

# NEWSLETTER

## LYTHER NOWODHOW

### Message from Mr Sturges

As we move through this term, I would like to thank you for your continued support and partnership with the school. It has been a pleasure to see our pupils so engaged in their learning and taking pride in their achievements, both in and out of the classroom.

It has been wonderful to see the children enjoying Wild Tribe this week, embracing outdoor learning with enthusiasm and developing confidence, resilience, and teamwork through their experiences.

Our staff remain committed to providing a safe, inclusive, and inspiring environment where every child is encouraged to reach their full potential. Since the children's return to school after the New Year, pupils have continued to demonstrate curiosity, determination, and kindness values we proudly promote across our school community.

I would also like to thank you for the positive feedback and support you offer. Strong communication between home and school is vital, and we are grateful for your ongoing involvement in school life.

As always, should you have any questions or concerns, please do not hesitate to contact us. We look forward to the weeks ahead and to continuing our work together to support our pupils' success.

Kind regards,



GARRAS CP SCHOOL

SKOL GYNFA KEMENETH  
GARROS



### SAFEGUARDING

<https://www.qwell.io>

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

# BARN OWLS

## KOWANNOW GWYNN

This week in Barn Owls...

We have been busy writing letters of advice to Super Milly from our story, using our writing skills and exploring all the features of a good letter. The children have begun some new learning in phonics this week. Reception have started exploring phase 3 digraphs (two letters, one sound) and trigraphs (three letters, one sound) and year 1 have continued to grow the code and extend their knowledge! Please continue to support your child's learning at home whenever possible, it really makes all the difference. 😊

In Geography, we have been learning about where we live. We explored the world map and found the UK. We then learnt the four countries that make up the UK. Ask us what they are and see if we can remember which one we live in!

We had our second Welly Wednesday this week! The children learnt all about whittling, and have chosen their sticks to begin practicing their tool skills next Wednesday. We built on our science learning this week, learning all about plants and how they grow. The children then got busy and mucky planting their own runner beans! We will be looking after them and observing how they grow over the next couple of weeks. To finish our session we had a lovely hot chocolate and story time around the fire circle to warm up.

In maths this week, Year 1 have started a new addition and subtraction unit. They have been practicing adding to the next ten and have even started adding across a ten. Reception have been focusing on ordinality and the 'staircase' pattern, recognising that each number is one more than the previous number.

In art this week, we have explored our primary and secondary colours. Exploring all the ways we can mix them together to make new colours! And creating some beautiful art work in the process.

Thank you for all of your support and cooperation this week. Have a wonderful weekend.

Warm wishes,

Barn Owls Team 😊



# HAWK OWLS

Kowanhow Sparr Hok

This week has been an exciting one in our classroom! We have been busy writing newspaper articles about the mysterious case of the stolen jar of tears, inspired by the enchanting book The Tear Thief. The children have truly enjoyed this creative endeavour, coming up with imaginative stories about how the Tear Thief might have sneaked into our school!

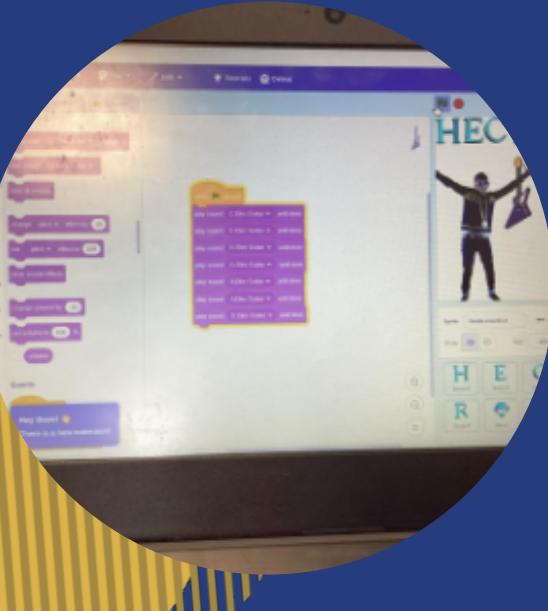
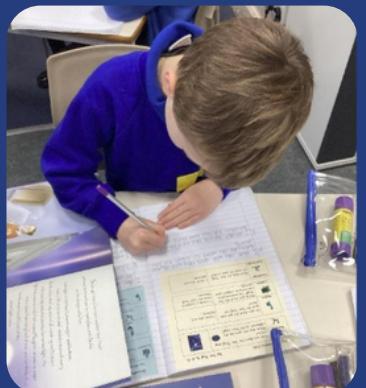
In guided reading, we have now finished reading The Tear Thief. We have really enjoyed the book, and we have been writing predictions about whether we think the Tear Thief will return or not. Most of us think she will!

