

NEWSLETTER

LYTHER NOWODHOW

Message from Mr Sturges

It's been another fantastic week of sporting success and team spirit at our school.

A huge congratulations to our Year 5/6 football team for their continued effort and determination in the league. This week saw another great win, as well as a resilient and courageous performance against some of the larger schools—well done to all involved!

A special mention also goes to our cross country runners, who represented our school with pride and perseverance. Thank you for your hard work and commitment.

We are so proud of all our pupils who take part in sporting events—your enthusiasm, teamwork, and sportsmanship shine through every time.

Important: We Are Becoming a Nut-Free School

As communicated in the letter sent out earlier this week, we will officially become a nut-free school starting next week. This change is to help protect members of our school community who have serious nut allergies. We appreciate your full support in keeping all our children safe.

What this means for you and your child:

- Please do not send any food items containing nuts (eg, peanut butter, Nutella, cereal bars with nuts, nut-containing baked goods) in lunchboxes, snacks, or birthday treats.
- Always check ingredient labels carefully before sending food into school.
- Encourage your child to understand the importance of not sharing food with others.

Thank you for your understanding and cooperation as we make this important transition.

Celebrating Cornish Culture

Starting this term, you'll begin to see some Cornish language included in our newsletters. This is part of our ongoing celebration of Cornwall's rich culture and heritage. We hope this small addition helps to spark curiosity and pride in our local identity.

Gans oll an gwella (With all best wishes).



GARRAS CP SCHOOL
SKOL GYNSA KEMENETH
GARROS



SAFEGUARDING

<https://www.gwellio>

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

BARN OWLS

KOWANNOW GWYNN

This week in Barn Owls...

We carried out science tests for NASA! They wanted us to find out what material would be the most absorbent for a MAG (maximum absorbent garment) for their astronauts! We tested different material to see which one would absorb the most water.

On Tuesday, we had a very special visitor, Daya. She is from Saudi Arabia and moved to the UK when she was 4. She showed us their place of worship and other things they do in their religious community. We looked at the clothes that they wear, and the children even tried on some traditional Indian clothing.

We have had another great week at gymnastics learning teddy bear rolls, forward rolls and balancing. Another polite reminder to make sure reading books are kept in book bags as they are used daily for guided reading.

We have a lovely autumn walk planned for Monday and our Harvest Festival on Friday to look forward to as well. Thank you for your continued support and have a lovely and restful weekend.

Barn Owls Team



HAWK OWLS

Kowannow Sparr Hok

We've had another excellent week in Hawk Owls!

On Monday, we explored the differences between classrooms 100 years ago and today. Our trip to Helston Museum was a big help with this – the children really enjoyed taking part in a quiz and were surprised by how much they've learned so far!

In Literacy, we've been planning and beginning to write our own alternative endings to the book Jim - A Cautionary Tale. The children have been full of creative ideas and are looking forward to sharing their finished stories with you very soon!

We also had a wonderful visit from Daya, who taught us about Islam and the traditions Muslims follow. The children loved getting the chance to try on traditional clothing and even had a go at some Bhangra dance moves – there were lots of smiles and laughter all around!

In design and technology, we have continued to investigate structure and stability for Baby Bear's chair. The class discovered that cylinders were the strongest 3D shapes for supporting heavier objects.



EAGLE OWLS

Kowannow Er

What a wonderful week it's been in Eagle Owls!

We were delighted to welcome Daya, who led an engaging workshop all about Islam. She shared fascinating insights into Islamic beliefs and culture, and the children had great fun trying on traditional clothing and taking part in some lively dancing! We rounded off the session with a class quiz, which was met with lots of cheers and excitement.

Later in the week, we got creative with our installation art. The children carefully chose colours and materials to bring their ideas to life, and we can't wait to add figures to the boxes and photograph the finished pieces. If your child would like to include a figure in their box (e.g. Lego person), please send it in next Wednesday only, in a named sandwich bag or box. Thank you!



