

Friday 11th September 2026

Issue 40

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

It has been wonderful to see the children return so positively for their first full week back at school. They have settled brilliantly into their routines, and we are now fully in the flow of our curriculum learning. Classrooms have been busy, purposeful places, and it has been fantastic to see the enthusiasm and engagement that the children have brought to their learning already.

This year, we will be making a change to the timing of our Parents' Evenings. Rather than holding them after the half-term break, we will be bringing them forward to take place before half term. This will allow us to celebrate your child's learning and achievements early in the year, while also ensuring that any additional support can be identified and put in place as soon as possible. Parents' Evenings will begin during the week commencing 5th October, and appointment times will be made available via Arbor in due course.

It has also been lovely to welcome back our existing families and get to know our new families at the school gates each morning. Building strong relationships between home and school is incredibly important to us, and I have enjoyed many friendly conversations at drop-off time.

A gentle reminder that the school doors open for children at 8:30am (unless they are attending Breakfast Club), and registration takes place at 8:45am. If you are experiencing difficulties getting your child to school on time and are concerned about punctuality, please do give us a call so that we can offer support where needed.

For clarity, children are not recorded as late in the register until 8:50am, and a late arrival becomes unauthorised after 9:05am. If you would like to find out more about late arrivals, please take a look at our Attendance Policy on the school website. Should you have any questions regarding attendance or punctuality, please do not hesitate to come and speak with me.

Thank you for your continued support, and I hope you all have a lovely weekend.

Oll dñ 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

BARN OWLS

KOWANNOW GWYNN

Dear Parents and Carers,

Our First Full Week Together!

What an exciting first full week we have had in Reception and Year 1! The children have settled wonderfully into school life and have shown great enthusiasm as they begin their learning journey.

This week, we have spent time getting to know our new friends and the adults in our classroom. We have been learning our class rules and discussing how we can work together to create a happy, safe, and respectful learning environment for everyone.

Our first Welly Wednesday was a great success! The children learned important fire safety rules and practised how to move safely and sensibly around the fire circle. To finish our session, everyone enjoyed a delicious hot chocolate and marshmallows. It was a lovely way to end our outdoor learning experience.

Reception children have begun their phonics learning and have been introduced to the sounds s, a, t and p. They have enjoyed recognising these sounds and having a go at writing them. We are incredibly proud of their enthusiasm and confidence as they take their first steps into reading and writing.

Year 1 have been getting to grips with their maths learning and have been introduced to Maths Whizz to deepen their understanding, more information on this will be sent home soon. The children have shown great determination and are developing their confidence when tackling new mathematical challenges.

Reception have embarked on their exciting Drawing Club journey. This literacy approach encourages children to develop their pencil grip, imagination, creativity, and communication skills. We have already seen some fantastic ideas and creative storytelling from the children.

In literacy, we have been exploring the story "Change Sings" by Amanda Gorman. Through this inspiring text, we have discussed how we can make the world a better place and celebrated the fact that we are all unique and special in our own ways. The children shared some thoughtful ideas about kindness, helping others, and embracing differences.

We are delighted with how well all of the children have settled into routines and classroom expectations. They have approached new experiences with excitement, curiosity, and positivity, and we look forward to seeing them continue to grow in confidence throughout the term.

We hope you have a lovely and restful weekend. 😊

Barn Owls Team



HAWK OWLS

Kowannow Sparr Hok

We have had a lovely week in Hawk Owls and the children have been busy with lots of exciting learning across the curriculum.

We began the week with a very surprising delivery. A tuba arrived in our classroom with a note attached from the poet Amanda Gorman! Alongside the tuba were copies of her wonderful book *Change Sings*, which we have been reading together in our literacy lessons. The children have thoroughly enjoyed exploring the book and thinking about its message of making positive changes in the world. Inspired by Amanda Gorman's writing, we have been creating our own poem verses, using her structure and ideas about change for the better. We have also been writing personal profiles about ourselves. The children really enjoyed reflecting on their interests, strengths and personalities, and it was wonderful to see their individuality shine through in their writing.

In geography, we have started our new unit, What are rivers and how are they used? To begin our learning, we explored the water cycle and discussed how water moves around our planet. The children showed great curiosity and asked some thoughtful questions about how rivers are formed and why they are so important.

In RE, we have begun our new unit, Who is Muslim and how do they live? We started by learning about why Allah is important to Muslims. To help us understand this, the children first spent time reflecting on the people, possessions, values and experiences that are important to them. This led to some thoughtful discussions and helped the children make connections between their own lives and the beliefs of others.

