Friday 16th October 2026

Issue 45

NEWSLETTER

LYTHER NOWODHOW

GARRAS CP SCHOOL

SKOL GYNSA KEMENETH GARROS

Headteacher Message

As we reach the end of a busy and successful half term, I would like to thank our children, staff, parents, governors and wider school community for their fantastic support. It has been a wonderful few weeks, filled with exciting school trips, opportunities for learning beyond the classroom, and coming together to support others through our Food Bank collection and our well-attended Harvest Festival.

I would also like to extend a sincere thank you to all of our volunteers. Whether you have supported school trips, listened to readers, helped with transport, or given your time through FROGS, your contribution makes a real difference to the experiences and opportunities we are able to provide for our children.

Today, I have shared our draft Behaviour Policy for consultation. Working together is an integral part of our school community, and I greatly value the views of our families. I look forward to receiving your feedback as we continue to strengthen our approach and ensure the very best outcomes for all children.

Thank you for your continued support. I wish everyone a restful and enjoyable half term break, and I look forward to welcoming you back after the holiday in Tuesday 3rd November.



Oll a'n gwella/All the best,

Mr Sturges

KONSEL KERNOW

GO CORNISH BRONZE AWARD

GOLDEN TREE

SAFEGUARDING

https://www.qwell.io

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

It has been another busy and enjoyable week in Year 1!

In phonics, all of the children have worked incredibly hard consolidating everything we have learned so far this half term. They completed quizzes to showcase their knowledge and should be very proud of the progress they are making. We have been delighted to see their growing confidence when reading and recognising new sounds.

In maths, the year 1 children have been deepening their understanding of part-whole models and fact families. They have explored different ways to partition numbers into parts and have been learning how addition and subtraction facts are connected. It has been wonderful to hear the children confidently explain their mathematical thinking and reasoning.

In science, we continued our learning about materials by investigating the properties of transparent and opaque materials. The children took on the role of scientists and engineers as they considered which material would be most suitable for a spaceship curtain in response to a request from NASA! They made predictions, tested a range of materials and carefully observed the results before discussing their findings. The children showed excellent curiosity and reasoning skills while developing their understanding of everyday materials and scientific enquiry.

In literacy, the children have been inspired by The Naughty Bus. After enjoying the story and exploring its key features, the children adapted the text to create their own imaginative versions. Year 1 focused on sentence structure, using capital letters, finger spaces and full stops correctly, while encouraging creativity and developing storytelling skills. We loved reading the children's imaginative ideas and seeing their confidence grow as writers.

Our first gymnastics session at Swallows Gym was a huge success! The children demonstrated excellent listening skills, enthusiasm and determination as they explored a range of equipment and movements. They worked hard to develop their strength, balance and control whilst building confidence in a new environment. We were extremely proud of their behaviour and positive attitudes throughout the session.

At Wild Tribe, the children had a fantastic time outdoors, showing off their impressive den-building skills and working collaboratively with their friends. They enjoyed exploring pumpkins, scooping them out and investigating what was inside. The children also gathered around the fire to enjoy hot chocolate and marshmallows as a special treat, making for a memorable end to a wonderful week of outdoor learning.

Well done to all the children for another fantastic week of learning, teamwork and resilience. We hope you have a wonderful half term and a well deserved rest! We look forward to seeing you all back in November! 😊

Barn Owls Team













HAWK OWLS
Kowannow Sparr Hok



What a fantastic week Hawk Owls have had! The highlight was undoubtedly our trip to The Lost Gardens of Heligan, but there has been plenty of exciting learning taking place in the classroom too.

In Literacy, we have finished writing our own stories inspired by Leon and the Place Between. This week, we focused on improving our writing by adding adverbs and adverbial phrases at the beginning of sentences. The children thoroughly enjoyed a sentence-improving game where they looked at a picture and wrote a simple sentence about it. They then passed their sentence to a friend, who added one improvement before folding down the original version. This continued several times, with each child making just one improvement. At the end, we compared the very first sentence with the final version and the children were amazed by how much richer and more interesting the writing had become! Using this idea, they then revisited their own story drafts and worked hard to edit and improve them.

We have also completed our RE unit on Islam. Over the past few weeks, the children have learned about Muslim beliefs, the Five Pillars of Islam, the importance of the Prophet Muhammad, and why the Qur'an is such a special book for Muslims. This week, we explored the different ways Muslims show respect for the Qur'an and discussed why sacred texts are important to people of faith. The children showed great curiosity, respect and thoughtfulness throughout the unit.



