



Garras C.P. School Newsletter

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Attendance last week (3.6.25— 6.6.25)

(Whole School Target—97%)

Barn Owls – 93.86%

Hawk Owls—90.74%

Eagle Owls— 93.68%

Year to date (whole school)—95.97%

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

6th June 2025

Summer Term Ready!

PLEASE—make sure that your child(ren) has a sunhat in school every day.

Also please apply sun cream, preferably the 8 hour variety, when necessary before school, **and always for school trips.**

We recommend that your child(ren) has sun cream with them every day, so (given our changeable weather!) we can make the most of all the good weather that comes our way this term!!!

Thank you for your help with this.

DIARY DATES

Tue 10th June	Eagle Owls swimming session 2-3pm Helston pool
Tue 10th June	Sailing from 4pm to 6pm
Wed 11th June	Y6 Mullion half day transition. Please return to school after.
Thurs 12th June	Reception— Church Cove
Fri 13th June	Bowls competition
Mon 16th to Fri 20th June	Y5 and Y6 Isle of Scilly Residential
Tue 16th June	Barn Owls swimming session 2-3pm Helston Pool
Tue 16th June	Sailing from 4pm to 6pm
Mon 23rd June	Class photos
Tue 24th June	Eagle Owls swimming session 2-3pm Helston pool
Tue 24th June	Sailing from 4pm to 6pm
Wed 25th June	Minack Theatre -Whole school
Thurs 10th July	Sports day. Back up date 17th July
Mon 21st July	Leavers service - Mawgan Hall 2pm
Tue 22nd July	Hawk Owls— Roskilly's
Tue 22nd July	Last day of school
Wed 23rd July	INSET DAY. School closed

We have lots of uniform without a name in the lost property box once again.

Can we please ask you to make sure that all uniform items, including PE kit and shoes, are **clearly labelled.**

Thank you!

Water bottles

Thank you to all parents for ensuring that the children have their own water bottle in school each day.

It is important that these bottles contain water.

If you want to send an extra drink with juice or squash for your child for lunch, you are welcome to do so.

Thank you!

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

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

10 Top Tips for Parents and Educators

STAYING SAFE IN HOT WEATHER

As temperatures rise, it's essential to take proactive steps to ensure children and young people stay safe and healthy. Hot weather can pose serious risks such as dehydration, heatstroke and sunburn. This guide provides practical tips for parents and teachers to protect children during sunnier spells, helping them enjoy the summer safely.

1 STAY HYDRATED

Ensure children drink plenty of water throughout the day, even if they don't feel thirsty. Encourage them to carry water bottles and take regular sips. It's better to drink small amounts to counteract the effects of sweating. Even if children replenish lost fluids with equal amounts of water, they may still be dehydrated due to salt lost from the body. Avoid sugary drinks and caffeine, which can contribute to dehydration.

2 APPLY SUNSCREEN

Use a broad-spectrum sunscreen with at least SPF 30 on all exposed skin and reapply every two hours or after swimming. Don't forget often-missed spots like the ears, back of the neck and tops of feet. Sunscreen needs around 20 to 30 minutes to be absorbed by the skin, so make sure you leave plenty of time to apply it.

3 WEAR PROTECTIVE CLOTHING

Dress children in light-coloured, loose-fitting clothing made from breathable fabrics like cotton. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. Wide-brimmed hats and sunglasses with UV protection are also essential to shield them from the sun. Be sure to check your school's dress policy, as uniform rules may be relaxed during amber or red Heat Health Alerts (HHAs).

4 SEEK SHADE

Covering up and seeking shade are the most important sun protection measures. Encourage children to play in shaded areas, especially during peak sun intensity between the hours of 11 a.m. and 3 p.m. Use umbrellas or canopies if natural shade is unavailable.

5 AVOID STRENUOUS ACTIVITIES

Children shouldn't take part in vigorous physical activities in very hot weather. Limit these during the warmest parts of the day. Schedule any outdoor games or sports for early morning or late afternoon when it's slightly cooler.

6 KEEP COOL INDOORS

If it's safe and appropriate, open windows early in the morning to allow stored heat to escape from the building. Use fans or air conditioning to maintain a cool indoor environment. Close curtains or blinds to block direct sunlight. Switch off electrical equipment like computers, monitors and printers when not in use: don't leave them in 'standby mode' as this still generates heat.

7 TAKE COOL BATHS OR SHOWERS

Encourage children to take cool baths or showers to lower their body temperature. Alternatively, use damp cloths on their skin to provide relief from the heat. When heading out of the house, consider filling up a spray bottle to cool everyone down on the go.

8 MONITOR FOR SIGNS OF ILLNESS

If sensible precautions are taken, children are unlikely to be seriously affected by hot conditions – but teachers, assistants, school nurses and all child carers should watch for symptoms of heat exhaustion, such as heavy sweating, weakness, dizziness, nausea or fainting. If any signs are present, move the child to a cool place, make sure they drink some water, and seek medical advice if needed.

9 MAINTAIN A COOL SLEEPING ENVIRONMENT

Ensure children's bedrooms stay cool by using fans or air conditioning. Use lightweight bedding and consider letting them sleep in the coolest part of the house. Older children can have more choice over what they wear to bed. Some children may prefer to sleep without pyjamas, while some may prefer to opt for a light cotton t-shirt and shorts.

10 EDUCATE CHILDREN ON SUN SAFETY

Teach children the importance of sun safety and encourage them to take responsibility for their health. Explain the risks of sunburn and heatstroke and the value of following these safety tips.

Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings (and other industries) to help them maintain a safe working environment.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: [staying-safe-in-hot-weather](https://nationalcollege.com)



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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>.