

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

As we approach Flora Day tomorrow, I would like to wish everyone taking part, attending, or supporting the celebrations on what is a truly wonderful day. Flora Day is such a special tradition and an important part of our community, and I know many of our pupils and families will be involved in the festivities in one way or another.

We hope the children enjoy the occasion, whether they are dancing, playing music, watching the parades, or simply soaking up the atmosphere. Events like these create lasting memories and are a fantastic opportunity for the children to feel proud of the traditions and community spirit that make our town so unique.

I shall also be taking part and, if you happen to spot me playing in the band, please do give me a wave! I look forward to seeing many of you enjoying the celebrations.

We also have some very exciting news to share. As of yesterday, we were delighted to receive our Bronze Award for GoCornish, becoming only the 13th school in Cornwall to achieve this recognition. This is a fantastic accomplishment and reflects the enthusiasm and commitment shown by both staff and pupils in embracing Cornish language and culture within our curriculum.

A huge thank you goes to Mrs Woodhead and, previously, Mrs Richards, who have been the driving force behind the delivery and development of our GoCornish lessons. Their dedication and passion have played a significant role in helping us achieve this award.

A reminder also that SATs week begins next week for our Year 6 pupils. We are incredibly proud of all the hard work and dedication the children have shown in preparing for these assessments and we know they will do their very best. To help the children start each morning feeling calm and ready for the day ahead, Year 6 pupils should arrive at school from 8:00am. We are very grateful to Chartwells, who have kindly provided breakfast snacks for the children throughout the week.

We would like to wish all of our Year 6 pupils the very best of luck. We know how hard they have worked and encourage them to approach the week with confidence and positivity.

Wishing everyone a happy and enjoyable Flora Day and a successful week ahead.

Oll dh gwella/All the best,

Mr Sturges



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

Garras Notice Board

Bord Argemynnw Garros



As part of keeping our students safe, we would like to remind everyone that children should not play with, pick, or eat any plants, flowers, berries, or leaves found in or out of school. While many plants are harmless, some may cause allergic reactions or be unsafe if touched or eaten.

Please encourage your child to admire plants from a distance and always ask an adult before touching anything growing outdoors.



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. SMS messages used only for absence, head bumps and exceptional circumstances (school closure or delayed start).

Parent Pay

used for trips consents and payments. After Easter holidays we are aiming to enable parents to book daily school meals. More information will follow shortly.

Teachers2parents will not be in use after Easter Holidays

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.



Football League Y3/Y4 Dates:

Monday 18th May 2026
Football league 3.30pm to 4.30pm
Helston Astro

Monday 29th June 2026
Football league girls 3.30pm to 4.30pm
Helston Astro

Football League Girls only TBC

Please pick up the children who are playing and siblings at 3am.



ATTENTION

Term Dates 2026-2027

2026/27 School Term Dates Garras School

September 2026	October 2026	November 2026	School Holidays																																																																																			
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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



INSET DAYS

Friday 8th May 2026
Monday 22nd June 2026
Thursday 23rd July 2026

2026-2027

2026/27 School Term Dates **Garras School**

September 2026		October 2026		November 2026	
Mon	7 14 21 28	Mon	5 12 19 26	Mon	2 9 16 23 30
Tue	8 15 22 29	Tue	6 13 20 27	Tue	3 10 17 24
Wed	9 16 23 30	Wed	7 14 21 28	Wed	4 11 18 25
Thurs	10 17 24	Thurs	1 8 15 22 29	Thurs	5 12 19 26
Fri	4 11 18 25	Fri	2 9 16 23 30	Fri	6 13 20 27
Sat	5 12 19 26	Sat	3 10 17 24 31	Sat	7 14 21 28
Sun	6 13 20 27	Sun	4 11 18 25	Sun	8 15 22 29

December 2026		January 2027		February 2027	
Mon	7 14 21 28	Mon	4 11 18 25	Mon	1 8 15 22
Tue	8 15 22 29	Tue	5 12 19 26	Tue	2 9 16 23
Wed	9 16 23 30	Wed	6 13 20 27	Wed	3 10 17 24
Thurs	3 10 17 24 31	Thurs	7 14 21 28	Thurs	4 11 18 25
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Sat	5 12 19 26	Sat	9 16 23 30	Sat	6 13 20 27
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March 2027		April 2027		May 2027	
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School holidays

