

5/2/21

FRIDAY NEWS

Nº 19

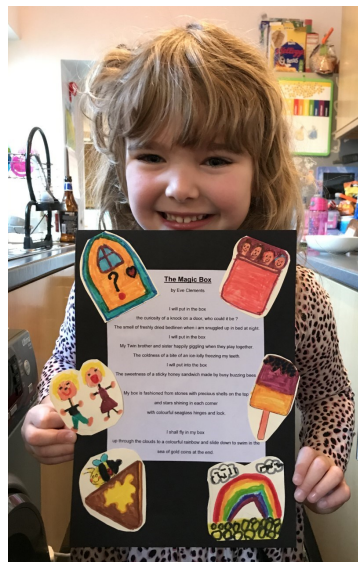
This week, we wanted to celebrate all the wonderful work which has been going on at home and say thank you to all our fantastic children, parents and staff for making this happen! It's a real team effort which, despite its challenges for everyone, is going brilliantly with 92% of our children regularly engaging with their home learning. Thank you all.



I had no idea how much I would miss real interactions with real live children. Screens are all well and good but there's nothing like a real live breathing 3D 4 year old to make you feel all will be well with the world!  
Mrs Daylak

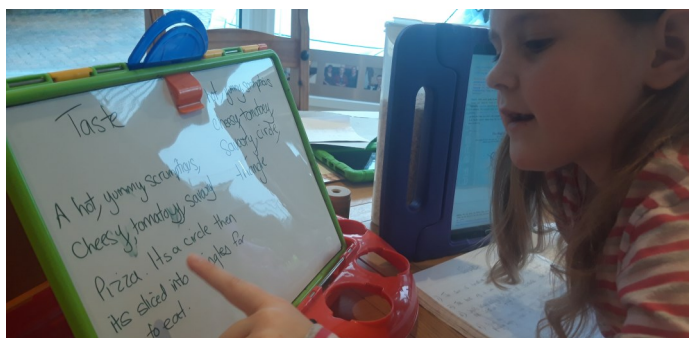


I am so proud of all of the hard work and enthusiasm the children are putting into their learning. They have faced this lockdown head on and embraced this new way of learning with focus and determination. I'm one very proud teacher! Mrs Knowles



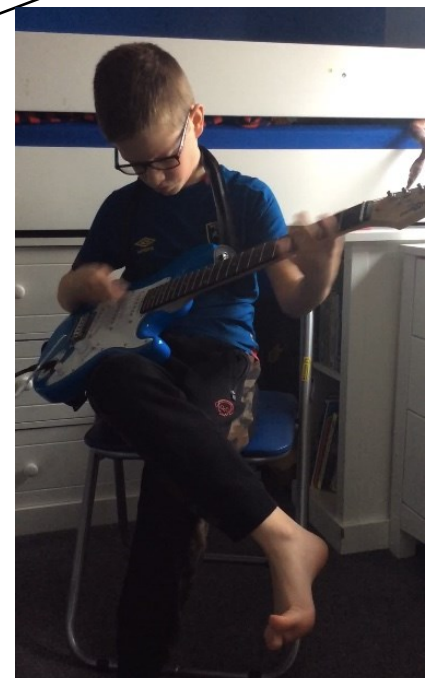
I have been so impressed with the high level of motivation and commitment in Bodrifty. They will give anything a go and have produced such a range of amazing work across the curriculum.  
Mrs O'Rourke

A class full of superstars!  
Miss Rudge

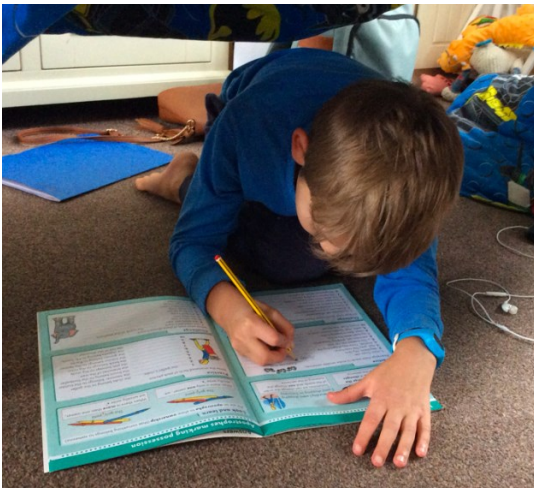


It's lovely to be working with her again for home schooling. I love hearing her ideas and chatting about options. I feel very blessed to be part of her schooling. Thank You! Kingfishers Parent

