

# NEWSLETTER

## LYTHER NOWODHOW

### Message from Mr Brierley

Hello and welcome to this week's newsletter.

As you will be aware, Mr Sturges has been away from school this week and will be away again next week too. Mrs Rayner is taking on some of Mr Sturges's work, so a big thank you to her. In his absence, I have been asked to write something for the newsletter this week.

With the new-style newsletters, it is lovely to be able to see what the children have been up to in their classes and on trips. Whenever I visit the school, I am always so impressed by the work that goes on at Garras - from all the hard work and preparation that the teaching staff put into making lessons interesting, to the positive attitudes and enthusiasm the children show for their various lessons and projects.

I was sorry to hear that Wild Tribe got washed out last week. The weather was even too wild for Wild Tribe, it appears. Here's hoping that Welly Wednesday and the Eden Project visit for the Eagle Owls went well this week. Being in such a beautiful part of the world, it is so important to be able to experience and learn to appreciate the natural environment in which we find ourselves. Research shows how good this is for us both physically and mentally. Hopefully, as we head towards the warmer, lighter months, there will be further opportunities to explore.

Whilst I am writing, may I also take this opportunity to thank the Governors at Garras for their time and energy in helping with the important task of ensuring Garras School remains on track with its excellent work and care for ALL children, as well as its super engagement with the local community.

Wishing all of you a relaxing weekend where possible, ready for another week of great work on Monday!

Matt Brierley  
(Acting Chair of Governors)



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

Dear Parents and Carers,

We've had a busy and exciting week in Barn Owls.

In maths, our Reception children have been developing their understanding of comparing quantities, exploring who has 'more' and 'fewer' using practical resources to support their thinking. Year 1 have been working hard to consolidate their learning of addition and subtraction and have also started learning how to count in 2s. It's been applying these skills in different ways.

For Welly Wednesday we linked our science work to the natural world around us. We learned about evergreen and deciduous trees and investigated a variety of different leaves, carefully observing their shapes, colours, and textures. Using our findings, the children created some fantastic leaf men, which are now proudly displayed outside our classroom for everyone to enjoy!

In literacy, we arrived one morning to a mysterious crime scene of half-eaten fruit spread across our classroom floor! The children have been busy investigating whether the culprit was the mouse that visited our classroom or a creature from our new story. At the request of the police, we created wanted posters, using descriptions and clues to help us track down the mysterious creature. This has sparked lots of excitement, discussion, and imaginative thinking!

Our creative skills have also been shining in art as we explored more colour mixing. Using a range of tools, the children experimented to discover tertiary colours and enjoyed seeing how different techniques produced different effects.

FYI, please check your child's white tote bag on their peg and ensure they have a set of spare clothes and underwear available just in case of any mishaps during the day. While we do have a small supply of emergency spares in school, these are very limited and, if borrowed, will need to be washed and returned promptly.

Thank you so much for your understanding.

We hope you have a lovely weekend!

Warm wishes,

The Barn Owls Team



# HAWK OWLS

Kowanhow Sparr Hok

This week in Hawk Owls, we have had a busy and exciting time filled with hands-on learning and creativity.

In maths, we took our learning outside! The children put their recently learned measuring skills into practice by accurately measuring a range of items around the school, including the astro turf, the length of the shed, benches, and even each other. Back in the classroom, we compared our measurements and ordered them from shortest to longest, reinforcing our understanding in a fun and practical way.

In literacy, we completed our unit of work based on Wolves by Emily Gravett by writing our own information reports about wolves. The children have shown incredible enthusiasm throughout this unit, and their excitement for all things wolf-related has been a joy to see!

During guided reading, we have been exploring the poem The Sound Collector. The children thoroughly enjoyed listening to the poem and using their imaginations to picture the many different sounds described.

We have also worked extremely hard on our sewing skills in DT, using running and cross stitches to decorate applique patches onto our cushion fabric. We are looking forward to assembling our cushions next week!

We are very proud of the children's engagement and enthusiasm across all areas of learning this week.

Please can we kindly remind you that children should not bring toys from home into school, including fidget toys, unless this has been pre-arranged with a member of staff. While we understand that these items can be very appealing, they can sometimes cause distractions or become misplaced during the school day. We really appreciate your support in helping us maintain a calm, focused learning environment for everyone.

Thank you, as always, for your continued cooperation.



# EAGLE OWLS

Kowannow Er

## Eagle Owls Weekly Update

This week, the Eagle Owls had an unforgettable trip to The Eden Project, where we took part in a series of exciting and informative workshops all about the rainforest. The children learned about how to survive in the rainforest as part of an indigenous tribe with no modern technology, developing a real appreciation for how people live closely with their environment.

Working in groups, each child designed their own tribal markings before completing different survival challenges. One group focused on food, searching the rainforest biome for items such as bananas and learning where food can be sourced. Another group explored shelter, examining trees and materials by considering the strength of the wood, the texture of the bark, and suitability for building. A third group investigated health, identifying natural items that could help keep people well—learning, for example, how cocoa pods can provide drinking water and how rainforest communities used natural methods to clean wounds and ears.

The children then identified how each item supported survival needs: food, shelter, or health, linking their discoveries to real-life rainforest living. We also learned about the layers of the rainforest and successfully identified each one during our exploration.

In addition to the rainforest biome, the class enjoyed exploring the Mediterranean biome, comparing climates, plants, and living conditions.