Christmas Day 25 December 2026
Boxing Day 26 December 2026
New Years Day 01 January 2027
Good Friday 26 March 2027
Easter Monday 29 March 2027
May Bank Holiday 03 May 2027
Spring Bank Holiday 31 May 2027
Summer Bank Holiday 30 August 2027

AUTUMN TERM (73 days)
1 September - 18 December 2026
(HALF TERM 19 - 30 October 2026)

SPRING TERM (59 days)
4 January - 25 March 2027
(HALF TERM 15 - 19 February 2027)

SUMMER TERM (63 days)
12 April - 23 July 2027
(HALF TERM 31 May - 4 June 2027)



2025-2026

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	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	1 8 15 22 29	Wed	5 12 19 26
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AUTUMN TERM (73 days)
1 September - 18 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.

ATTENDANCE

ATTENDYANS

Barn Owls 100%

Hawk Owls 94.74%

Eagle Owls 97.6%

Whole school 95.72%



PE DAYS

Summer Term PE and Lesson Information

- Barn Owls will have PE on Fridays with Mr VWarren.
- Hawk Owls and Eagle Owls will have PE twice a week:
 - Tuesday Eagle Owls swimmers only.
 - Thursdays with Mr Sturges Hawk Owls and Eagle Owls no swimmers only.
- Fridays with Mr VWarren
- 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

DEDHYASOWV DHYDHLYVER

From Mon 11 th May to Thurs 14 th May	SATS week
Tue 12 th May	Eagle Owls Swimming Cross Country KS1 and KS2 4pm HCC South site
Wed 13 th May	Barn Owls Wellies Wednesday
Thurs 14 th May	Y5 Wild Tribe
Fri 15 th May	Y6 Roskillys visit
Tue 19 th May	Eagle Owls St. Keverne visit am Y3/Y4 Dodgeball Sithney School
Wed 20 th May	Barn Owls Wellies Wednesday
Thurs 21 st May	Y6 Wild Tribe
Mon 25 th May to Fri 29 th May	Summer Half Term break



Should I keep my child off school?



Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrc0.de/minfec>.

10 Top Tips for Parents and Educators

ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect'. Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

10 SPOT THE SIGNS

We can't always supervise young people: sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



#WakeUpWednesday

The National College

TROS AN HELLYS

BEGINNER BAND

ALTERNATE SATURDAY MORNINGS, 10:30-12
ST. MICHAELS SCOUTS, TRUSTON

vwatkis@cornwallmusicserVICetrust.org
lthrusell@cornwallmusicserVICetrust.org

CMST AND ASONE MUSIC

Learn The Ukulele With Us

ST. MICHAELS SCHOOL SATURDAY MORNINGS 10:30-12

LET'S LEARN AND PLAY!

LEARN:

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

For more information, please contact:
SSCOTT@CMST.CO.UK OR VWATKISS@CMST.CO.UK

FACE

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

Get into Gig Rowing

Coverack Juniors need you!

Are you aged 10-16 and looking to try a new sport?

Starting Wednesday 13th May at 6pm on Porthoustock Beach

You will...

- Improve fitness
- Learn to work as part of a team
- Gain water safety skills
- Improve confidence
- And be part of a friendly and club!

For more information please contact us via our facebook page
coverackgigclub@gmail.com
or contact Bev on 07778315707

Please note, Juniors are required to bring along signed consent forms or an adult to sign them!

ON THURSDAY 27th MAY CHILDRENS SAILING TRUST (THE CHARITY WHO RUN THE CHILDRENS SAILING PROGRAMME) ARE HOLDING A COMMUNITY ENGAGEMENT EVENT AT THE FERRY BOAT INN HELFOR PASSAGE. ITS AN INFORMAL DROP IN EVENT TO HELP BUILD GREATER LOCAL SUPPORT AND FUNDING FOR THE CHARITABLE SAILING PROGRAMME AS A PARENT FROM ONE OF THE SCHOOLS THAT CHILDRENS SAILING TRUST SUPPORT, THE CHARITY WOULD LIKE TO INVITE YOU TO POP ALONG ANYTIME BETWEEN 2:30PM-6PM. STAFF FROM THE CHARITY WILL BE ON HAND TO TALK TO YOU TO DISCUSS THE 2026/27 SAILING PROGRAMME. AND THERE WILL ALSO BE AN OPPORTUNITY TO GO OUT ON ONE OF THEIR BOATS TO WATCH THE SAILING PROGRAMME IN ACTION AS THEY WILL HAVE TWO SCHOOLS LEARNING TO SAIL WITH THEM THAT AFTERNOON IF YOU HAVE ANY QUESTIONS ABOUT THE EVENT, PLEASE CONTACT ANNA@CHILDRENSAILINGTRUST.ORG.UK