It's been lovely to still see some of our younger children (and their parents) when they come in to change their reading books.  
Mrs Stacey







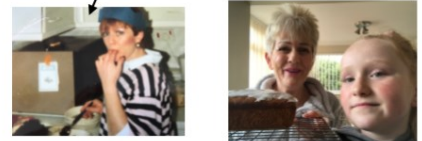
We have been looking at the characteristics we inherit from our parents, grandparents and wider family. Cora sent me these fantastic photos to show the characteristics she has inherited from her Nannie. Obviously, it was a fabulous piece of work for both Cora and her Nannie!  
Mrs Harman

#### Cora's Project about inheritance with her Nannie



So basically I look exactly like my nannie when she was my age!!!  
Our similarities are:  
We both have long eyelashes,  
Red hair 🍷,  
we have to be careful on the beach because we have fair skin,  
We are both good at baking,  
we don't like being unkind to other people.

My nannie when she was 29/28 and this is literally something I would do!!



Ted has up cycled yoghurt pots to make bird feeders and has hung them in the trees around his garden. Ted took part in the RSPB garden bird watch hoping his bird feeders would entice lots of lovely birds into his garden!  
Miss Hooton



I have been so hugely impressed with the magnificent effort Year 6 have made to engage with all the lessons and it's been a delight to see their sleepy faces every morning on Zoom.  
Mr Hammond



Florey in Puffins has been out and about for her daily exercise identifying birds. Here she is in all-weather gear – nothing will deter her!  
Mrs Hughes



Lovely to see everyone on the Zoom classes especially when we can help them with their work. Hoping to try singing 'Happy Birthday' this week!  
Mrs England



# Weekly Wellbeing!



## Five Ways to Wellbeing

Last week, we introduced the Five Ways to Wellbeing and thought about how they can have a positive impact on our mental health and wellbeing. This week, we are thinking about **CONNECT**.

Being connected is about building and keeping up relationships with other people, especially the ones that you love and care about (for example your friends and family).

Connecting with other people is really important for everyone because it helps us:

- Build self-esteem
- Feel like we belong
- Share positive experiences
- Get emotional support when needed

Because of what is currently going on in the world, many people do not feel connected to other people and might be feeling lonely. When we feel lonely, it is especially important that we try to build connections with others. Right now, it feels hard to connect with people who make us feel happy. But because we are physically isolated, it is even more important for us to feel socially connected. Luckily, there are many ways to do this. Please have a look at the Connect page on the school website where you will find lots of ideas and suggestions. I'm sure you will all be able to come up with some of your own and we would love to hear about them!

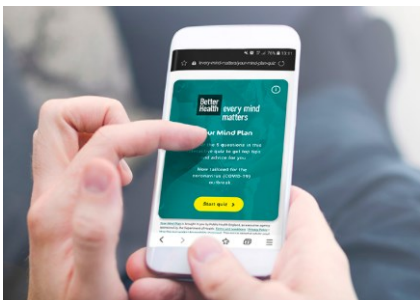
<http://www.alverton.org.uk/website/connect/536395>

## Every Mind Matters

To support people during this difficult time, Public Health England has launched the Every Mind Matters campaign to equip adults with ideas and advice to look after their mental health and wellbeing and help support others such as family and friends.

The campaign encourages people to get a free NHS-approved Mind Plan from the Every Mind Matters website. By answering five simple questions, adults will get a personalised action plan with practical tips to help them deal with stress and anxiety, boost their mood, sleep better and feel more in control.

The Every Mind Matters COVID-19 hub also includes ideas and support to help deal with uncertainty, coping with money and job worries and looking after both their own and their family's mental wellbeing while staying at home. You can find it at <https://www.nhs.uk/oneyou/every-mind-matters/>



### Get Your Mind Plan

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

[Try the quiz >](#)

## Feel Fabulous in February!

How are you getting on with the February Challenge? If you missed it, have a look at last week's newsletter—it's a 28-day 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 Agency on 0300 1231 116;

E-mail: [multiagencyreferralunit@cornwall.gov.uk](mailto:multiagencyreferralunit@cornwall.gov.uk)

### **Have we got your correct address?**

From time to time the class teachers or Mr Higgs may post something home to your child. If you've changed your address recently or are unsure if we have the correct address for you, please let the office know as soon as possible.

