

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

A very warm welcome back to all our children, families and staff as we begin a new academic year. It has been absolutely wonderful to see the school buzzing with excitement once again and to hear all about the amazing adventures, activities and special memories our children enjoyed over the summer holidays. Their enthusiasm and smiles have certainly brightened the start of the term.

I would also like to extend a particularly warm welcome to our new Reception children and their families. Starting school is such an important milestone, and we are delighted that you have joined our school community. We look forward to working together and supporting your children as they begin their learning journey with us.

As we start the year, I would like to share a change to our PE provision. Many of our children will know Mr Warren, who has taught PE on Fridays over the past two years. Mr Warren has now taken up the exciting position of Deputy Headteacher at Pennoweth School. We would like to thank him for his dedication, enthusiasm and contribution to our school community during his time with us. He has been a valued member of our team, and we wish him every success and happiness in his new role. More details about the PE provision this term are in this newsletter.

We are looking forward to another fantastic year of learning, achievement and memorable experiences for all our children. Thank you, as always, for your continued support. Together, we will make this a successful and enjoyable year for everyone.

Oll a'n gwella/All the best,

Mr Sturges



GARRAS CP SCHOOL
SKOL GYNNA 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 Argemynnow Garros



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. Parent Pay is used to book and pay meals, breakfast club and afterschool club.

It is important that everyone please signs up to the Arbor app and Parent Pay website

Any questions, please contact Mrs V.



Please use the Absence Request form for your child absence. You can find the form on the school website



or click here!





INSET DAYS

Monday 2nd November 2026

Friday 11th June 2027

ATTENDANCE

ATTENDYANS

Barn Owls 100%

Hawk Owls 100%

Eagle Owls 97.22%

Whole school 98.86%

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 1 8 15 22 29	Tue 6 13 20 27	Tue 3 10 17 24
Wed 2 9 16 23 30	Wed 7 14 21 28	Wed 4 11 18 25
Thurs 3 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 1 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 1 8 15 22 29	Tue 5 12 19 26	Tue 2 9 16 23
Wed 2 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
Fri 4 11 18 25	Fri 1 8 15 22 29	Fri 5 12 19 26
Sat 5 12 19 26	Sat 2 9 16 23 30	Sat 6 13 20 27
Sun 6 13 20 27	Sun 3 10 17 24 31	Sun 7 14 21 28
March 2027	April 2027	May 2027
Mon 1 8 15 22 29	Mon 5 12 19 26	Mon 3 10 17 24 31
Tue 2 9 16 23 30	Tue 6 13 20 27	Tue 4 11 18 25
Wed 3 10 17 24 31	Wed 7 14 21 28	Wed 5 12 19 26
Thurs 4 11 18 25	Thurs 1 8 15 22 29	Thurs 6 13 20 27
Fri 5 12 19 26	Fri 2 9 16 23 30	Fri 7 14 21 28
Sat 6 13 20 27	Sat 3 10 17 24	Sat 1 8 15 22 29
Sun 7 14 21 28	Sun 4 11 18 25	Sun 2 9 16 23 30
June 2027	July 2027	August 2027
Mon 7 14 21 28	Mon 5 12 19 26	Mon 2 9 16 23 30
Tue 1 8 15 22 29	Tue 6 13 20 27	Tue 3 10 17 24 31
Wed 2 9 16 23 30	Wed 7 14 21 28	Wed 4 11 18 25
Thurs 3 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 1 8 15 22 29

School holidays

Bank holidays

Christmas Day	25 December 2026
Boxing Day	28 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

1 September – 18 December 2026
(HALF TERM 19 – 30 October 2026)

SPRING TERM

4 January – 25 March 2027
(HALF TERM 15 – 19 February 2027)

SUMMER TERM

12 April – 23 July 2027
(HALF TERM 31 May – 4 June 2027)





Swallows gymnastics dates:

- 10th September Eagle Owls
- 17th September Eagle Owls
- 24th September Eagle Owls
- 1st October Eagle Owls
- 8th October Eagle Owls
- 15th October Hawk Owls & Barn Owls
- 2 week half term
- 5th November Hawk Owls & Barn Owls
- 12th November Hawk Owls & Barn Owls
- 19th November Hawk Owls & Barn Owls
- 26th November Hawk Owls & Barn Owls

Other PE sessions:

Hawk Owls: Wednesday with Mr Sturges

Eagle Owls: Friday with Mr Sturges

On days when children have PE, they should come to school wearing their PE kit and be dressed appropriately for the weather.