MANY THANKS,
ANNA
ANNA MITCHELL,
FUNDRAISING LEAD

kynde

THE PARENTING EXPEDITION

NAVIGATING LIFE'S JOURNEY AS A SEND PARENT CARER

www.kynde.co.uk

A UNIQUE JOURNEY
Parenting a child with SEND comes with its challenges and rewards. It can sometimes feel overwhelming or isolating, but you don't have to navigate it alone.

THE PARENTING EXPEDITION
The Parenting Expedition is a supportive programme created by parents with lived experience. It offers a space to reflect, connect, and develop practical strategies alongside others who understand.

THE PROGRAMME:
Small group setting to encourage meaningful discussion and support. Venue: Porthleven

Tues 5th May: 12:00 - 14:45 Tues 2nd June: 12:00 - 14:45
Tues 12th May: 12:00 - 14:45 Tues 9th June: 12:00 - 14:45
Tues 19th May: 12:00 - 14:45 Tues 16th June: 12:00 - 14:45

Self Discovery
Explore your own strengths and needs to create a supportive environment where your child can thrive.

Practical Strategies
Learn approaches to managing daily challenges and strengthening your connection with your child.

Emotional Support
Build confidence and resilience within a like-minded community.

FIND OUT MORE
If you are interested in joining or finding out more, please contact:
Helen Girvan
helen@kynde.co.uk
Sharon Wilson
sharon@kynde.co.uk

"This has been a very enjoyable, enlightening and heart-warming experience. I have learned a lot about myself, gained skills to help my daughter and made connections with lovely people. I have been made to feel accepted and welcome."

"I really enjoyed the course. I feel I met lovely people that I really connected with and learnt a lot in a supportive space."

"Both Sharon & Helen created a unique experience. It really made me feel much more positive about my really challenging home life."

"The course far exceeded any expectation or pre-conceived idea. An incredibly empowering course held among a really empathetic and encouraging group. It was so good to realise I no longer need to feel or be isolated."

kynde

THE PARENTING EXPEDITION

NAVIGATING LIFE'S JOURNEY AS A SEND PARENT CARER

www.kynde.co.uk

THE PROGRAMME:
Sessions are designed to meet the individual needs of parents in the group. They follow the framework below:

Session 1: Discovering the map
Session 2: Leading the expedition
Session 3: Packing your backpack
Session 4: Challenging Terrain
Session 5: The new route
Session 6: Returning home

HOW PARENTS HAVE REPORTED CHANGE IN THEIR PARENTING OUTLOOK:

Theme	Before	After
Emotional State	Overwhelmed, anxious, stressed	Empowered, hopeful, positive
Sense of Support	Unsupported, isolated	Connected, supported, empathetic
Confidence	Worn-down, unsure, exhausted	Equipped, strong, powerful
Outlook	Uncertain, concerned	Informed, optimistic, brighter

PROGRAMME IMPACT

"This programme exceeded my expectations; I now have strength in my own convictions as a parent, compassion for others on the same journey, understanding of the young people we are trying to guide in this world, and confirmation or validation of how important it is to look after myself better - it begins with us!"

FIND OUT MORE
To find out more and reserve your space please contact Helen or Sharon:
Helen Girvan
Sharon Wilson
helen@kynde.co.uk
sharon@kynde.co.uk

THE PARENTING EXPEDITION CROWDFUNDER

There is a generous National Lottery Grant, there is no cost to attend the programme (which includes 15 hours of workshop time, refreshments and course materials). We open up an opportunity for parents/carer to 'tag it forward' by donating to our Crowdfunder.

Online support courses for Parents

Building Emotional Resilience
Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.

Facing Defiance
A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.