Garras Notice Board

Bord Argemynnow Garros



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.

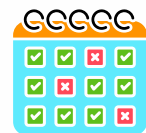


The school is selling honey kindly donated by Isaac's Dad. It's £10 a jar and the amount raised will be donated to Frogs. Thank you for your support!



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

or [click here!](#)



An amendment for the football league

Monday 3rd November is a Crofty inset day and we have three Crofty schools due to take part. Therefore, this date is POSTPONED. The new date for the schools due to take part is on Monday 24th November 2025."



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



Book look invite!

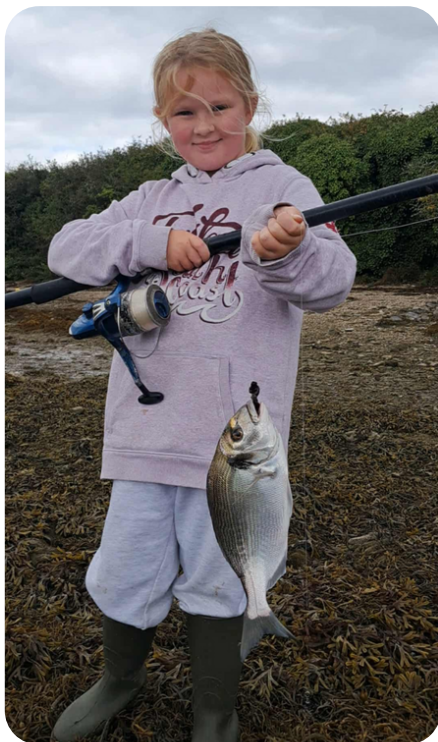
We warmly welcome all parents and carers to join your child/ren in their classroom on Tuesday, 21st October at 2:45pm. This is a special opportunity for your child to share their learning journey so far and proudly show you their work and books.

We look forward to seeing you there!



Lotti came second in the Camborne Angling Associations August Junior fishing competition. Additionally she has set a new club record which has been held for 40 years for landing the biggest gilt head bream weighed in for the youths.

Well done Lotti from everyone at Garras!



Congratulations to:

Joff

New member of the exclusive 22
club in Maths



REMINDERS

KOFHEANSOVV

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
24.11.25	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

ATTENDYANS

Barn Owls 98.83%

Hawk Owls 97.22%

Eagle Owls 94.91%

Whole school 97.72%

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

DEDHYASOW DHYDHLVER

Mon 13 th October	Eagle Owls Gymnastic Mr Sturges out all day (Headteachers meeting)
Tue 14 th October	Eagle Owls Maritime Museum Visit Sailing 4pm to 6pm last session
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 20 th October	Eagle Owls Gymnastic
Tue 21 st October	Football at Trannack School Parents Book Look 2.45pm
Wed 22 nd October	SATS Club 3.15pm to 4.15pm
Thurs 23 rd October	Barn Owls and Hawk Owls Gymnastic Diwali school lunch
Fri 24 th October	Mr Sturges out all day (training) Last day of Autumn Half-term Frogs Disco Mawgan Recreation Hall
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 Sun 7 14 21 28	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 Sun 5 12 19 26	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 1 8 15 22 29 Sun 2 9 16 23 30	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 Sun 7 14 21 28	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 Sun 4 11 18 25	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 Sun 8 15 22 29	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 Sun 8 15 22 29	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 Sat 4 11 18 25 Sun 5 12 19 26	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 Sun 3 10 17 24 31	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 Sun 7 14 21 28	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 Sun 5 12 19 26	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 Sun 2 9 16 23 30	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.
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What Parents & Educators Need to Know about

FORTNITE

AGE RESTRICTION
PEGI
12

WHAT ARE THE RISKS?

Fortnite was launched back in 2017, but it remains massively popular – with more than 650 million active players. That's partially due to the competitive nature of its player-vs-player combat, its pop culture crossovers and its constantly shifting map. Significant updates are rolled out with each new version of the game – known as 'chapters' – and within these sit shorter 'seasons'.

