

# NEWSLETTER

## LYTHER NOWODHOW

### Message from Mr Sturges

#### Communications Update

Thank you for your ongoing feedback regarding our communications. We understand that the use of multiple platforms has led to some confusion, and we sincerely apologise for any inconvenience this may have caused. This situation has arisen in part due to our transition to Arbor, the new system we are in the process of implementing. We appreciate your patience and understanding as we work to complete this transition and streamline our communication channels.

To support clarity in the meantime, we've included in this newsletter a summary of the platforms currently in use, along with their specific purposes. Thank you so much for the positive feedback we've received about our new-look newsletter and the enriching trips that have taken place so far this term. It's wonderful to hear how much the children are enjoying these opportunities, and your support in making them happen – whether through volunteering, helping with preparations, or simply sharing your enthusiasm – is truly appreciated.

#### Positive Talk, Powerful Impact

We also know that the partnership between home and school is a vital part of your child's success. One powerful way to support this is through positive conversations about school and their learning outside of school. When children hear encouraging messages at home – celebrating their efforts, showing interest in what they're learning, or speaking positively about the school – it helps them feel confident, valued, and motivated.

Of course, we understand that sometimes concerns may arise. We're always here to listen and work together. Addressing concerns in a constructive and supportive way helps us grow as a school and sets a positive example for our children. Speaking negatively about the school in front of children or in conversations with other parents can unintentionally impact how children feel about their school community. If you do have any concerns, please speak directly to your child's class teacher or to me.

#### Food bank collection

Lastly, we are once again collecting donations for the Helston and Lizard Foodbank. If you're able to contribute non-perishable food items that are listed by the food bank on this newsletter, please bring them into school by Monday 20th October by 12 noon. Your generosity will make a real difference to local families.

Thank you, as always, for your continued support.  
Warm regards,



GARRAS CP SCHOOL  
SKOL GYNSA KEMENETH  
GARROS



SAFEGUARDING  
<https://www.qwell.io>

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

Tel: 01326 221653

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

# BARN OWLS

KOWANNOW GWYNN

This week in Barn Owls...

On Monday we went for a lovely Autumn Walk in our local area! We kept our eyes peeled for signs of Autumn...we spotted different coloured leaves, conkers, berries and much more! We then talked all about the different seasons in a year.

In literacy we have been revisiting our current story focus 'Bringing the rain to Kapiti plain'. The children did some excellent sequencing of our story, and Year 1 worked very hard to write captions using their capital letters, finger spaces and full stops.

This week we have been practicing a special Harvest song to perform at the church on Friday! We have been busy doing arts and crafts to create some props to sing with.

We had another fantastic session at Swallows, and we are definitely becoming confident gymnasts!

We have been working hard to practice all the new sounds we have learnt this half term, and we even got to share some of our learning with our grownups! We were very excited and did a super job.

A small reminder that next Thursday Miss Martin is running a phonics workshop for all the Barn Owls parents. This will be 2-3 in the barn, however, please arrive 10 minutes before to give time for signing in.

Thank you so much for your continued support. We hope you all have a lovely weekend!  
Barn Owls Team





