



25/10/24

FRIDAY NEWS

Nº 8

Dear Parents and Carers

This week has been a fun filled one, with pupils spending the week learning about different cultures. Year 6 were treated to a talk from a regular visitor to our school called Floyd, who spoke to them about his new role as Lord Lieutenant for Cornwall and how it fitted into his work on British Values.

In KS1, pupils learned about Burkina Faso - the African Festival of the dancing masks. The children looked at the meaning behind the festival, learned traditional dances and I was even treated to a parade outside of my office!

In LKS2, Year 3 & 4 learned about a carnival from Trinidad and Tobago. They were taught traditional dances and made authentic headdresses and wore them during their performance.

In UKS2 the children learned about the significance of the HMS Empire Windrush and what life was like for people who travelled from the Caribbean to Britain after the Second World War. They finished their week with a look at the Notting Hill Carnival and the idea of bringing people together.

In assembly today we watched an iMovie of all the classes celebrations together. It was so lovely to see the wide range of diversity covered and hear about all the lovely learning that took place.

I hope you all have a lovely half term together - the children are definitely in need of a break! I look forward to seeing their smiley faces on Wednesday 6<sup>th</sup> November.

Nichola Smith  
Headteacher

School is now closed for the Autumn half term holiday. There are two INSET days on Monday 4th and Tuesday 5th November and school re-opens from 8.30am on **Wednesday 6th November**.

**Remember – safeguarding is everyone’s responsibility**

If you have a safeguarding concern, please contact Nichola Smith (Designated Safeguarding Lead) at [nsmith@alverton.tpacademytrust.org](mailto: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](mailto:multiagencyreferralunit@cornwall.gov.uk)

**Water bottles**

Please ensure your child has a named, filled water bottle in school every day. This should be filled with water only please. With lots of germs about, children should all have their own water bottle and not share. Thank you.

**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.

**FOAS Halloween Disco - Wednesday 6th November**

FOAS are holding a Halloween Disco on **Wednesday 6th November** (the first day back after half term). Times are as follows:

**Reception and Key Stage 1 4.30-5.30pm**

**Key Stage 2 6-7pm**

The cost is £1.50 to include a drink. All proceeds raised will go to FOAS funds. Fancy dress optional but please remember that young children may be scared by some costumes. The discos are for children only - parents do not stay. Please drop off and collect your child at main reception.



## Parent Survey

We are now in the process of conducting our annual 360° Review with all members of our school community and, as you know, we ask you to complete a survey every year. The information gathered has a direct impact on the direction in which we try to develop the school over the next year and it is very important to us that our parents' voices are represented.

To this end, you will find a link to Survey Monkey and we would be very grateful if you could follow this and complete the survey which should only take a few minutes. There is also a space for comments at the end if there is anything about the school that you would like to add. We love positive feedback but also consider carefully any suggestions that you bring forward.

<https://www.surveymonkey.com/r/X83W778>

We firmly believe that working together in a spirit of openness is the most effective way of ensuring we are able to meet our common goals and provide your children with the best educational provision possible, and this review is an important part of that process.

**The deadline for submitting your responses is Friday 1st November.**

Thank you for your continued support and for taking the time to complete the survey.



## Clubs

All clubs are CANCELLED on **Wednesday 6th November** due to the FOAS Disco. After school child care will be on.

**Year 1-6 Spanish** will continue for 4 weeks from 11th November if enough children sign up. Please go to the Kidslingo website to pay. It costs £18 for 4 weeks.

<https://www.kidslingo.co.uk/area/spanish-classes-central-west-cornwall/>

**Extreme Ball Sports** has now changed to Nerf for Year 1/2 on Mondays, Year 5/6 on Wednesdays and Year 3/4 on Thursday. The cost is £15 for 3 weeks and £20 for 4 weeks. Please go online to the DT website to pay.

<https://www.dtcoaching.co.uk/clubs>

All clubs finish on Friday 29th November.

## Final reminder about ordering school lunches from 6th November

Please don't forget that from now on, if your child would like a school lunch, you **MUST** order it for them using the **Aspens Select** website. **ALL** children, including those who get free meals, must book this way.

Children will no longer be asked for their order in the mornings in class, nor will you be able to pay online using the Schoolmoney system. Please do not add any money for school lunches in advance after half term to the Schoolmoney system.

All parents will need to register on the Aspens Select site and will need to book and pay (if applicable) for lunches up to 9am on the day of the lunch. You will be able to book in advance for the day, week or month and add money if you need to, in advance, onto the Select site.

If you haven't registered yet this is the website:

<https://select.aspens-services.com>

The school code is: 191469

Please use your child's code to register. If you need a reminder of this please contact the office by email.

### Drum lessons

We had a wonderful drum demonstration this week in the hall. If your child (Year 2 upwards) is interested in having drum lessons in school, please contact the Cornwall Music Service Trust. They have all the information you need including the cost and how to sign up. Drum lessons are under PERCUSSION lessons on their website.

<https://cmst.co.uk/signup>

### Flu immunisation

If your child missed their flu immunisation today or you missed the deadline and would now like them to have this, please contact Kernow Health on **01872 221105**. There are catch-up clinics in Penzance, St Just, Hayle and Camborne and you will be able to take your child to one of these as long as you have contacted them.



