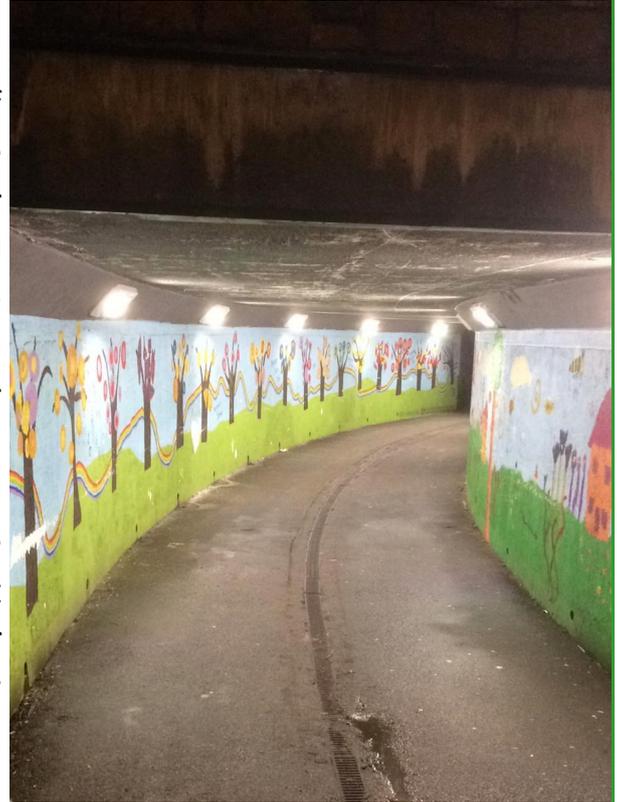


## School Council Award

Last November our school councillors went to a Cornwall Council meeting at St Austell and one of the points they raised was the condition of the subway that goes under the Heamoor roundabout. Following this meeting, the Council have carried out upgrading work and have installed new, brighter lighting as pictured. Due to the work they have done on this and for other presentations and suggestions they have made, our school councillors have won the PADL award from the Council. The PADL (Promoting Active Democracy Loudly) Award recognises the excellent practice of School Councils across Cornwall. Our councillors have been invited back to visit County Hall at Truro in July to collect the award. We are very proud of them.



## Year 5 camp meeting

There will be a meeting about the Year 5 camp to Porthpean in June on **Tuesday 7th May** at 3.30pm in Bodrifty classroom. There will be lots of information given out and a chance to ask any questions. Please come along if you can.

## Payment for camp

A reminder that full payment for Year 5 camp (£150) must be made by **Friday 24th May** at the latest. Please pay using [schoolmoney.co.uk](http://schoolmoney.co.uk) or ask at the office for a PayPoint barcode which you can use at any Co-op store.

## Tempest class photos

If you would like to buy your child's class photo, please ensure your order is in by **Friday 3rd May** at the latest so that they can be sent off for processing.

## Online safety

Please see the next page with some excellent advice about Screen Addiction. We will be publishing a different information page each week.

**47%**  
of parents  
said they thought their  
children spent too much  
time in front of screens



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



## What parents need to know about **SCREEN ADDICTION**

### SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 11 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centres in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

### IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 80% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

### CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life is Live!', explored how children aged 8-11 are using social media today. It showed that children are asking their parents and carers for advice and support, requesting face-to-face interactions.

### LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

### APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



## Top Tips for Parents



### LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

### LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

### REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 30% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

### LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

### ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realize they can have fun without their device. Playing football, trampolining, canoeing, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

### MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

**53%** of children aged 3-4  
go online for nearly 8hrs a week

**79%** of children aged 5-7  
go online for nearly 9hrs a week

**94%** of children aged 8-11  
go online for nearly 13.5hrs a week

**99%** of children aged 12-15  
go online for nearly 21hrs a week

STATISTICS



<https://www.nationalonsafety.com>  
Children and Parents Online and Statistics Report 2017 <https://www.uk.com.org.uk>  
<http://uk.boon.com/online/parents/parents-report-2017>  
Journal of Digital Health, <https://doi.org/10.1016/j.jodh.2017.12.001>  
University of Northampton, <https://www.northampton.ac.uk/news/2017/12/01/online-safety-report-2017>

**NOS**  
National  
Online  
Safety

A whole school community approach to online safety  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Email us at [help@nationalonlinesafety.com](mailto:help@nationalonlinesafety.com) or call us on 0800 368 8067



### Summer uniform

Now we are in the summer term, if the weather is warm enough and your child would like to wear summer uniform they are welcome to do so.