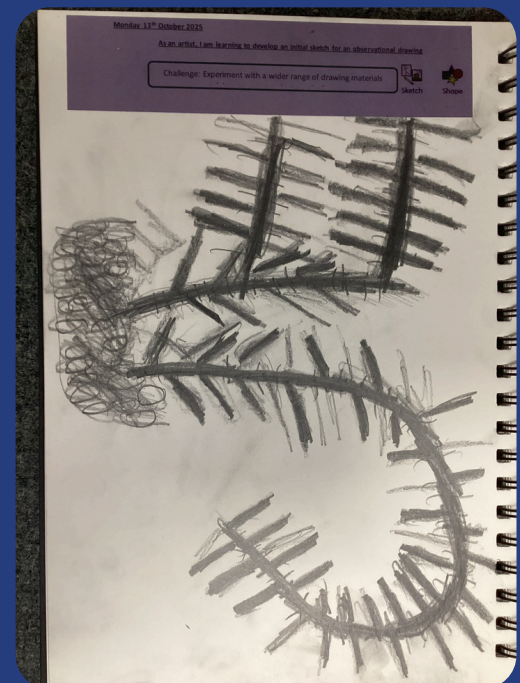
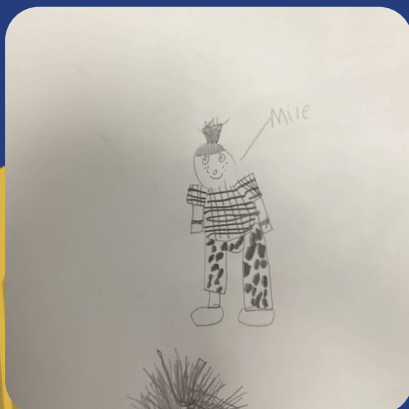
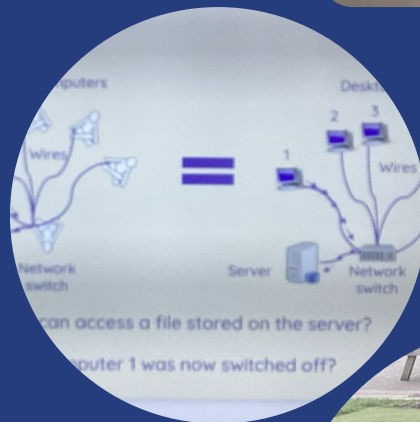
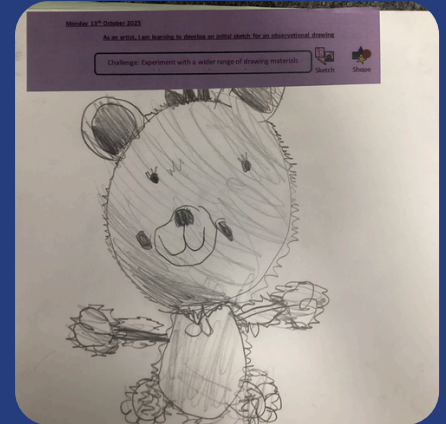
# HAWK OWLS

Kowannow Sparr Hok

We've had another exciting week in our classroom! In literacy, the children have been creating their own cautionary tales in delightful rhyming couplets. Each child has chosen a problem, like eating too many sweets, and has come up with creative consequences and meaningful morals for their stories. I can't wait for you to share these poems next week with you.

In art, we've immersed ourselves in the world of observational drawing. The children have been exploring various objects found around the school grounds, ranging from leaves to intriguing classroom materials. They've put great effort into understanding how to represent these objects on paper, focusing on aspects like light and shadow to create depth. By experimenting with different mark-making techniques, such as cross-hatching and stippling, the children are learning to convey texture and form in their artwork. The progress they're making is truly inspiring, and I look forward to showcasing their unique masterpieces very soon!

We finished out computing unit this week about connections. The children learning about how messages are sent to other devices from a server. They identified where the server and wireless devices are in school and then demonstrated how this works using skipping ropes with one child being the server holding all the ropes.





# EAGLE OWLS

Kowannow Er

This week sees the last of our sailing sessions for this calendar year. We have been very lucky with the weather and have seen some amazing sailing, particularly from our younger beginners! We hope to see you out on the water after the Easter holidays when sailing club resumes.

Eagle Owls have also attended an excellent workshop on the Vikings, held at Falmouth Maritime Museum. They learnt about the trading routes, learnt how the Vikings would trade, and which items were more valuable than others. The children also learnt how the Vikings made coins and then had a go at making their own Viking coins (which the adults enjoyed as well!). The sailing theme continued with the children exploring how Viking longships were made and then experimented and put their sailing knowledge to use on the sailing pond in the museum! The children were well behaved and a real credit to the school throughout this trip. Thank you, Eagle Owls, for making us proud, as well as taking part in some memorable learning activities!





# Garras Notice Board

## Bord Argemynnow Garros



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

or [click here!](#)



### School communications to parents



#### Arbor

in-app messages and emails used for day to day communications.

#### Parent Pay

used for trips consents and payments.

#### Teachers2parents

available until the 7<sup>th</sup> July 2026 and used for reminders. After that date Crofty is moving to Arbor.

It is important that everyone sign up to Arbor app and Parent Pay website

Any questions please contact Mrs V.

Thank you for your patience and support during our communication system transition



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.



### An amendment for the football league

Monday 3<sup>rd</sup> 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 24<sup>th</sup> November 2025.



### Foodbank donations

Thank you for everyone who has made food donations so far. Our deadline for collection is Monday 20<sup>th</sup> October.

Please find below a list of the needed items.

