



# Garras School Newsletter



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## Attendance last week ( 24.3.25— 28.3.25)

(Whole School Target—97%)

Barn Owls – 98.83%

Hawk Owls—93.83%

Eagle Owls— 98.47%

Year to date (whole school)—95.7%



## 28th March 2025

### The 'Virtues Project'

The 'Virtues Project' helps us all to develop good character qualities such as kindness, honesty and creativity in our children. Every two weeks we will focus on a virtue which is introduced at the start of the two weeks at Monday's assembly. This time we have been focussing on "Caring".

During this time, everyone will look to identify pupils in each class who are demonstrating this virtue.

The children who have been identified this time are:

- Barn Owls: Perci
- Hawk Owls: Ellen
- Eagle Owls: Iris

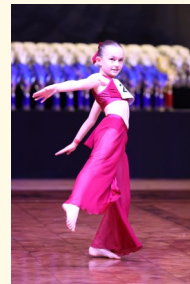
[www.virtuesineducation.com](http://www.virtuesineducation.com)

As part of our obligations to the funders who enabled the wonderful revamp of the village hall, we need to complete a post-renovation survey. Please can all parents, students, and friends of Garras help? It's very simple - 5 questions - and won't take you longer than a couple of minutes. Answers are anonymous. Thank you!



DIARY DATES	
Wed 2nd April	SATS Club
Thu 3rd April	Easter service at Mawgan Church 2pm
Fri 4th April	Easter Eggs hunt thanks to FROGS
Fri 4th April	Last day Spring Term
Mon 7th Apr to Mon 21st Apr	Easter Holidays
Tue 22nd Apr	First day Summer Term
Wed 23rd Apr	SATS Club
Wed 30 Apr	SATS Club

Poppy competed at The British Dance Championships at the weekend in Blackpool with her dance team - The Big Dance Company. Her team were awarded two 2nd places and Poppy achieved a 3rd place and a 6th place with her duos.



### Head Lice

We are sorry to say that head lice have been reported in school!

Can we ask that you check your child's head as soon as possible? We also suggest that you continue checking on a weekly basis. This will help to prevent head lice returning repeatedly.





At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# What Parents & Educators Need to Know about **WHATSAPP**



WhatsApp is a free messaging service owned by Meta which allows users to send text and voice messages, make video calls, share multimedia – such as images, videos, documents and polls – and have group chats. WhatsApp messages are encrypted, meaning only you and the recipient can view what is sent. While this privacy may sound attractive on paper, this app unfortunately comes with several risks that must be considered – especially for younger users.

## WHAT ARE THE RISKS?

### EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency' and even cons where fraudsters trigger a verification message by attempting to log in to your account, then, posing as WhatsApp, call or text to ask you to repeat the code back to them, giving them access to your private messages and personal information.

### CHANNELS

Channels let users follow interests without sharing their phone numbers or sending direct messages, allowing only votes on polls and reacting to posts with emojis. However, fraudulent channels can impersonate legitimate organizations, tricking people into sharing personal data and even spreading misinformation or hate speech. Additionally, WhatsApp may collect details about followed channels and sell this information to third parties, raising data privacy concerns.

### FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

### CHAT LOCK

Another new feature named 'Chat Lock' allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. While this usually functions as intended, it can potentially be exploited by younger users to hide conversations and content that they suspect their parents wouldn't approve of – such as the sharing of age-inappropriate material.

### DISAPPEARING MESSAGES

Disappearing messages are useful for sharing personal or sensitive information, but young people may have a false sense of privacy regarding the content they share. These messages disappear after anywhere from 24 hours to 90 days – depending on the user's preference – or can even be set to be viewed one time only. However, the recipient can 'keep' the message by bookmarking or screenshotting it, making them not as private as they may first appear.

### VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safety on the way home, for example. However, children are able to share their location with anyone in their contacts list or a mutual group – potentially letting strangers identify their live location.

## Advice for Parents & Educators

### EMPHASISE CAUTION

Encourage children to treat unexpected messages with caution. Get them to consider, for example, whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

### THINK BEFORE SHARING

Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content sent to one user to then be shared more widely, and even publicly on social media. Encourage them to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence. Real-life friendships are far more important than likes, after all.

### ADJUST THE SETTINGS

It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. To do this, go to Privacy, then Groups. You can give permission to My Contacts or My Contacts Except ... Additionally, if the child needs to use Live Location, emphasise that they should enable this function for only as long as they need – and then turn it off.

### CHAT ABOUT PRIVACY

Have a conversation with youngsters about how they're using WhatsApp, emphasising that it's for their own safety. If you spot a 'Locked Chats' folder, you might want to talk about the sort of messages that are in there, who they're with and why a child might want to hide them. Also, if a young user has sent any 'view once' content, discuss their reasons for using this feature.

### 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.



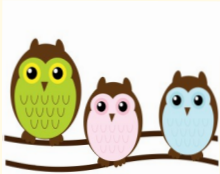
Source: See full reference list on guide page at: <https://nationalcollege.com/guides/whatsapp-2025>



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2025







**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

A WEEKEND OF **EXPLORATION & DISCOVERY**

**HELSTON**

**SPRING  
THING**

**21 - 23  
MAR**

**THE QUEST**

Put your knowledge, observation and curiosity skills to the test in the Town Quest!

