cornwall.gov.uk)

## Payment for school lunches

Unfortunately due to the amount of debt being built up for school lunches to Caterlink we now must ask that if you are paying for your child's lunches **we cannot allow you to be in arrears by more than one week (5 days lunches) which is £12.** 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. Lunches cost £2.40 per meal and can be paid in cash or cheque payable to 'Caterlink'.

## Wanted

Our younger children have run out of underwear to change into if they need to. If you have any unwanted, good quality pants, socks or tights (aged 4 up to aged 7) that you could donate to Reception/Year 1 & 2 please bring them to the office. Thank you very much.

## 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.**

You can book at test online at:

<https://www.gov.uk/get-coronavirus-test> or phone the NHS test line 119.





## Daisy's Diary

Well there's been all sorts of chicken excitement going on.

At the end of last week Lemon went missing. I went up the road to put them to bed (they don't need putting to bed. They just go on their own quite happily but I use it as an excuse for getting out of the washing up) and she had vanished. I looked and looked for her but there was no sign. Bricky seemed very quiet and sat on my lap looking at me in a funny way. Greg and Sonny and I searched the greenhouse top to bottom but no Lemon. No feathers, no smug looking cats up the road... no chicken. No sign of her the next day and Bricky was getting really irate, chasing the guinea pigs and trying to have a battle with my slipper (always the right one, never the left one). I couldn't think where she might have gone and was worried that Bricky was now on his own and chickens hate that. Quarter to seven the next morning found me sitting in the greenhouse feeling glum. The guinea pigs and Bricky hadn't got up and it was all quiet until there was a rustle and out of a bale of hay popped...Lemon!

She'd made a tunnel that went all the way into the

hay bale and a nest at the back and in the nest was her first egg! Clever old Lemon! Since then she's laid one every two days - she's even laid one in her little nest in the nursery garden at school. Hooray!



## Wellies

The school field is very muddy so if your child doesn't have a pair of wellies in school they will be unable to go onto it.

Please ensure that a named pair of wellies is kept in at school.



## Found

During the lockdown period a child's silver bangle was found in school. Please contact the office if you think it might belong to your child.

## Comic Relief/Red Nose Day - its back again!

Next **Friday 19th March** is the date, and all around the world is the venue.

The logo for Comic Relief, featuring the words "COMIC" and "RELIEF" in a bold, white, sans-serif font, stacked vertically on a red rectangular background.

The past year has been tough, really tough, for us all. The coronavirus pandemic has had a massive impact on every single one of us and we have all coped amazingly well. There are, however, children who struggle more than others, those who have needs beyond the daily pandemic struggles we all face. Children such as Ethan, a 9 year old boy with cerebral palsy, whose life has been turned around by the money raised in previous years by people like us.

So we ask again for your usual generous support. We hope you agree that a little light relief, in the form of a non-uniform day, is a welcome distraction from the daily problems we are currently facing. So we are holding just that. A day where non-uniform is welcome and within our bubbles we can have some fun. The theme this year is...

## No Red (Nose) Day

**So don't buy any red noses, don't wear any school uniform and don't wear any red.** Easy. In return we simply ask for a donation, perhaps £1, from each of you. All the money we raise will go straight to Comic Relief to support children like Ethan.

Should you wish for more information, here are the website details:

<https://www.comicrelief.com/> - this takes you to the Comic Relief home page which is filled with ideas for fundraising and fun.

<https://www.comicrelief.com/what-your-money-does/> - this takes you to a short film about Ethan who has benefitted enormously from donations like ours.

So please help us to support other children who need just a little extra help. We have an amazing school, an amazing set of children and parents. Let's show Comic Relief what we can do as a team.

Many thanks for your continued support,

Mrs Daylak and the Alverton Team



## 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](http://www.cornwall.gov.uk/mentalhealth)

# NSPCC

Help for children worried about COVID

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

### 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.

## ON YOUR SIDE NO MATTER WHAT

☎ **0800 58 58 58** 🌐 [THECALMZONE.NET/WEBCHAT](http://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 an app of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



### What Parents & Carers Need to Know About

# SIGNAL

12+

App Store Rating

Signal is a multimedia messaging service (previously known as TextSecure) which provides secure chats between users. It is encrypted, so any intercepted communication cannot be read by attackers. Users can send one-to-one messages or set up group chats. The service is free, has no adverts and doesn't track users' location like many other messaging platforms. The app experienced a popularity boom in early 2021 as large numbers of users left WhatsApp over perceived privacy issues.

#### Disappearing Messages

Messages on Signal can be set to disappear (from both the sender and the recipient's devices) a specified time after they are first opened – potentially as little as five seconds. So it is difficult to monitor the app and see what your child is talking about. Should someone behave inappropriately towards them, unless they record evidence instantly there is no way to prove what has happened – making it difficult to take the proper action.

