

Dear Parents and Carers

This week was such a wonderful last week of term! Thank you so much to all who came along to our carol concert last night. The turn out was incredible and the singing sounded amazing. It was definitely the best start to the Christmas holidays.

The staff also want to say a huge thank you for all their cards, gifts and well wishes. We are so very grateful. I hope you all have a lovely festive season and we are very much looking forward to seeing all our families on 6th January.

Nichola Smith
Headteacher



Thank you

A huge thank you to everyone who kindly donated at our Christmas performances to our two chosen charities. We raised an amazing **£609** which will be split between West Cornwall Women's Aid and Man Down Cornwall.



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 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

Poppy Appeal

The items sold at the office for the Poppy Appeal last month raised £65.88. Many thanks to all those who donated.

Aspens school lunches

The same three week rolling menu continues in January so don’t forget to book your child’s lunches before 9am on Monday 6th January. You can log in and book as many meals in advance as you like.

Accelerated Reader Stars

The following children from Key Stage 2 have been presented with certificates for achieving their Accelerated Reader targets this term:

Sid, Cody, Darcy, Sonny, Reuben and Olympia

Many congratulations to them all.

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.



Accelerated Reader™

Important information

A big thank you to everyone who has signed up to use Arbor. If you haven't done so yet please log into Arbor as soon as possible so that you will be able to receive communications and use our 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.



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





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

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

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerningly common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College®

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

@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: 18.12.2024

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. 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

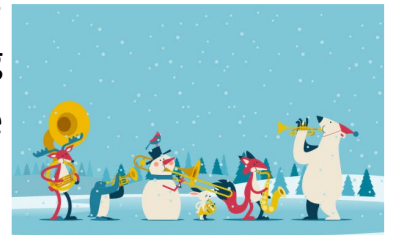


Little Foxes	Henry	for being a delightful member of our class
	Danny	for being a delightful member of our class
Little Owls	Seb	for settling in so well & for joining in with everything
Kittiwakes	Ezra	Enthusiasm: for being enthusiastic in everything we do in school
Curlews	Freya	Enthusiasm: for being totally perfect in every way
Puffins	Ebony	Kindness: for always being a kind & caring friend
Owls	Milo	Perseverance: for perseverance in his reading & making great progress
Kingfishers	Paige	Perseverance: for trying so hard to improve her reading & Maths
Trencrom	Scarlett	Kindness: for always being a wonderful friend & helping others
Lanyon	Tegen	Responsibility: for always being ready to learn & her enthusiasm
Kerris	Miller	Enthusiasm: for always working hard & trying his very best
Bodrifty	Violet	Enthusiasm: for fantastic effort & great focus creating her pop-up book
Bosigran	Alfred	Enthusiasm: for his great focus & concentration designing a website
Kenidjack	Blake	Enthusiasm: for his prodigious enthusiasm for singing his heart out
Lunchtime Star	Logan	for being such a kind & helpful friend

Well here it is, with all the glitter, tinsel, gifts, fun, laughter, food, stresses, strains and tears that accompany this time of year. Good luck and a very merry festive break to you all. Remember, if you can, that it's your time too; it's not just for children. I will be back in 2025, with tea, coffee,



hot chocolate, biscuits, listening ears, advice and hugs. Take care until then. Mrs D xxx



DIARY DATES

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