In art, we have begun our learning about prehistoric paintings. We started by looking at examples of cave art and discussing how people created artwork thousands of years ago. The children then drew animals that can be found locally, using the same style and techniques as those seen on cave walls over 17,000 years ago. They enjoyed experimenting with simple shapes and lines to create their artwork and produced some fantastic pieces.

It has been a wonderful week of creativity, curiosity and enthusiasm. We are looking forward to building on all of this learning next week.

Hawk Owls



EAGLE OWLS

Kowannow Er

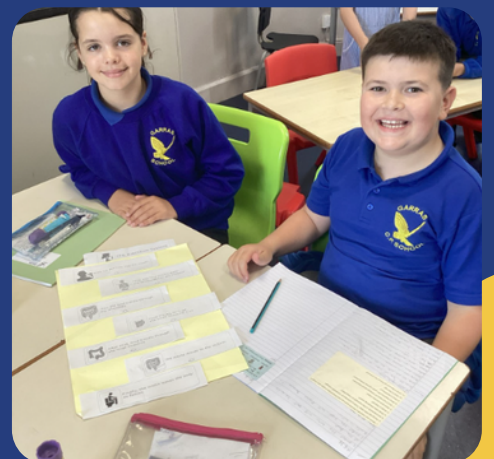
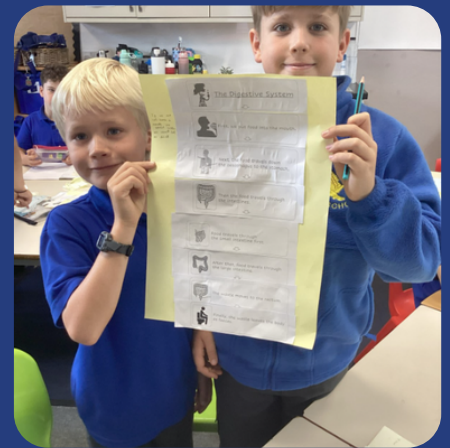
What an amazing start to the academic year it has been! We have dived headfirst into our whole-school literacy unit, Change Sings, exploring how each of us can make a difference and create positive change in both big and small ways.

In Science, Eagle Owls have been fascinated, and sometimes a little disgusted, by our learning about the digestive system and the important functions of different types of teeth. Their curiosity and enthusiasm have led to some fantastic discussions and questions.

We have also begun our History unit on World War II. So far, we have explored some of the key factors that contributed to the outbreak of the war and identified the countries involved. The children have shown great interest in this important period of history, and we are looking forward to deepening our understanding over the coming weeks.

We also thoroughly enjoyed our full afternoon of gymnastics at Swallows Gym. These sessions will be continuing for the next 4 weeks and we look forward to the progress that will be made in that time.

Well done to everyone for another fantastic week!



Cornish of the
Month!

September

Mis Gwynngal

Red
Rudh

Yellow
Melyn

Orange
Rudh-velyn

Autumn
Kynyav

Tree
Gwedhen



Pen Licence

Congratulations to:

Hector
Alaya
Charlie L
Freddie
Mabel
Christopher

Congratulations to:

Merryn
Olivia
Layla

New members of the exclusive 11 club in
Maths

Bertie
Lewis

New members of the exclusive 22 club
in Maths

Join the
CELEBRATION!



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!





ATTENDANCE

ATTENDYANS

Barn Owls 100%

Hawk Owls 100%

Eagle Owls 99.59%

Whole school 99.53%

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

2026-2027



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

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

November 2026						
Mon	2	9	16	23	30	
Tue	3	10	17	24		
Wed	4	11	18	25		
Thurs	5	12	19	26		
Fri	6	13	20	27		
Sat	7	14	21	28		
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)

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

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

February 2027						
Mon		1	8	15	22	
Tue		2	9	16	23	
Wed		3	10	17	24	
Thurs		4	11	18	25	
Fri		5	12	19	26	
Sat		6	13	20	27	
Sun		7	14	21	28	

March 2027						
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		
Sat	6	13	20	27		
Sun	7	14	21	28		

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

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

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

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

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



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

DEDHYASOVV DHYDHLIVER

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 SAT5 club 3.15pm to 4.15pm
Thurs 17 th September	Eagle Owls Gymnastics
Tue 22 nd September	Sailing 4pm to 6pm
Wed 23 rd September	Barn Owls Wellies Wednesday SAT5 club 3.15pm to 4.15pm
Thurs 24 th September	Eagle Owls Gymnastics
Tue 29 th September	Sailing 4pm to 6pm
Wed 30 th September	Barn Owls Wellies Wednesday SAT5 club 3.15pm to 4.15pm
Thurs 1 st October	Eagle Owls Gymnastics



FRIENDS OF GARRAS SCHOOL AGM

SKOL GYNNA KEMENETH GARROS

Thursday 24th September 2026

7.30pm at The Black Swan, Gweek.



