Friday 6th November 2026

Issue 46

NEWSLETTER

LYTHER NOWODHOW

GARRAS CP SCHOOL

SKOL GYNSA KEMENETH GARROS

Headteacher Message

Welcome back to a new half term. I hope you all had a wonderful break and enjoyed some special family time together. It has been lovely hearing the children excitedly share stories about their adventures and experiences over the holidays.

I would also like to take this opportunity to say a huge thank you to everyone involved in making the Halloween Disco such a success before half term. The children had a fantastic time, and it was wonderful to see so much enjoyment and community spirit on display.

As always, the weeks leading up to Christmas are some of the busiest and most exciting in the school calendar. We have lots to look forward to, including play rehearsals, trips, special events and festive celebrations, all of which create lasting memories for the children.

With so many additional opportunities taking place over the coming weeks, some curriculum sessions, including PE, may need to be a little more flexible than usual. We really appreciate your understanding and support as we balance these experiences alongside the children's learning.

Thank you, as always, for your continued support. We are looking forward to a fantastic half term together and all the excitement that Christmas brings.



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

What a lovely week we have had! The children have settled back into school beautifully and have been busy exploring, learning and creating together.

After receiving a phone call from our friend up in space !!! We have been enjoying our new focus book, Look Up!, which has inspired lots of lovely discussions and writing. The year ones have been showing great enthusiasm and resilience in independent writing, and reception have been challenging themselves also!

In phonics, year 1 have been busy growing the code and building on their knowledge, this week we have learnt 'ue' 'ir' and 'ie', while Reception have continued to learn new sounds and are beginning to apply their learning by blending CVC words and reading simple sentences. We are so proud of their progress!

In maths, Year 1 have started their new unit on place value, exploring numbers and counting beyond 20 - they have faced this challenge with admirable resilience. Reception have been comparing quantities and developing their use of new mathematical vocabulary to describe more than, less than and equal to.

This Welly Wednesday, we decided the children have proved they are excellent at following all of the fire circle rules...which meant they could finally enjoy the warmth of the BIG fire! Everyone was very excited, and as always the children showed amazing curiosity and motor skills as they learnt how to build a fire, and continued practicing their very own fairy fires. We have also been getting creative, making some beautiful firework artwork and sharing our own experiences to inspire our creations. It has been lovely to see the children's ideas and creativity shine!

To finish off our week, we have begun exploring the Christmas story and all of the important characters that are in the nativity. We are all very excited to learn more about this over the coming weeks!

Well done, everyone, for such a wonderful week of learning. We hope you all have a lovely weekend!

Barn Owls Team











HAWK OWLS

Kowannow Sparr Hok

Welcome back! I hope you all had an enjoyable half-term and managed to find some time to relax together. The children have settled back into our classroom routines really well and have enjoyed their first week back. We've already been busy with poetry, a trip out and the start of our new history topic, so there's plenty to share with you!

In English, Hawk Owls have enjoyed starting our new book, The Water Protectors by Carol Lindstrom. We've begun by focusing on verbs as we work towards creating our own list poems. To get us started, we looked at an example of a list poem by Michael Rosen, which caused lots of laughter around the classroom! It was a lovely way to introduce this type of poetry before turning our attention to the words we could use in our own writing.

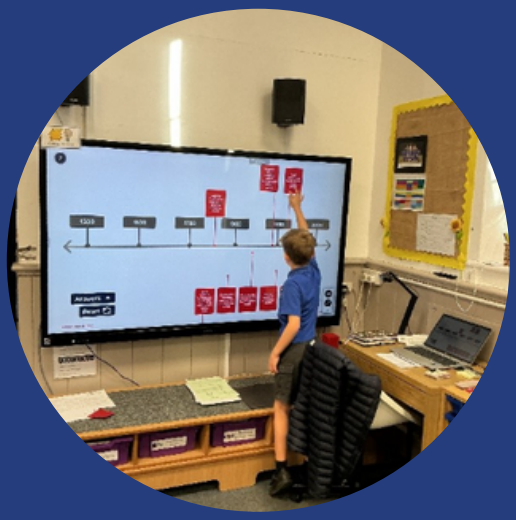
We also enjoyed a lovely trip to Penrose for a river study as part of our geography learning. Thankfully, the weather was on our side! The children thoroughly enjoyed being out and about, visiting three different sites along the river. At each stop, they completed a Likert scale to record their assessments, sketched what they could see and named the river features they noticed. Visiting several sites gave them the chance to look closely at different stretches of the river and record their observations.