ALWAYS ONLINE

There's no single-player offline mode in Fortnite: it can only be played online. Internet access can sometimes be an issue when you're out and about (both in terms of connectivity and using up data), so you may find that dedicated young Fortnite players are often less enthusiastic about trips away – such as days out and holidays – than you might expect.

IN-GAME COSTS

Fortnite is free to download and play, but it does offer various additional purchases – cosmetic 'skins', music tracks and LEGO items – which don't really impact on gameplay but can cost a significant amount. These items are bought with in-game currency, V-Bucks – earned through completing the Battle Pass (which also costs V-Bucks) and can also be purchased from the game's store for real money.

POP CULTURE REFERENCES

Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from movies and TV shows like Family Guy and Avatar: The Last Airbender to comic book characters including Batman to other games such as Street Fighter. This means you could have children asking questions about the monster from Alien or Geralt from The Witcher a little sooner than you otherwise might have.

CROSSPLAY AND PARTY CHAT

Fortnite is popular with many gamers of various ages. 'Crossplay' lets friends play with each other, regardless of whether they're on an Xbox, PlayStation, Nintendo Switch or PC – while the 'party chat' feature allows them to talk to each other during the game. This can, however, put youngsters at risk of hearing inappropriate language from older players in the heat of virtual combat.

VIRTUAL VIOLENCE

At its core, there's no avoiding that Fortnite is about shooting other players to eliminate them from the contest. That said, there's no blood or gore. The violence is rendered in a cartoonish style, and there are frequent comical touches to lighten the mood, such as fishing mini-games and dancing emotes. Machine guns, shotguns and other weapons often look and behave realistically, however, so discretion is advised.

FREQUENT UPDATES

The game's developers release content in 'seasons' that usually run for around ten weeks. Each fresh update sees items added to the in-game store, changes to the environment's map and a different over-arching theme (such as 'medieval', 'pirates' or 'party'). These regular renewals help to hold players' interest – but also give young gamers plenty of reasons to keep coming back.

Advice for Parents & Educators

MATCH GAMING TIMES

Younger players tend to play Fortnite with their friends. With that in mind, it could be worth speaking to the parents and carers of a child's social group and coordinating their gaming around certain times of day. Safety in numbers is obviously a factor here, but it will also help children feel that they're getting adequate opportunities to socialise with their friends online.

SET SPENDING LIMITS

Fortnite's rotating store is a not-so-subtle mechanism for coaxing players into buying sought-after items before they disappear for weeks or months. This could lead to surprise transactions on bank cards if children are tempted into an impulse purchase. Parents could consider getting a prepaid card for the child or ensuring that purchases require adult authorisation. This can be done through parental settings on a console or account settings in the Epic Games app on PC.

USE UPDATES AS REWARDS

Fortnite's seasonal updates are free, but each also brings the option of a 'battle pass', unlocking exclusive rewards for playing the game and completing set challenges. The passes cost around £8 and are also available as part of larger bundles. The purchase of passes can be an effective reward to young Fortnite fans for good behaviour or academic performance, or as an incentive for completing chores like tidying their room.

BE WARY OF SCAMS

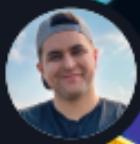
The immense popularity of Fortnite with younger audiences – that are generally more trusting – means there's no shortage of scammers looking to fraudulently obtain passwords and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they never ask for a player's account password outside of the game; make sure any young player knows this.

ENJOY FORTNITE TOGETHER

Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously on the same console or computer. This can be a good option for siblings or for when a child's friends visit, but it also offers an opportunity for parents and carers to do something fun with their child, while also making sure they're playing the game safely. Who knows? You might even teach them a thing or two!