**You are warmly invited to attend the FROGS
Annual General Meeting.**

**We will be voting in key positions of Chair,
Treasurer and Secretary as well as discussing plans
for this academic year & exciting fundraising ideas.**

No need to RSVP, just turn up!

PROMS at the Minack

M
MINACK
THEATRE

26 & 27 SEPT



with Camborne Town Band

01736 810181 minack.com



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

WHAT ARE THE RISKS?

Almost anyone with an internet connection knows about YouTube. The Google-owned platform allows users to upload and share videos globally, making it a readily accessible resource with free content on almost any topic. However, with over 20 million videos uploaded each day, not all material is suitable for younger audiences.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed across multiple device types, even without an account. While some videos are marked as 'age restricted', this relies on uploader honesty and automated moderation, meaning children and young people may still encounter unsuitable content if these measures aren't taken.



CONNECTING WITH STRANGERS

YouTube includes social features such as comments and direct messaging. This means young users can interact with people they don't know, potentially exposing them to inappropriate language, cyberbullying, or unwanted contact. Young content creators may be especially vulnerable.



TRENDS AND CHALLENGES

Popular trends and challenges can be entertaining and widely shared. While many are harmless, some can be risky or harmful if copied. For example, the 'salt and ice challenge' has caused injuries when imitated.



SUGGESTED CONTENT

YouTube recommends videos based on what a user has previously watched. While this can enhance the experience, it may also encourage binge-watching and excessive screen time, particularly when Autoplay is enabled. Without an account, users are shown trending videos, which are not always age appropriate.



EXPOSURE TO EXTREME CONTENT

The platform's algorithm often promotes content that attracts high engagement, which can sometimes include videos containing extreme viewpoints, misinformation, or risky behaviour. As children and young people watch more of this content, similar videos are likely to be recommended by YouTube's algorithm, therefore reinforcing the exposure.



SHORT-FORM CONTENT IMPACT

YouTube Shorts – short, fast-paced videos – are designed for continuous viewing. This style of content can be highly engaging but may also contribute to increased screen time and difficulties with maintaining focus over longer periods.



Advice for Parents & Educators

CONSIDER YOUTUBE KIDS

YouTube Kids can help reduce young users' exposure to unsuitable content by filtering videos into age groups, such as preschool, younger, and older children. However, as moderation is automated, it should be used alongside active supervision.



CHECK PRIVACY SETTINGS

If a child in your care uploads content, consider setting videos to Private or Unlisted so they are only shared with trusted viewers. Disabling comments can also help reduce unwanted interaction from strangers.



USE PARENTAL CONTROLS

Google Family Link allows adults to filter content, monitor usage, and manage younger users' screen time. Supervised Accounts offer a gradual step up from YouTube Kids, enabling children to explore the platform with appropriate safeguards.



WATCH TOGETHER

Spending time watching YouTube with the children and young people in your care can help you understand what they enjoy and guide your conversations about content. Tools like Downtime in Family Link can also help limit unsupervised viewing.



Meet Our Expert

Alan Martin is an experienced technology journalist who has written for publications including Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



See full reference list on our website



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.04.2020

Masking Awareness

FREE



FREE

Free online talk for parents
24 September 7pm - 8pm

Book online
[facefamilyadvice.co.uk](https://www.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](https://www.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
HOW HAD YOU



TROS AN HELLYS

BEGINNER BAND

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

vwatkiss@cornwallmusicservicetrust.org
lthrusell@cornwallmusicservicetrust.org

art-K ART CLASSES
in West Cornwall



A PLACE TO BELONG, GROW & CREATE

BOOK YOUR
TRIAL NOW!

- + Art Classes for Children 6+
- + Arts Award Courses
- + GCSE & A-Level Support
- + Home Ed Courses
- + 1:1 Personalised Tuition
- + Summer School Classes (email for info)

COMMITTED TO SAFEGUARDING | OFSTED REGISTERED | CHILDCARE VOUCHERS ACCEPTED

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, coverackgclub@gmail.com or contact Bev on 07779315707

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