

NEWSLETTER

LYTHER NOWODHOW

Message from Mr Sturges

What a wet and blustery week we have had! We are very much hoping that the coming weeks will bring some drier weather, allowing us to make the most of our outdoor learning opportunities once again. Despite the challenging conditions, it was lovely to see the enthusiasm of our children as we embraced the rain where possible.

We were delighted that Welly Wednesday was able to go ahead for our Barn Owls, and the children thoroughly enjoyed getting outside despite the weather. Unfortunately, due to the persistent rain, the Year 2 Wild Tribe session had to be postponed ensuring everyone's safety and enjoyment. We are pleased to confirm that the Year 2 Wild Tribe will now take place on Thursday 5th March, and we look forward to this being a fun and engaging experience for the children.

I would also like to make families aware that I will not be on site for the next two weeks leading up to half term. During my absence, Mrs Rayner will be non-class based on Mondays, Tuesdays and Wednesday mornings, continuing her important work supporting teaching and learning across the school.

We have been very fortunate to secure Mrs Hains for the next fortnight. Mrs Hains will be teaching in Eagle Owls while Mrs Rayner is non-class based, ensuring continuity and consistency for the children. In addition, she will be teaching Hawk Owls on Wednesday afternoons, Thursdays and Fridays. We are confident that the children will quickly settle and continue to thrive under her guidance.

Thank you, as always, for your continued support and understanding. We truly appreciate the positive partnership we share with our families and look forward to the weeks ahead.

Kind 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.

BARN OWLS

KOWANNOW GWYNN

We have had another busy and exciting week in Barnowls, with lots of hands on learning and creativity.

As part of our Wild Tribe sessions, the children have been busy using their DT skills to build windmills, linking into our geography topic 'What is the weather like in the UK?' and helping them to complete their weather charts. They have been busy experimenting with colour mixing, using watered down paint and a variety of tools to make exciting colourful potions, encouraging their imagination, art and fine motor skills. On welly Wednesday we also got busy building shelters, working together to problem solve, design and construct, whilst also developing their knot skills. They used them to shelter from the crazy weather we have had!

In year 1, the children have been learning how to add and subtract two-digit numbers across ten. They have been using practical resources and visual methods to help them understand these tricky concepts, and their resilience and growing confidence has impressed the adults. In reception, the focus has been on numbers greater than 5, exploring '5 and a bit' and the composition of numbers beyond 5, developing a deeper understanding of how numbers are made by combining smaller parts.

In literacy, both Reception and year 1 have been busy creating their own versions of our focus story 'Super Milly and the super school day'. The children have loved designing their own superhero characters, thinking about their powers, and using their imaginations to create unique stories.

As always, thank you for your ongoing support.

We hope you have a lovely weekend.

Warm wishes,

Barn Owls Team 😊



HAWK OWLS

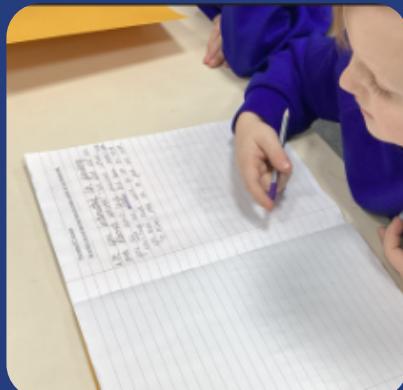
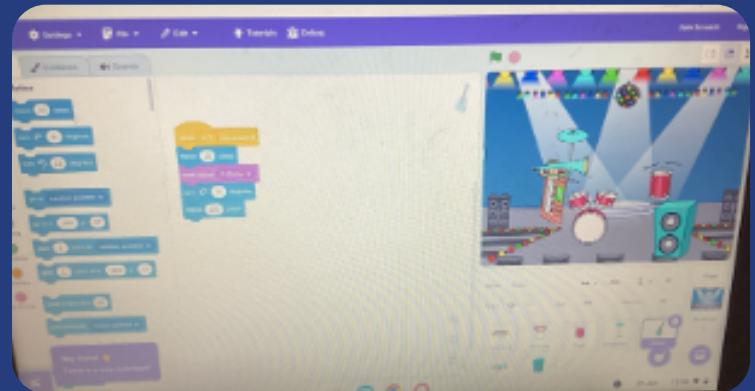
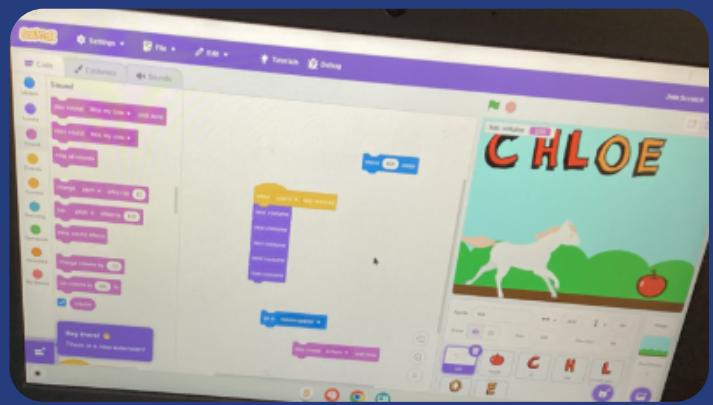
Kowanhow Sparr Hok

