



# Garras School Newsletter

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4th April 2025

Attendance last week ( 31.3.25— 4.4.25)

(Whole School Target—97%)

Barn Owls – 97.08%

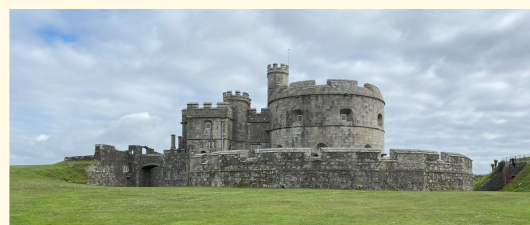
Hawk Owls—99.38%

Eagle Owls— 97.32%

Year to date (whole school)—95.8%

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

Some pictures of  
Hawk Owls visiting  
Pendennis Castle



Thank you to FROGS for organising our  
Easter egg hunt



## DIARY DATES

Mon 7th Apr to Mon 21st Apr	Easter Holidays
Tue 22nd Apr	First day Summer Term
Tue 22nd Apr	Sailing from 4pm to 6pm
Wed 23rd Apr	SATS Club
Tue 29th Apr	Eagle Owls swimming. First session
Wed 30 Apr	SATS Club
Mon 5th May	Early May Bank Holiday. School closed
Wed 6th May	SATS Club
Thurs 8th May	Flora day. School closed

## SUMMER TERM NEW SCHOOL MENU

More choices every day!

Free meal for Reception/Year1/Year2  
£2.65 for Year3/Year4/Year5/Year6





**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

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

# TIKTOK

### WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

### AGE-INAPPROPRIATE CONTENT

While TikTok's following feed only displays videos from familiar creators, for teens a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

### BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.6 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

### CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

### MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 19-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

### ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 57 minutes per day on the app; that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

## Advice for Parents & Educators

### ENABLE FAMILY PAIRING

Family pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

### BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



**#WakeUpWednesday**

**The National College**

Source: See the relevance list on guide page or <https://nationalcollege.com/guides/tiktok-2024>

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

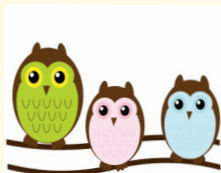
@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.01.2025



**Skol Gyns  
Kemeneth  
Garros**





**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 begin your quest, collect the quest card from the Helston Spring Thing.

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

## ACTIVITIES

Family fun spring and there's no better time to discover Helston!

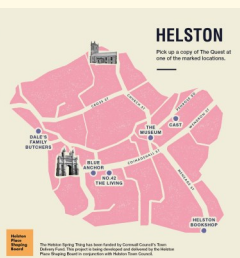
## AROUND TOWN

### TWO 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)



Watch the shadow puppet 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 Shaping Board

Helston Spring Thing has been funded by Cornwall Council, Devon Delivery Fund and has been distributed by the Helston Free Shaping Board.

**CAST**  
3 Penrose Road  
Helston  
TR13 6TP

**SPRING  
THING**

**HELSTON**

**SPRING  
THING**

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

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

**FREE**  
A 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)

Helston Spring Thing has been funded by Cornwall Council, Devon Delivery Fund and has been distributed by the Helston Free Shaping Board.

**HELSTONSPRINGTHING**

## 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**

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

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

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

**SCAN TO BOOK** 07939863010

[www.coastactivityprogramme.com](http://www.coastactivityprogramme.com)  
[info@coastactivityprogramme.com](mailto:info@coastactivityprogramme.com)

**Ofsted Registered**  
See website for details.

**ACTIVE**  
Department for Education

**AGES 5-16**

**ACTIVITIES**  
Silent Disco  
Dodgeball  
Tennis  
Football  
Cricket  
Rugby  
Bike Riding  
Arts and Crafts and so much more

**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



## 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 hot, cream, wellys, cool). Your child doesn't have to attend the local school or preschool to attend, only 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**

07985789688 @St Iveskerne preschool St Iveskernepreschool@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/Epj7ILqgEc>

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.



# 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



### Advice and guidance

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