## 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

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®

X @wake\_up\_weds

f /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: 23.10.2024

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](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](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 being confident & kind
Little Owls	Reuben	for doing so well in his Phonics & having lovely manners
Kittiwakes & Curlews	The Whole Class	Enthusiasm: for being so enthusiastic, kind & well behaved on our library trip this week
Puffins	Ruby Se	Responsibility: for coming to school every day with a smile on her face
Owls	Theo	Kindness: for his absolutely beautiful manners at all times
Kingfishers	Odin	Enthusiasm: for enthusiasm in all our learning about Burkina Faso
Trencrom	Presley	Responsibility: for a fantastic week in Trencrom helping his friends
Lanyon	Isabelle	Enthusiasm: for absolutely fantastic instruction writing in English
Kerris	Jensen	Respect: for always showing kindness & respect to his classmates
Bodrifty	Harry	Enthusiasm: for excellent enthusiasm in English & being really helpful
Bosigran	Eden	Respect: for respectful listening during Year 5 Life Skills session
Kenidjack	Bella	Perseverance: for fantastic work & perseverance in improving her writing
Lunchtime Star	Joseph	for being so kind & modelling great play with the younger members of the school

'There's no such thing as a perfect parent. One day all's calm, the next it's chaos. However it's going, we're here with advice and support for parents and carers.'

How about that? I knew I was right, I knew it was a hard job but to see it written down is very reassuring. The source by the way is the NSPCC website. It's crammed with topics we may need help with at any time in the many years we spend supporting children to grow and develop into fully fledged, grounded, successful and independent adults. These are the main areas - \*Early parenting advice \*Managing family life \*Friends and relationships \*Supporting yourself and young people \*Staying safe online Within each of those there are sub-categories too. Each section has lots of sensible, practical advice, it's not too wordy and seems to be clear, down-to-earth and helpful. But you may simply want to come and talk about school and

that's fine with me. Whatever you want to say, whatever you want to talk about, all is fine with me. Half term is upon us though, so I wish you all a good week. Remember, there's no such thing as 'perfect parenting' and I'll see you when the children come back. Much love, Mrs D xxx





## DIARY DATES

Monday 28th October - Friday 1st November	Autumn half term holiday
Monday 4th - Tuesday 5th November	INSET days - school closed
Wednesday 6th November	School opens <b>NEW SCHOOL LUNCH BOOKINGS BEGIN</b> All clubs continue
Wednesday 6th November 4.30-5.30pm Reception & Year 1/2 6-7pm Year 3-6	FOAS Halloween Disco <i>£1.50 entry on the door</i> <b>ALL CLUBS CANCELLED</b>
Thursday 7th November	<b>Smarter Smiles fluoride sessions for Reception and Year 1 (opt in only)</b>
Friday 29th November	<b>All clubs finish (except Spanish)</b>
Monday 2nd December 9.30am	<b>Advent Service</b> <i>Followed by coffee and mince pies</i>



Together for Families

The deadline for applications is  
**31 October 2024**

## Transfer to secondary school

September 2025

Applying for a place in year seven at a secondary school



### Information and guidance

Website and application form: [www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions)

Email: [schooladmissions@cornwall.gov.uk](mailto:schooladmissions@cornwall.gov.uk)

Post: School Admissions Team, County Hall, Truro, TR1 3AY

Telephone: 0300 1234 101



[www.cornwall.gov.uk/admissions](http://www.cornwall.gov.uk/admissions)





Softball and Hardball  
**CRICKET**  
**HOLIDAY**  
**CAMPS**



**CORNWALL CRICKET CENTRE**  
**MONDAY 28TH OCTOBER**  
**TUESDAY 29TH OCTOBER**  
**WEDNESDAY 30TH OCTOBER**  
**FRIDAY 1ST NOVEMBER**



For dates and availability scan the QR code  
or visit the website address below.

Limited Free places available for low income families  
email [admin@cornwallcricket.co.uk](mailto:admin@cornwallcricket.co.uk) for details

[cornwallcricket.co.uk/boys-girls/holiday-camps.html](http://cornwallcricket.co.uk/boys-girls/holiday-camps.html)

**Jackson**Foundation

Valency Valley  
**Family  
Morning**

Saturday 26th October

**10.30am - 12.30 pm**

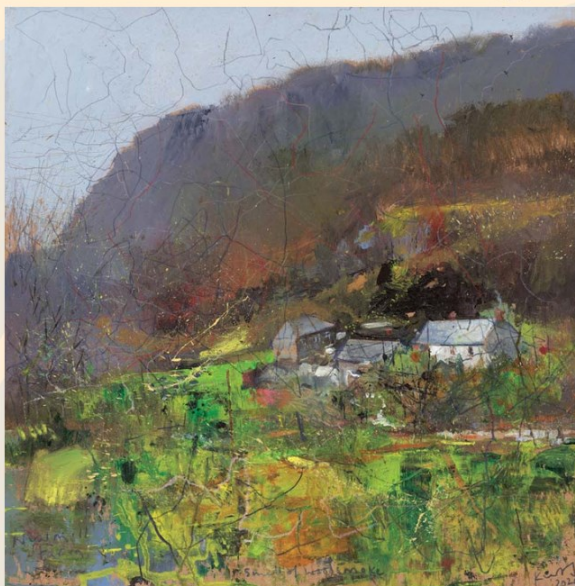
at

**The Jackson Foundation**

Free event for all ages

Art  
activity

Nature  
trail



**Jackson**Foundation

North Row | St Just | TR19 7LB

info@kurtjackson.com jacksonfoundationgallery.com +44 (0)1736 787638