The Hawk Owls have enjoyed continuing their Literacy work inspired by Emily Gravett's books. In Maths, Year 2 have been learning to add tens and units, while Year 3 have been measuring length using millimetres, centimetres, metres and kilometres.

In Science, the children observed the lifecycle of a sunflower and explored the vital role bees play in pollination. Despite the wet weather, PE lessons were successfully adapted for the classroom, where the children showed excellent teamwork and enthusiasm during multi-skills activities and relay races.

In Music, the class is learning about the history and categories of jazz, with a particular focus on ragtime and traditional jazz. Linking to music, in Computing, the class were creating their own music in Scratch.

Over the next two weeks, Mrs Hains will be working alongside Mrs Woodhead teaching Hawk Owls.



EAGLE OWLS

Kowannow Er

Eagle Owls Weekly Update 🐣

In Art, we were focused on drawing rainforest animals, carefully selecting interesting sections of reference images to draw in detail. The class explored a range of materials and tools to show colour and texture, producing some incredibly detailed and expressive work.

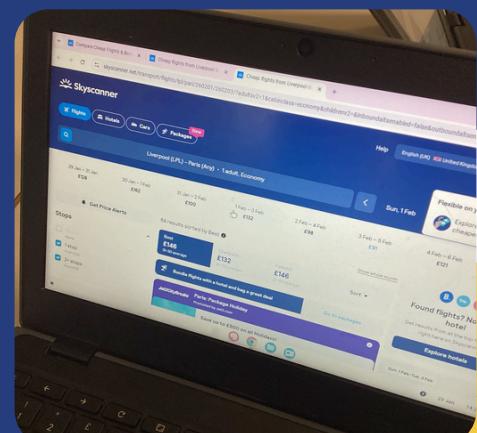
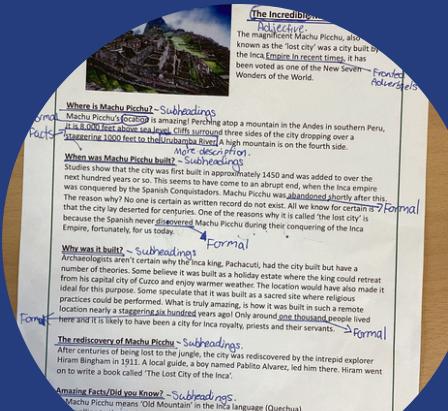
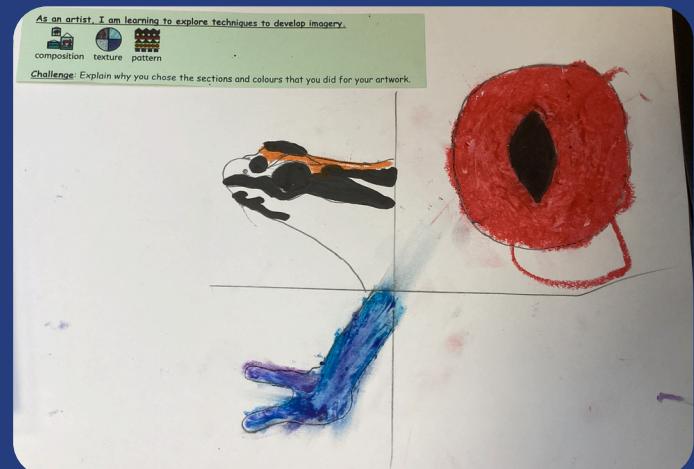
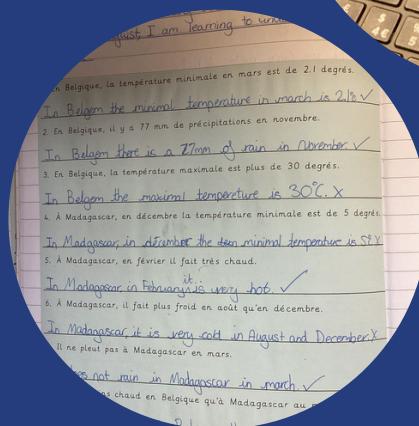
We continued with our exploration of the Amazon Rainforest during Geography. We learned about indigenous people of the Amazon Rainforest, exploring their way of life, traditions, and how they use the rainforest environment to meet their needs.

