

# NEWSLETTER

## LYTHER NOWODHOW

### Message from Mr Sturges

#### A Heartfelt Festive Thank You

As we move ever closer to the Christmas holidays, I want to take a moment to extend my warmest thanks to all our wonderful parents, carers, and wider family members. Your generosity, enthusiasm, and community spirit have truly shone through this season. The contributions for the Christmas hampers have been incredible, and the support with selling raffle tickets has been just as fantastic. These efforts make such a positive difference to our school, and we are deeply grateful for your continued kindness and involvement. It really does help make this time of year extra special for the children.

#### A Note on PE - Thank You for Your Patience

We would also like to apologise for the last-minute communication regarding PE uniform this week. At this time of year, with so many events and celebrations taking place, our timetable becomes a little more festive - and occasionally a little more complicated! Please note that there will be no PE on the final two Fridays due to the Christmas play and the Christingle service.

I am currently in conversation with Mr Warren to explore whether any alternative PE dates might be possible. This will depend on whether the other small schools involved in the partnership are able to make timetable adjustments of their own. We will keep you updated as soon as we have more information. Thank you for your understanding and flexibility during this busy, joyful season.

#### Christmas Play - Important Costume Information

Excitement is building as we put the finishing touches on our Christmas play for next week! To help everything run smoothly, please ensure your child brings their costume to school on the day of the performance in a clearly labelled bag. The children will get changed at school before heading to the hall for the 2.00pm performance, and they will bring their school uniform home in their bags afterwards.

For the evening performance, children should arrive already dressed in their costumes, ready to shine on stage once more.

After the performances are complete, we kindly ask that all costumes are returned to school on Monday 15<sup>th</sup>, so we can organise getting them safely back into the attic until next year's festivities begin.

Thank you, as always, for your incredible support. We are very much looking forward to celebrating this magical season together!

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](mailto:garrassecretary@croftymat.org)

# BARN OWLS

KOWANNOW GWYNN

This week in Barn Owls...

We have been working super hard in literacy this week, coming to the end of our story 'Leo and the Octopus' Year 1 have created very impressive fact files all about Octopuses. They used what they have learnt about adjectives, imperative verbs and conjunctions to produce some wonderful writing.

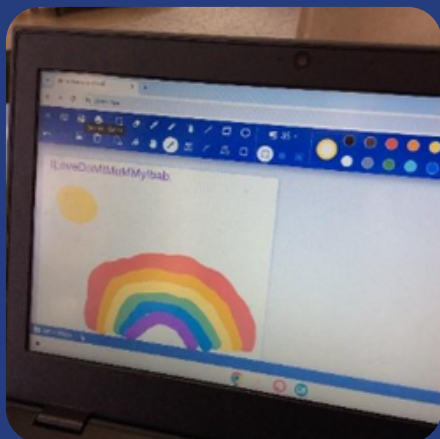
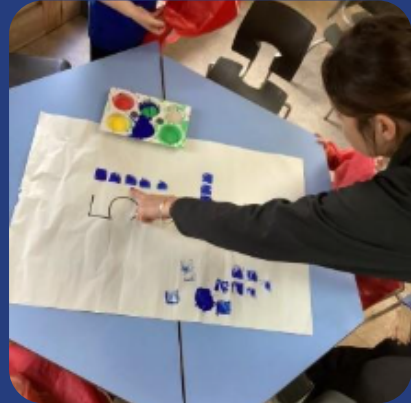
Reception have practiced some fantastic number skills this week, looking at the composition of 5. They have been using lots of different resources to represent their learning - even some paint printing! Year 1 have wowed us with their maths too, focusing on place value and partitioning numbers, ready for our end of unit quiz next week.

As always, all children have been working hard on their phonics skills. Year 1 have been learning more 'split digraphs' and tricky words, which they have showcased in their wonderful writing this week. Reception have been learning more digraphs (two letters, one sound), identifying them in words and practicing their letter formations.

We have all worked together to make our class Christmas post box and are very excited to write lots of important letters to post to Santa and his elves! On Tuesday we also joined the rest of the school for our first Nativity rehearsal! We are super excited to perform on stage and have been practicing our singing and acting all week.

We hope you have a lovely weekend and as always, thank you for your continued support.

