



13/9/24

FRIDAY NEWS

Nº 2

Dear Parents and Carers

This week has been another lovely one in school, with all children getting to know their classes and routines and settling down well to their learning. I have been really impressed with the lovely manners seen around the school; pupils have been holding the door open for each other, saying please and thank you to those around them and using kindness in the playground. These are great examples of Alverton values which is pleasing to see.

Our Monday assembly this week was based around perseverance. We talked about how it felt when things get tough and how we need to face challenges head on in order to learn - when things get tough, we get tougher! A few children have enjoyed coming to see me with their work, especially if it showed lots of perseverance!

I have really enjoyed getting to know the children better and although I am still struggling with names, I am continuing to work to build positive relationships with them all. In order to help this (and to get me out into our beautiful grounds), I am going to try and offer a Forest School session to each class before the end of the autumn term. Teachers are going to sign their pupils up for an afternoon session, where we will be focusing on teamwork through den building, woodland crafting and fire lighting. We will be finishing our sessions with a campfire and snacks together. When it is your child's turn, they will bring home some information on what to bring that day so that you can be prepared.

I am so excited about beginning these sessions and sharing the fun that we have with you all!

Have a wonderful weekend.

Nichola Smith
Headteacher

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

Music lessons

There are currently spaces for both guitar and violin lessons during school time for children from Year 2 upwards.
All payments for these are either made via the Cornwall Music Service Trust or to the violin teacher direct.
For more information, please ask at the office.

Clubs

All clubs start on Monday apart from Dance club on Fridays which will not start until Friday 27th September as Steph is away.

Clubs lists have been returned to you so you know which clubs your child has a place on. Many are oversubscribed and have waiting lists so if your child no longer wants a place, please let the office know asap. Please check the dates as some clubs only run for 4 weeks and swap over to the next group before half term.

DT Coaching have space left for Extreme Ball Sports. If your child interested, please sign up and pay on their website - www.dtcoaching.co.uk/clubs
Any other clubs that require payment must be made by the first club or your child will not be able to start.

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.

Flu immunisation - all years

A letter about this was emailed home today to all parents. This is an **opt in** system so if you do not wish your child to be immunised you don't need to do anything. They will not be asked for this on the day if you haven't booked.

If you would like your child immunised this year, please go online by midday on Wednesday 23rd October. **Your child will not be given the nasal spray without your consent so if you do not wish them to have it done, you do not need to do anything.**

Date of Visit: Friday 25th October

School Code: EE142240

Link: <https://www.kernowimmunisations.co.uk/Forms/Flu>

Absence from school

If your child is unwell or will not be attending school it is your responsibility to contact the school on the first day of absence no later than 9.30am (there is an answering machine if you wish to leave a message before 8am). If we have not heard from you by this time we will need to telephone home to ascertain the nature of your child's absence. This is in line with the Government's policy on attendance. Please note that any child who is ill with sickness or an upset stomach should remain away from school for 48 hours after the last episode of illness.

SRE

Mrs Clemens will be reviewing the SRE (Sex and Relationships Education) policy and curriculum this term. If you are interested in being part of a discussion group, please contact us asap.

School lunches

School lunches are now paid online (£2.65) on the Schoolmoney website. Please do not send your child in with cash. You can pay in advance if you wish but you don't have to. You will get a reminder text on a Friday with how much you owe but you won't get one if you've already paid.

The new Aspens menu can be found on the school website under Parent Pages, What's on this term or you can ask for a paper copy from the school 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

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMH coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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/www.thenationalcollege

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@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: 04.09.2024

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

	Puffins	Florence	Kindness: for being kind & helpful to all of her friends
	Owls	Sofia	Enthusiasm: for her wonderful enthusiasm for learning
	Kingfishers	Alora	Enthusiasm: for a fantastic first week full of enthusiasm for learning
	Trencrom	Lottie	Respect/Enthusiasm: for an enthusiastic approach to all her learning
	Lanyon	Frankie	Enthusiasm/Responsibility: for showing great enthusiasm
	Kerris	Rory	Enthusiasm: for fantastic listening, great focus & enthusiasm
	Bodrifty	Kaden	Enthusiasm: for being so enthusiastic & hardworking in all he does
	Bosigran	Izzy G	Enthusiasm: for fantastic work in Maths & English
	Kenidjack	Grace	Enthusiasm: for being enthusiastic & persevering with her work
	Lunchtime Star	Astrid	for being kind and calm at lunchtime

DIARY DATES

Monday 16th September	All clubs start
Tuesday 17th September	Swimming starts for Kerris Group 1
Wednesday 18th September	Swimming starts for Year 6 intensives
Tuesday 1st October	Year 6 taster day at Humphry Davy
Thursday 3rd October	Year 6 taster day at Mounts Bay
Tuesday 8th October	Hatchbox individual & family photos (main school)
Thursday 17th October 9.30am	Harvest Festival in the hall <i>Followed by coffee & cake in aid of the Foodbank</i>
Monday 21st - Wednesday 23rd October 3.30-6pm	Parents evening meetings