In French, Eagle Owls practised their language skills by translating weather reports, developing both vocabulary and confidence in reading and understanding written French.

In Literacy, the class identified the key features of non-chronological reports, using texts about Machu Picchu to support their understanding of structure and presentation.

Finally, in Computing, pupils planned a holiday for Mrs Rayner, using search functions and filters on online databases to find suitable options—an excellent opportunity to apply research and digital skills in a real-life context. I am looking forward to deciding which holiday I will take!

Another brilliant week of learning and achievement—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.



An amendment for the football league
New dates:

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

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



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.

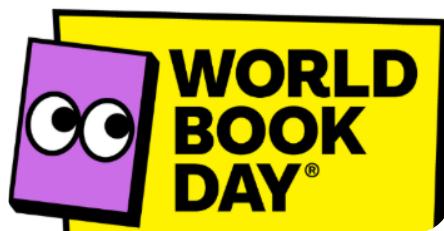


Book look invite!

We warmly welcome all parents and carers to join your child/ren in their classroom on Wednesday, 11th February at 2:45pm. 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!





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.



Congratulations to
Ottolie
Iris
Eloise
Esme
for winning the Gym Final Peninsula



Congratulations to
Christopher
for been awarded with
Music certificate

Pen Licence
Congratulations
to:
Sophie

Congratulations to:
Harvey
New member of the exclusive 33
club in Maths



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



ATTENDANCE

ATTENDYANS

Barn Owls 95.32%

Hawk Owls 98.33%

Eagle Owls 94.85%

Whole school 95.10%

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 6 13 20 27				Mon 3 10 17 24											
Tue 2 9 16 23 30				Tue 7 14 21 28				Tue 11 18 25											
Wed 3 10 17 24 31				Wed 8 15 22 29				Wed 12 19 26											
Thurs 4 11 18 25				Thurs 5 12 19 26				Thurs 6 13 20 27											
Fri 5 12 19 26				Fri 6 13 20 27				Fri 7 14 21 28											
Bank Holidays																			
Open 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																			
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 (68 days)																			
20 April - 23 July 2026 (HALF TERM 25 - 29 May 2026)																			
Academy, trust and voluntary-aided schools set their own term dates and INSET days.																			
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.																			

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 2 nd February	Eagle Owls Eden Project visit Football league Y5/Y6 3.45pm to 5pm
Wed 4 th February	Barn Owls Welly Wednesday SATS Club 3.15pm to 4.15pm
Thurs 5 th February	Y3 Wild Tribe
Mon 9 th February	KS1 Gym Festival
Tue 10 th February	Inclusive festival Halwin School
Wed 11 th February	Barn Owls Welly Wednesday Parents Book Look 2.45pm SATS Club 3.15pm to 4.15pm
Thurs 12 th February	Y4 Wild Tribe
From 16 th February to 20 th February	Spring Half-term break
Mon 23 rd February	INSET DAY - School closed
Tue 24 th February	Children back in school KS2 Cross Country Helston South Site 4pm
Wed 25 th February	Barn Owls Welly Wednesday Hawk Owls Eden Project visit SATS Club 3.15pm to 4.15pm
Thurs 26 th February	Barn Owls Eden Project visit

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



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
£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
Book online £48
on the **Online Parenting Courses** page

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
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
FREE - Reducing the Harm from Screens	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

TROS AN HELLYS
BEGINNER BAND

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

vwatkiss@cornwallmusicservicetrust.org
lthrusell@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 flight/fight 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

SPACE has several upcoming 5 session SPACE courses as follows:

Every Monday from 12th January -9th February 2026 - 13:00-14:30
FACE TO FACE at Helston Family Hub, Bolwerk Road, Helston, TR13 0SF

with ONLINE programmes on:

Every Friday from 9th 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/nUONGgMv>

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

HEADSTART KERNOW **CMST** **CORNWALL COUNCIL** **Together for Families** **COMMUNITY FUND**

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:
SSCOTT@CMST.CO.UK OR VWATKISS@CMST.CO.UK