

Dear Parents and Carers,

This week has been all about the Nativity! Nursery, EYFS & KS1 all gave stellar performances throughout the week. They were the perfect blend of humorous, confident and cute! All sessions were very well attended and it was so lovely to see the school so full. Thank you all so much for your donations. The 2 charities we chose (Man Down & the Women's Refuge) will be so grateful for your support.

The other exciting piece of news that we have had this week is that our official Ofsted report arrived! The report reflects the strengths of the school well, with my favourite line being, *Pupils are proud of their school community. They typically said, 'we are all like a family.'* To me, that is the perfect sentence. The report has given the school some areas to work on, and we will be working on our development plan in the new year.

Next week is the last week of term and there are lots of exciting activities happening. I am very much looking forward to my first Alverton Carol Concert on Thursday evening. We will be finishing at the normal time of 3.15pm on Friday 20th December.

Have a great weekend!

Nichola Smith
Headteacher

Christmas charity collections

Our chosen charities this year for our retiring collections at all our Christmas performances are West Cornwall Women's Aid and Man Down Cornwall. Both these local charities support men, women, children and young people in

Cornwall. We would be grateful for any amount you could give. Thank you.



Supporting
women and children
in West Cornwall

SUPPORTING MEN'S MENTAL
HEALTH IN CORNWALL



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

FOAS fundraising

Thank you to everyone who bought Christmas cards and gift items through the Class Fundraising site. This raised **£385.94** for FOAS funds. Thanks for your support and we look forward to more fundraising in the new year.

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.

Key Stage 2 Carol Concert

Please don't forget to come along to our Carol Concert on **Thursday 19th December** at the Chapel Street Methodist Chapel starting at 6.30pm. Key Stage 2 children will need to arrive, in full school uniform (including ties), between 6.10pm and 6.20pm. Please do not arrive any earlier. Parents of Key Stage 1 and EYFS children are also very welcome to attend and to bring their children along.

In order for us to have our final rehearsal at the church, we would like to ask you **please arrange for your Key Stage 2 child to be dropped at the chapel on Thursday 19th December between 8.30-8.45am**. We will be walking back to school in time for lunch. A letter has also been sent home to all KS2 children about arrangements.

Important information

A big thank you to everyone who has signed up to use Arbor. If you haven't done so yet you would have got another email reminder this week. Please log into Arbor as soon as possible so that you will be able to receive communications and use our new payment system from January.

Please also download the Arbor App. We will be using this from next term to send in app messages. These will replace texts which will be only used for urgent messages.

If you didn't receive an email, please contact the office. Only primary guardians whose email addresses we have on our system will have received these.

Payments

As we will be moving to Arbor Pay in January, all outstanding debts for swimming, breakfast club, after school club, trips, etc must be paid on Schoolmoney by the end of term **apart from any remaining payments for Year 5 camp and Year 6 London**. The balance of these will be moved to the new system before the Spring term starts.



Debts

Please ensure that all debts for swimming, trips, breakfast club and after school child care are paid by next **Friday 20th December** on Schoolmoney as we are changing payment providers in January. Any remaining payments for Year 5 camp and Year 6 London will be carried over to the new system. Please check your Schoolmoney account and pay anything that is owed.

Choir

This week some of our children from Year 5 and 6 went to sing for some of Penzance's older residents at Pengarth Day Centre and the Memory Café. The children sang beautifully and all their audience enjoyed singing along and loved having us visit. One group said it was the highlight of their Christmas. Miss Williams and Mrs Small were delighted with the children's behaviour. Thank you to everyone who took part.



Football tournament

Last week our Year 5/6 boys took part in the FA Open County Championships organised by Truro City Football Club and held at Truro School. We competed against nine of the best teams in Cornwall. The team played exceptionally well, showing great teamwork and passing sublimely. Mr Hammond said "It was like watching Brazil!" After a hard fought league stage, we reached the semi-final which we won thanks to a thundering shot by Jack G. We played the final against St Breock which was a very tight fought game - at the end it was 0-0. This took us to extra time when, despite some amazing last-ditch saves from Harris in goal, we lost 1-0. Well done to the whole team - Harris, Noah G, Joey, Hayden, Jai, Charlie, Jackson and Jack.