It was a fascinating, hands-on learning experience that the children engaged with brilliantly—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 16<sup>th</sup> March 2026 (instead of 24/11/25)



We are looking for more parents to read with the children and to help label our library's books.

Please contact Mrs V if you are interested.  
Thank you for your support.



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.

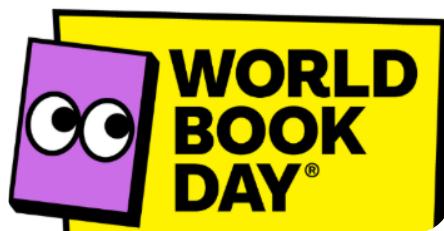


Book look invite!

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.



## 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 "Patience".

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: Lily

Hawk Owls: Ellen

Eagle Owls: Sophie

[www.virtuesineducation.com](http://www.virtuesineducation.com)

Congratulations to:

Cerys

New member of the exclusive 33 club in Maths

Congratulations to:

Sophie

New member of the exclusive 11, 22 and 33 clubs 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 91.23%

Hawk Owls 99.44%

Eagle Owls 97.98%

Whole school 95.17%

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 31 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 10 17 24 Tue 11 18 25 Wed 12 19 26 Thurs 13 20 27 Fri 14 21 28			
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 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 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 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			
June 2026				July 2026				August 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 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 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			

Information Classification: CONTROLLED

Cornwall Council | Together for Families

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)

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.



### 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 9 <sup>th</sup> February	KS1 Gym Festival
Tue 10 <sup>th</sup> February	Inclusive festival Halwin School
Wed 11 <sup>th</sup> February	Barn Owls Welly Wednesday Parents Book Look 2.45pm 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
Tue 24 <sup>th</sup> February	Children back in school KS2 Cross Country Helston South Site 4pm
Wed 25 <sup>th</sup> February	Barn Owls Welly Wednesday Hawk Owls Eden Project visit SATS Club 3.15pm to 4.15pm
Thurs 26 <sup>th</sup> February	Barn Owls Eden Project visit

Publish date: 06/02/19



# What parents need to know about AGE RATINGS



If you have children, it is understandable to have concerns about the films and TV shows they watch, as well as the games they play. In this guide, we take a look at the two official ways you can assess if a particular title is suitable for your child. Both the BBFC and PEGI have search facilities on their websites that can be used to look up individual titles so you can check their ratings.



## RATINGS FOR FILMS, TV & MUSIC VIDEOS

Since 1912, the BBFC (British Board of Film Classification) has informed UK residents of the age suitability of films, TV and music videos - providing parents with the information needed to assess whether or not it is appropriate for their child's age. This applies to cinema releases, DVDs and streaming video services such as Netflix.

### WHAT ARE THE BBFC RATINGS?

BBFC ratings are broken down into seven age categories:



### WHAT ELSE CAN BBFC REVEAL?

Accompanied with the age suitability rating, BBFC also provide an additional warning regarding the content and what to expect, such as swearing, sexual content, violence and anything you may consider to be inappropriate for your child. In addition to this, the content is also rated in three levels: frequent, mild or strong.

### LIMITATIONS OF BBFC RATINGS

It's important to note that there is no obligation on streaming video services to use or display BBFC ratings. Due to this, we advise that you check the rating online before your child streams the content. It may also be a good idea to watch the content first yourself or discuss it with other parents to help you decide whether or not it is suitable for your child.

Source: [www.bbfc.co.uk](http://www.bbfc.co.uk)

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is assumed. Copyright of the data is held by: nols.co.uk

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## RATINGS FOR GAMES

PEGI (Pan European Game Information) is a content rating system that ensures all video games are labelled with a minimum age recommendation. These age recommendations are based on the types of content featured within a game. With each game, PEGI also provide a content descriptor that indicates the potential issues and concerns, including sex, violence, bad language and drugs.

### WHAT ARE THE PEGI RATINGS?

PEGI ratings are split into age restriction and content descriptors. Additional 'content descriptors' help parents and children to understand the type of content featured within a particular game, including sex, fear, bad language, discrimination, gambling, drugs, violence, and in-game purchases. In combination, the two different ratings can provide a good level of information to help make informed decisions regarding the suitability for your child.

PEGI age ratings are broken down into five categories:



PEGI content descriptors are broken down into eight categories:



### LIMITATIONS OF PEGI RATINGS

It's possible for young people to buy games online without a required proof of age, opening them up to age-inappropriate content without you knowing. We advise that you regularly monitor your child's gaming activities and maintain a honest and healthy dialogue with them about the online world.

### PARENTAL CONTROLS

It is a good idea to put in place parental controls for all online accounts which your child may use to purchase or download online games e.g. The App Store, Google Play Store, PlayStation Store and Microsoft Xbox Store etc.

Source: [www.pegi.info](http://www.pegi.info)



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

## 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



## 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 12<sup>th</sup> January -9<sup>th</sup> February 2026 - 13:00-14:30  
FACE TO FACE at Helston Family Hub, Bolwerk Road, Helston, TR12 0SF

with ONLINE programmes on:

Every Friday from 9<sup>th</sup> January-6<sup>th</sup> February 2026 - 09:30-10:30  
or  
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 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 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](mailto:SSCOTT@CMST.CO.UK) OR [VWATKISS@CMST.CO.UK](mailto:VWATKISS@CMST.CO.UK)