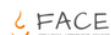
Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A long-time gamer, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



#WakeUpWednesday

The National College



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



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)



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



YOU ARE INVITED TO

THE HALLOWEEN TRAIL

31 OCTOBER, 2025

WANDER THROUGH THE EERIE CORNERS OF THE VILLAGE AND DISCOVER ALL THE SPOOKY STATIONS. COLLECT YOUR STAMPS AND CLAIM SOME FRIGHTFULLY FUN TREATS AFTER YOUR HAUNTING ADVENTURE. WARM UP AT BASE WITH TEA, COFFEE, AND DELICIOUS CAKE FOR ALL. COME IF YOU DARE...

BETWEEN 2 & 4 PM
Meet at St Keverne Preschool to collect your trail sheets.
£1 per child sheet.

The Owlets Team

We are organising a silent auction fundraiser in November to raise money for Owlets.

We would really appreciate any donations that would make a suitable lot towards our action.

Please feel free to suggest ideas, and if you could drop any items or voucher to us by the beginning of November.



Diwali

FESTIVAL OF LIGHTS

Thursday 23rd October

MAINS

Chicken Biryani or Chickpea Matar Curry (V)

SIDES

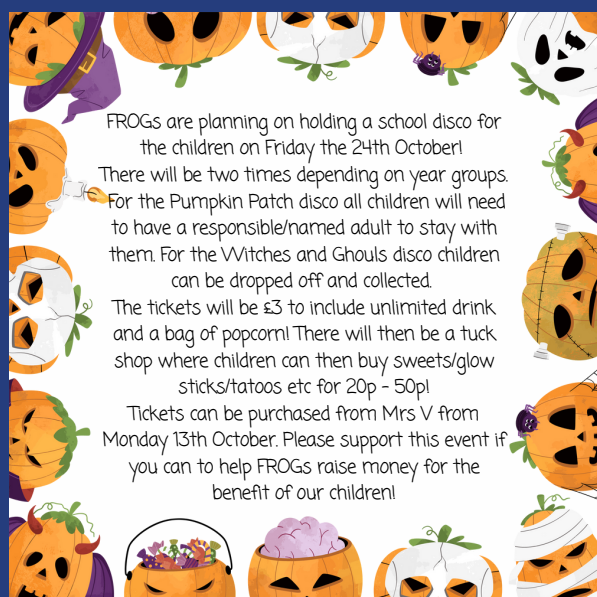
Wholegrain Rice, Chota Naan Bread, Carrots and Peas

DESSERTS

Carrot Cake and Mango Frozen Yoghurt

*Menus may be subject to change

Chartwells



FROGS are planning on holding a school disco for the children on Friday the 24th October!

There will be two times depending on year groups. For the Pumpkin Patch disco all children will need to have a responsible/named adult to stay with them. For the Witches and Ghouls disco children can be dropped off and collected.

The tickets will be £3 to include unlimited drink and a bag of popcorn! There will then be a tuck shop where children can then buy sweets/glow sticks/tatoos etc for 20p - 50p!

Tickets can be purchased from Mrs V from Monday 13th October. Please support this event if you can to help FROGS raise money for the benefit of our children!



FRIENDS OF GARRAS SCHOOL ARE HOSTING A...

PUMPKIN PATCH DISCO!

FRIDAY 24TH OCTOBER
MAWGAN RECREATION HALL
RECEPTION, YEAR 1 AND YEAR 2
4.30 - 5.30

£3 A TICKET TO INCLUDE ENDLESS MAGIC POTION DRINK AND SPOOKY POPCORN

GAMES, DANCING, TUCK SHOP AND MORE!



FRIENDS OF GARRAS SCHOOL ARE HOSTING A...

WITCHES & GHOULS SPOOKY DISCO

FRIDAY 24TH OCTOBER
6PM - 7:30PM

YEARS 3, 4, 5 & 6
£3 A TICKET

TO INCLUDE ENDLESS WITCHES POTION AND EYEBALL POPCORN

Boo!