NEVVSLETTER

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

> BARN OVVLS <

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













HAVVK OVVLS <

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 OVVLS

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 though-provoking debate on the use of Al. The focus was: should certain jobs like teachers, surgeons and firefighters be replaced with Al. 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



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

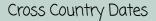
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Congratulations to:

> Denny Austin



REMINDERS



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	3:45-5pm	Y5/6	Helston Astro
ONLY			
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%



PE & GYM DAYS

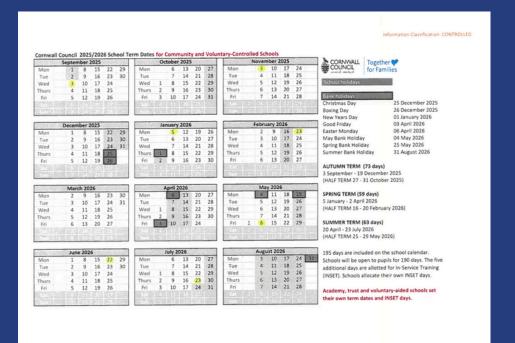
Barn Owls Gymnastics - Thursday PE - Friday

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	



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 Conline Safety, these guides now address wider topics and themes.

For further guides, hints end tips, please visit national college.com.

What Parents & Educators Need to Know about

TIKTOK

Contain because are

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

White TikTok's following lead only displays videes from familiar creations, for featile at castection based on a user's previously watched clies, Noted of these videos will protectly be inoffensive, but the app could potentially show something unsulvable. If children then engage with this centent, more like it will below TikTok's guidelines prohibit the sharing of liftegal or inappropriate content, but the huge number of upleads means that a small amount inevitably sign through.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Union, most name names for isens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangeteus stunts for boys. Both are prevalent on Tik Tok. One estreme exemple of the latter was the talacksur trend, which encouraged users to held their breath until they passed out from a lack of oxygen. This lied to the families filing lowsuits against Tik Tok over the trapic dearths of their children.

IN-APP SPENDING

Tikilok is free, but users have the option to buy Tikilok coins, which can be used to purchase gifts for content creaters. Coin bundles range from £0.59 to an eye-watering £09; while that may not sound appealing, the app still generated £7.6 bitson in user spending in 2003. Tikilok'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 II high – especially as accounts created by over-this (or young people using a false 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 cryone to

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivalous than the longer ones on Youtube, alips can still influence impressionable minds in a negative way. Not only is these plenty of disagescens misinformation on TikTok, but office meports that nearly a third of 12 to 15-year-olds use TikTok as a news source — so you should be early of misogenistic, racist or conspiracy—thermed material shaping how they see the walls.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos. Tik fok can be addictive to young brains. In 2014, UK children spent an average of 127 minutes per day on the epp, that's finice as much as in 2020. Escessive use can interfere with young people's sleep patterns – after leading to initiative,—and district them from other, healther activities. The instantly skippable nature of bits—size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

family Pairing atlows 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 are to whom Children sent all of the these settlers without account in account.

DISCUSS THE DANGERS

If a child wants to use TikTok and you've happy for them to do so, if it good practice to discuss the potential risks, tinsure that they don't share any identifying personal information, and that they know to tak to a trusted adult if they to worrised by interactions on the app. With more teams using TikTok for news, it's also worth talking about any interaction and accordance and they have to identify in.

Meet Our Expert

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



BLOCK IN-APP SPENDING

the child is using an impose or Androcedevice to access harter, you can offer their settings to prevent them from making in-upp purchases. Wild recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TRCok coins to unlock more features of the app.— sametimes without even realising.

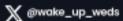
READ THE SIGNS

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 spet the signs, increased inflability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meats. Exmember, the control control control can there for a reason, and it's never too late to introduce limit.

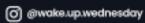


The National College

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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