#### URGENTLY NEEDED FOOD ITEMS

LONG LIFE FRUIT JUICE

LONG LIFE MILK

TINNED COLD MEATS - HAM ETC

SMALL JARS OF COFFEE

TINS OF CUSTARD

TINS OF RICE PUDDING

TINNED FRUIT

SPONGE PUDDINGS

SHAMPOO, SHOWER GEL ETC



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, 21<sup>st</sup> October at 2:45pm for Hawk Owls and Eagle Owls. Wednesday 22<sup>nd</sup> October at 2:45pm for Barn Owls. 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!



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!



## 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 "Responsibility".

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:  
Florence

Hawk Owls:  
Fredrik

Eagle Owls:  
Christopher

[www.virtuesineducation.com](http://www.virtuesineducation.com)

Pen Licence

Congratulations to:

Nathaniel

Congratulations to:

Lowen  
Mabel

New member of the exclusive 44  
club in Maths

*Join the*

**CELEBRATION!**





## 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 93.57%

Hawk Owls 96.88%

Eagle Owls 96.76%

Whole school 97.34%

## INSET DAYS

Mon 3<sup>rd</sup> November 2025

Monday 5<sup>th</sup> January 2026

Mon 23<sup>rd</sup> February 2026

Friday 8<sup>th</sup> May 2026

Monday 22<sup>nd</sup> June 2026

Thursday 23<sup>rd</sup> 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 20 <sup>th</sup> October     | Food bank collection deadline by noon<br>Eagle Owls Gymnastics                                                  |
| Tue 21 <sup>st</sup> October     | Football at Trannack School<br>Hawk Owls and Eagle Owls Parents Book Look 2.45pm                                |
| Wed 22 <sup>nd</sup> October     | Foodbank donations drop off<br>Barn Owls Parents Book Look 2.45pm<br>SAT5 Club 3.15pm to 4.15pm                 |
| Thurs 23 <sup>rd</sup> October   | Barn Owls and Hawk Owls Gymnastics<br>Diwali school lunch<br>Barn Owls phonics workshops with parents 2pm - 3pm |
| Fri 24 <sup>th</sup> October     | Mr Sturges out all day (training)<br>Last day of Autumn Half-term<br>Frogs Disco Mawgan Recreation Hall         |
| Mon 3 <sup>rd</sup> November     | Inset day. School closed                                                                                        |
| Tues 4 <sup>th</sup> November    | Cross Country KS2 4pm North Site Helston                                                                        |
| Wed 5 <sup>th</sup> November     | Bonfire Menu School meals                                                                                       |
| Thurs 6 <sup>th</sup> November   | Barn Owls and Hawk Owls Gymnastics                                                                              |
| Friday 12 <sup>th</sup> December | Christmas Play                                                                                                  |
| Friday 19 <sup>th</sup> December | Christingle<br>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 |  |



#### 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)

| 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           | 1 | 8  | 15 | 22 | 29 |  |
| Sun           | 2 | 9  | 16 | 23 | 30 |  |

| 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 | 31 |  |
| 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 |  |

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.



## What Parents & Educators Need to Know about

# TIKTOK

### 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 teens 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 £7.6 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 15-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>





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](https://facefamilyadvice.co.uk)

Book online £48

on the **Online Parenting Courses** page



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 \(MHST\)](#)





## 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](https://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          |
| <b>FREE - Raising Self-Esteem</b> | <b>23 Oct 7-8pm</b> |
| 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 RIGHTFULLY 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.



In aid of GARRAS Owlets pre-school, fundraising to provide vital resources, trips and outdoor equipment for the children

## Silent Auction

25th of November

Come and join us at The Ship Inn Mawgan from 7:30pm, party supper, great atmosphere and amazing lots to win



## Diwali

FESTIVAL OF LIGHTS

Thursday 23<sup>rd</sup> 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



## LET'S ROCKET

Wed 5<sup>th</sup> November

**MAINS**  
Rocket Dog or Vegetarian Rocket Dog (V)

**SIDES**  
Whizz Bang Chips, Catherine Wheel Carrots and Cabbage

**DESSERTS**  
Strawberry Sparkler Sundae

\*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 24<sup>TH</sup> 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 24<sup>TH</sup> OCTOBER  
6PM - 7:30PM

**YEARS 3, 4, 5 & 6  
£3 A TICKET**

**TO INCLUDE ENDLESS WITCHES POTION AND EYEBALL POPCORN**

Boo!