

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

As we approach our Harvest celebrations, I would like to say a huge thank you to all of our families for the incredibly generous donations already received for the Foodbank. Your kindness and support will make a real difference to local people and families in need. If you would still like to contribute, donations can be brought into school on Monday morning.

I would also like to extend my sincere thanks to all of our parent and grandparent volunteers who have supported the school this term. Whether hearing readers, driving the minibus, or helping on school trips, your time, commitment and generosity make a huge difference to the opportunities we can provide for our children.

We are incredibly grateful for the support of our school community. Thank you for helping us create such a caring and enriching environment for our pupils.

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

BARN OWLS

KOWANNOW GWYNN

We have had another busy and exciting week in Reception and Year 1.

In Maths, Reception children have been exploring the concepts of more than and fewer than, using practical resources to compare groups and explain their thinking. Year 1 children have been learning about part-whole models and investigating doubles, developing their understanding of how numbers can be broken apart and put back together.

In Literacy, the children have continued to practice their handwriting skills and have enjoyed writing about The Naughty Bus. Reception children have been working hard on their letter formation and are continuing to learn new sounds in phonics each week. Year 1 children have started to 'Grow the Code', an important and exciting stage of their phonics learning, where they discover the different ways sounds can be represented in reading and writing.

Our Science learning saw the year 1 children take on a challenge from some astronauts! They investigated a range of materials to decide which would make the best space nappy, carefully considering which materials and their properties would be most suitable for the job. Reception were busy deciding which materials would be best to build a robot!

In Art, the children have been inspired by the work of Paul Klee, using shapes and lines to create their own artwork. They have also been practising their colouring skills, focusing on control and pressure.

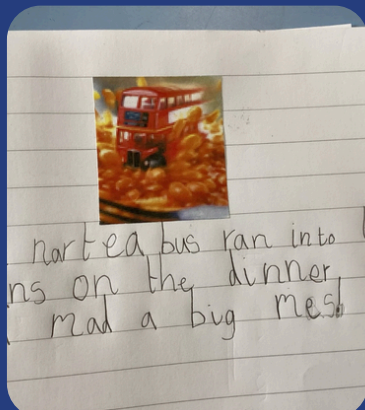
During Welly Wednesday, we explored the school grounds looking for signs of autumn. The children spotted seasonal changes and used natural resources such as conkers, leaves and twigs to create their own autumn artwork.

We have also been busy practising our Harvest Festival song and are looking forward to performing it at church today. The children have shown great enthusiasm and confidence whilst learning the words and actions.

Alongside all of this, the children have enjoyed many opportunities to play, explore, work collaboratively and develop their independence. It has been wonderful to see their confidence and enthusiasm for learning continue to grow.

We hope you all have a lovely weekend and look forward to another exciting week of learning ahead.

Barn Owls Team



HAWK OWLS

Kowannow Sparr Hok

It has been another lovely week in Hawk Owls! The children have worked hard, shown lots of enthusiasm and enjoyed sharing their ideas across the curriculum.

This week in English, we have been busy writing our own stories inspired by our class text, *Leon and the Place Between*. We began by planning our stories, changing the characters, the magical setting and the magical creature to create a completely new adventure of our own. The children have also been learning how to begin sentences with adverbs and how to use conjunctions to join two clauses, helping them to expand their ideas and make their writing even more interesting and engaging for the reader.

In guided reading, we have begun reading *Stig of the Dump*. Before opening the book, we used only the front cover and blurb to make predictions about what might happen. The children shared some fantastic ideas and demonstrated excellent inference skills. We are already intrigued by the story and are looking forward to finding out what happens next.

In RE, we continued our learning about Islam by exploring why the Prophet Muhammad is so important to Muslims. The children learned about the Night of Power, when Muslims believe the first words of the Qur'an were revealed to the Prophet Muhammad. The children then drew their own artwork inspired by the mountain, thinking carefully about the importance of respect and reflection.

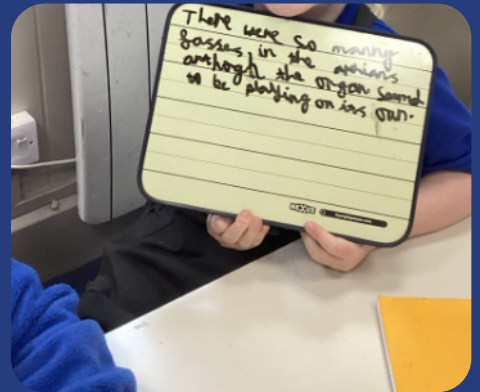
We finished our art unit by creating positive and negative handprints inspired by real cave paintings. The children thoroughly enjoyed getting creative and experimenting with this fascinating technique. It was wonderful to see them applying the skills and knowledge they have developed throughout the unit to produce such striking final pieces.