#### Risk of Screenshotting

Because messages can be set to disappear on Signal, some young people assume that nobody else will ever see them and let their guard down as a result. But a recipient could still capture a screenshot of your child's message before it vanishes from their device. This screenshot – which might be of something inappropriate or deeply personal – can then be shared with others or even made public on the internet.

#### False Sense of Security

The feeling of total privacy and security within the app can make young people feel like they are invulnerable – and possibly that they could get away with behaving in ways they normally wouldn't. This behaviour could range from the harmful (such as participating in cyber bullying or sharing age-inappropriate images or videos) to the extremely dangerous: perhaps chatting to strangers, who might potentially be predators.

#### Vulnerability to Hackers

Like virtually any piece of software, Signal has been shown to have flaws in its security. One hacker was able to make a call to a target device using the app and could then listen in on the victim through their phone – without needing them to even answer the call. Afterwards, the hacked user was completely unaware that the eavesdropping had taken place.

### Advice for Parents & Carers

#### Gather Any Evidence Quickly

If your children are old enough to use Signal, they will likely already know how to take a quick screenshot on their phone. It's best to confirm this with them, however, because if they've sent something inappropriate or offensive, they will only have a very short opportunity to screenshot it as evidence of misconduct before the message disappears. Once they've captured the screenshot, they should then come to you or another trusted adult.

#### Talk about Online Bullying

Before your child downloads Signal, have an open discussion about the potential risks of this app and others like it. Ensure your child is aware of the possibility of bullying or hurtful messages on such platforms. They should understand that the app makers themselves do not help with investigating incidents – and that it may be difficult to prove someone has done something to upset them.

#### Think before Sending

The messages a young person sends on Signal don't last forever, but the effects of those messages very well might – for your child and for others. You could suggest to your child that, if they're unsure whether to send a particular message, they should ask themselves if they would be comfortable showing the content to you. And if they wouldn't, should they really be sending it at all?

#### Stay Updated

It's wise to make sure your child knows how to keep their software up to date by downloading the latest version. Developers will often release software updates that (as well as occasionally adding new features or improving functionality, etc.) help to fix any security flaws and stop hackers from exploiting possible weak points in the app.

#### Consider Online Reputation

Talk to your child about the implications if a message they sent was made public without their consent. Remind them that once an image (for example) is out there, there's no way to control what happens to it or erase every single copy. It's a good way to get young people to start considering how their digital footprint might have repercussions on their future prospects.

#### Meet Our Expert

Emma Davis is a cyber security expert and former ICT teacher. She delivers cyber awareness training to organisations nationally and has extensive knowledge and experience of managing how children access services and apps online.



Source: <https://emma.co.uk/signal-app/>, <https://www.signal.org>

NOS  
National Online Safety®  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://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: 03.02.2021

## 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.

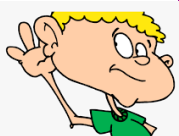


## STARS OF THE WEEK

Choughs	Frankie	for making good choices in his first week back
Robins	Jordan	for being a smiling, hard working superstar
Puffins	India	for her hard working attitude to learning, listening really hard to adults
Owls	Cody	for amazing perseverance in his Maths this week & a fantastic amount of self belief
Kingfishers	Ruby	for settling back into school brilliantly & doing some super work this week
Trencrom	Tyler M	for working super hard this week & always being an enthusiastic learner
Lanyon	Seth	for being a reading role model - you're amazing!
Kerris	Zack	for his amazing progress with improving his handwriting during home learning
Bodrift	Amelia	for her excellent attitude & amazing progress in Maths
Bosigran	Thomas G	for an excellent start back at school - such hard work & focus. Well done
Kenidjack	Toby	for some excellent writing on our balanced argument
Dinnertime	Molly L	for sitting and enjoying lunchtime so well
	Roxy	for sitting and enjoying lunchtime so well



Hi all, it's me again. It seems we are a hardy bunch, either coping very well or simply being very brave. I feel that personally I have a foot in both camps with a toe dipped into "I'm really tired and want my mum" too. Hopefully I will soon get to have a cuppa with my mum, and possibly even see a friend in person. Won't that be amazing? To actually spend time with a pal, in real life? I almost can't remember what that feels like, but I do know I am very much looking forward to it. If you can't wait that long, if your friends and family are far away, if you just want to chat, you know where I am. It's all confidential, it's all fine and there is no judgement. Because we all need someone who will listen to us. If you would like that person to be me, just ask. Best wishes, Mrs D xx



**CARERS  
TRUST**

**YOUNG CARERS  
ACTION DAY**

**16 MARCH 2021**

**Protect  
Young Carers'  
Futures**



**TAKE  
ACTION!**

Join us to recognise and celebrate young carers' skills.

Everyday across the UK thousands of young people help look after someone in their family or a friend, who is ill, frail, disabled, or has a mental health condition or addiction.

Get involved with Carers Trust's Young Carers Action Day Campaign.

Support young and young adult carers to realise their education, ambitions and future career dreams.

Find out more and get free resources to help you at:

**Carers.org/YCAD**

**#YoungCarersActionDay**

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