



Dear Parents/Carers

This week we have been marking science week at Alverton School. The theme for this year is 'Change and adapt', which encourages exploration in science, technology, engineering, and maths (STEM). The children have been completing a range of activities looking at adaptations and growth and have had a great time in the process. We hope that you are able to pop along at the end of the day today and see some of their work.

Key Stage 2 have had a wonderful week this week completing a dance programme with Nicolette. It was so nice to see them so engaged in their sessions and being brave enough to perform in front of others. Years 3 and 4 focused on South America and learned dances such as the Samba and Capoeira, and years 5 and 6 learned some salsa and hip-hop street dance. Many thanks to Nicolette for her great teaching!

Some of your children may have told you that we have had a bit of a reset on the playground this week with football and I wanted to explain our reasoning. We have been finding that the games have been getting very competitive, and too many groups trying to play in the same space. The balls they were using were also too firm and were hurting people when hit. We have ordered some more appropriate balls for the playground and once they arrive, we will work through rules and expectations to make sure everyone gets to enjoy the space.

Nichola Smith
Headteacher

Change of INSET day 2025-26

One of our INSET days next school year has changed. The new term dates were sent out by email at the start of this week but are attached again with this newsletter and can be found on the school website under Parent Pages, Term Dates.

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

Red Nose Day - non uniform day

Friday 21st March

We are going to be raising money for Comic Relief on Red Nose Day this year by having a non uniform day on Friday 21st March. Any amount of donation will be gratefully received.



Please be very mindful if you drive down Toltuff Crescent and Provis Road. Some of our neighbours have reported scratched cars and inconsiderate parking over their driveways so please take care when driving and parking in these roads.

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.

Sponsorship needed

Our sports teams need some new kit and we would be very, very grateful if anyone with a link to a local business could see if they might pay for a set of kit in return for their name and logo being put on it. If you, or anyone you know, is able to help, even in a small way, please get in touch with us. Many thanks.

Club cancellations next week

All the following clubs will be **cancelled** next week due to parents evenings:

Monday 17th - Y3-6 Football, Y3-6 Netball, Y1/2 Book club, Y3/4 Reading & Wellbeing

Tuesday 18th - Y5/6 Drama, Y1/2 Boys Football, Y3/4 Art

Wednesday 19th - Y3-6 Cross Country, Y5/6 Art, Y2 Arts & Crafts

Year 3-6 Football club will also be cancelled on Monday 24th March as Mr Hammond and Mr Holcroft have training. As all clubs finish on Friday 28th March, there will not be any more this term.

If clubs are cancelled at short notice we will send you an in-app message on Arbor so please ensure you have downloaded the Arbor app so you can read these.

Year 6 London

Final payments

A reminder that all remaining payments for this year's trip to London should be paid in full by **Friday 31st March.**

Please log into Arbor (we no longer use Schoolmoney), check how much you owe and pay by the deadline date.

Any questions, please ask at the office.



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

What Parents & Educators Need to Know about

ROBLOX

AGE RESTRICTION
PEGI
7

Roblox is one of the most popular video games among children. In 2020, the game's developers claimed that more than half of the USA's children had played it. As a 'sandbox' title, the game lets players create their own gaming experiences with Roblox Studio to build custom levels, which can then be shared online.

WHAT ARE THE RISKS?

ONLINE PLAY RISKS

Because Roblox connects random players across the world, it can put younger players into an environment with anonymous users who could use the platform for nefarious reasons. For example, some role-play games are used for online dates and mature role play, which could expose youngsters to inappropriate messages in the public chat box.

ANONYMOUS PLAYERS

The anonymity of users can leave players vulnerable to bullying, harassment, and predatory behaviour. Without the right parental controls or monitoring, users can connect with each other via personal messages or friend requests, and it is very difficult to know who's behind a username in this vast online world.

MATURE CONTENT

Content is difficult to moderate throughout Roblox, due to the number of games available. This is particularly notable on smaller games and experiences, but in summary, some of the games and experiences offered on the platform contain age-inappropriate content that could easily be seen by young players.

RISK OF ADDICTION

Roblox games can feature rewarding or satisfying mechanics that keep players coming back – or persuade them to stay logged-in for much longer. Like most games, they focus on interactivity, with constant rewards via in-game unlocks and currencies, which can sometimes lead to an addictive need to remain online for long periods of time.

IN-GAME SPENDING

The majority of games within Roblox have extensive monetisation options, usually through season passes or microtransactions. Purchases can range in value from a few pennies up to much larger sums of money. While some games offer a lot of content via purchases, others can offer very little for real world money, causing younger players to end up out of pocket.

SCAMS

Many of the games on Roblox feature collectible items, pets, or characters. These objects, while digital, are worth a lot of real money on certain online markets. Scammers will attempt to trade with younger users in the hopes of getting rare items that can be sold for real money, manipulating the child into handing them over, usually via misleading information.

Advice for Parents & Educators

MONITOR THE CONTENT

While Roblox does implement plenty of moderation tools and parental controls, it's up to parents and guardians to monitor the types of games a child or impressionable player is experiencing. If a youngster wants to play Roblox, be sure to check out which specific games they want to play within it, and get a good idea of their content.