The highlight of our week was Tuesday's trip to The Lost Gardens of Heligan. Thank you so much for bringing your child in early and for being so understanding about the traffic, which meant we returned slightly later than anticipated.

During the day, we took part in two wonderful workshops. The first was a poetry workshop inspired by the poems of Simon Armitage. The children became word detectives, collecting exciting vocabulary during their walk around the gardens before using their discoveries to create free-form poems about animals of their choice. The second workshop was inspired by the natural sculptures found throughout Heligan. After learning about the sculptures, the children gathered natural materials from around the gardens and used them alongside clay to create their own beautiful nature-inspired artworks.



We were incredibly lucky with the weather, and everyone had a wonderful day filled with creativity, curiosity and fun.

Thank you so much for a wonderful first half term. We are very proud of everything the children have achieved and appreciate all your support. We hope you all have a lovely and well-deserved half-term holiday!

Hawk Owls







EAGLE OWLS

Kowannow Er

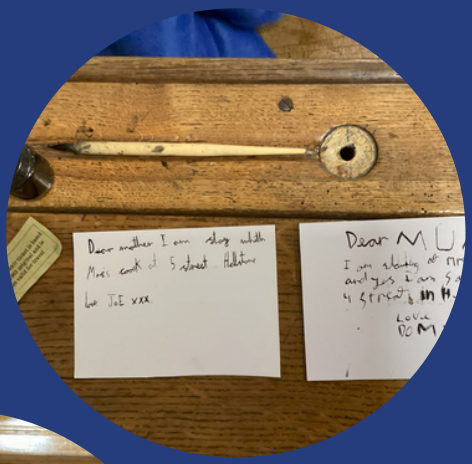
This week got off to a fantastic start with our trip to Helston Museum, where we took part in immersive World War II workshops. The children became evacuees for the morning, receiving replica gas mask boxes and train tickets before writing postcards home and learning about wartime school life. They also enjoyed activities exploring the role of women during the war, rationing and what children would have packed for evacuation.

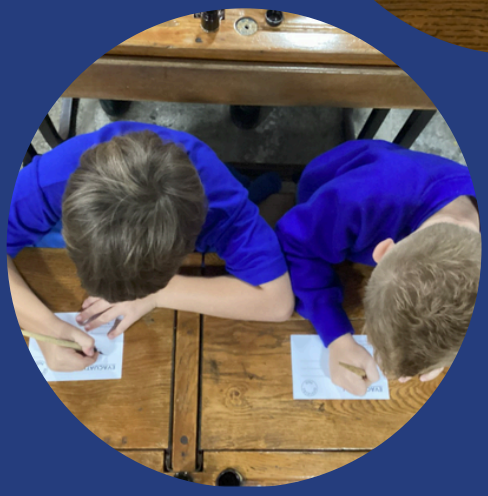
We also enjoyed our final sailing session of the year. With favourable weather at last, everyone was able to get out on the water and put their sailing skills into practice. It was wonderful to see the confidence and teamwork the children have developed throughout the programme.

In English, we have continued to enjoy The Arrival, using fronted adverbials and emotive language to write vivid descriptions of what it might feel like to be caught in a storm at sea.

In Science, we completed our unit by learning about food chains. The children explored how energy moves through an ecosystem before creating their own food chains to demonstrate their understanding.

Well done to everyone for another fantastic week!

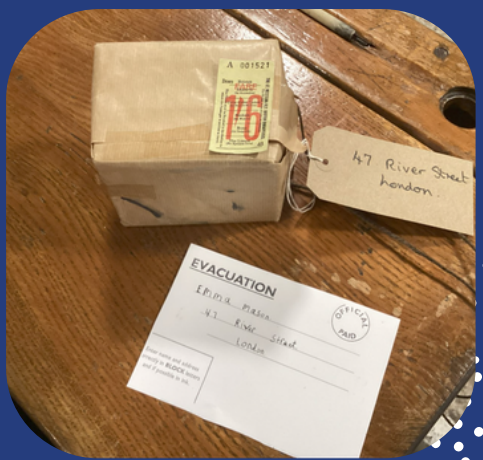












Cornish of the Month!



OCTOBER

Mis Hedra



Carrots
Karetys



Bread
Bara

Harvest Festival
Guldize





Pears
Perennow

Apples
Avalow

Food Bank Donations

A huge thank you to everyone who generously donated to our local food bank. Your kindness and support will make a real difference to families in our community who need a little extra help.
On Monday, Nathaniel and Sophie from Year 6 joined Mr Sturges to deliver the donations. They were impressed by the work of the food bank and said it was helpful to see a place where people can access support when they need it. They were also inspired by the dedicated volunteers who give up their own time to help families facing difficult circumstances.
We are incredibly proud of our pupils for showing such empathy and understanding, and grateful to our school community for coming together to support others. Thank you for helping us demonstrate the importance of kindness, generosity and community spirit.







