

NEWSLETTER

LYTHER NOWODHOW

Message from Mr Sturges

As we come to the end of a very long but thoroughly enjoyable term, the school has been filled with festive cheer, and I would like to say a heartfelt thank you to all our parents and carers for your continued support.

Last week, the children were simply wonderful in both performances of The Magical Christmas Jigsaw. They looked amazing and were a real credit to the school, bringing the true spirit of Christmas to the stage through their confidence, enthusiasm and teamwork.

This final week has been especially busy and full of seasonal joy. On Monday, a group of children sang beautifully for the residents at Parc Vro, spreading Christmas cheer. Wednesday saw our traditional Christmas lunch at the Recreation Hall, followed by Christmas parties back in school. On Thursday, our Year 6 children sang and served our community at the Community Café, showing kindness and generosity, and we ended the week with a very special Christingle service at Mawgan Church.

Thank you to all the parents who helped to make the Christmas lunch so memorable, whether by setting up, serving the children and staff, or supporting behind the scenes. A special thank you to Tara and Annette for preparing such a delicious festive meal.

A huge thank you must also go to all the staff in school, who work tirelessly every day to ensure the children enjoy a rich, inspiring and nurturing learning experience. Your dedication truly shines, especially at this busy time of year.

As we close the term, I would like to wish all our children and families a very Merry Christmas and a happy, healthy and peaceful New Year. We look forward to welcoming everyone back in 2026 with fresh energy and excitement. 🌟🌟



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.

Tel: 01326 221653

garrassecretary@croftymat.org

BARN OWLS

KOWANNOW GWYNN

Dear Parents and Carers,

As we come to the end of a very busy and exciting term, we would like to take a moment to reflect on our final week together and celebrate all the wonderful learning the children have been doing.

In Maths this week, the children have been exploring shapes. They have enjoyed recognising, naming, and talking about the properties of different shapes, as well as using them creatively in their learning and play. Year 1 have even been exploring 3D shapes!

Despite the end of term tiredness, the children have produced some beautiful writing this week! They have wowed us with their skills and have not failed to use their wonderful imaginations. It has been lovely to see their confidence grow.

Wednesday was a particularly special day as we enjoyed our Christmas lunch thanks to FROGS, followed by our Christmas party! The children had a fantastic time celebrating together, and it was wonderful to see so many smiling faces, festive dancing, and happy memories being made.

Throughout the week, the children have also been using their skills to create beautiful Christmas decorations. They have put so much care and effort into their work, and we hope you enjoy seeing these special creations at home!

We are incredibly proud of everything the children have achieved this year, they have worked so hard and are definitely ready for a well-earned rest – and, of course, ready for Santa to arrive!

Thank you, as always, for your continued support. We wish you and your families a very happy, peaceful, and festive Christmas, and we look forward to welcoming the children back in the New Year.

Warmest wishes,
Barn Owls Team 😊



HAWK OWLS

Kowannow Sparr Hok

This week in Hawk Owls, we have had a fantastic time finishing off our art unit. The children have been exploring tints and shades of colour to paint an object so that it appears 3D. They absolutely loved this lesson, and many were amazed at how their paintings came to life and were even better than they thought possible!

In RE, the children have been learning why waiting and preparing for Christmas is so important for many Christians. They explored this through making Advent wreaths and talking about the things people like to say thank you for at Christmas time. The children then wrote something they are thankful for on strips of paper, which were turned into lovely paper chains.

We also enjoyed a wonderful Christmas lunch in the Hall. The children made festive crowns to wear for the lunch and for their party in the afternoon, which added to the excitement of the day. A huge thank you to FROGS for all their hard work in organising such a special Christmas lunch. The children had the best time!

After such a busy and exciting few weeks, the children are now very tired and more than ready for the holidays! We hope you and your families have a restful and joyful break, and we look forward to welcoming everyone back in the new year!

Merry Christmas from Mrs Woodhead, Mr Sturges and Miss Rosevear



EAGLE OWLS

Kowannow Er

Eagle Owls Weekly Update 🦉

The Eagle Owls have enjoyed a wonderfully festive and rewarding week! In Science, the children carried out a hands-on experiment using levers, exploring how they can make work easier and testing their ideas practically.

We were very proud of the class when they took part in singing at Parc Vro, and a special well done to our Year 6 pupils who sang and helped serve at the Community Café, showing confidence, kindness, and excellent manners.

To round off the week, everyone thoroughly enjoyed Christmas lunch and the class parties, celebrating together and embracing the festive spirit.

A joyful end to a busy term—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!](#)



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 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.



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

New dates:

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

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

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



Garras School Christmas Play
The Magical Christmas Jigsaw



Join the
CELEBRATION!