PE kit should consist of:

- Royal blue T-shirt (preferably with the school logo)
- Black shorts, leggings, or tracksuit bottoms
- A pair of socks
- A pair of trainers

School Uniform Supplier

School uniform with the school logo is supplied by:

Trophy Textiles

Unit 2D, Pool Business Park

Dudnance Lane, Pool

Cornwall TR15 3QVV

Telephone: 01209 713341

Email: enquiries@trophytextiles.co.uk

To place an order, please visit:

<https://www.trophytextiles.co.uk/?s=garras+school>

Alternatively, you may contact the shop directly.

Second-Hand Uniform

FROGS (Friends and Relations of Garras School) also maintain a stock of second-hand uniform. Please contact the school office for further details.

DIARY DATES

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Wed 9 th September	Barn Owls Wellies Wednesday
Thurs 10 th September	Individual School Photos Eagle Owls Gymnastics
Tue 15 th September	Cross Country Race 1 Ks1 and KS2 HCC South Site from 4pm Sailing 4pm to 6pm
Wed 16 th September	Barn Owls Wellies Wednesday
Thurs 17 th September	Eagle Owls Gymnastics
Tue 22 nd September	Sailing 4pm to 6pm
Wed 23 rd September	Barn Owls Wellies Wednesday
Thurs 24 th September	Eagle Owls Gymnastics



UK Health
Security
Agency

NHS

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://qrco.de/minftec>.

What Parents & Educators Need to Know about YOUTUBE KIDS



WHAT ARE THE RISKS?

As its name suggests, YouTube Kids is a child-friendly version of Google's online video-sharing platform. Its colourful user interface is designed with young people in mind, and it offers a curated, family-friendly experience with features like age-based content settings and parental controls.

INAPPROPRIATE CONTENT BYPASSING FILTERS

YouTube Kids is less likely to show inappropriate material than YouTube, but there have been reports of the app showing age-inappropriate content to young viewers. One investigation found that YouTube Kids had shown videos that promote skin bleaching, weight loss, drug culture and firearms to children as young as two, as inappropriate content had bypassed the platform's algorithms and human moderators.



BE WARY OF ADVERTISING

Like Google's regular YouTube app, YouTube Kids features pervasive advertising before a video plays. While these adverts are designed to be family friendly and are subject to a strict review process, it's worth noting that YouTube Kids collects information around children's viewing to inform targeted content and advertisements.



DESIGNED TO BE ADDICTIVE

YouTube Kids is designed to be addictive. The platform's design features, such as the constant stream of new videos and the reward system of points or virtual stickers, can be very engaging and make it difficult for children to switch off. Research has shown that spending too much time using digital services such as YouTube can lead to screen addiction, affecting children's daily routines, studies, and even their social lives.



SETTINGS CAN BE CIRCUMVENTED

YouTube Kids offers built-in parental controls, enabling you to set screen time limits and curate the content children are able to view; however, children are often more tech-savvy than we think. They can easily bypass or tweak these settings if they have access to the associated Google account password, thereby exposing themselves to age-inappropriate and potentially dangerous content.



AI-GENERATED MISINFORMATION

There is also a risk of children accessing videos that contain disinformation and misinformation. A BBC investigation found that some YouTube channels are using artificial intelligence (AI) technology to create misleading 'scientific' videos that are recommended to children as educational content. These videos included conspiracy theories and ideas that lack scientific backing.



DATA COLLECTION RISK

While there are limits on the data that YouTube can collect on children under 13, children can still inadvertently give away sensitive information when using YouTube Kids. The platform collects data on children's viewing habits, content searches and location, which YouTube and third-party advertisers can use.



Advice for Parents & Educators

PARENTAL CONTROLS

YouTube Kids offers several settings that allow you to manage what content children can view. For example, you can choose what level of content you want them to access, such as 'Preschool' or 'Younger'. You can also turn off the search function, so that only those videos approved by the YouTube Kids team themselves will appear on a child's recommendations list.