Congratulations to:

Summer

New member of the exclusive 11 club in Maths

Beni

New member of the exclusive 44 club in Maths

Ottilie

New member of the exclusive 55 club in Maths

Join the CELEBRATION!



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!





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.



The PTA have set up a new fundraising app
All you have to do is down load the app and shop through the app and the company give a small donation back to us.

Please use the link below to register.
https://www.easyfundraising.org.uk/causes/friends-and-relatives-of-garras-school/

Parking Reminder

We kindly ask all parents and carers to be considerate of our neighbours during drop-off and pick-up times. Please do not park across or too close to residents' driveways, as this can prevent them from accessing their homes safely and cause unnecessary inconvenience.

Thank you for helping us maintain positive relationships with our local community and for ensuring the safety and consideration of everyone around the school. Your support is greatly appreciated.





ATTENDANCE

ATTENDYANS

Barn Owls 89.95%

Hawk Owls 95.06%

Eagle Owls 91.77%

Whole school 96.75%



Swallows gymnastics dates:

- 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 3QW
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

DEDHYASOW DHYDHLYVER

From 19th to 30th October	Autumn half-term break
Mon 2nd November	INSET DAY
Tue 3rd November	Children back to school
Wed 4th November	Hawks Owls Rivers trip Barn Owls Wellies Wednesday SATS Club 3.15pm to 4.15pm
Thurs 5th November	Barn Owls and Hawk Owls Gymnastics
Mon 9th November	Hawk Owls Stone Age trip Football league from 3.30 to 4.30 HCC
Tue 10th November	Gweek Christmas play rehearsal 9am to 12pm
Wed 11th November	Barn Owls Art Workshop SATS Club 3.15pm to 4.15pm
Thurs 12th November	Barn Owls and Hawk Owls Gymnastics
Fri 13th November	Gweek Christmas play rehearsal 1pm to 3pm
Mon 16th November	Football League Y5/Y6 HCC from 3.30 to 4.30
Tue 17th November	Hawk Owls Cornwall Museum Truro visit
Wed 18th November	Swimming gala Barn Owls Wellies Wednesday SATS Club 3.15pm to 4.15pm
Thurs 19th November	Barn Owls and Hawk 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 (induding 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/minfec.**

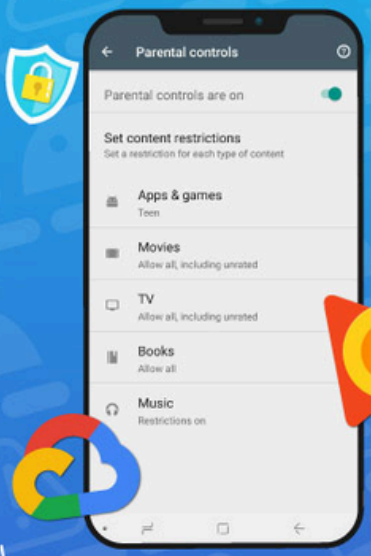
© Crown copyright 2022 Product code: NIS/C218h SK APRIL 2022 (APS) Gateway number: 20211451

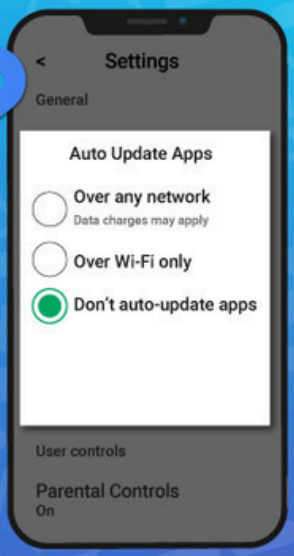
At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

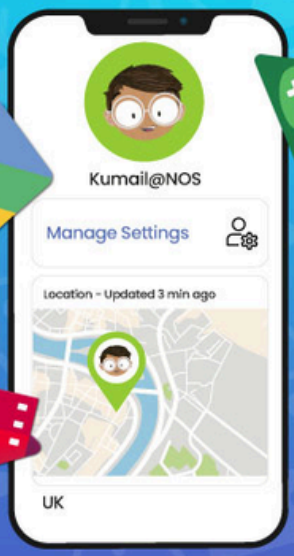
How to Set up PARENTAL CONTROLS for APPS

Android Phone

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentications relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.