Carol singing at Parc Vro



Christmas Lunch



Christingle



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
12.01.26	3:45-5pm	Y5/6	Helston Astro
19.01.26	3:45-5pm	Y5/6	Helston Astro
02.02.26	3:45-5pm	Y5/6	Helston Astro

INSET DAYS

Monday 5th January 2026

Mon 23rd February 2026

Friday 8th May 2026

Monday 22nd June 2026

Thursday 23rd July 2026

Cornwall Council 2025/2026 School Term Dates for Community and Voluntary-Controlled Schools

September 2025	October 2025	November 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	Mon 6 13 20 27 Tue 7 14 21 28 Wed 8 15 22 29 Thurs 9 16 23 30 Fri 10 17 24 31	Mon 9 16 23 30 Tue 10 17 24 Wed 11 18 25 Thurs 12 19 26 Fri 13 20 27
December 2025	January 2026	February 2026
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	Mon 5 12 19 26 Tue 6 13 20 27 Wed 7 14 21 28 Thurs 8 15 22 29 Fri 9 16 23 30	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
March 2026	April 2026	May 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	Mon 6 13 20 27 Tue 7 14 21 28 Wed 8 15 22 29 Thurs 9 16 23 30 Fri 10 17 24 31	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
June 2026	July 2026	August 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	Mon 6 13 20 27 Tue 7 14 21 28 Wed 8 15 22 29 Thurs 9 16 23 30 Fri 10 17 24 31	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

Information Classification: CONTROLLED

CORNWALL COUNCIL
Together for Families

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)
1 September - 19 December 2025
(HALF TERM 27 - 31 October 2025)

SPRING TERM (59 days)
5 January - 2 April 2026
(HALF TERM 18 - 20 February 2026)

SUMMER TERM (83 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.

ATTENDANCE

ATTENDYANS

Barn Owls 83.04%

Hawk Owls 93.33%

Eagle Owls 97.10%

Whole school 95.28%

PE DAYS

Spring Term PE and Lesson Information

- Barn Owls will have PE on Fridays with Mr Warren.
- Hawk Owls and Eagle Owls will have PE twice a week:
- Thursdays with Mr Sturges
- Fridays with Mr Warren
- On Thursday afternoons, Hawk Owls and Eagle Owls will be taught Computing by Mrs Rayner.
- Music for Hawk Owls and Eagle Owls will continue on Fridays with Mr Sturges.

Please ensure children come to school dressed appropriately for PE on their class PE days.



DIARY DATES

DEDHYASOW DHYDHLYVER

Mon 22 nd December to Friday 2 nd January	Christmas Holiday
Mon 5 th January	INSET DAY - School closed
Wed 7 th January	Barn Owls Welly Wednesday SATs Club 3.15pm to 4.15pm
Thurs 8 th January	Y4 Wild Tribe
Mon 12 th January	Gym Competition Y3/Y4/Y5/Y6 Football league Y3/Y4 3.45pm to 5pm
Wed 14 th January	Barn Owls Welly Wednesday SATs Club 3.15pm to 4.15pm
Thurs 15 th January	Y5 Wild Tribe
Mon 19 th January	Football league girls only 3.45pm to 5pm
Tue 20 th January	Eagle Owls Porthcurno visit
Wed 21 st January	Barn Owls Welly Wednesday SATs Club 3.15pm to 4.15pm
Thurs 22 nd January	Y6 Wild Tribe
Mon 26 th January	Mr Sturges not in school
Tue 27 th January	Mr Sturges not in school
Wed 28 th January	Barn Owls Welly Wednesday SATs Club 3.15pm to 4.15pm
Thurs 29 th January	Y2 Wild Tribe
Mon 2 nd February	Eagle Owls Eden Project visit Football league Y5/Y6 3.45pm to 5pm
Tue 3 rd February	Y3/Y4 Indoor Athletic
Wed 4 th February	Barn Owls Welly Wednesday SATs Club 3.15pm to 4.15pm
Thurs 5 th February	Y3 Wild Tribe TBC
Mon 9 th February	KS1 Gym Festival Y3/Y4 Football 3.45pm to 5pm
Tue 10 th February	Inclusive festival
Wed 11 th February	SATs Club 3.15pm to 4.15pm
From 16 th February to 20 th February	Spring Half-term break
Mon 23 rd February	INSET DAY - School closed

What Parents & Carers Need to Know about NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an adult, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up too late, affecting their mood and concentration the next day.

SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

HACKING ATTEMPTS

With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during lockdown periods as it allows users from different households (friends and relatives, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite: the link, however, can also be distributed to people you don't know. A text chat feature enables interaction with the other users in real-time: this represents a risk to children if a stranger gains access to the Teleparty.

Advice for Parents & Carers

KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.

CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.

SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

CREATE A KIDS' PROFILE

Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.

CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety®
#WakeUpWednesday

Sources: www.help.netflix.com | www.about.netflix.com | www.dcometgate.com



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.11.2021



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
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
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
FREE Responding to Angry Behaviour	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
Book online £48
on the **Online Parenting Courses** page

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

HMST has several upcoming 5 session SPACE courses as follows:

Every Monday from 12th January - 4th February 2026 - 13:00-14:30
FACE TO FACE at Helston Family Hub, Belmore Road, Helston, TR13 8JF
with OILME programmes on:

Every Friday from 1st January - 6th February 2026 - 09:30-10:30
or
Every Monday from 12th January - 9th February 2026 - 09:30-10:30

To request a place, complete the online form or scan the QR code provided BY 19th DECEMBER 2025:
<https://forms.office.com/e/rv00NGdLMy>

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 - 01726 873204

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