In geography, we studied an Ordnance Survey map of our local area and located the River Cober. Everyone enjoyed spotting familiar landmarks and developing their map-reading skills. The children showed great curiosity about their local environment and confidently used map symbols to help them navigate the area.

Across all subjects, the children have continued to demonstrate kindness, resilience and a real enthusiasm for learning. It has been lovely to see them supporting one another, sharing ideas and taking pride in their work.

We hope you have a wonderful weekend, and we look forward to another exciting week of learning together next week!

Hawk Owls



[illegible]

Cornish of the
Month!



OCTOBER



Mis Hedra



Carrots
Karetys



Bread
Bara

Harvest Festival
Guldize



Pears
Perennow



Apples
Avalow

Congratulations to:

Florence

New members of the exclusive 22 club
in Maths

Hector

New member of the exclusive 88 club in
Maths



Join the
CELEBRATION!



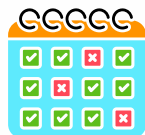
Garras Notice Board

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.



Food Bank Donation Appeal

We are supporting our local Food Bank and would be very grateful for any donations. Please see the attached list of urgently needed items. Donations can be brought into school and left at the school office by 9:00am on Monday 12th October.

Thank you for your kindness and support in helping families within our community. ❤️



Urgently needed food items

- * Tins of soup
- * Tins of rice pudding / custard
- * Tins of potatoes / vegetables
- * Instant mashed potato
- * Long life fruit juice / milk
- * Coffee / Teabags
- * Toiletries (toilet rolls/ deodorant etc)

We've got plenty of

Baked beans

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.



Dear Parents,

As some of you will now be aware, Mel is sadly leaving Owlets; her last day will be Friday 16th of October. Mel has worked at Owlets now for 14 years, and has worked tirelessly, showing immense passion and dedication to ensure that Owlets runs to the best of its ability.

We would love to get her an amazing leaving present and we would greatly appreciate any cash donations so that we can get her a special leaving gift.

Where possible, we would be incredibly grateful if we could receive these donations by Tuesday the 13th in order to give us time to purchase the present.

Kind regards,

Pepsi and the Owlets team



ATTENDANCE

ATTENDYANS

Barn Owls 97.88%

Hawk Owls 95.68%

Eagle Owls 96.71%

Whole school 96.44%



Swallows gymnastics dates:

- 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

Dudnace 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 DHYDHLYVER

Mon 12 th October	Eagle Owls Helston Museum visit
Tue 13 th October	Hawk Owls Heligan visit Sailing from 4pm to 6pm
Wed 14 th October	Barn Owls Wellies Wednesday Flu nasal vaccine SATS Club 3.15pm to 4.15pm
Thurs 15 th October	Barn Owls and Hawk Owls Gymnastics
Fri 16 th October	Last day in school Halloween Disco 6pm to 7.30pm Rec
From 19 th to 30 th October	Autumn half-term break
Mon 2 nd November	INSET DAY
Tue 3 rd November	Children back to school
Wed 4 th November	Hawks Owls Rivers trip Barn Owls Wellies Wednesday SATS Club 3.15pm to 4.15pm
Thurs 5 th November	Barn Owls and Hawk Owls Gymnastics
Mon 9 th November	Hawk Owls Stone Age trip Football league from 3.30 to 4.30 HCC
Tue 10 th November	Gweek Christmas play rehearsal 9am to 12pm
Wed 11 th November	Barn Owls Art Workshop SATS Club 3.15pm to 4.15pm
Thurs 12 th November	Barn Owls and Hawk Owls Gymnastics
Fri 13 th November	Gweek Christmas play rehearsal 1pm to 3pm



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>.

The Last Night of the
**CORNISH
PROMS**



**CAMBORNE
TOWN BAND**
AND GUESTS

SATURDAY 10TH OCTOBER
7PM

TRURO CATHEDRAL

Tickets from the Minack Box Office

01736 810181

FRIENDS OF GARRAS SCHOOL ARE HOSTING A...

WITCHES & GHOULS SPOOKY DISCO

FRIDAY 16TH OCTOBER

6PM - 7:30PM

MAWGAN RECREATION HALL

BOO!