SET TIME LIMITS

The built-in parental controls let you keep a tab on how long children spend watching videos. You can set a timer that limits screen time and disables the YouTube Kids app once a specified length of time has been reached. It's also worth speaking to children about the dangers of spending too much time on YouTube, to ensure they remain focused on other, more important activities.



CHECK WATCH HISTORY

YouTube Kids has made it easy for you to keep an eye on what the children in your care have been watching on the app. By clicking on the 'Recommended' icon at the top right of the home screen, you can see which videos they've been viewing, and how much of each. If a child watches YouTube Kids while signed into a Google account, you can check their history through Google's 'My Activity' page.



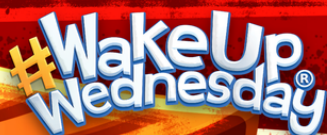
WATCH TOGETHER

It's important that you try to make YouTube Kids a fun and positive experience for children. One way to do this is by introducing watching sessions, where you all gather around and share the most enjoyable videos that you have recently watched. This can be a great way of giving you both new things to talk about and of keeping an eye on what they're watching.



Meet Our Expert

Carly Page is an experienced journalist with more than 10 years of experience covering the technology industry. Previously a senior cybersecurity reporter at TechCrunch, Carly is now a freelance journalist, editor, and copywriter. Her bylines include Forbes, TechRadar, Tes, The INQUIRER, The Metro, Uswitch, and WIRED.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/youtube-kids-2025>

PORTHLEVEN

PISKIES

FOOTBALL CLUB

**UNDER
12's**

**WE ARE
PISKIES!**



WE PLAY



WE LEARN



WE BELIEVE



WE WIN

**WE'RE
LOOKING FOR
YOU!**

NEW PLAYERS WANTED!

UNDER 12's

ALL ABILITIES WELCOME • MAKE FRIENDS • HAVE FUN • PLAY FOOTBALL



07967196151



Masking Awareness

FREE



FREE

Free online talk for parents

24 September 7pm - 8pm

Book online

facefamilyadvice.co.uk
Parent - Live Talks page



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



September 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

Facing Defiance	1 Sep 10am
Cannabis & Ketamine Awareness	1 Sep 7pm
Supporting Healthy Sleep	7 Sep 10am
Raising Self-Esteem	7 Sep 7pm
Introduction to OCD	8 Sep 10am
Decreasing Depression	8 Sep 7pm
What is ACT?	14 Sep 10am
Improving Family Communication	14 Sep 7pm
Supporting a Child with ADHD	15 Sep 10am
Understanding Addictive Behaviour	15 Sep 7pm
Understanding the Teenage Brain	21 Sep 10am
Understanding Anger	21 Sep 7pm
Autism: Improving Communication	22 Sep 10am
Supporting Healthy Screen Use	22 Sep 7pm
FREE - Masking Awareness	24 Sep 7-8pm
Anxiety Explained	28 Sep 10am
School Anxiety	28 Sep 7pm

PAPAYA

Let's talk about our kids and their tech

ONLINE PARENT TALK WITH NICOLA:

CORNWALL SCHOOLS PARENT TALK
MONDAY 8TH JUNE 2026 - 9:30 AM to 11:00 AM



JOINING LINK:

ACCESS VIA THE TEAMS LINK HERE



Nicola MacDonald

Nicola MacDonald is a Resilience Coach and Author of the non-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 mindfulness, tech addiction, youth mental health and conscious parenting.

Nicola is an empowering and uplifting speaker who shares her knowledge in a non-judgemental way linking to her own experiences of parenthood and her own previous struggles with teen anxiety.

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.

Topics

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

"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 SFC volunteer.

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

CMST
110W A&S 011



TROS AN HELLYS

BEGINNER BAND

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

vvatkiss@cornwallmusicservicetrust.org
lthrusell@cornwallmusicservicetrust.org

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- + Home Ed Courses
- + 1:1 Personalised Tuition
- + Summer School Classes (email for info)

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07852 674316
sara@art-k.co.uk
art-k.co.uk/class-west-cornwall
Krowji G15 Percy Williams Building West Park, Redruth, Cornwall TR15 3GE




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 welcoming club!

For more information please contact us via our facebook page, coverackgigclub@gmail.com or contact Bev on 07779315707

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