In history, we've begun our new unit on the Stone Age, Bronze Age and Iron Age. We started with a timeline to see where these periods fit within the past. We then explored Skara Brae, looking at some of the objects found there and considering what these artefacts can teach us about life in the Stone Age. Our focus was on using objects as clues to help us find out about the past.

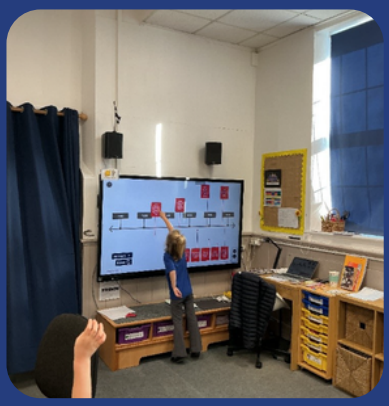
In music, we've been tuning our ears into the natural world! The children have been listening closely to animal sounds and identifying the patterns they can hear. This focus on careful listening is helping them explore how patterns in sound connect to music.

It's been a lovely start back. Thank you, as always, for your support!

Hawk Owls













EAGLE OWLS

Kowannow Er

This week in English, we have continued our work on The Arrival, focusing on using prepositions to show where objects and characters are positioned and expanded noun phrases to make our descriptions more detailed and engaging. The children have used these skills to create vivid descriptions inspired by the text's mysterious settings and characters.

In History, we completed our World War II unit by learning about the Windrush generation and the experiences of those who travelled to Britain to help rebuild the country after the war. The children explored the challenges they faced and the important contributions they made to British society.

We have also begun our exciting DT project to design and create a stuffed toy. This week, the children planned their designs and carefully cut their fabric pieces ready for construction. Keep an eye on bookbags over the coming weeks, as there may be a new handmade toy heading home!

Our Year 6 pupils also had a brilliant time at Wild Tribe, where they developed their outdoor skills by whittling, building fires and toasting marshmallows. It was wonderful to see their teamwork, resilience and enthusiasm throughout the session.

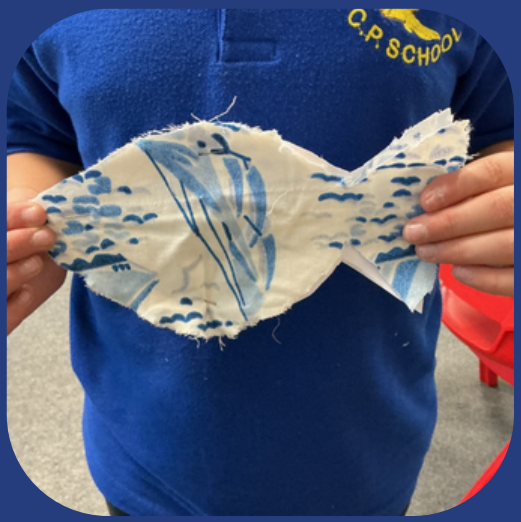
Finally, we have made a fantastic start to rehearsing our Christmas play. Thank you for supporting your children with practising their lines at home. We have been incredibly impressed by the children's confidence, enthusiasm and ability to remember their parts, and we are excited to see the performance come together over the coming weeks.

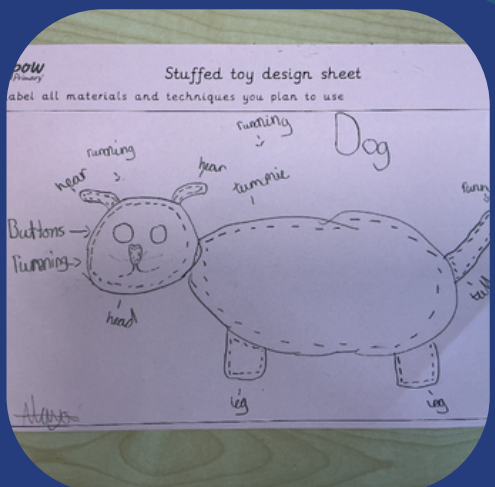
Well done to everyone for another fantastic week!













