



# Garras C.P. School Newsletter

Headteacher: Mr James Sturges 01326 221653

[www.garras.cornwall.sch.uk](http://www.garras.cornwall.sch.uk)

Email: [garrassecretary@croftymat.org](mailto:garrassecretary@croftymat.org)



11th July 2025

## Attendance last week

(7.7.25—11.7.25)

(Whole School Target—97%)

Barn Owls – 100%

Hawk Owls—99.31%

Eagle Owls—95.63%

Year to date (whole school)—96.02%

**MOMENTS  
MATTER.  
ATTENDANCE  
COUNTS.**



## Coffee, Cake & Catch-up



Thursday 17th July 3.30pm

Dear parents,  
I would like to send this invitation to you, as well as others members of our community, to celebrate our school year and what plans we have in place for next year. It is also an opportunity to hear from anyone else about updates in our local community.

Kind regards,

James Sturges  
Headteacher

## 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.**

Please ensure that the children have their own water bottle in school each day.

Thank you for your help with this.

## DIARY DATES

Tue 15th July	Eagle Owls open water swimming
Fri 18th July	Barn Owls—Gweek Seal Sanctuary
Mon 21st July	Leavers service - Mawgan Hall 2pm
Tue 22nd July	Hawk Owls—Roskilly's
Tue 22nd July	<b>Last day of school</b>
Wed 23rd July	<b>INSET DAY. School closed</b>

## GARRAS C.P. SCHOOL INSET DAY 2025/2026

Wed 3 Sep 2025  
Mon 3 Nov 2025  
Mon 5 Jan 2026  
Mon 23 Feb 2026  
Thurs 8 May 2026 (Flora Day)  
Mon 22 June 2026  
Thurs 23 July 2026

**AUTUMN TERM**  
3 September -19 December 2025  
(HALF TERM 27—31 October 2025)

**SPRING TERM**  
5 January—2 April 2026  
(HALF TERM 16—20 February 2026)

**SUMMER TERM**  
20 April—23 July 2026  
(HALF TERM 25—29 May 2026)

## SUMMER ART SESSIONS

Make this summer creative with art-K Truro! Join our Art Club, Young Artists Masterclass and Adult Classes.

### Art Club

Joyful, creative weekly class. Individual instruction.

- Ages 6-16
- £15 per 1.25 hr class
- £18 drop-in
- Block booking (5 weeks) or drop-in
- Two sibling discount: £130 for 5-week block
- Up to 12 students
- Materials provided
- GCSE support available
- Catch-up sessions offered for holiday absences (up to 2)
- Classes available all year (termly bookings)

Wednesday: 11.00-12.15pm  
Thursday: 1.30-2.45pm  
Friday: 11.00-12.15pm

### Young Artist Masterclass

Full coaching for each student. Ideal for GCSE support.

- Ages 10-16
- £22 per 1.5 hr class
- £25 drop-in
- Block booking (5 weeks) or drop-in
- Two sibling discount: £200 for 5-week block
- Max 6 students
- Materials provided
- Catch-up sessions offered for holiday absences (up to 2)

Wednesday: 12.30-2pm  
Thursday: 11.00-12.20pm

### Adult Classes

Weekly classes exploring diverse topics. Individual instruction.

- 5-week course: £21/class
- Pay-as-you-go: £24

Wednesday: 6-8pm

Scan the QR to book!

www.art-k.co.uk/class-truro | sara@art-k.co.uk | 07852 674316  
Barras Moor Farm, Perranarworthol, Truro, TR5 7PE

## SALE

### SECOND HAND UNIFORM AND BAKE SALE

WEDNESDAY 16TH JULY 2PM - 3:15PM

LOCATION: SCHOOL PLAYGROUND  
DONATIONS OF BUNS / CAKES / BISCUITS WELCOME!!

## Community Café

### Gather

"to meet friends old and new"

Mawgan Recreation Hall  
Thursdays 10 - 4:30  
(Last orders 4pm)

Please get in touch if you'd like to volunteer or find out more;  
olivia@white2021@gmail.com  
Or  
Find us on Facebook: 'Gather Community Café'

There's more you should know.....

'Gather' pops up weekly in the newly refurbished recreation hall. Run by Olivia and aided by a team of volunteers, the café is relaxed and friendly. There is plenty of space for everyone, with an outdoor seating area too.

We welcome local residents to holiday makers, babies to centenarians, regular café goers to those who normally have a cuppa at home.

We serve the usual café fayre, including: teas, filter coffees, chilled drinks, homemade cakes and scones, Roskilly's ice creams, savoury snacks and soup. Prices are reasonable and 'tokens' are available for those who can't usually afford to go to a café.