PLAY TOGETHER

Consider playing Roblox with the children in your care. There are few more effective ways to see how monetisation works, gauge whether the game could lead to addictive behaviours, or even witness how interaction between players works, than sitting down and trying the game for yourself. This should help you figure out whether it's suitable for particular children.

TAKE ADVANTAGE OF TOOLS

Use the parental controls within the game itself and teach youngsters how to report and block other players. Knowing the powers within their reach will make Roblox a safer, happier experience. You can set age ranges for who's allowed to contact you, close public chat boxes, block spending, and even make your Roblox profile completely private. All these options are helpful in cutting off bad actors from engaging with children.

TEACH ONLINE BEHAVIOURS

Have an open conversation about the risks of online play and how to spend money wisely. By being honest and giving tips on how a younger user can protect themselves, you can empower them to not only take care of themselves, but others too. Any user can be reported to Roblox moderators by other players for behaving inappropriately. With this knowledge, younger players can be aware of what to look for and help prevent it.

Meet Our Expert

Dan Lipscombe is a videogame journalist and author of over 20 books on gaming, including books on Minecraft, Fortnite, Roblox, and more. For 15 years he has been writing about his passion for gaming. When he's not playing games, he's talking about them at GAMINGbible.



#WakeUpWednesday

The National College

@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: 12.03.2025

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.

Hello to you all, be you parents, carers, grandparents, mums or dads, aunts or uncles, I can be here for you all so pop in or email or call and get in touch. It's all confidential. I can listen or if you would like further help I can see what I can do. I cannot promise anything and I have no magic wand but listen I can. I have tissues, tea and coffee making skills plus the knowledge of where the biscuits are kept. I found this on the NSPCC website recently about supporting parents. The advice was to 'join a support group or network online.' One parent quoted "Talking to others who get it makes such a difference - you know you're not alone and you get to experience the light of something that feels very overwhelming when faced alone". That's one thing I can do and yes, I know it may not solve the issues or resolve your worries but it does help - this quote comes from Age UK - yes, it's not relevant to all of you youthful souls out there but the message is the same regardless of our age - **'New research** from Age UK indicates that we're not only a nation of worriers, but also the old adage that 'a problem shared is a problem halved' really does stand true.' They researched and found that yes, talking about or worries really helps us to feel better. Basically they can research till they're blue in the face but it's something I fully believe and if you can be assured of discretion that's another worry alleviated. Come on, come say hi and chat about anything...I can even leave a trail of biscuit crumbs if that helps you to find me.....have a good weekend and know "I'm here if you need me. Even for just a hug. Much love, Mrs D xxxxx



| DIARY DATES | |
|--|--|
| Monday 17th-19th March 3.30-6pm | Parents evenings |
| Monday 17th-19th March | All clubs cancelled due to parents evening |
| Friday 21st March | Red Nose Day <i>Non uniform day - bring a voluntary donation</i> |
| Friday 28th March | All clubs finish |
| Friday 4th April 3.15pm | School closes for Easter holidays (normal time) |
| Tuesday 22nd April 8.30am | School re-opens for Summer term |

TIME MOVE

Holiday Programme



EASTER 2025

- Activities including multi sports, forest schools, circus skills, water sports and lots more - for children aged 5 to 16
- Every session includes a healthy meal for all children
- Funded places for ALL children eligible for benefits related free school meals

Activities are taking place across Cornwall during the Easter holidays from April 7th - 18th

Scan here to book!



www.activecornwall.org/T2MHolidayProgramme/
Time2Move.HolidayProgramme@cornwall.gov.uk
01872 324287

Funded by


Department
for Education

active
CORNWALL 


CORNWALL
COUNCIL



CAPE CORNWALL SCHOOL



SATURDAY

Years 4, 5 & 6

Saturday 22nd March 2025 | 10.00 - 12.30

SCIENCE - THE INVISIBLE WORLD

Investigate all things microscopic that can't be seen by the human eye! Magnify tiny biological specimens using a microscope, learn about cells and explore the live microscopic world of pond water... who knows what you will find!

FUN FRENCH

Take part in competitive code breaking games - who will be our languages legends?

DESIGN & TECHNOLOGY - PNEUMATIC MONSTERS

Get ready to bring your monster to life! You will design and build your very own creature using an exciting pneumatic system - making it move, growl, or even roar! Learn the magic of air-powered mechanics while unleashing your creativity. Are you ready to create something monstrously cool?

DRAMA - PHYSICAL THEATRE

Do you enjoy being creative and active? Come on join Drama for the morning where you will work in small groups responding to fun creative tasks, use your body to create various objects and why not try some jumps, turns, rolls, balances, and lifts! A great choice for individuals who like to keep moving!

FOOD - EASTER FAIRY CAKE FUN

Hop into the kitchen for a sprinkle of Easter fun! Bakers will whip up delicious fairy cakes but with a Easter inspired twist. Get ready to mix, bake, and decorate your own sweet Easter creations.