### **Safeguarding Newsletter**

All children have a right to be safe and we believe that keeping children safe is everyone's responsibility. Sent home with this week's Friday News is our Spring Term Safeguarding newsletter which we hope you will find informative. This term, its focus is on protecting children from extremism and radicalisation. Children are potentially online more at the moment and so this is a good time to increase our knowledge on the risks they may face now or in the future. Please can we ask you to take a few minutes to read this.

Thank you.

You can find all our Safeguarding Newsletters (including Summer 2020 which is all about supporting families during Covid-19) at <http://www.alverton.org.uk> and click on the Safeguarding tab.

### **Borrowbox**

This is a fantastic free e-book and audio book scheme from the library. Please see the flyer which was attached to last week's newsletter with all the information and contact your child's class teacher for log in details. You can also use your child's existing library card if they are already a user.





### February half term - 15th-19th February

The Department for Education have confirmed that schools will be closed as usual over the February half term holiday and are not expected to remain open to any children.

### 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 is currently attending school.**

You can book at test online at:

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

### Contacting School

Please be aware that whilst school remains open for some children, there will be no admittance to the building or grounds for any parents, visitors or children not currently at school. If you need to contact us, please do so by email ([secretary@alverton.cornwall.sch.uk](mailto:secretary@alverton.cornwall.sch.uk)) or by calling the office between **9am- 1pm**, Monday to Friday on 01736 364087.

### Hello...I'm still here...

Hi everyone, just a quick message to make sure everyone is as good as can be expected and to remind you that, should you want anything, then I'm still here, in some form. It seems ever such a long time ago that I was able to offer this service actually in person, invite you into school, make us a cuppa, find us a biscuit and then find a quiet place to listen to anything that was on your mind. And almost a year ago everything changed to the point that now all I can offer is a chat on the phone. But I do still want you to know that the offer is still there and perhaps it's needed more than ever now? If, like me, Christmas offered an opportunity to pretend it wasn't happening to some extent and have a lovely time with those closest to us, then you may be feeling a lot of unhappy thoughts right now. It certainly feels to me that I have been catapulted right back to the first lockdown, although it's more severe and, for me, feeling more scary than ever. However, I'm trying to be brave and find the best in every small thing. Well, that's all for now. But I am still here and I did want to remind you all of this. In the meantime, take care, stay safe, look after yourselves and I hope to be back soon, with real tea, real biscuits and me, live.

My very best wishes to us all, Mrs D xxx



Huge congratulations to Betsy in Reception on the birth of a very lucky baby brother, Jude, born in the early hours of Friday morning. How lovely to have such happy news. Thanks to the whole family for their kind permission to let us share this moment. There's nothing quite like a baby to make us all feel better. And what a picture! I feel better already and my blues have vanished. Our very best and warmest wishes to the whole family. Mrs Daylak

## Daisy's Diary

Hooray! We've made it to February! January went on FOREVER. I knew I was in trouble last week, when on the 25th of January I had done 12 hours home learning and 16 hrs cleaning the kitchen and it was still only TEN TO TWO. It felt like all the rain was choosing my house to fall on. I'm not doing January for the next two years. But in February it's a whole different deal as it's time to think about planting some things...

This year I grew a ten foot Dahlia plant in my own garden. It was a WHOPPER. It was one that is supposed to be the closest to the original dahlias that the Aztecs grew for food, medicine and their hollow stems that were used for transporting water around their cities. I read about digging up Dahlias and dividing their tubers so thought I should do that so we can grow giant Dahlias at school too. The instructions I found talked a lot about clipping bits off but



my dahlia was more like a tree so I gave Sonny the saw and stood well back. Timber! And then we tried digging it up. Blimey. The tubers were the size of Sonny's legs! Instead of 'lifting the roots gently from the soil' like I'd read it took a few sessions over a couple of days. One of the tubers came off in my hand. So we ate it (with fried eggs on). I've now got to plant the tubers I've got again - one back in my garden and I think I'll have at least two for school.



I've also gone a bit overboard on the seed order as per. I always like to do a 20/80 split of plants between us and the giant, giant school slugs. I've got loads of flowers for our pollinators and they should flower at different times to make sure there's always something tasty for our school bees. If anyone is thinking about planting any seeds (I know Kingfishers have been growing magic beans!) please let me know or maybe send a picture and I could have a little see what's popping up?







## 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 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](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.

