



WEST ALVINGTON
CHURCH OF ENGLAND ACADEMY



West Alvington Church of England Academy

FAMILY SUPPORT WORKER NEWSLETTER

24th MARCH 2023



Dear Families,

My name is Sarah Dugard and I am the new Family Support Worker for Thurlestone, West Alvington & West Charleton Primary schools. I am taking over from the fantastic work of Natasha Ive.

I have held a similar role previously in the Totnes area and have also worked in the Foster Service and for Young Carers.

Thank you to the parents who attended our coffee morning a couple of weeks ago and to those who weren't able to come I am really excited to start to get to know you all!

Please feel free to contact me at anytime if you have any concerns or would just like a chat to get things off your chest. No issue is too big nor too small! If you are having difficulties or worries then it is a problem worth sharing. If I don't have the answer then I will find someone who does.

My email address is sdugard@lapsw.org or you can contact me at West Alvington on 01548 312290.

[Information for Families.](#)

HOUSEHOLD BILLS AND FOOD PRICES

In the current time with prices rising in nearly all parts of the economy, many families are struggling with household bills, rents, mortgages and food costs. I am happy to signpost anyone to services that can help with household budgets, debt advise, cooking and shopping on

a budget and referrals to the Food Bank amongst other things. Please don't be embarrassed - just ask (everything will be treated confidentially)!

A few tips to make your money go further:

Use a microwave or slow cooker (if you have one) to cook meals it is a lot cheaper than using an oven.

Buy frozen fruit and vegetables. It works out cheaper than fresh and you only take out what you need so there is NO waste.

Freeze your bread when it is getting near to its best before date. Take out the slices you need which only take 5 minutes to defrost. Again NO waste.

Over ripe bananas can be frozen and defrosted at a later date to make a banana milkshake. Milk and cheese can also be frozen.

There are also loads of tips to be found on the internet.

ABSENCES

Missing a few days of school here and there may not seem a big deal, but research shows that it can have a significant impact on children's learning.

Children who miss a substantial amount of school fall behind their peers, and struggle to catch up.

Most of the work they miss is never made up, which can lead to big gaps in their learning.

Low attendance often starts at primary school, and children who fall into this pattern are likely to underachieve at [secondary school](#). Pupils who miss between 10 and 20% of school (that's 19 to 38 days per year) stand only a 35% chance of achieving five or more good GCSEs, compared to 73% of those who miss fewer than 5% of school days.

[Friendships](#) can be affected by persistent absence, too: it can be hard for a child who misses lots of school to form relationships with their classmates.

100% = Our target for every child

97%+ = Excellent

96% - 97% = Good

94% - 95% = BEGINNING TO CAUSE CONCERN

BELOW 93% = WORRYING AND LESS CHANCE OF SUCCESS

90% = PERSISTENT ABSENCE SERIOUS ATTENDANCE CONCERN

“Every Day Counts”

1 or 2 days a week doesn't seem that much but...

| If your child misses | that equals... | which is... | and over 13 years of school that's... |
|----------------------|-------------------|-------------------|---------------------------------------|
| 1 day a fortnight | 20 days per year | 4 weeks per year | Nearly 1.5 years |
| 1 day a week | 40 days per year | 8 weeks per year | Over 2.5 years |
| 2 days a week | 80 days per year | 16 weeks per year | Over 5 Years |
| 3 days a week | 120 days per year | 24 weeks per year | Nearly 8 years |

The effect of absence on progress

A whole year has 365 days; a school year has 190 days. That leaves 175 days to spend on family time, visits, holidays, shopping and other appointments.

| No Absence | 10 days absence | 12 days absence | 19 days absence | 29 days absence | 38 days absence |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 190 days of education | 180 days of education | 178 days of education | 171 days of education | 161 days of education | 152 days of education |
| 100% | 95% | 94% | 90% | 85% | 80.00% |
| Very Good | Worrying | | Serious Concern | | |

How about 10 minutes a day? Surely that won't affect my child

WATCH THIS SPACE - Family Baby and Toddler Group

Mini Chestnuts - our Baby and Toddler family group, will be restarting at West Alvington C of E in the next few weeks. Date and time to be confirmed.

We are also planning to setup a group at Charleton as well.

If you feel you can help with running the groups or with setting up at the beginning of the session, I would love to hear from you.

All are welcome. Please come and join us!

Sarah



Useful websites

<https://www.theschoolrun.com/>

<https://www.citizensadvice.org.uk/debt-and-money/budgeting/budgeting/get-help-with-bills/>

<https://www.nutrition.org.uk/putting-it-into-practice/some-tips-to-save-money-on-food/#:~:text=Shop%20smart%2C%20cook%20smart%2C%20eat%20smart%20%E2%80%93%20some,and%20vegetable%20section%20...%208%208.%20Cook%20smart>