How to Block App Downloads (This Also Disables In-app Purchases):

1. Open Google Play Store
2. Tap the profile icon in the top right
3. Tap Settings
4. Scroll down to the Family section and tap Parental controls
5. Toggle 'Parental controls are off' to 'Parental controls are on'
6. Create a PIN and tap OK
7. Confirm your PIN and tap OK again
8. Tap Apps & Games
9. Set the age limit you wish to set
10. Tap Save to apply your changes

How to Stop Auto-updates

1. Open Google Play Store
2. Tap the profile icon in the top right
3. Tap Settings
4. Tap Auto-Update Apps
5. Select 'Don't auto-update apps' and then tap Done



Restricting Apps Through Google Family Link

1. Open Google Play Family Link for parents
2. Tap the three horizontal lines in the top left
3. Select your child's account
4. Tap Manage
5. Tap Controls on Google Play
6. Tap Apps & Games
7. Select the age limit you wish to set

National Online Safety®
www.nationalonlinesafety.com

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.09.2021



WE ARE HIRING

PRE-SCHOOL MANAGER

Location: Garras, Helston, TR12 6AY
Salary: £15.35 per hour
Hours: Full time / Job Share considered (term time only)
Age range: 2–4 years
Deadline: 20th October 2026

Are you an enthusiastic, passionate and dedicated Early Years professional looking for your next exciting opportunity? Our pre-school provides high quality care and learning for children aged 2–4 years, offering a warm, nurturing and stimulating environment where children are encouraged to learn, explore and develop at their own pace. We are incredibly proud of our strong community links, fantastic indoor and outdoor spaces, dedicated staff team and helpful, passionate committee. We are looking for someone who shares our commitment to providing children with the very best start in their early years.

- **What we are looking for:-**
- Qualifications: Minimum Full Level 3 qualification in Early Years Education and Childcare (or equivalent).
- Experience: Proven leadership or management experience within an early years, nursery, or pre-school environment.
- Knowledge: Deep working knowledge of the EYFS framework, child protection, and regulatory standards.
- DBS: A satisfactory enhanced Disclosure and Barring Service (DBS) check will be required for this position

TO APPLY PLEASE SEND COVERING LETTER & CV TO
OWLETSCHAIR@GMAIL.COM

CORNWALL COUNCIL

Together for Families

Autism in Schools Team

Our team support autistic children and young people aged 4 to 16 who are on roll at a school in Cornwall. We support schools to include autistic children and young people in all activities. We want autistic children to be able to join in, learn, and thrive.

We mostly work in schools. We sometimes work in the home. We work alongside other teams to encourage joint problem-solving. We promote support and strategies that are neuro-affirming and evidence-based.

We are a neurodiverse team and celebrate the strengths this brings. We have a mixture of professional experience, academic experience, and lived experience.

Click the QR code to visit our website for further details and to book a parent information session or contact our free advice line.

www.cornwall.gov.uk/childrensautism

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

LOCAL OFFER SEND CORNWALL

While We Wait
Community SEND Support Day

Are you a parent or carer of a child or young person with Special Educational Needs and Disabilities (SEND)?
A relative, neighbour or professional trying to support a parent or carer with SEND?

You're invited to Cornwall's first
'While We Wait' Community SEND Support Day.

Thursday 1 October 2026 | 10:00am to 2:00pm | St Erme Community Centre, Truro, TR4 9BD

Children not in school are welcome to come along with any toys or devices that will help them feel settled and entertained.

We know that waiting for support can be difficult and often leaves families feeling uncertain about what happens next. Many parents tell us that having the chance to talk directly with services helps reduce anxiety and gives them confidence about the support available for their child.

This event has been organised collaboratively and will provide an opportunity to ask your questions directly to:

NHS Health Services | Cornwall Council Education, SEND and Community Health services | Cornwall Council Children's Social Care | Cornwall Parent Carer Forum | Cornwall SENDIASS | Local Voluntary and Community Organisations

Helping families feel informed, connected and supported while they wait.

FACE

October 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

Raising Self-Esteem	5 Oct 10am
Supporting Healthy Sleep	5 Oct 7pm
Decreasing Depression	6 Oct 10am
Introduction to OCD	6 Oct 7pm
Improving Family Communication	12 Oct 10am
What is ACT?	12 Oct 7pm
Understanding Addictive Behaviour	13 Oct 10am
Supporting a Child with ADHD	13 Oct 7pm
Understanding Anger	19 Oct 10am
Understanding the Teenage Brain	19 Oct 7pm
Supporting Healthy Screen Use	20 Oct 10am
Autism: Improving Communication	20 Oct 7pm
FREE - ADHD and Homework	22 Oct 7-8pm
Facing Defiance	26 Oct 10am
Cannabis & Ketamine Awareness	26 Oct 7pm
School Anxiety	27 Oct 10am
Anxiety Explained	27 Oct 7pm

