

NEWSLETTER

Message from Mr Sturges

Dear Parents and Carers,

As we move into the heart of the autumn term, I'd like to take a moment to extend a heartfelt thank you to all the volunteers who supported our recent Hawk Owls' trips to Helston Museum and the Porthcurno Telegraph Museum. Your time and enthusiasm make a huge difference, and these experiences wouldn't be possible without your continued support.

In school, we've been reflecting on the 4Rs that guide everything we do: Respectful, Resourceful, Responsible, and Resilience. These values are not only important in the classroom but are also at the core of how we support each other across our school community. It's been wonderful to see our pupils showing these qualities in their learning and daily interactions.

As we approach our Harvest Festival, we are reminded of the importance of community and generosity. In our next newsletter, we'll be sharing details on how you can support our collection for the Helston and Lizard Food Bank. Your donations help local families and are always greatly appreciated. With warm wishes,



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,

In science, The Barn Owls read the story "that's not my rocket" we then used a rocket template with a cut out window to explore what materials we could find around the classroom to make our perfect rocket.

The reception children had great fun exploring foam in the tuff tray. They used paintbrushes to mix in different coloured food colouring and practise forming their letters and sounds.

Year 1 have had more practise on the Chromebooks, logging in, searching for a paint app, having a go at drawing their portrait, typing their name and saving it. Their confidence with this is growing and are enjoying learning this skill.

The children have really enjoyed their reading sessions and are really progressing with their reading and always look forward to it. We continue to encourage the children to celebrate their reading at home with their grownups as they have been working very hard in their phonics lessons at school. Please can you ensure their reading books are always kept in their book bags.

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

Barn Owls Team



HAWK OWLS

What a wonderful, yet busy week we've had with the Hawk Owls! We kicked things off with an exciting trip to the Helston Museum, where we dressed up as Victorian children and took part in Victorian school lessons. It was a delight to see their enthusiasm!

During our time at the museum, we examined various artefacts from the Victorian era, which sparked great discussions and curiosity. The children had their hands checked for cleanliness, just like in days gone by, before writing on slates - a true taste of Victorian education! They tackled some arithmetic problems and enjoyed a fascinating history lesson, all while channelling their best Victorian attitudes.

Museum trip number 2 for Hawk Owls was at the Porthcurno Telegraph Museum to support their learning with the science topic "Light". The children had a brilliant time exploring the museum with lots of interactive activities to explore around communication before heading to the World War II communications bunker. After lunch, they took part in a "Light" workshop where they experimented with how light can be reflected and refracted using various mirrors and prisms.

Finally, just a gentle reminder to please keep toys and little trinkets at home. They can get lost or cause distractions. Thank you so much for your support.



EAGLE OWLS

We are pleased to share that in our recent art sessions, the children have embarked on the creation of their installation art rooms using cardboard boxes. They have meticulously prepared stencils and are eager to commence painting next week. It has been wonderful to witness their creativity, and they are looking forward to completing their artistic projects.

Eagle Owls have also held an incredibly mature and thought-provoking debate on the use of AI. The focus was: should certain jobs like teachers, surgeons and firefighters be replaced with AI. This links with our reading and literacy book: Robot Girl. Staff were blown away by the respectful but clear way every single child presented their ideas and thoughts on the matter. They also linked it to situations and events meaningful to them as individuals.



Garras Notice Board



Important!

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 gardeners volunteers to take care of the school's green areas. Please contact Mrs. Venturi if you are interested.



Please use the Absence Request form for your child absence. You can find the form on the school website

or [click here!](#)



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 focusing on "Perseverance and Respect".

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:
Perseverance - Merryn
Respect - Perci

Hawk Owls:
Perseverance - Charlie P.
Respect - Sophia

Eagle Owls:
Perseverance - Austin
Respect - Byron

www.virtuesineducation.com

Pen Licence

Congratulations
to:

Denny
Austin



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 95.39%

Hawk Owls 100%

Eagle Owls 95.83%

Whole school 97.96%

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 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
Mon 13 th October	Eagle Owls Gymnastic
Tue 14 th October	Eagle Owls Maritime Museum Visit Sailing 4pm to 6pm
Wed 15 th October	SATS Club 3.15pm to 4.15pm
Thurs 16 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		

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	

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		



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		

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	

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		

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		

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	

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	

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		

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	

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		

What Parents & Educators Need to Know about

TIKTOK

13+

(content is moderated to remove inappropriate content)

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 those 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 £7.5 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 127 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 full reference list on guide page or <https://nationalcollege.com/guides/tiktok-2025>



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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)