Cornish of the Month!

November

Mis Du



Fireworks
Tanow Kreft

Bonfire night
Nos Tansys

Remembrance Day
Dydh Kovadh

Poppy
Myll

WINTER
Gway

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.



Year 6 Leavers' Hoodies



We are delighted to share that this year FROGS (Friends of Garras School) has very kindly funded and donated the Year 6 Leavers' Hoodies for all our Year 6 pupils.
This generous gesture means that every Year 6 child will receive a hoodie to celebrate their time at Garras School and mark this important milestone as they prepare for the next stage of their education.
We would like to extend our sincere thanks to FROGS for their continued support and commitment to enriching the experiences of our pupils. We are sure the children will treasure their hoodies as a lasting reminder of their time at Garras School and the friendships and memories they have made along the way.
Thank you, FROGS, for helping to make our Year 6 leavers feel so special.



ATTENDANCE

ATTENDYANS

Barn Owls 100%

Hawk Owls 100%

Eagle Owls 97.88%

Whole school 96.93%

Swallows gymnastics dates:

- 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

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 CAST visit SATS Club 3.15pm to 4.15pm
Thurs 12th November	Barn Owls and Hawk Owls Gymnastics Wild Tribe Year 5
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 Wild Tribe Year 4
Wed 25th November	Barn Owls Wellies Wednesday
Thurs 26th November	Barn Owls and Hawk Owls Gymnastics
Fri 27th November	Gweek Christmas play rehearsal 1pm to 3pm

PTA MEETING



12th November

At 6.30pm

The gweek Pub

All welcome

Come along, have your say and help support our school!


FROGS
GARRAS COMMUNITY PRIMARY SCHOOL
Christmas
Craft & Coffee
Come and join us to
Make your own
Christmas Decorations
Christmas Card
- and your own -
Reindeer Food
Lucky Dip
& other activities
Bacon Rolls
& Cakes
available
Saturday 28th
November 2026
10am - 1pm
Mawgan Recreational Hall
Donations Appreciated
All are welcome, spread the word

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.**

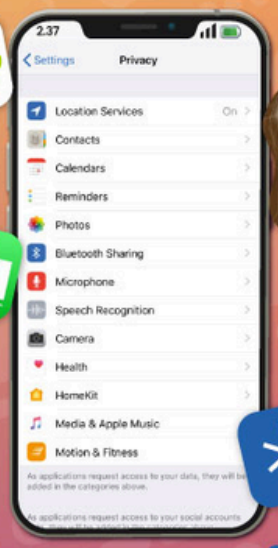
© Crown copyright 2022 Product code: NIS/C218h SK APRIL 2022 (APS) Gateway number: 20211451

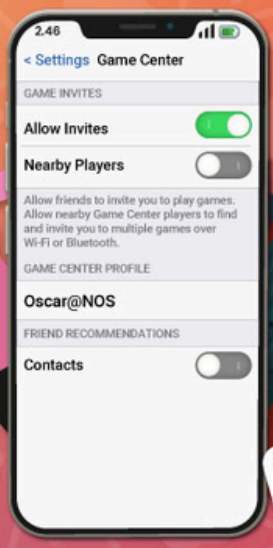
At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware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

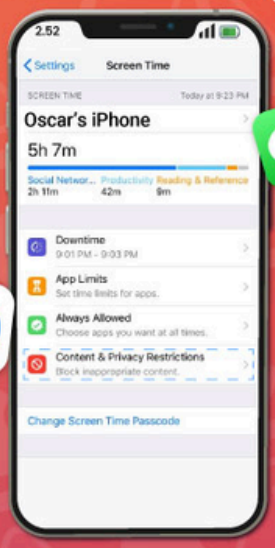
How to Set up PARENTAL CONTROLS for APPS

iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.







How to Restrict Built-in Apps/Features

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Allowed Apps (you may need to toggle this to 'on' at the top)
5. Enable or disable the apps you wish to appear(or disappear) on your child's device

How to Restrict Game Centre

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
5. Scroll down to Game Centre
6. Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases

1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap iTunes & App Store Purchases
5. Select Allow or Don't Allow for each feature (you can also lock these settings with a password)

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

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

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


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