In our Religious Education lessons, we have continued our exploration of Noah's Ark. We discussed the remarkable characteristics Noah must have possessed to follow God's guidance. The children illustrated their own versions of Noah and thoughtfully wrote down these traits around their drawings. As an extra challenge, many students considered what modern-day promises someone could make, leading to some fantastic ideas! They suggested commitments like caring for the environment, protecting animals, and helping others.

In French, we delved into the names of various fruits. The children were pleasantly surprised to discover that many fruit names are quite similar in both French and English!

Our history lessons have taken us back in time to the Tudor period, where we learned about the lives of children during that era. We discussed how children as young as seven might begin apprenticeships lasting seven years, exploring the types of trades they could learn and their working and living conditions.

Thank you for continued support!



# EAGLE OWLS

Kowannow Er

In our DT lessons, we have continued designing a monitoring device for an animal. Building on last week's work, where we programmed a micro:bit to act as a temperature sensor for a chosen animal, pupils then designed and constructed a case, stand, or small house for their micro:bit. These were built using LEGO pieces, encouraging recycling and a more sustainable approach by reusing plastic materials. The designs needed to keep the device safe, be stable, and suit the specific needs and enclosure of the chosen animal, prompting careful thinking about shape, structure, and purpose.

In Art, the children created mood boards and completed practice sketches, experimenting with colours and textures inspired by rainforest plants and animals. These will support their final pieces later in the unit.

Year 5 also took part in their first Wild Tribe session this week and had a fantastic time. They enjoyed learning how to whittle, make fairy fires, and finish the session by toasting marshmallows – a wonderful opportunity to build practical skills, confidence, and teamwork outdoors.



# 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

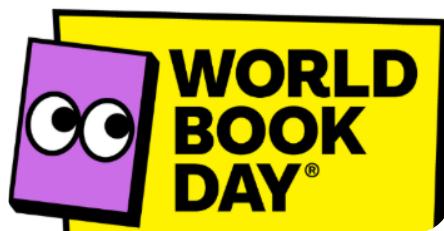
New dates:

Monday 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)

Monday 16<sup>th</sup> March 2026 (instead of  
24/11/25)





Research shows 6 things that help children want to read at home:

- Share - read or listen to audiobooks together
- Access - having reading materials around them (including audiobooks, ebooks and graphic novels and comics)
- Choice - they pick what excites/interests them most
- Time - quiet moments help reading happen
- Help - get ideas from someone who knows what they like
- Fun - connect reading to other things they enjoy

These shape and guide everything World Book Day does.

We are thrilled to announce that Garras Community Primary School will be a book distributor for World Book Day this year! World Book Day takes place on 5th March, and we are delighted to let you know that a selection of books will be available to browse and collect from 12th February until 15th March.

These books are redeemable by any members of the community, so please do encourage friends and family to come along, explore the selection, and share in the joy of reading. We look forward to welcoming everyone and celebrating World Book Day together!

Made possible with support from The Julia Rausing Trust, Arts Council England, National Year of Reading and World of Books.



Pen Licence

Congratulations to:

Dominic

Congratulations to:

Beni

New member of the exclusive 22 club in Maths

Chloe

New member of the exclusive 44 club in Maths

Brennan  
Jasper

New members of the exclusive 88 club in Maths

*Join the*

**CELEBRATION!**

## 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> <b>12.01.26</b>	3:45-5pm	Y5/6	Helston Astro
<del>17.11.25 GIRLS ONLY</del> <b>19.01.26</b>	3:45-5pm	Y5/6	Helston Astro
<del>1.12.25</del> <b>02.02.26</b>	3:45-5pm	Y5/6	Helston Astro



