

NEWSLETTER

Message from Mr Sturges

Reflecting on a Successful Start to the Year

As we approach the end of September, it's a great moment to pause and reflect on the exciting and successful start we've had. From the energy of our clubs to the dedication shown in academic preparation, the first few weeks have truly set a positive tone for the year ahead.

A Huge Thank You to Our Volunteer Drivers

We'd like to extend our heartfelt thanks to our amazing volunteer drivers - Nicola Williams, Lisa Williams and Clare Scrimshaw - who have helped make the Swallows gym transportation a smooth operation. Also, thank you to Jo Kettle who stepped in at the last minute to drive the minibus for the first time to make the Eagle Owls' farm trip possible. Without your time, generosity, and support, these enriching experiences wouldn't happen. Your contribution means so much to both the staff and the children. Thank you for going the extra mile—quite literally!

Wishing Mrs. Linda May a Happy Retirement

We would like to extend our heartfelt thanks and warmest wishes to Mrs. Linda May as she officially stepped into retirement on Thursday. Mrs. May gave us wonderful support and leadership to Garras School in her role as Executive Head, and her dedication, wisdom, and care has made a lasting impact on our whole school community.

To mark this special occasion, some of our children travelled to Trannack School to present her with a card on behalf of the pupils at Garras. They also performed Spike Milligan's poem 'ABC' - a lovely and fitting tribute to someone who has given so much to children's education.

Thank you, Mrs. May, for everything. We wish you all the very best for a happy, healthy, and well-deserved retirement!



GARRAS CP SCHOOL



SAFEGUARDING

<https://www.qwell.io>

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

BARN OWLS

This week in Barn Owls,

The reception children learnt the new phonemes 'i,n,m d'.

They have been very focused on how to form these letters and have even had a go at forming some numbers too.

The year 1s have been creating Pixies of Peace promise tokens ready to sell in our Peace Emporium.

In art, we have been exploring different types of lines and how some lines can be joined together to create organic shapes.

The whole class have started their guided reading this week in small groups. They have taken these books home to share with their grown-ups. This will encourage fluency and help build their confidence with reading. Please ensure these books stay in their bookbags as they are used daily.

The year 1 children have also had a go at logging into the Chromebook with their own personal school log ins and exploring how a Chromebook works.

In their PE session they have been developing teamwork using the outdoor parachute and organising themselves into groups of a certain amount.

If you have any questions or queries, do not hesitate to ask us on the gate at drop off or pick up.

Thank you for your continued support and have a lovely and restful weekend.

Barn Owls Team



HAWK OWLS

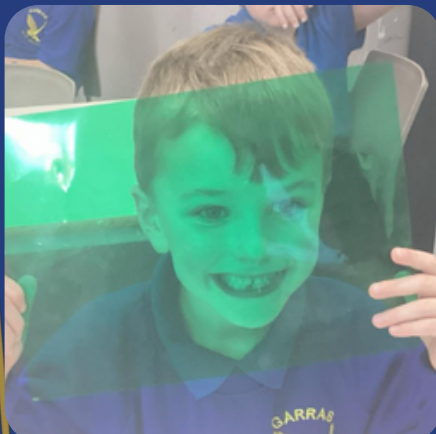
In literacy, we've just wrapped up our exploration of the book *Peace on Earth*, and as a fantastic way to celebrate, the whole school came together for a wonderful 'Charter Party'! It was a lovely occasion to reflect on our learning and the end of the unit.

We've now embarked on our next adventure reading the book *Jim, A Cautionary Tale*. The children have begun this unit by crafting warning posters using conditional sentences and also writing a tannoy announcement to advise Jim against breaking the rules!

In guided reading, we're still immersed in *The Great Chocoplot* and have recently unearthed the alarming news that all chocolate is set to run out in just a few days! We've met some quirky characters so far, like the scatty Mr Tatterly and our ever-curious, nosey neighbour, Mrs Bunstable.

This week in art, the children had a great time exploring textures by creating rubbings of various materials on the playground. Thankfully, the weather was on our side, allowing us to enjoy the outdoors!

Continuing with 'Light' in science, Hawk our investigated which materials would be best to protect our eyes for a pair of sunglasses. Swallows gym has been a highlight for the class this term and their instructor Eddy said he was extremely impressed with their rapid progress so far with excellent behaviour and listening skills! A reminder that our trips to Helston Museum and Porthcurno Telegraph Museum are scheduled for next week. Please ensure that trip forms are if you haven't done so already. Additionally, parents are requested to use Arbor to indicate transport preferences. Thank you!



EAGLE OWLS

This week in Eagle Owls, we went on an incredible trip to Treworgie Farm. This was as part of our Geography unit "Where does our energy come from?" We had already discussed what energy sources there and then looked at what the farm used. We examined the solar panels that were used to power lots of the fans and refrigerators for keeping the milk cool until it was collected by Roddies. After a bit of a walk through the maize field, we also looked at the wind turbine and explored why that had been chosen as a method for creating energy. The farm also uses geothermal energy to heat the houses which linked nicely with our Science work on states of matter!