£3 A TICKET
TO INCLUDE ENDLESS
WITCHES POTION AND
EYEBALL POPCORN

SPOOKY PIZZA SLICES
AND EERIE TREATS
ALSO AVAILABLE

FANCY DRESS ENCOURAGED!

What Parents & Educators Need to Know about

ROBLOX

WHAT ARE THE RISKS?

Roblox is an online platform where users can play and create games known as 'experiences' made by other users. Roblox has a large UK audience. ITV News has reported that millions of people in Britain use the platform regularly, with children forming a significant proportion of its users. The sheer scale of it makes it extremely difficult to moderate effectively, creating risks for unsupervised children, though a June 2026 update has improved things greatly.

A PLATFORM RATHER THAN A GAME

Roblox differs from traditional video games in that it hosts millions of user-created experiences rather than a fixed set of developer-produced content. Each experience is self-rated by its creator rather than independently age-rated in advance, as is the case with PEGI-rated games. With millions of user-created experiences, moderation is largely automated which means that inappropriate content may reach younger players and have a harmful effect.

RISK OF ADDICTION

Roblox encourages repeated and extended play. Many experiences are made of short tasks, rewards, and progression systems that can prompt users to keep playing for longer periods of time. Some games also use reminders, daily rewards, or timed events to encourage frequent logins. These designs can make it difficult to stop playing. Spending long periods online may affect sleep, schoolwork, or other activities if boundaries are not in place.

IN-GAME SPENDING

Roblox is free to play, but many experiences and cosmetics include optional purchases using Robux, the platform's virtual currency, to get advantages in games. This business model is common across online games, but reporting has highlighted cases where children have spent large amounts of money unintentionally or without understanding the real-world cost.

MATURE CONTENT

With much of Roblox's moderation achieved through AI and creators self-certifying suitability, inappropriate content frequently appears on the platform. Some experiences may include content intended for older players. As of June 2026, Roblox defaults to only showing games from trusted developers to under 15s, following tests with older players to filter out riskier content. But these automated systems are not infallible, and younger players may encounter content you deem unsuitable.

COMMUNICATION WITH OTHER USERS

Roblox includes text and voice features that allow players to chat in shared game spaces. While the platform uses automated filters and moderation tools, media investigations have found that inappropriate and potentially harmful messages can still get through. There are risks that children can be targeted by groomers. In a June 2026 update, Roblox changed its default settings to prevent under 8s from chatting entirely, with gradual relaxation of restrictions between the ages of 9 and 15. The platform plans to use facial age-estimation technology to enforce these rules.

Advice for Parents & Educators

USE PARENTAL CONTROLS

Roblox's parental controls provide an important starting point. Linking a child's account to an adult account allows parents to apply spending controls, limit communication features, and review recent activity. Regular supervision, use of parental controls, and conversations with children about what they see online can help reduce the risk of exposure to inappropriate content.

CONSIDER LIMITING OR DISABLING CHAT

Although Roblox has introduced tighter age-based chat restrictions, some parents and educators may prefer to disable chat entirely to avoid the risk of stranger danger. This is the default for under 8s, but can be applied for any account up to the age of 16. Children can still play games while communicating with friends they know through other platforms, such as Discord.

PLAY TOGETHER WHERE POSSIBLE

Playing Roblox with a child can help adults understand the types of experiences available, how monetisation works, and how children interact online. This shared engagement can also make it easier for children to raise concerns if something feels wrong. Parents and educators should monitor all games played on Roblox due to its largely self-rating nature.

ENCOURAGE OPEN CONVERSATIONS

Many Roblox experiences are creative and age appropriate, and for many children, the platform is an important way to socialise with friends. Rather than banning it outright, parents and educators should talk openly with children about online safety, spending, and how to respond to inappropriate behaviour.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



The National College

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: 12.06.2026

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:



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

MENTAL HEALTH SUPPORT TEAM - MHST

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



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
HOW NAB DDI



TROS AN HELLYS

BEGINNER BAND

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

vwatkiss@cornwallmusicservicetrust.org
lthrusell@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

October Half Term

	Tuesday 20 Oct	Wednesday 21 Oct	Thursday 22 Oct
Week 1	Arts & Crafts Autumn Crafts 6-12 Years 10am - 4pm Library	Bushcraft 7-13 Years 8:30am - 5:00pm Truro School Prep	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 Bushcraft Halloween Special 7-13 Years 8:30am - 5:00pm Truro School Prep	Arts & Crafts Autumn Crafts 6-12 Years 10am - 4pm Library

Book Now: www.sirbenainstlesportscentre.com