## ATTENDANCE

ATTENDYANS

Barn Owls 98.83%

Hawk Owls 98.89%

Eagle Owls 79.23%

Whole school 95.23%

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	Mon	6	13	20	27	Mon	3	10	17	24
Tue	2	9	16	23	30	Tue	7	14	21	28	Tue	4	11	18	25
Wed	3	10	17	24	31	Wed	8	15	22	29	Wed	5	12	19	26
Thurs	4	11	18	25		Thurs	9	16	23	30	Thurs	6	13	20	27
Fri	5	12	19	26		Fri	3	10	17	24	Fri	7	14	21	28
December 2025															
Mon	1	8	15	22	29	Mon	5	12	19	26	Mon	2	9	16	23
Tue	2	9	16	23	30	Tue	6	13	20	27	Tue	3	10	17	24
Wed	3	10	17	24	31	Wed	7	14	21	28	Wed	4	11	18	25
Thurs	4	11	18	25		Thurs	8	15	22	29	Thurs	5	12	19	26
Fri	5	12	19	26		Fri	2	9	16	23	Fri	6	13	20	27
January 2026															
Mon	5	12	19	26		Mon	6	13	20	27	Mon	3	10	17	24
Tue	6	13	20	27		Tue	7	14	21	28	Tue	4	11	18	25
Wed	7	14	21	28		Wed	8	15	22	29	Wed	5	12	19	26
Thurs	8	15	22	29		Thurs	9	16	23	30	Thurs	6	13	20	27
Fri	9	16	23	30		Fri	10	17	24		Fri	7	14	21	28
February 2026															
Mon	2	9	16	23	30	Mon	3	10	17	24	Mon	1	8	15	22
Tue	3	10	17	24	31	Tue	4	11	18	25	Tue	2	9	16	23
Wed	4	11	18	25		Wed	5	12	19	26	Wed	3	10	17	24
Thurs	5	12	19	26		Thurs	6	13	20	27	Thurs	4	11	18	25
Fri	6	13	20	27		Fri	7	14	21	28	Fri	5	12	19	26
March 2026															
Mon	1	8	15	22	29	Mon	2	9	16	23	Mon	1	8	15	22
Tue	2	9	16	23	30	Tue	3	10	17	24	Tue	2	9	16	23
Wed	3	10	17	24	31	Wed	4	11	18	25	Wed	3	10	17	24
Thurs	4	11	18	25		Thurs	5	12	19	26	Thurs	4	11	18	25
Fri	5	12	19	26		Fri	6	13	20	27	Fri	5	12	19	26
April 2026															
Mon	1	8	15	22	29	Mon	2	9	16	23	Mon	1	8	15	22
Tue	2	9	16	23	30	Tue	3	10	17	24	Tue	2	9	16	23
Wed	3	10	17	24	31	Wed	4	11	18	25	Wed	3	10	17	24
Thurs	4	11	18	25		Thurs	5	12	19	26	Thurs	4	11	18	25
Fri	5	12	19	26		Fri	6	13	20	27	Fri	5	12	19	26
May 2026															
Mon	1	8	15	22	29	Mon	2	9	16	23	Mon	1	8	15	22
Tue	2	9	16	23	30	Tue	3	10	17	24	Tue	2	9	16	23
Wed	3	10	17	24	31	Wed	4	11	18	25	Wed	3	10	17	24
Thurs	4	11	18	25		Thurs	5	12	19	26	Thurs	4	11	18	25
Fri	5	12	19	26		Fri	6	13	20	27	Fri	5	12	19	26
June 2026															
Mon	1	8	15	22	29	Mon	2	9	16	23	Mon	1	8	15	22
Tue	2	9	16	23	30	Tue	3	10	17	24	Tue	2	9	16	23
Wed	3	10	17	24	31	Wed	4	11	18	25	Wed	3	10	17	24
Thurs	4	11	18	25		Thurs	5	12	19	26	Thurs	4	11	18	25
Fri	5	12	19	26		Fri	6	13	20	27	Fri	5	12	19	26
July 2026															
Mon	6	13	20	27		Mon	7	14	21	28	Mon	6	13	20	27
Tue	7	14	21	28		Tue	8	15	22	29	Tue	7	14	21	28
Wed	8	15	22	29		Wed	9	16	23	30	Wed	8	15	22	29
Thurs	9	16	23	30		Thurs	10	17	24		Thurs	9	16	23	30
Fri	10	17	24			Fri	11	18	25		Fri	10	17	24	

Information Classification: CONTROLLED

Bank Holiday Days

- Boxing Day 25 December 2025
- Boxing Day 26 December 2025
- New Years Day 01 January 2026
- Good Friday 03 April 2026
- Easter Monday 04 April 2026
- May 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 (68 days)

20 April - 23 July 2026  
(HALF TERM 25 - 29 May 2026)

195 days are included in the school calendar. Schools will be open to pupils for 190 days. The five additional days are allocated 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.

Important!

