

NEWSLETTER

LYTHER NOWODHOW

Message from Mr Sturges

Welcome back!

I hope everyone had a restful and enjoyable half-term break. It's lovely to see the children back in school, refreshed and ready for another busy few weeks of learning and activities.

Parents' Meetings

Next week, we'll be holding our Parents' Meetings. This is a valuable opportunity to discuss your child's progress and celebrate their achievements. Sign-up sheets are now available outside each classroom—please do take a moment to book a time that suits you.

FROGS (PTA) Volunteers Needed

Our fantastic FROGS team (Friends of Garras School) do an incredible job organising events and fundraising activities that directly benefit our pupils. They are currently looking for new volunteers to join and support upcoming events. If you can spare a little time, your help would be greatly appreciated.

FROGS Meeting

A meeting will be held soon to discuss future plans and events—further details will follow shortly. We'd love to see as many parents as possible get involved!

Thank you, as always, for your continued support.

Warm regards,



GARRAS CP SCHOOL
SKOL GYNNA 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

BARN OWLS

KOWANNOW GWYNN

This week in Barn Owls...

Welcome back!

We have had a lovely week settling back into school. We have been learning all about Guy Fawkes and creating beautiful firework art to take home!

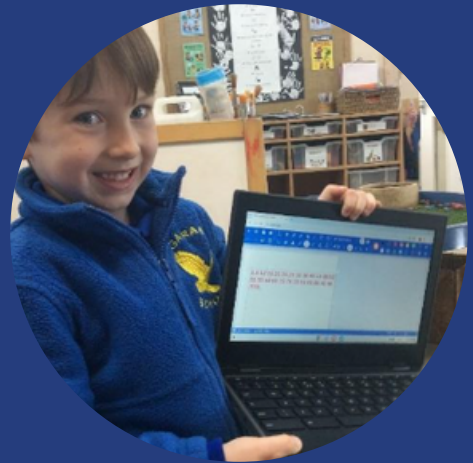
In maths, reception have been practicing their counting and representing different numbers up to 5 and year 1 have been learning all about fact families - they have impressed us with their skills!

As part of our new story focus, a little octopus came to visit us and left us a message! He wanted us to explore what the different emotions are and how we all feel different in different scenarios. We were able to role play and write about our emotions. Next week he has promised us we can read his story!

On another note...Miss Martin and Mrs Anthony spent half the week completing their wild tribe training in Liskeard! They had a great time learning outdoors skills and activities. They are very excited to begin implementing more outdoor learning across the curriculum and the school. Stay tuned to hear much more about this...

A small reminder/request to bring a baby photo and a family photo into school for next week - please check your emails for more information! 😊

We are all looking forward to working together to have another fantastic half term in the run up to Christmas!
As always, thank you for your continued support.
Barn Owls team



HAWK OWLS

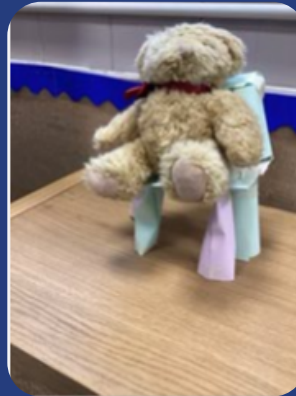
Kowannow Sparr Hok

In Literacy, pupils have begun reading *The BFG* by Roald Dahl. They are developing their reading comprehension skills through discussion of the text and have started to produce their own pieces of writing inspired by the story.

In Design and Technology (DT), pupils have completed and evaluated their chairs for Baby Bear, ensuring that their designs demonstrated both strength and stability. This project encouraged creativity as well as practical problem-solving skills.

During Computing, pupils have been introduced to the concept of data collection. They have explored different ways of gathering information and discussed how data can be used to answer questions.

In Music, pupils have been learning about pentatonic music through a Chinese theme. They have listened to examples of traditional music and begun experimenting with creating their own pentatonic melodies.



Activity 3

Can you write questions to group the objects?

Question								Total 'Yes'	Total 'No'
Example: Does it have handbrakes?	✓	x	✓	✓	x	x	x	3	4
Does it have 4 wheels?	x	✓	x	x	✓	✓	x	3	4
Is it red?	✓	x	x	✓	x	✓	✓	3	4
Can it fly?	x	x	x	x	x	x	✓	6	1
Does it have an engine?	x	✓	x	✓	✓	✓	x	3	4