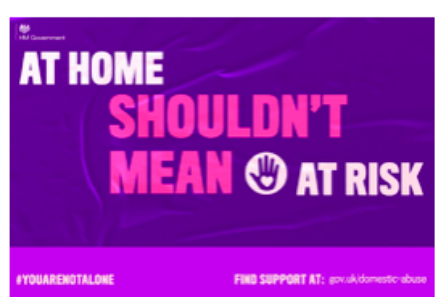


**NATIONAL DOMESTIC VIOLENCE HELPLINE**  
**0808 2000 247**  
24/7 CONFIDENTIAL FREEPHONE

**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 one platform 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 WECHAT

17+  
App Store Rating

WeChat is an all-in-one communications app for free text messaging, voice and video calls, photo sharing and games. Additionally, through "mini-programs" (apps integrated into the main WeChat platform), it becomes a one-stop shop by allowing users to do things like send payments, make purchases or book taxis, flights and hotels. Headquartered in Shenzhen, China, WeChat is one of the world's most popular social media downloads, with around 980 million active users.

### Risky Connections

Users of WeChat can exchange contact info instantly through their own unique QR code. That also means that one quick scan of your child's QR code would give a person all of their details. Users can also add a person to their WeChat network using just a phone number – and, more worryingly, there's an option to search specifically for nearby users, utilising their device's location services.

### Age-Inappropriate Activity

Social services in Malaysia (where WeChat is among the top three messaging platforms) have highlighted the app as a conduit for teenagers and schoolchildren to gamble online, arrange sexual hook-ups and deal drugs. WeChat's age rating is 17+, but this is only an electronic verification: a child could simply lie about their age to download the app and would not have to provide proof.

### Random Contacts

WeChat has a 'discover users' mode which allows you to connect with other people – either worldwide or nearby – entirely at random, through the device's GPS locator. The 'shake' facility (i.e. literally shaking the phone) puts you in touch with another user (most likely a stranger) and instantly allows messaging and video contact. For children and young adults, this feature is potentially incredibly dangerous.

### Surveillance Suspicions

Some western journalists have alleged that WeChat is being used on behalf of the Chinese government to mine data, access voicemails and track users' physical location. The Indian Government banned the app in 2020 over "data and privacy issues". In the USA, the Government has initiated legal proceedings to block WeChat, citing national security and data privacy concerns.

### Questionable Impartiality

There have been numerous media reports of WeChat blocking or censoring messages because of 'restricted' keywords, usually related to politically sensitive subjects (for example, criticism of the Chinese Government's response to the Covid-19 outbreak). Some people's accounts have allegedly been disabled because of something comparatively innocuous that they posted. If this is accurate, it raises questions about the reliability and fairness of WeChat's content.

NOS  
National Online Safety  
#WakeUpWednesday



## Advice for Parents & Carers

### Research It Yourself

If your child is interested in using WeChat, it's a good idea to download it yourself before they do, to help you decide if it is appropriate for them to use. Getting the app yourself will allow you to experience how easy it is to obtain, how users can create and share their own content, quickly make connections with other people, discover users' locations and so on.

### Disable Location Services

If you are intending to let your child use WeChat, we would strongly suggest that you do not let the app access their device's location services. That will not only prevent random – and quite probably, unwanted – contact requests from strangers, but it will also stop other users nearby being able to pinpoint your child's whereabouts.

### Adjust Security Settings

Unless a user alters it, the default security setting is that anyone else on WeChat (anywhere in the world) is able to see what they've posted – including photos and videos. What's more, when a user adds text, images or video to their 'Moments' (a scrolling feed of friends' updates), not only their contacts but anyone nearby can see what they've uploaded.

### Remember Linked Accounts

Bear in mind that users can connect WeChat to their Facebook and Twitter. That makes it easy to share content from the app – including posts that were intended to be private. If your child does link social media accounts, encourage them to think carefully before posting. Similarly, WeChat offers in-app purchases of stickers and games, so you may want to discuss in-app spending with your child in advance.

### Meet Our Expert

Jonathan Taylor is an authority on online safety, social media and online grooming, having previously been a covert internet investigator with the Metropolitan Police for more 10 years. He has worked extensively with UK and international schools to deliver training and guidance around the latest apps, platforms and dangers.



<https://nationalpost.com/news/censored-by-a-chinese-tech-giant-canadians-using-wechat-app-say-theyre-being-restricted>,  
<https://www.scripps.com/news/society/article/308-832/how-wechat-censored-even-neutral-messages-about-coronavirus>,  
<https://www.bbc.com/news/technology-55808780/wechat-app-used-pull-se-4-gps-and-gambling>,  
<https://qz.com/51808/wechat-new-heat-map-feature-lets-users-and-chinese-authorities-see-where-crowds-are-forming/>



[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: 27.01.2021



## 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.