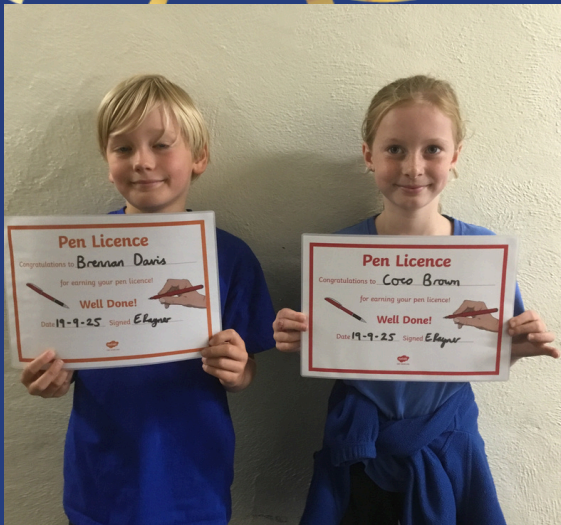
Eloise also brought in her prize-winning sketch of a pig that she completed for a ploughing match competition.



Pen Licence

Congratulations
to:

Lyra
Poppy
Ava
Byron
Coco



Congratulations to:

Beatrice
Joff
Harvey
Sophia
Cerys

New members of the
exclusive 11 club in
Maths

Join the

CELEBRATION!



REMINDERS

Cross Country Dates

Tuesday 16th September	Race 1	Reception/KS1 and KS2	Helston South Site- 4pm
Tuesday 7th October	Race 2	Reception/KS1 and KS2	Mullion- 4pm
Tuesday 4th November	Race 3	KS2	Helston North Site- 4pm
Tuesday 24th February	Race 4	KS2/Peninsula qualifier	Helston South Site 4pm
March	Peninsula Final	KS2	TBC 4-5pm
March	School Games Final	KS2	Newquay
Tuesday 28th April	Race 5	Reception/KS1 and KS2	Helston North
Tuesday 12th May	Race 6	Reception/KS1 and KS2	Helston South Site - 4pm
Tuesday 9th June	Fun Run	Reception/KS1 and KS2	Mullion 4pm

Y5/6 Football Tournament Dates

Date	Time	Year group	Venue
15.9.25	3:45-5pm	Y5/6	Helston Astro
6.10.25	3:45-5pm	Y5/6	Helston Astro
3.11.25	3:45-5pm	Y5/6	Helston Astro
17.11.25 GIRLS ONLY	3:45-5pm	Y5/6	Helston Astro
1.12.25	3:45-5pm	Y5/6	Helston Astro

ATTENDANCE

Barn Owls 98.83%

Hawk Owls 97.22%

Eagle Owls 98.4%

Whole school 99.11%

INSET DAYS

Mon 3rd November 2025

Monday 5th January 2026

Mon 23rd February 2026

Friday 8th May 2026

Monday 22nd June 2026

Thursday 23rd July 2026

PE & GYM DAYS

Barn Owls

Gymnastics - Thursday

PE - Friday

Hawk Owls

Gymnastics - Thursday

PE - Friday

Eagle Owls

Gymnastics - Monday

PE - Friday



DIARY DATES

Mon 29 th September	Eagle Owls Gymnastic Hawk Owls Helston Museum trip
Tue 30 th September	Sailing 4pm to 6pm
Wed 1 st October	Hawk Owls Porthcurno Trip SATs Club 3.15pm to 4.15pm
Thurs 2 nd October	Barn Owls and Hawk Owls Gymnastic
Mon 6 th October	Eagle Owls Gymnastic Y5/6 Football 3.45pm to 5pm
Tue 7 th October	Sailing 4pm to 6pm KS1/KS2 Cross Country 4pm Mullion School
Wed 8 th October	SATs Club 3.15pm to 4.15pm
Thurs 9 th October	Barn Owls and Hawk Owls Gymnastic
Friday 17 th October	Harvest Festival
Mon 3 rd November	Inset day. School closed
Friday 12 th December	Christmas Play
Friday 19 th December	Christingle Last day of Term

Cornwall Council 2025/2026 School Term Dates for Community and Voluntary-Controlled Schools

September 2025						
Mon	1	8	15	22	29	
Tue	2	9	16	23	30	
Wed	3	10	17	24		
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		

October 2025						
Mon	6	13	20	27		
Tue	7	14	21	28		
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24	31	
Sat	4	11	18	25		

November 2025						
Mon	3	10	17	24		
Tue	4	11	18	25		
Wed	5	12	19	26		
Thurs	6	13	20	27		
Fri	7	14	21	28		
Sat	8	15	22	29		



School holidays

Bank holidays

Christmas Day	25 December 2025
Boxing Day	26 December 2025
New Years Day	01 January 2026
Good Friday	03 April 2026
Easter Monday	06 April 2026
May Bank Holiday	04 May 2026
Spring Bank Holiday	25 May 2026
Summer Bank Holiday	31 August 2026

AUTUMN TERM (73 days)

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

SPRING TERM (59 days)

5 January - 2 April 2026
(HALF TERM 16 - 20 February 2026)

SUMMER TERM (63 days)

20 April - 23 July 2026
(HALF TERM 25 - 29 May 2026)

195 days are included on the school calendar. Schools will be open to pupils for 190 days. The five additional days are allotted for In-Service Training (INSET). Schools allocate their own INSET days.