Barn Owls team





# HAWK OWLS

Kowannow Sparr Hok

What a lovely week we have had! In Literacy, the children have written thoughtful letters to The BFG to share their ideas about the story, and they have now begun planning and writing their own adventures featuring a child and the Big Friendly Giant. Their imaginations have been wonderful to watch!

We have also continued to rehearse our Christmas play, and the children are really getting us all into the festive spirit. You are certainly in for a treat! Thank you so much for your support in helping the children learn their lines and songs – it truly makes a difference.

In Geography, we have been comparing the UK and Kenya. The children explored photographs showing both rural and urban areas in each place and then discussed whether they would prefer to live in the UK or in a hot country like Kenya. Their ideas and reasoning sparked some brilliant conversations.

We finally completed our Science this week as we needed the sun to investigate shadows. The children have really enjoyed this unit.

We all hope you have a wonderful, restful weekend, and thank you for your continued support.



# EAGLE OWLS

Kowannow Er

## Eagle Owls Weekly Update 🦉

The Eagle Owls have had another productive and exciting week! We've made excellent progress with our Christmas play, with confident acting, clear speaking, and some beautifully sung songs—the performance is really taking shape.

In Maths, the class have made a fantastic start to our division unit, showing great focus and determination. It's wonderful to see their confidence growing with each lesson.

Our Literacy work has been equally impressive, with the children producing excellent setting descriptions inspired by *Odd and the Frost Giants*. Their vivid vocabulary and imaginative details have really brought the story's frosty world to life.

In PE, the class have enjoyed learning and improving their skills in badminton, showing great coordination, teamwork, and resilience.

A brilliant week of hard work, creativity, and activity—well done, Eagle Owls!





# 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!](#)



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

It is important that everyone please signs up to the Arbor app and Parent Pay website.

Any questions, please contact Mrs V.

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



## An amendment for the football league

New dates:

Monday 12<sup>th</sup> January 2026 (instead of 24/11/25)

Monday 19<sup>th</sup> January 2026 Girls only (instead of 17/11/25)

Monday 2<sup>nd</sup> February 2026 (instead of 1/12/25)



The school is selling honey kindly donated by Isaac's Dad. It's £5 a jar and the amount raised will be donated to Frogs. Thank you for your support!



## CHRISTMAS HAMPER AND RAFFLE

As in previous years FROGS will be raffling off Food & Drinks hampers at the evening performance of the Christmas Play.

The Christmas Hamper items list is now available. The board will be placed in the playground at drop off and pick up. Please add your name to any items you would like to contribute and drop them to Mrs V by Monday 8<sup>th</sup> December.

Raffle tickets will also be going out in school book bags next week. Additional tickets can be collected from Mrs V. Tickets will also be available to buy at both Christmas play performances. Ticket stubs and money to be returned to Mrs V by Monday 8<sup>th</sup> December.

## Christamas play rehearsal timetables

Tuesday 9<sup>th</sup> December: Whole School please drop your children at Gweek Village Hall between 8.30 and 8.45 am.

Christmas play Friday 12<sup>th</sup> December If you are not at the evening play please pick up your child at 3.15pm Gweek Village Hall

If your children are doing Breakfast club those mornings, they will be transported by a member of the staff.

## REMINDERS KOFHEANSOW

### 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
<del>6.11.25</del> 12.01.26	3:45-5pm	Y5/6	Helston Astro
<del>11.11.25</del> GIRLS ONLY 19.01.26	3:45-5pm	Y5/6	Helston Astro
<del>1.12.25</del> 02.02.26	3:45-5pm	Y5/6	Helston Astro

## INSET DAYS

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

## ATTENDANCE

ATTENDYANS

Barn Owls 96.71%

Hawk Owls 91.25%

Eagle Owls 95.83%

Whole school 95.94%



# DIARY DATES

## DEDHYASOW DHYDHLVER

Wed 10 <sup>th</sup> December	SATS Club 3.15pm to 4.15pm
Friday 12 <sup>th</sup> December	Christmas Play Matinee 2pm Evening 6pm
Wed 17 <sup>th</sup> December	NO SATS Club
Wed 17 <sup>th</sup> December	School Christmas lunch Recreation Hall
Friday 19 <sup>th</sup> December	Christingle 2pm Last day of Term
Mon 22 <sup>nd</sup> December to Friday 2 <sup>nd</sup> January	Christmas Holiday
Mon 5 <sup>th</sup> January	INSET DAY - School closed

### 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)

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		
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	1	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	



# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.



### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-5627106> | <https://www.theguardian.com/technology/2020/apr/29/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-to-keep-your-child-safe-online-and-offline> | <https://www.bbc.com/news/world-mexico-57007070>



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.10.2023





**Merry Christmas!**

### December 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)

Decreasing Depression	1 DEC 10am
Raising Self Esteem	1 DEC 7pm
Understanding the Teenage Brain	2 DEC 10am
Supporting Healthy Sleep	2 DEC 7pm
Autism - Improving Communication	8 DEC 10am
Improving Family Communication	8 DEC 7pm
Supporting A Child with ADHD	9 DEC 10am
Understanding Addictive Behaviour	9 DEC 7pm
Anxiety Based School Avoidance	15 DEC 10am
Understanding Anger	15 DEC 7pm
Supporting Healthy Screen Use	16 DEC 10am
Facing Defiance	16 DEC 7pm



### January 2026 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)

Autism - Improving Communication	5 Jan 10am
Improving Family Communication	5 Jan 7pm
Supporting A Child with ADHD	6 Jan 10am
Understanding Addictive Behaviour	6 Jan 7pm
Anxiety Based School Avoidance	12 Jan 10am
Understanding Anger	12 Jan 7pm
Supporting Healthy Screen Use	13 Jan 10am
Facing Defiance	13 Jan 7pm
Cannabis and Ketamine Awareness	19 Jan 10am
Anxiety Explained	19 Jan 7pm
Introduction to OCD	20 Jan 10am
What Is ACT	20 Jan 7pm
<b>FREE Responding to Angry Behaviour</b>	22 Jan 7-8pm
Raising Self-Esteem	26 Jan 10am
Decreasing Depression	26 Jan 7pm
Supporting Healthy Sleep	27 Jan 10am
Understanding the Teenage Brain	27 Jan 7pm



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

**HELSTON TOWN BAND**

# THE SNOWMAN

*The Film, The Music, The Magic - Live!*



**A FESTIVE FIRST HALF OF SEASONAL FAVOURITES, WITH GUEST PERFORMANCES FROM CHARLOTTE LAITY**

**FOLLOWED BY THE SNOWMAN ON THE BIG SCREEN, WITH LIVE MUSIC FROM HELSTON TOWN BAND**

**2PM & 6PM TUES 23 DECEMBER 2025**  
**PRINCESS PAVILION, FALMOUTH**  
TICKETS NOW AVAILABLE | [WWW.HELSTONTOWNBAND.CO.UK](http://WWW.HELSTONTOWNBAND.CO.UK)



## SPACE

**Supporting Parents And Children Emotionally**

SPACE is a free programme for any parent or carer who wants to better understand and support their children's emotions, as well as their own.

**Each SPACE course is 5 sessions long and will cover:**

- Understanding what is meant by a trauma informed approach
- Understanding toxic stress and the fight/flight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care

MHST has several upcoming 5 session SPACE courses as follows:

**Every Monday from 12<sup>th</sup> January - 9<sup>th</sup> February 2026 - 13:00-14:30**  
FACE TO FACE at Helston Family Hub, Bulwark Road, Helston, TR11 3JF

with ONLINE programmes on:

**Every Friday from 9<sup>th</sup> January to 6<sup>th</sup> February 2026 - 09:30-10:30**  
or  
**Every Monday from 12<sup>th</sup> January to 9<sup>th</sup> February 2026 - 09:30-10:30**

To request a place, complete the online form or scan the QR code provided BY 15<sup>th</sup> DECEMBER 2025:  
<https://forms.office.com/e/rv5DNG6LMv>

These courses are for parents/carers of children 5-11 yrs only

Spaces are limited (Max 8 per session); if you cannot attend, please notify us ASAP - 03726 873004



**HELSTON TOWN BAND**  
**PRINCESS PAVILION**  
**TOGETHER FOR FAMILIES**  
**COMMUNITY FUND**

**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](http://www.helstonrailway.co.uk)

**HAVE YOUR SAY!**  
**DO YOU WANT 33 NEW HOUSES BUILT IN MAWGAN?**

SHARE YOUR VIEWS AT THE NEXT  
MAWGAN PARISH COUNCIL MEETING

**7:30PM**  
**17 DECEMBER 2025**  
Mawgan Recreational Hall  
Planning application PA25/07215  
(land adjacent to Langweath Lane)