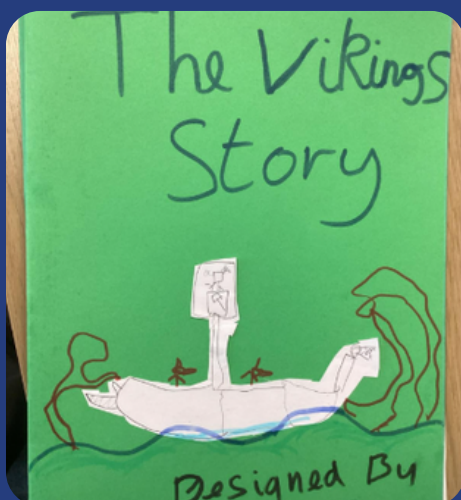
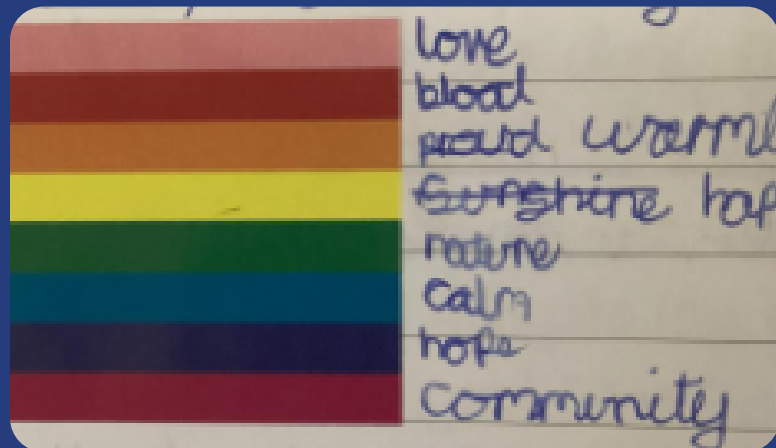
EAGLE OWLS

Kowannow Er

What a busy first week back after half term! Eagle Owls have made a start on their new Literacy focus book: Pride - The story of Harvey Milk and the Rainbow Flag. As part of both reading and literacy lessons, we have been discussing the importance of hopes and dreams and equality for all. We have considered possible themes behind the colours in the rainbow flag using abstract nouns.

We have also now completed our DT project. This was focusing on using mechanisms such as sliders, pop-ups and levers to design and make a book based on the Vikings. This linked with our History work and the trip to the Maritime Museum last half term. Most children chose to recreate the Saga of Vinland and Leif Erikson. Their finished projects were very carefully considered and displayed some incredible artwork!

Our main focus over the next few weeks will be the Christmas play. Please remember to bring your scripts in every day!



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!](#)



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.



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 7th 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.



We are looking for volunteers to help to rearrange our school library. If you have spare time, please contact Mrs V.



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."



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 "Curiosity".

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: Ronnie

Hawk Owls: Beatrice

Eagle Owls: Ava

www.virtuesineducation.com

Congratulations to:

Beni
Charlie P.

New members of the exclusive 11 club in
Maths

Byron

New member of the exclusive 44 club in
Maths

Brennan

New member of the exclusive 55 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 95.49%

Hawk Owls 95%

Eagle Owls 94.05%

Whole school 96.24%

INSET DAYS

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

From Mon 10 Nov to Thurs 13 th Nov	Parents evening
Mon 10 th November	Eagle Owls Gymnastics Football tournament 1pm to 3pm Helston School
Tue 11 th November	School Remembrance service 11am Cross Country KS2 Helston North site
Wed 12 th November	SATS Club 3.15pm to 4.15pm
Thurs 13 th November	Michael Rosen Day workshop Hawk Owls and Eagle Owls. Barn Owls and Hawk Owls Gymnastics
Mon 17 th November	Eagle Owls Gymnastics Football Tournament Y5/6 Girls only 3.45pm to 5pm
Tue 18 th November	Christmas Play rehearsal
Wed 19 th November	Swim Gold Helston pool KS2 9am to 12pm SATS Club 3.15pm to 4.15pm
Thurs 20 th November	Barn Owls and Hawk Owls Gymnastics Mr Sturges out all day Frogs meeting time TBC
Friday 12 th December	Christmas Play
Wed 17 th December	School Christmas lunch Recreation Hall
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	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	



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.

Information Classification: CONTROLLED

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



NOS National Online Safety®
#WakeUpWednesday

Source: https://www.ofcom.org.uk/data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf



Are you struggling with a defiant child?



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For more information contact: meneagemessenger@outlook.co.uk



In aid of Garra's 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, pasty supper,
great atmosphere and
amazing lots to win



HELSTON
RAILWAY

Christmas Trains



Santa Train Dates (December 2025)
6th, 7th, 13th, 14th, 20th, 21st, 22nd

Santa Train Times
10:00, 11:30, 15:00

Train of Light Time
17:30

Ticket Prices

Adult £10

Child £11.50

Under 5 years £5

Child and under 5 prices include
present from Santa!

visit www.helstonrailway.co.uk

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