



Dear Parents/Carers

This week we continued to look at the theme of respect, with a focus on resolving conflict. We read a story called 'The Sandwich Swap' about 2 girls who struggled to see each other's point of view when it came to their choice of sandwich filling. Before they knew it, they had got all their friends involved and no one could remember why they started arguing in the first place! We talked about the roles of friends when there is a disagreement, and ways that we can support our friend that help resolve the conflict. Continuing to have conflict with someone is a choice, and one we don't have to make. We all decided that:

- Difference is good – we don't all have to be the same
- Everyone has the right to an opinion
- We express our opinion with respect
- Listen more than speak
- Agree to disagree!

I had a wonderful time with Lanyon in forest school, where we started working on the theme of perseverance. Lighting a fire was very challenging and they were amazing at sticking with it once they had the support of their friends. It was so lovely to be outside after such a bleak week! Thank you Lanyon for your wonderful company.

Nichola Smith
Headteacher

Messages

Thank you for being so patient with us as we get used to our new communications system.

Sorry if we are sending lots of messages but if you don't yet have the Arbor App you won't be able to receive in-app messages so we are sending emails as well. **If you haven't yet downloaded the Arbor App please do so as soon as possible.**

Please contact the office if you have any questions.

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

Club cancellations next week

Year 3-6 Netball on Monday and Year 5/6 Art on Wednesday are **CANCELLED** next week. Please collect your child at 3.15pm.

Guitar lessons

Steve Watkiss, the guitar teacher, has room for up to 3 more children for a group lesson on Fridays in school time, preferably Year 2 or Year 3. For more information and costs please go to the Cornwall Music Service Trust website: <https://cmst.co.uk/>

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.



Arbor

Payments

All payments for swimming, trips, residentials, breakfast club and after school childcare are now on Arbor. When you log in you will be able to see what you owe and pay this by card. Please check your account regularly.

School lunches will continue to be booked and paid for via the Aspens Select site.

Reception and Year 6 height and weight screening

Friday 7th February

All parents in Reception and Year 6 have had an email today about the school nursing team coming in to weigh and measure the children in those year groups. Please remember that this is **opt out** so if you do not wish for your child to be included on the day **you must opt out using the links below:**

Reception: <https://www.healthycornwall.org.uk/make-a-change/2024-child-health-programme-reception-year/>

Year 6: <https://www.healthycornwall.org.uk/make-a-change/2024-child-health-programme-year-6/>

This must be done by Friday 31st January at the latest.

**Alverton School and Alverton Woodland
Nursery
School Holiday Provision**

We have spaces for you to book your child into our school holiday provision during the February half term at Alverton Woodland Nursery

Monday 17th February – Friday 21st February

Prices
8am-4pm £35

Options to book additional hours between
4pm-6pm (Late tea at 4:30pm)

Options to book a hot lunch £2.75 and/or tea £1.75
Healthy snacks provided within the sessions

If you wish to book a place or want to find out more information, please contact either
Kayla Statham or Mrs Simpson
via the nursery office or on 01736 351135

Payments will need to be paid prior to the sessions,
as part of the booking terms.



Alverton School pupils only
Age reception to year 6



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ABOUT Me



Hi. I am
Mel Thomas

**Puffins Teaching Assistant
and Autism Champion**

About Me

I am one of the Autism Champions here at Alverton School. My goal is to help make sure our school is a welcoming and supportive place for autistic children. We will be advocating for the needs of autistic students, raising awareness, and ensuring the staff are equipped with the knowledge and strategies to provide the best possible support.

With my experience as a TA in KS1 and my ongoing training, including an SEND TA apprenticeship and Forest School leadership course, I am passionate about creating an environment where every child feels valued and has a chance to shine.

My cat



My dog



For your time. Tal
a blog post. Mel

Celebrating differences, championing potential!



Hello!

I'm Sam Le Bretton

I joined Alverton School in September 2024 as a Teaching Assistant, a role I am passionate about and where I feel part of a supportive family-like community. I am also Mum to five children, four cats and a dog!

Most recently I have completed my training as an Autism Champion. I am deeply committed to supporting and empowering children with autism and other neurodiverse needs to thrive and succeed at Alverton and beyond!

I am also undergoing a SEN apprenticeship, specifically designed for Teaching Assistants, allowing me to deepen my knowledge and enhance my ability to support our diverse learners.

I have personal experience as a parent of children with SEN, which has deepened my understanding and commitment to supporting other children and families.

I look forward to getting to know our children and saying hello to you soon!

Autism Champion & Teaching Assistant

All of our kids deserve to thrive as their authentic selves.



NeuroWild



PARENT CAFE

With the Autism Support Team

An opportunity for parents/carers to speak, be heard and meet whilst enjoying tea/coffee/biscuits.

- ✓ Learn more about autism
- ✓ Share your worries with others
- ✓ Access support networks



10

**FEBRUARY
2024**

9am - 10am
Alverton School

**For more information, please contact
Miss Atkins**



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 TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gilllett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#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: 29.01.2025

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:

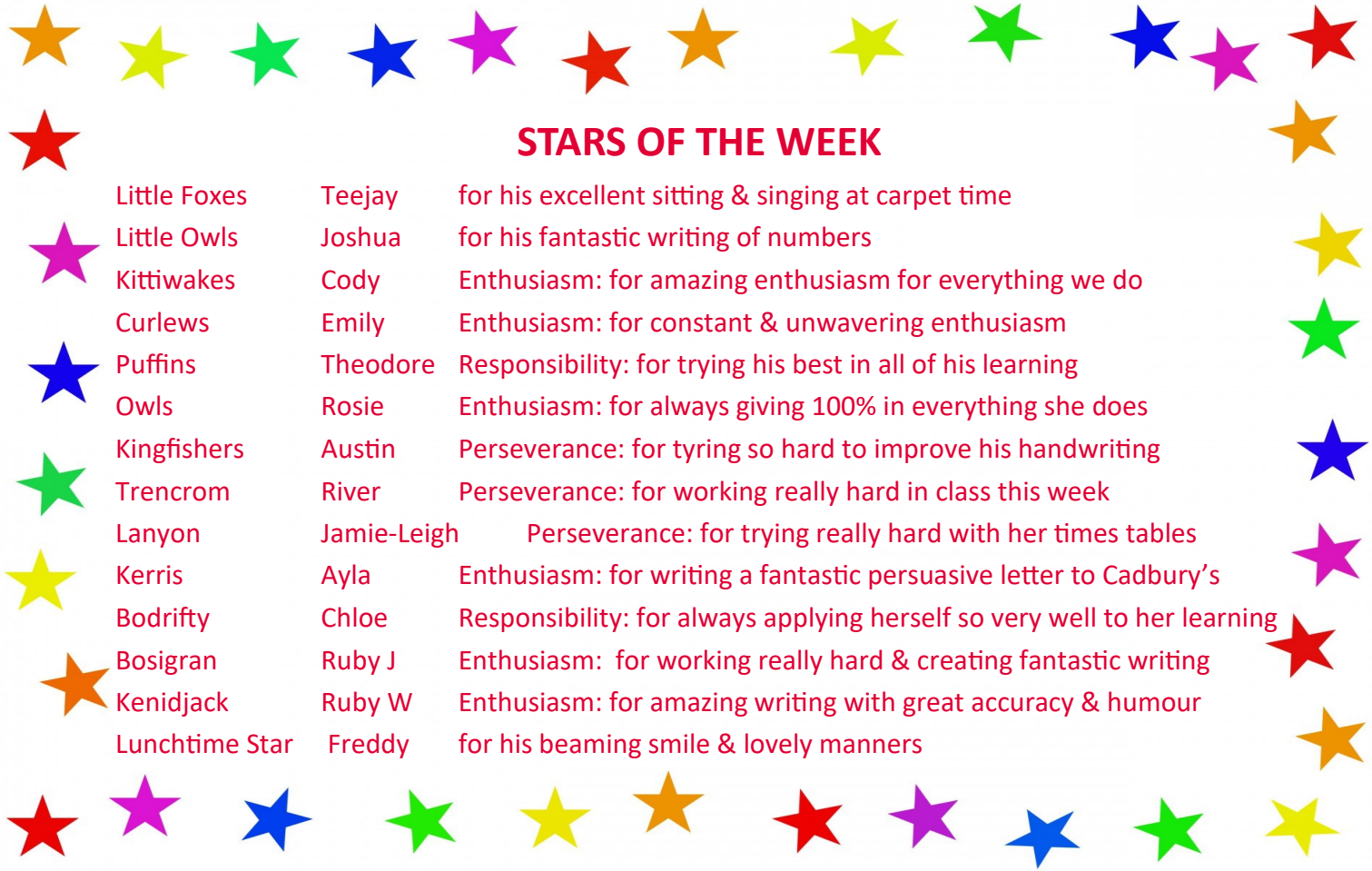
- Working Tax Credit
- Contribution-Based Job Seeker's Allowance and / or Contribution-Based Employment and Support Allowance

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.

STARS OF THE WEEK



- | | | |
|----------------|-------------|--|
| Little Foxes | Teejay | for his excellent sitting & singing at carpet time |
| Little Owls | Joshua | for his fantastic writing of numbers |
| Kittiwakes | Cody | Enthusiasm: for amazing enthusiasm for everything we do |
| Curlews | Emily | Enthusiasm: for constant & unwavering enthusiasm |
| Puffins | Theodore | Responsibility: for trying his best in all of his learning |
| Owls | Rosie | Enthusiasm: for always giving 100% in everything she does |
| Kingfishers | Austin | Perseverance: for trying so hard to improve his handwriting |
| Trencrom | River | Perseverance: for working really hard in class this week |
| Lanyon | Jamie-Leigh | Perseverance: for trying really hard with her times tables |
| Kerris | Ayla | Enthusiasm: for writing a fantastic persuasive letter to Cadbury's |
| Bodrifty | Chloe | Responsibility: for always applying herself so very well to her learning |
| Bosigran | Ruby J | Enthusiasm: for working really hard & creating fantastic writing |
| Kenidjack | Ruby W | Enthusiasm: for amazing writing with great accuracy & humour |
| Lunchtime Star | Freddy | for his beaming smile & lovely manners |

Hi there, the sun is shining as I write this and I'm so very happy. I do hope the sun has the same effect on you too? I find that when it's out everybody feels happier and there are more smiles all round. Sometimes it makes me feel better when I smile, oddly enough (though I do feel a bit of a numpty smiling at myself in the mirror in the mornings but never mind, I'll still smile away. Perhaps you could try it and grin away,



just to see what happens, how it makes you feel and how you in turn make others feel. If the sunshine doesn't make you feel happier, maybe I can? Hot drink, treats and my ears. What more could anyone ask for :) If not, I hope weather stays like this and I will see you next week. Much love, Mrs Daylak xxx

DIARY DATES

Monday 17th - Friday 21st February	Spring half term holiday
Wednesday 5th March	St Piran's parade - Year 6
Thursday 6th March	World Book Day

o-region



A SUMMER AT THE
EDGE OF THE WORLD
CAN CHANGE
EVERYTHING...

WHITE HORSE

Based on *The White Horse of Zennor* by Michael Morpurgo
Written & directed by Simon Harvey



28 Feb to 8 Mar 2025
Regal Theatre Redruth

Book tickets at hallforcornwall.co.uk • Suitable for ages 8+

