

Dear Parents and Carers

This week started with the most wonderful Advent service. There is nothing like the sound of singing to bring happiness to a Monday! Thank you to those who came along to share the service with us. We are looking forward to sharing the upcoming Christmas celebrations with you over the next 2 weeks - there is certainly a lot of fun ahead.

On Tuesday we had a lantern making workshop where some families worked with a local artist to create lanterns for the upcoming Humphry Davy lantern parade. The session was so lovely, and I know the children got a lot out of working with their adults. The procession will take place on Friday 13th at 5pm in Penzance. There is a flyer with more information later in this email.

This week we have also had a trip for Lanyon to Penlee Museum, a hockey session for Year 5/6 and a football tournament for Year 5/6. The children all had a fantastic time, and the staff received lots of compliments about their lovely behaviour.

I look forward to seeing you all next week for the various nativities, it is certain to be a cuteness overload!

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](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)

**Wanted!**

We would be thrilled if there is any parent, relative or grandparent that knows something about Basketball and could help Mrs Williams with after school club for an hour a week next term (3.15-4.15pm) We’d need you to do a volunteers DBS check. Please let the office know asap if you can help. Many thanks.

**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.

## Equality Information

Every year we write to all parents about the Equality Plan and Equality Action Plan. This addresses our statutory duties in relation to race, disability, gender and promoting community cohesion and covers staff, pupils and people using the services of the school such as parents. It also addresses the legislation relating to religion or belief, age and sexual orientation and includes our priorities and actions to eliminate discrimination and harassment for these equality areas.

We are required to produce an annual report on our progress, looking at the impact of our actions. Please click on the link below to find out more about this, including our Parent Guide which can be downloaded from this page and which includes the report on our progress towards our key objectives this year. The guide also asks anyone interested in being part of our ongoing consultation to get in touch with either Mrs Smith, Mrs Wicks or Mrs Clemens – if you are interested, we would be delighted to hear from you.

[http://www.alverton.org.uk/web/equality\\_information/85312](http://www.alverton.org.uk/web/equality_information/85312)

## Christmas lunch and wear something Christmassy

### Friday 13th December

If your child would like Christmas lunch on 13th December you must book it in advance via Aspens Select before the date. The choices are Roast Turkey or a vegetarian option. **There will be no jacket potatoes or tomato pasta option on that day.**



If you do not book you must send your child in with a packed lunch from home as there will not be any spare meals available on the day.

**If they would like to, your child may wear something Christmassy with their school uniform (hat/decoration/Christmas jumper etc).**

### Menu change

### Wednesday 11th December

Due to the Christmas lunch on Friday, Wednesday's lunch will be fish fingers & chips or veggie fingers and chips and not roast chicken. Aspens have changed this. **If you had already ordered for Wednesday 11th, this has been cancelled and you will need to re-book your child's lunch for that date.**

## Important information

Yesterday we sent out a welcome email for Arbor to all primary guardians. If you didn't receive it, please check your junk/spam file. This gives you information about how to log into Arbor so that we can communicate with you and set you up with the 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.

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

Thank you for your support with this.



### FRIDAY 13TH DECEMBER 2024 HUMPHRY DAVY LANTERN PARADE

We're thrilled to invite everyone to this year's Humphry Davy Lantern Parade, it's going to be bigger, brighter, and more exciting than ever!