## 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

DEDHYASOWW DHYDHLYVER

Mon 19 <sup>th</sup> January	Football league girls only 3.45pm to 5pm Porthleven School
Tue 20 <sup>th</sup> January	Eagle Owls Porthcurno visit
Wed 21 <sup>st</sup> January	Barn Owls Welly Wednesday SATS Club 3.15pm to 4.15pm
Thurs 22 <sup>nd</sup> January	Y6 Wild Tribe
Mon 26 <sup>th</sup> January	Mr Sturges not in school Girls football tournament KS2 1pm to 3pm TBC
Tue 27 <sup>th</sup> January	Mr Sturges not in school
Wed 28 <sup>th</sup> January	Barn Owls Welly Wednesday SATS Club 3.15pm to 4.15pm
Thurs 29 <sup>th</sup> January	Y2 Wild Tribe
Mon 2 <sup>nd</sup> February	Eagle Owls Eden Project visit Football league Y5/Y6 3.45pm to 5pm
Tue 3 <sup>rd</sup> February	Y3/Y4 Indoor Athletic
Wed 4 <sup>th</sup> February	Barn Owls Welly Wednesday SATS Club 3.15pm to 4.15pm
Thurs 5 <sup>th</sup> February	Y3 Wild Tribe
Mon 9 <sup>th</sup> February	KS1 Gym Festival Y3/Y4 Football 3.45pm to 5pm
Tue 10 <sup>th</sup> February	Inclusive festival Halwin School
Wed 11 <sup>th</sup> February	SATS Club 3.15pm to 4.15pm
Thurs 12 <sup>th</sup> February	Y4 Wild Tribe
From 16 <sup>th</sup> February to 20 <sup>th</sup> February	Spring Half-term break
Mon 23 <sup>rd</sup> February	INSET DAY - School closed

# What Parents & Carers Need to Know about **AMONG US**

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.

## WHAT ARE THE RISKS?

### SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as *The Traitors*, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

### VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

### CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.



## Advice for Parents & Carers

### CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

### AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

### CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

### DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

### STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

### Meet Our Expert

David Coombes is Editor in Chief of gaming and esports site OGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



#WakeUpWednesday



## 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](http://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



## FEBRUARY 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](http://facefamilyadvice.co.uk)  
 Recordings available for 48 hours (excluding Free Talk)

Autism - Improving Communication	2 Feb 10am
Improving Family Communication	2 Feb 7pm
Supporting A Child with ADHD	3 Feb 10am
Understanding Addictive Behaviour	3 Feb 7pm
Anxiety Based School Avoidance	9 Feb 10am
Anxiety Explained	16 Feb 10am
Cannabis and Ketamine Awareness	16 Feb 7pm
What is ACT?	17 Feb 10am
Introduction to OCD	17 Feb 7pm
<b>FREE - Reducing the Harm from Screens</b>	19 Feb 7-8pm
Understanding the Teenage Brain	23 Feb 10am
Raising Self-Esteem	23 Feb 7pm
Decreasing Depression	24 Feb 10am
Supporting Healthy Sleep	24 Feb 7pm
Understanding Anger	9 Mar 7pm
Facing Defiance	10 Mar 7pm

online talk by Jane Keyworth



### Supporting a Child with ADHD

Challenging the stereotypes, offering practical support and explaining more about this condition



**3rd February 10-11:30am**  
**3rd March 7-8:30pm**

Book online  
[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)  
 £24 or Free with a school membership code



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](http://facefamilyadvice.co.uk)  
 Book online £48  
 on the **Online Parenting Courses** page

**TROS AN HELLYS**  
 BEGINNER BAND

**ALTERNATE SATURDAY MORNINGS, 10:30-12**  
 ST. MICHAELS SCHOOL, HELSTON

[vwatkiss@cornwallmusicservicetrust.org](mailto:vwatkiss@cornwallmusicservicetrust.org)  
[lrhussell@cornwallmusicservicetrust.org](mailto:lrhussell@cornwallmusicservicetrust.org)

**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
- Enhancing your ability to provide nurturing care

MUST 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, Belbeck Road, Helston, TR13 8EF

with ONLINE programmes on:

Every Friday from 9<sup>th</sup> January-6<sup>th</sup> February 2026 - 09:30-10:30  
 Every Monday from 12<sup>th</sup> January-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 19<sup>th</sup> DECEMBER 2025:  
<https://forms.office.com/r/nD0HgEhfMv>

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 872204

**CMST AND ASONE MUSIC**  
**Learn The Ukulele With Us**

**ST. MICHAELS SCHOOL SATURDAY MORNINGS 10:30-12**

**LEARN:**

- How to play ukulele
- Ukulele chords
- Basic strumming patterns

**LET'S LEARN AND PLAY!**

For more information, please contact:  
[scott@cmst.co.uk](mailto:scott@cmst.co.uk) OR [vwatkiss@cmst.co.uk](mailto:vwatkiss@cmst.co.uk)

**CMST** Give the gift of music