PINS Project - Parent Carer Group launch

Join us for cake and conversation.

When: 8.45 – 10.00 on Wednesday 15th January 2025

Where: The School Hall

What: We want to hear from you about what you think and feel is working well, or ideas for making things even better, when looking at the support currently in place for your child(ren).

Who: All Parents and carers in your school. The session will be hosted by me (Lauren) who is working with your school on the PINS Project (Partnerships for Inclusion of Neurodiversity in Schools).

This will be an opportunity to:

- Come together as a community and get to know one another.
- Share your opinions, thoughts and experiences.
- Explore what could be put in place to create positive change for your children.
- Plan together what you would like from future sessions.

If you have any accessibility or dietary needs please email me at: lauren1@outlook.co.uk

I look forward to meeting you on the 15th January 2025



Lauren Ladd

Your Parent Carers Cornwall 'PINS Project Support Officer'

If you are interested in finding out more about the PINS project, and to see the other schools taking part, please visit the Parent Carers Cornwall PINS project page.

www.parentcarerscornwall.org.uk/pins/



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

ChildLine

0800 1111



0300 123 3393

www.mind.org.uk



for better mental health

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 Veryan 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

CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM

"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.wcwaid.co.uk/helpline

10 Top Tips for Parents and Educators

SAFETY OVER THE FESTIVE SEASON.

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>

@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: 11.12.2024

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	Eddie	for his confidence & enthusiasm at singing time
	Little Owls	Ryder	for super interactions with the Christmas activities
	Kittiwakes	Alina	Enthusiasm: for showing enthusiasm in everything we do
	Curlews	Livvy	Perseverance: for not giving up with reading & super progress
	Puffins	Astrid	Enthusiasm: for wearing her smile during our Nativity rehearsals
	Owls	Joni	Enthusiasm: for her enthusiasm in her fantastic performance as an angel
	Kingfishers	Evan	Enthusiasm: for his very enthusiastic performance as a donkey
	Trencrom	Isla M	Respect: for always being delightful member of our class
	Lanyon	Jemima	Kindness: for always treating people with kindness
	Kerris	Matilda	Kindness: for always being a kind friend
	Bodrifty	Cassia	Enthusiasm: for showing great enthusiasm in her learning at all times
	Bosigran	Ella	Responsibility: for her responsible & mature attitude towards her learning
	Kenidjack	Juni	Enthusiasm: for producing a fantastic Macbeth diary entry
	Lunchtime Star	River F	for being the politest boy in the school
	Lunchtime Star	Wren	for being the politest girl in the school

It is nearly here, we only have one more week before we finish school and head speedily towards the forthcoming festive season. Is it me or does it feel like one minute there are weeks to go and the word 'Christmas' is something we can just about make out in the future, the next minute it's bearing down on us with the speed of a racing car on the finishing lap? And every year I fall deeply into the same trip....uttering the fanciful words "yup, I'm all done" before realising that of course I'm not, because I haven't done x, y or z. How do you feel? Are you excited about two weeks with your children? Daunted? Stressed? Some/all these and other feelings too? It's a hard time of year for many reasons, financially, emotionally and socially. There are so many pressures coming at parents from all angles - television, shops, adverts, events and of course social media. Do you want to talk about it? Or anything? I'm always here for you. Even if you just fancy a hug, come and find me, Mrs D xxxx



DIARY DATES

Wednesday 18th December	Nursery Christmas lunch
Thursday 19th December 6.30pm	Key Stage 2 Carol Concert at Chapel Street Methodist Chapel <i>Letter has gone home</i>
Friday 20th December 3.15pm	Last day of term for main school and Woodland Nursery
Monday 23rd December - Friday 3rd January	Christmas holidays
Monday 6th January 8.30am	First day of Spring term for main school and Woodland Nursery
Monday 13th January	Clubs start
Monday 17th - Friday 21st February	Spring half term holiday

Lost property box

The lost property box needs emptying and any un-named items will be taken to the charity shop at the end of term. If your child is missing something, please come in and check the box before 20th December. All named items will be returned. Please name all your children's belongings.

Reminder

School and nursery finish for the Christmas holidays on **Friday 20th December at 3.15pm** (normal time). The Spring term starts on Monday 6th January 2025.