Girls: red and white gingham dresses  
red cardigan, v necked jumper or school sweatshirt

Boys: dark grey shorts  
white shirt (not polo shirt) (*Reception children can continue wearing red polo shirts*) with a tie  
Red v necked jumper or school sweatshirt

Footwear should be white or grey socks with black school shoes or black or red closed toe sandals (no crocs).

### PE kit

Please ensure that your child has their PE kit in school **all week** and that it is taken home only on a Friday and returned on a Monday. We find that a number of children regularly do not have the correct PE kit in school when it is needed.

### Thank you

FOAS would like to thank Tesco, Morrisons and Maria Chica for their generous donations of Easter eggs for the raffle prizes at the Easter Disco.

### Year 3&4 camp

We must have your child's consent forms for camp back by **Monday 29th** at the latest as we have to send information off to Adventure International.

## FRIENDS OF ALVERTON SCHOOL

### ANNUAL DUCK RACE

**SATURDAY 11<sup>th</sup> MAY**

### AT WHERRYTOWN BOATING LAKE

To raise funds for the school we are holding another Duck Race again this year on Saturday 11<sup>th</sup> May starting at 11.00am. Please come and support us. Ducks are £1 each and can be 'bought' from the office. You will be allocated a number for each duck and there will be a board with all the numbers on at the duck race. Cash prizes for the winner and runners up. Refreshments available.



# Alverton Primary School's production of

TICKETS  
NOW ON  
SALE!

Disney  
**THE LITTLE  
MERMAID**



Performances at 6.30pm on  
Wednesday 22nd May 2019 and  
Thursday 23rd May 2019

### Tickets

£4.50 adult / £2.50 children over five.

Free tickets for pupils of Alverton School.

Please ask at the office if you have younger children  
who would like to attend.

Music by **Alan Menkin**

Lyrics by **Howard Ashman** and **Glenn Slater**

Book by **Doug Wright**

Based on the Hans Christian Anderson story and the Disney film.

This amateur production is presented by arrangement with

**Music Theatre International (Europe)**

All authorised performance materials are also supplied by **MTI Europe**

[www.mtishows.co.uk](http://www.mtishows.co.uk)



The Learning Institute



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F: [facebook.com/learninginstitutesw](https://www.facebook.com/learninginstitutesw)

Where: **Alverton Primary School**  
Penzance TR18 4QD

When: **Tuesday 30 April 2019**  
**Drop in between 4.30-6.00pm**



\*Subject to approval. Our foundation degrees are accredited by the University of Worcester. All venues run subject to minimum numbers.

The Learning Institute | Beacon Place  
Station Approach | Roche | Cornwall | PL26 8LG

### Need a chat?

Come and have a cup of tea with Mrs Daylak if you have any questions or concerns about anything which might be affecting your child in school. You can find her any Monday to Thursday after school until 4pm. If you would rather make an appointment, please ask the office. She might even find you a biscuit to go with your tea!



### Twitter

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



### Lost

Logan in Puffins has lost his red waterproof coat with a hood. It is named. If found, please hand in. It was lost before the Easter holidays.

### CLASS ATTENDANCE THIS WEEK

Choughs	85.0%	11
Robins	95.0%	6
Puffins	97.8%	3
Owls	93.8%	10
Kingfishers	96.3%	5
Trencrom	94.6%	8
Lanyon	97.7%	4
Kerris	94.8%	7
Bodrifty	94.0%	9
Bosigran ★	99.6%	1
Kenidjack	99.5%	2
Overall school attendance		

Our collective target is 96.5%

### DIARY DATES

#### April

29<sup>th</sup> Clubs start

#### May

6<sup>th</sup> **Bank Holiday – School closed**

7<sup>th</sup> Yr 5 camp meeting at 3.30pm in Bodrifty classroom

9<sup>th</sup>-10<sup>th</sup> Yr 3 & 4 camp at Bude

11<sup>th</sup> FOAS Duck Race at Wherrytown Boating Pool – details to follow

13<sup>th</sup>-17<sup>th</sup> SATs week for Y6 – some music lessons cancelled this week.

22<sup>nd</sup> Swimming finishes for Year 2

22<sup>nd</sup> & 23<sup>rd</sup> School production of 'The Little Mermaid' – tickets now on sale

**Monday 27<sup>th</sup> – Friday 31<sup>st</sup> May – HALF TERM**