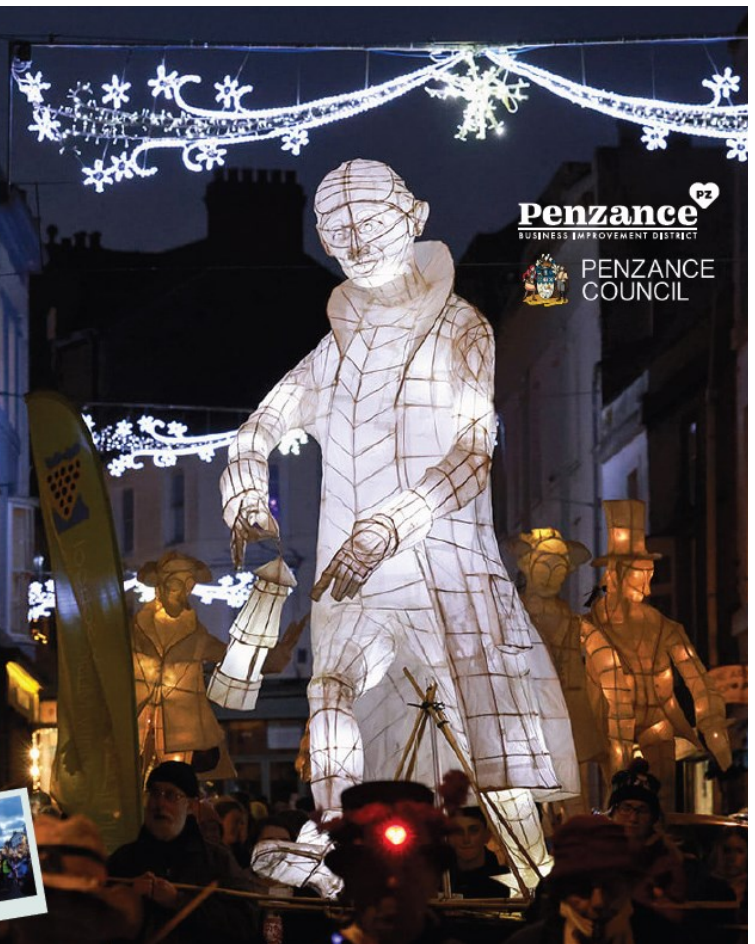
A huge thanks to all the kids who crafted lanterns with our artists; they loved working with you!

Join the fun in Penzance as we light up the night! Bring your lanterns to St. John's Hall at 5:00 pm, and get ready to step off at 5:15 pm.

The parade will wind through Market Jew Street right to the bottom, then back to Humphry Davy statue, where we'll raise our voices for a lively "Happy Birthday," before heading down Chapel Street to finish at the Methodist Chapel.

The Christmas lights will be shining, street entertainers will be out, and the whole town will be buzzing. Don't miss out on this magical evening - we can't wait to see you there!

[www.lovepenzance.co.uk](http://www.lovepenzance.co.uk)





# We're using Arbor's free Parent Portal and Parent App



## We've chosen Arbor to help us manage our school.

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Parent App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and make payments or bookings on the go!

The Parent Portal works on Google Chrome (computer or laptop) and you can download the Parent App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).

## How to get started

1. Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
2. Click the link in your welcome email to set up your password
3. Go to the App or Google Play Store on your phone and search 'Arbor'
4. Click 'Install' on Android or 'Get' on iPhone then open the App
5. Enter your email, select the school, then enter your password
6. Accept the Terms & Conditions and enter your child's birthday

The Sunnyville School of Magic  
W10 5BN, London, GBR

Enter your password

Log in

Forgotten password?

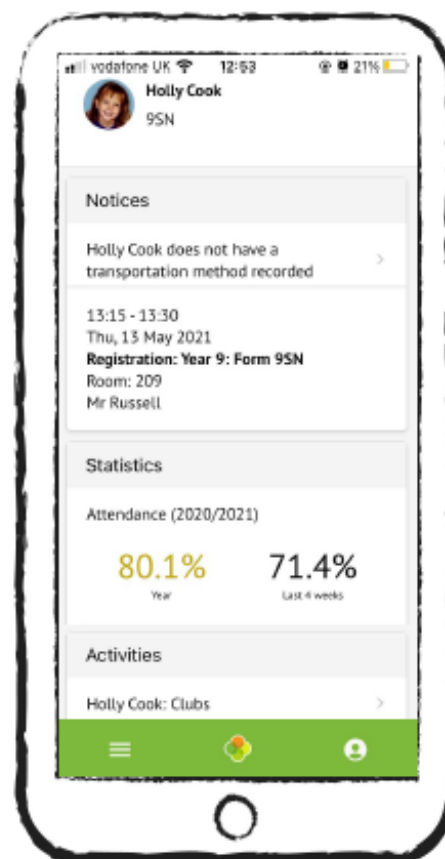
## Need help using Arbor?