FACE

November 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

Introduction to OCD	2 Nov 10am
Raising Self-Esteem	2 Nov 7pm
Supporting Healthy Sleep	3 Nov 10am
Decreasing Depression	3 Nov 7pm
Supporting a Child with ADHD	9 Nov 10am
Understanding Addictive Behaviour	9 Nov 7pm
What is ACT?	10 Nov 10am
Improving Family Communication	10 Nov 7pm
Autism: Improving Communication	16 Nov 10am
Supporting Healthy Screen Use	16 Nov 7pm
Understanding the Teenage Brain	17 Nov 10am
Understanding Anger	17 Nov 7pm
FREE - Responding to Stress & Anxiety	19 Nov 7-8pm
Anxiety Explained	23 Nov 10am
Facing Defiance	23 Nov 7pm
Cannabis & Ketamine Awareness	24 Nov 10am
School Anxiety	24 Nov 7pm

MENTAL HEALTH SUPPORT TEAM - MHST

NHS Cornwall Partnership NHS Foundation Trust

Join us for our 5-week online **Parent-Led CBT** or **Behavior as Communication.**

Sessions are available on Tuesdays or Wednesdays beginning 10 November 2026 at 10am or 1pm.

Parent-led cognitive behavioural therapy (CBT) is a short psychological intervention that helps parents and carers apply CBT principles in their child's daily life, to support with childhood worries.

Behaviour as communication provides parents with some practical strategies to foster positive behaviour and communication at home.

Please sign up via the online form here: https://forms.cloud.microsoft/e/ACeKmRZfn5

Sign up closes 23/10/2026 at 5pm

All sign ups will require an individual pre group assessment phone call

NHS Cornwall Partnership NHS Foundation Trust

The Mental Health Support Team warmly invite you to attend...

Wild Wellbeing

During October half term we are offering FREE "drop in" nature based creative sessions linked to the 5 ways to wellbeing.

This is for parents and children aged 5-11 in Cornwall.

The Core at St Ives Community Orchard
Thursday 29 October 2pm -4pm
highlighted.flamed.hours

Coming along? 🌿 Please let us know by completing our short booking form so we know how many people to expect.

Book here!

Follow us on Facebook for updates and upcoming events:
Cornwall Mental Health Support Team (MHST)


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


TROS AN HELLYS
BEGINNER BAND
ALTERNATE SATURDAY MORNINGS, 10:30-12
ST. MICHAELS SCHOOL, HELSTON
vwatkiss@cornwallmusicservicetrust.org
lthrussell@cornwallmusicservicetrust.org


HELSTON RFC
U10s
New Players Wanted!
HELSTON RFC U10s ARE LOOKING TO INCREASE THEIR NUMBER OF PLAYERS FOR NEXT SEASON.
IF YOUR CHILD IS ENTERING YEAR 5 IN SEPTEMBER AND IS KEEN TO BE PART OF A FUN, INCLUSIVE TEAM SPORT, WE WELCOME YOUR CHILD TO COME AND GIVE IT A TRY.
FOR MORE DETAILS, PLEASE FEEL FREE TO CONTACT OUR MANAGEMENT TEAM AT THE DETAILS LISTED BELOW:
ROBIN – 07523 068727
GARETH – 07753 215780
www.helstonrfc.co.uk


Activity Camps
SIR BEN AINSLIE SPORTS CENTRE
October Half Term
Week 1
Tuesday 20 Oct
Arts & Crafts
Autumn Crafts
6-12 Years
10am - 4pm
Library
Wednesday 21 Oct
Bushcraft
7-13 Years
8:30am - 5:00pm
Truro School Prep
Thursday 22 Oct
Bushcraft
7-13 Years
8:30am - 5:00pm
Truro School Prep
Week 2
Monday 26 Oct
Multi-Sport
Theme: Ultimate Sports Challenge
6-12 Years
8:30am - 5:30pm
Sports Centre
Tuesday 27 Oct
Multi-Sport
Theme: Wizard Games
6-12 Years
8:30am - 5:30pm
Sports Centre
Wednesday 28 Oct
Multi-Sport
Theme: Zombie Survival Academy
6-12 Years
8:30am - 5:30pm
Sports Centre
Thursday 29 Oct
Halloween Party Day!
Fancy Dress Party, Multi-Sport, Pumpkin Carving & More!
6-12 Years
8:30am - 5:30pm | Sports Centre
Friday 30 Oct
Book Now: www.sirbenainsliesportscentre.com