**How to play**

It's time and fun for all ages! Gather your team, follow the clues, and explore the town to uncover the answers. To get your quest, collect the quest cards from the following locations:

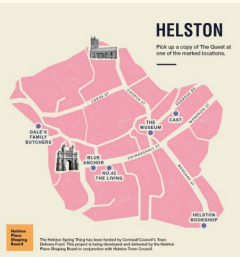
**NO.42 THE LIVING ROOM  
MUSEUM OF CORNISH LIFE  
DALE'S FAMILY BUTCHERS  
THE HELSTON BOOKSHOP  
THE BLUE ANCHOR INN  
CAST**

**ACTIVITIES** — **AROUND TOWN**

Spring has sprung and there's no better time to discover Helston!

TAKE PART IN **FREE WALKS & WORKSHOPS** springing up throughout the town.

Check out the full programme and book your FREE TICKETS at: [WWW.HELSTONSPRINGTHING.COM](http://WWW.HELSTONSPRINGTHING.COM)



**CAST**

**SHADOW PUPPET WORKSHOP**

Watch the Snowdrop shadow play by Mae Voogd. Make a spring-themed shadow puppet with the CAST team and bring it to life in the black box theatre with help from Mae.

**AT CAST, SATURDAY 22ND MARCH  
FREE, DROP-IN, 10AM - 4PM**

[www.helstonpringthing.com](http://www.helstonpringthing.com)

Helston Free Shopping Board

CAST 3 Penrose Road Helston TR13 6TP

**HELSTON**

**SPRING  
THING**

A WEEKEND OF **EXPLORATION & DISCOVERY** **21-23 MARCH**

TAKE PART IN **THE QUEST**  
Put your knowledge, observation and curiosity to the test in the Town Quest!

**FREE**  
& fun for all ages!

**FREE WALKS & WORKSHOPS**  
Explore Helston through guided walks and hands-on workshops happening all around town.

Check out the programme and book your FREE TICKETS at: [WWW.HELSTONSPRINGTHING.COM](http://WWW.HELSTONSPRINGTHING.COM)

**The Great Cornish Model Show**

A Celebration of modelmaking talent in Cornwall

Pool Academy, Church Road, Pool TR15 3PZ  
Sat. & Sun. April 12 & 13 2025

Adults £8.00 U-16s £5.00 Family (2+2) £15.00 U-5s Free

Free parking, easy access, refreshments & hot food

15 model railways plus displays of boats, aircraft, model trucks, buildings & modelling demonstrations

Presented by Helston & Falmouth Model Railway Club

[www.hfmrc.uk](http://www.hfmrc.uk) @HelstonModel

**SPORTS AND ACTIVITIES**

**Coast** ACTIVITY PROGRAMME

**THIS EASTER HOLIDAY**

**EGG HUNT**

**TIME MOVE**

**Free Half Day Places and a Hot Meal for FSM Children**

**Haile Academy  
St Ives Secondary School  
Helston Community College  
St Mary's Catholic Penzance**

**£20 for Non Free School Meal places**

**AGES 5-16**

**SCAN TO BOOK** 07939863010

[www.coastactivityprogramme.com](http://www.coastactivityprogramme.com)

Ofsted Registered

**New venue - Lanner Primary School**

**10:00-14:00**

**Weds 9<sup>th</sup>, Thurs 10<sup>th</sup>, Fri 11<sup>th</sup>, Tues 15<sup>th</sup> - April**

**Lunch included**

**Kernow Active**

**Easter Holiday Activities**

Logos for Time Move, Kernow Active, Cornwall Council, and Department for Education.

**EASTER HALF TERM HOLIDAY CLUB**

Week commencing 7<sup>th</sup> April til 17<sup>th</sup> April

There will be a wide range of activities on offer for the children daily, including art and craft, messy play, cooking, outdoor play and many more.

The children need snacks and drinks during the day and will need to bring a packed lunch with them and a named drinks bottle. We ask for your child to dress appropriately for the weather and be prepared for a change in weather each day (Sun hat, cream, wellies, coat).

Your child doesn't have to attend the local school or preschool to attend, any child from the area is welcome.

**Open from 9-3** Prices start from on **£25.50**

**For more information please contact us on the below information**

Every child is welcome  
Ages 2 - 11years welcome

07985789888 @StIvespreschool StIvespreschool@hotmail.com

**NHS Cornwall Partnership NHS Foundation Trust**

The Mental Health Support Team warmly invite you to attend an ....

**EASTER Wellbeing group**

During the Easter holidays MHST, in collaboration with the National Trust would like you to join us on a FREE wellbeing session at various locations in Cornwall.

This is for parents and their primary aged children (5-11) in Cornwall to help understand and support emotional and mental wellbeing.

Please book EACH child on to a session below:

**Morning and afternoon sessions available:**  
Wednesday 9 April 2025 - Penrose Estate 10.00-12.00 or 2.00-4.00  
or  
Wednesday 16 April 2025 - Kennack Sands either 10.00-12.00 or 2.00-4.00

To request a place, complete the online form or scan the QR code provided: <https://forms.office.com/e/Epj7LqgEc>

Come prepared for all weathers and feel free to bring a picnic (please do not bring any foods that may contain nuts)

Follow us on Facebook for updates and upcoming events: Cornwall Mental Health Support Team (MHST)

Please note: Places are limited and will be allocated on a first come, first serve basis. If you are allocated a place and cannot attend, please let us know so we can allocate your space to someone else

<https://www.qwell.io/with> .

It is a free, anonymous online service to support adults with their wellbeing and mental health.



MOMENTS  
MATTER.  
ATTENDANCE  
COUNTS.



UK Health  
Security  
Agency

NHS

# Should I keep my child off school?

## Yes

### Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

## No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



GOLDEN TREE

Skol Gynsa  
Kemeneth  
Garros