Academy, trust and voluntary-aided schools set their own term dates and INSET days.

December 2025						
Mon	1	8	15	22	29	
Tue	2	9	16	23	30	
Wed	3	10	17	24	31	
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		

January 2026						
Mon	5	12	19	26		
Tue	6	13	20	27		
Wed	7	14	21	28		
Thurs	1	8	15	22	29	
Fri	2	9	16	23	30	
Sat	3	10	17	24	31	

February 2026						
Mon	2	9	16	23		
Tue	3	10	17	24		
Wed	4	11	18	25		
Thurs	5	12	19	26		
Fri	6	13	20	27		
Sat	7	14	21	28		

March 2026						
Mon	2	9	16	23	30	
Tue	3	10	17	24	31	
Wed	4	11	18	25		
Thurs	5	12	19	26		
Fri	6	13	20	27		
Sat	7	14	21	28		

April 2026						
Mon	6	13	20	27		
Tue	7	14	21	28		
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24	31	
Sat	4	11	18	25		

May 2026						
Mon	4	11	18	25		
Tue	5	12	19	26		
Wed	6	13	20	27		
Thurs	7	14	21	28		
Fri	1	8	15	22	29	
Sat	2	9	16	23	30	

June 2026						
Mon	1	8	15	22	29	
Tue	2	9	16	23	30	
Wed	3	10	17	24		
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		

July 2026						
Mon	6	13	20	27		
Tue	7	14	21	28		
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24	31	
Sat	4	11	18	25		

August 2026						
Mon	3	10	17	24	31	
Tue	4	11	18	25		
Wed	5	12	19	26		
Thurs	6	13	20	27		
Fri	7	14	21	28		
Sat	1	8	15	22	29	

Garras Notice Board

Please use the Absence Request form for your child absence. You can find the form on the school website
<https://croftymat.org/wp-content/uploads/2025/03/Crofty-Leave-of-Absence-Holiday-Exceptional-Circumstances-request-form.pdf>

A kind reminder to not park on the zig-zag yellow line by the school area and on the yellow double lines by the roundabout during school drop off and pick up hours.

The school is selling honey kindly donated by Isaac's Dad. It's £10 a jar and the amount raised will be donated to Frogs.
Thank you for your support!

We are looking for 2 volunteers who can drive and stay with Hawk Owls children during the Helston Museum trip Monday 29th September from 8.30am to 12.30pm.



What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform, which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from chancing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.



TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.



CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.



CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.



MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.



LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!



Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



National Online Safety

#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



Are you struggling with a defiant child?



Facing Defiance

A six part online course for parents that you can complete in your own time. A step by step guide through a specific strategy aimed to support parents of children aged between 5 to 12 who are displaying very challenging behaviour, including children with ADHD, ODD and PDA.

go to facefamilyadvice.co.uk
Book online £48
on the **Online Parenting Courses** page



October Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Understanding The Teenage Brain	6 Oct 10am
Supporting Healthy Sleep	6 Oct 7pm
Supporting A Child With ADHD	13 Oct 10am
Understanding Addictive Behaviour	13 Oct 7pm
Autism Improving Communication	14 Oct 10am
Improving Family Communication	14 Oct 7pm
Supporting Healthy Screen Use	20 Oct 10am
Facing Defiance	20 Oct 7pm
Anxiety Based School Avoidance	21 Oct 10am
Understanding Anger	21 Oct 7pm
FREE - Raising Self-Esteem	23 Oct 7-8pm
Anxiety Explained	27 Oct 10am
Cannabis and Ketamine Awareness	27 Oct 7pm
What Is ACT?	28 Oct 10am
Introduction To OCD	28 Oct 7pm



Cornwall Partnership
NHS Foundation Trust

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

Wild Wellbeing

During October half term we are offering FREE nature based creative sessions linked to the 5 ways to wellbeing.

This is for parents and children aged 5-12 in Cornwall.
Please book EACH child on to a session.

Morning and afternoon sessions available at:

The Core at St Ives Community

Orchard - Thursday 30 October

Hayle Family Hub - Friday 31 October

We are also offering a Parentwell session at

Penrose Estate - Monday 27 October

Each session will last approx. 2 hours

To request a place, please complete the online
form or scan the QR code provided:

<https://forms.office.com/e/vc2Dtk8C5B>



Follow us on Facebook for updates and
upcoming events:

Cornwall Mental Health Support Team (MHST)