**Contact the school office if you have questions about Arbor, the App or Parent Portal.** Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

### Some tips to try:

1. Ensure your username is the email address you use for Arbor. Ask us to **check the email address** linked to your account.
2. **Reset your password** from the login page, or ask us to do this.
3. If the login email was sent to you more than 96 hours ago, the **password link will have expired**. Ask us to send it again.
4. Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.
5. **Enter the birthday** of one of your children to log in.
6. Only relatives who are **Primary Guardians** of a child can access the Arbor App. Ask us to check you can access Arbor.





## 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



0800 1111

0300 123 3393  
www.mind.org.uk  
**mind**  
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 MENTAL HEALTH & WELLBEING APPS

## WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

### READ THE PRIVACY POLICY

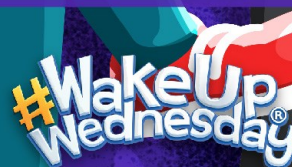
Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

@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: 04.12.2024

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](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	Sienna	for always being cheerful & helping her friends								
	Little Owls	Otis	for growing in confidence & doing well in all areas								
	Kittiwakes	Bryher	Enthusiasm : for beautiful enthusiastic singing in our Nativity practice								
	Curlews	Ralph	Enthusiasm: for beautiful enthusiastic singing in our Nativity practice								
	Puffins	Sonny	Perseverance: for making great progress in Phonics								
	Owls	Oscar H	Responsibility: for being such a sensible member of our class								
	Kingfishers	Marissa	Responsibility: for working so hard on her end of term assessments								
	Trencrom	Chester	Responsibility: for working hard & being a great friend								
	Lanyon	Nina	Enthusiasm: for always completing her work to the best of her ability								
	Kerris	Casper	Enthusiasm: for being a fantastic learner & such a lovely boy								
	Bodrifty	Floreay	Enthusiasm: for an absolutely brilliant week								
	Bosigran	Esme	Enthusiasm: for always doing everything with a smile on her face								
	Kenidjack	Hayden	Kindness: for being a kind and helpful friend								
	Lunchtime Star	Sol	for being so well mannered								
	Breakfast Club Star	Chloe	for great manners & super behaviour								
	PE Star	Jack G	for fantastic sportsmanship, excellent rugby skills & help coaching								
											

Those of you who know me well know that by now I'm finding the dark all a bit much. I seem to become a sort of hermit who never sees daylight on a school day; it's dark when I get up, it's semi-dark when I go to school and it's very dark when I come home. My husband asked me this week if I'd noticed something in the garden and I had to remind him that no, I hadn't, because I never get to see my garden in daylight hours very much at this time of year. And I know the festive weeks will bring some shine in the form of glitter, friends and family (I appreciate how fortunate I am at this time of year) to hang out with but I know too that January and February aren't far away and they just seem to get darker,

colder, wetter and with that my reserves of happy need to go a long way. If you fancy sharing a hot drink and a chocolate biscuit and listening to me moan about the dark, wet and cold then you know where to find me. Alternatively I could listen to any worries, grumbles, woes, blues that you have. You do indeed know where I shall be; head first in the biscuit supply at school, shivering and grumbling about the weather. Mrs D xx



## DIARY DATES

Tuesday 10th December 9.30am and 2pm	Reception Christmas performance - school hall
Thursday 12th December 2pm and 6pm	Key Stage 1 Christmas performance - school hall <i>Please can children attend <b>both</b> performances</i>
Friday 13th December	Pupils Christmas lunch (main school) & wear something Christmassy with your uniform <i>Please book online via Aspens Select</i>
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.



ALVERTON COMMUNITY  
**CHRISTMAS  
EVENING**

Friday 13th December

The Pirate Inn

6pm



Local Choir  
Performance



Festive Music



Special Guest...

*Father Christmas*

(Booking Essential)

Free gift for Alverton residents aged 10 years and  
under funded by the residents committee.  
(Non-resident children accommodated for a £2 fee)

Forms available at Alverton School, The Pirate Inn and Alverton Shop

ACTION 4 ALVERTON