You & Your Teen
A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

www.facefamilyadvice.co.uk
Online Parenting Courses page
Email: info@facefamilyadvice.co.uk

FACE

May 2026 Timetable

All regular 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

School Anxiety	4 May 10am
Understanding Anger	4 May 7pm
Facing Defiance	5 May 10am
Supporting Healthy Screen Use	5 May 7pm
Cannabis and Ketamine Awareness	11 May 10am
Anxiety Explained	11 May 7pm
Introduction to OCD	12 May 10am
What is ACT?	12 May 7pm
Decreasing Depression	18 May 10am
Raising Self-Esteem	18 May 7pm
Supporting Healthy Sleep	19 May 10am
Understanding the Teenage Brain	19 May 7pm
Autism: Improving Communication	25 May 10am
Improving Family Communication	25 May 7pm
Supporting a Child with ADHD	26 May 10am
Understanding Addictive Behaviour	26 May 7pm
FREE Getting a Good Nights Sleep	28 May 7-8pm

2026 Events

Park = Activated
Cornwall School of Music
Cornwall School of Drama
Cornwall School of Dance
Cornwall School of Art
Cornwall School of Photography
Cornwall School of Coding
Cornwall School of Gardening
Cornwall School of Chess
Cornwall School of Table Tennis
Cornwall School of Badminton
Cornwall School of Table Tennis
Cornwall School of Badminton
Cornwall School of Table Tennis
Cornwall School of Badminton

June
June 1st - Cornwall School of Music
June 2nd - Cornwall School of Drama
June 3rd - Cornwall School of Dance
June 4th - Cornwall School of Art
June 5th - Cornwall School of Photography
June 6th - Cornwall School of Coding
June 7th - Cornwall School of Gardening
June 8th - Cornwall School of Chess
June 9th - Cornwall School of Table Tennis
June 10th - Cornwall School of Badminton

July
July 1st - Cornwall School of Music
July 2nd - Cornwall School of Drama
July 3rd - Cornwall School of Dance
July 4th - Cornwall School of Art
July 5th - Cornwall School of Photography
July 6th - Cornwall School of Coding
July 7th - Cornwall School of Gardening
July 8th - Cornwall School of Chess
July 9th - Cornwall School of Table Tennis
July 10th - Cornwall School of Badminton

August
August 1st - Cornwall School of Music
August 2nd - Cornwall School of Drama
August 3rd - Cornwall School of Dance
August 4th - Cornwall School of Art
August 5th - Cornwall School of Photography
August 6th - Cornwall School of Coding
August 7th - Cornwall School of Gardening
August 8th - Cornwall School of Chess
August 9th - Cornwall School of Table Tennis
August 10th - Cornwall School of Badminton

To buy your tickets online head over to www.lovehelston.co.uk or give our local box office a call on 01326 560606 (opt 2)

PAPAYA

Let's talk about our kids and their tech

ONLINE PARENT TALK WITH NICOLA
CORNWALL SCHOOLS PARENT TALK
MONDAY 17th JUNE 2026 - 7:30 AM to 8:00 AM

Joining Link: <https://www.facebook.com/facefamilyadvice>

ACCESS VIA THE LINKS LINK HERE

Nicola MacDonald
Nicola MacDonald is a Resilience Coach and Author of the new fiction book, 'Resilient Teen'. She is the Founder of My Resilient Mind and Co-Founder of The Digital Detox Club. She runs resilience workshops and talks for schools, parents, and adults in the workplace. She specialises in resilience, self-compassion, youth mental health and conscious parenting.

Nicola is an empowering and uplifting speaker who shares her expertise in a non-judgmental way, striving to be an experienced parent and her own personal struggles with her family.

PAPAYA

Helping families to thrive in a digital age

Parenting in the digital age has never been more complex, with issues surrounding screen time, social media use, and gaming.

Many parents are concerned about their children's mental health, especially the impact of screens on it.

In this interactive talk, Nicola unpacks some of the complex issues surrounding smartphone use and, in a non-judgmental manner, aims to help you find solutions that work for your family.

"The talk is so relevant, full of insight and eye-opening. You will walk away inspired to connect, reflect, and find out more. I highly recommend it."
- Claire Curtis, parent and SPV volunteer.

Topics

- The link between mental health and wellbeing
- Strategies for delaying the smartphone
- Strategies for families to achieve a healthy balance with technology
- Question and discussion time

PLAYERS WANTED

HELSTON AFC

HELSTON AFC YOUTH

We are looking for NEW PLAYERS to join our U11 Sharks squad for the upcoming season and in preparation for transitioning to 11 a side football.

Age Group: Under 11s moving into Under 12s - School Year 6 - Moving to Year 7 in September

About Us:

- Playing in a competitive league
- Focus on development, teamwork, and enjoyment

Training Details:

- Saturdays
- 09:00am - 10:30am

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07510 411878