"Struggling to pay the bills this week?"  
Then please don't hesitate to use a token to pay for your coffee and cake or your soup. Everyone should be able to go to a café now and then!  
Tokens are available in the basket on the counter, no questions asked.

(Tokens are funded by 'The Generosity Pot'. If you would like to make a donation then please let us know or just put some pennies in the brass pot! Very many thanks indeed)

Dogs welcome on the outdoor seating area but not on the field. We take cash or card payments.

## MUSICAL IN A WEEK 2025

# CORNWALL

## Matilda

Monday 28th July to Friday 1st August  
9am to 5pm each day  
Juniors - Ages 5 to 8 years  
Seniors - Ages 9 to 13 years

Performances: 1st August - Juniors @ 1.30pm | Seniors @ 4pm & 6.30pm

To book, contact: [tolley.angell@yahoo.co.uk](mailto:tolley.angell@yahoo.co.uk)

## Pop Up Holiday Camps through August

Softball Cricket  
For children aged 8-13 years old

- Activity Days
- Competitions

8 days of softball activity - £20 per child, 10am to 3pm

4 Tuesdays of U11 softball competition (Includes U13 Girls). Teams of six £30, 10am to 3pm

Weds 6th Aug - Truro CC  
Thurs 7th Aug - Callington CC  
Mon 12th Aug - Mt Hawke CC  
Weds 13th Aug - St Austell CC  
Mon 18th Aug - Grandpound Rd CC  
Weds 20th Aug - Helston CC  
Weds 27th Aug - Bude CC  
Thurs 28th Aug - St Stephen CC

Tues 5th Aug - Redruth CC  
Tues 12th Aug - Werrington CC  
Tue 19th Aug - Wadebridge CC  
Tue 26th Aug - Penzance CC

Contact Michelle Kent: [admin@cornwallcricket.co.uk](mailto:admin@cornwallcricket.co.uk)  
[www.cornwallcricket.co.uk](http://www.cornwallcricket.co.uk)

## Sports Day was a huge success and thank you for coming to support.

## The weather was wonderful and all the children had a lovely time!

## FACE JULY 2025 Newsletter

FACE delivers online support via zoom for parents across the UK. Talks are 90 minutes long, £24 each or FREE with a school membership code. Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk) on the PARENTS page.

Schools can purchase a **FACE School Annual Membership** which means ALL parents and ALL staff get unlimited FREE access to ALL 16 parent talks.

**Supporting Healthy Screen Use**  
Screens are here to stay. Identifying the issues and step by step guide to reduce the negative impact.

**Supporting a Child with ADHD**  
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

**Facing Defiance**  
Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

**Anxiety Based School Avoidance**  
Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Thursday 31st July 10:00 - 11:30 FREE  
Monday 21st July 10:00 - 11:30 £24  
Monday 28th July 10:00 - 11:30 £24  
Tuesday 29th July 10:00 - 11:30 £24

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk) [info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

### August Timetable

All sessions delivered live online via zoom £24 each or FREE with School Membership - 90 minutes long  
Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk) Recordings available for 48 hours

Anxiety Explained	4th 10am
Cannabis & Ketamine Awareness	4th 7pm
What is ACT?	5th 10am
Introduction to OCD	5th 7pm
Raising Self Esteem	11th 10am
Decreasing Depression	11th 7pm
Supporting Healthy Sleep	12th 10am
Understanding the Teenage Brain	12th 7pm
Improving Family Communication	18th 10am
Autism: Improving Communication	18th 7pm
Understanding Addictive Behaviour	19th 10am
Supporting a Child with ADHD	19th 7pm
Understanding Anger	25th 10am
Supporting Healthy Screen Use	25th 7pm
Facing Defiance	26th 10am

Little reminder that school shoes need to be all black shoes or all black trainers.  
Thank you for your cooperation.

<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.



Department  
for Education



FOLLOW US!

# SUMMER WITH Coast ACTIVITY PROGRAMME



HAYLE



ST IVES



HELSTON



PENZANCE

## FOR AGES 5 - 16

Fun sports and  
activity sessions  
throughout the day  
for children in  
Reception to year 11

## FUNDED

Funded places  
available for those  
eligible for free school  
meals with lunch  
included

## TIMES AND LOCATIONS

Full or half days  
available  
Scan the QR code to  
see full list of  
locations and times

## ACTIVITIES INCLUDE :



AND SO MUCH  
MORE



[WWW.COASTACTIVITYPROGRAMME.COM](http://WWW.COASTACTIVITYPROGRAMME.COM)

PHONE - 07939863010

EMAIL - [CONTACT@COASTACTIVITYPROGRAMME.COM](mailto:CONTACT@COASTACTIVITYPROGRAMME.COM)



Skol Gyns  
Kemeneth  
Garros





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>.