Friday 13th November 2026

Issue 47

NEWSLETTER

LYTHER NOWODHOW

GARRAS CP SCHOOL

SKOL GYNSA KEMENETH GARROS

Headteacher Message

It's been another busy and exciting week at school, and I would like to start by saying a huge thank you for all your generous donations to Children in Need. It was wonderful to see so many pupils embracing the day with such enthusiasm. There were some fantastic spotty outfits and creative face paints on display, and it was lovely to see everyone coming together to support such an important cause.

As we move further into the autumn term, a gentle reminder that although we are still enjoying some sunny days, the weather is becoming increasingly chilly. Please ensure your child comes to school with a warm coat each day so they can stay comfortable during breaktimes, outdoor learning and play.

Our pupils have enjoyed some fantastic learning opportunities beyond the classroom this week. Hawk Owls impressed everyone on their Stone Age field trip, showing great resilience and determination as they walked an incredible six miles throughout the day. Barn Owls also had a wonderful time at CAST in Helston, taking part in an inspiring workshop that sparked creativity and curiosity.

Preparations for our Christmas performances are well underway, and the rehearsals have been going incredibly well. A huge thank you goes to Mrs Rayner, whose enthusiasm, organisation and expertise are helping to bring everything together. We are looking forward to sharing the finished performances with you in the coming weeks. Christmas play tickets will be sent home next week, so please keep an eye out for these in your child's bag.

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

Oll a'n gwella/All the best,

Mr Sturges



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

This week has been full of exciting learning and creativity in Barn owls!

We were thrilled to visit the CAST Art Workshop, where the children explored the fascinating world of colour. Through a range of hands-on activities led by real artists, they learned about colour mixing, light, and how colours can change and interact. The children had a fantastic time and represented the school brilliantly throughout the visit.

We have also begun learning the songs and dances for our Christmas show. The children are already showing great enthusiasm and confidence, and we have encouraged them to practise the songs at home whenever they can. More information about the performance and costumes will be coming soon, so please keep an eye out for further updates.

In Literacy, we have been producing some wonderful writing linked to our class story, Look Up!. Reception children have been particularly enthusiastic with their mark making and emerging writing and have been keen to apply their phonics knowledge to write simple CVC words independently. It has been lovely to see their confidence growing each day.

In Maths, Year 1 have been exploring place value and developing their understanding of tens and ones. They have been using practical resources and representations to help them recognise the value of numbers and build strong foundations for future learning.

We have also begun our Design and Technology unit focused on junk modelling. This week, the children explored a range of recycled materials and experimented with different ways of joining them independently. Next week, they will begin designing their own projects and thinking carefully about the materials they will need. Thank you for all the recycling that has been sent in so far. We would be very grateful if you could continue bringing in clean cardboard boxes and other suitable recycled materials to support our learning.

Thank you for your continued support, and we look forward to sharing more of our learning with you next week!
Have a great weekend.

Barn Owls Team













HAWK OWLS

Kowannow Sparr Hok

This week, Hawk Owls have had a fantastic time stepping back into the Stone Age as part of our History learning. We enjoyed an exciting field trip, visiting Carn Euny, Chun Castle and Chun Quoit, Men-an-Tol, and Boskednan Stone Circle, where we explored some of Cornwall's most fascinating prehistoric sites and learned more about how people lived thousands of years ago.

In Literacy, we have written informative fact files about water pollution, developing our research and non-fiction writing skills. We also completed a chronological report about our Stone Age trip, carefully recounting the events of the day in order.

In RE, we explored the similarities and differences between Orthodox and Progressive Judaism, focusing on how families celebrate Shabbat. We had thoughtful discussions about different traditions and reflected on the importance of faith, family, and community.

Well done, Hawk Owls, for another week of enthusiastic learning and excellent work! 🦉✨













EAGLE OWLS

Kowannow Er

What a busy week we have had in Eagle Owls!

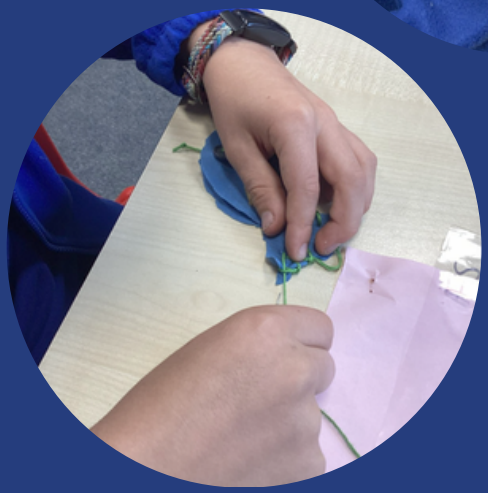
A large part of our week has been spent completing our DT stuffed toy project. The children have shown fantastic creativity and resilience as they brought their designs to life. We learnt and practised a variety of appliqué techniques, using them to add details such as eyes, patches, gills and other decorative features. The children then carefully used running stitch and blanket stitch to assemble their toys before stuffing and finishing them. Sewing is a challenging skill that requires patience and precision, and we have been incredibly proud of the perseverance and determination shown by everyone. We are sure you will enjoy seeing the finished creations at home!

We have also had very successful first and second rehearsals for our Christmas play at Gweek. Thank you for taking the time to drop off and collect your children, as this gives us valuable extra rehearsal time. The children have worked hard on their singing, dancing and acting, and it has been wonderful to see their confidence grow with each rehearsal. Thank you, too, for helping them learn their lines at home. Your support is making a real difference, and we would encourage everyone to keep practising.

Our Year 5 children also enjoyed their first Wild Tribe session of the year. They had great fun making bird feeders and learning about how to support local wildlife. The session ended with the children toasting bread over an open fire, which was a particular highlight! It was lovely to see them developing their outdoor skills, teamwork and confidence in the natural environment.

Well done to everyone for another fantastic week!













Congratulations to

Laila

New member of the exclusive 22 club in Maths

Sophia

New member of the exclusive 44 club in Maths



Join the CELEBRATION!



On Tuesday 11th November at 11am, the children from Hawk Owls and Eagle Owls attended the War Memorial alongside other members of our community to pay their respects and remember those who have served and sacrificed for our country. Mrs Rayner read the Exhortation, Mr Sturges played the Last Post, and everyone observed a two-minute silence. It was a respectful and moving occasion, providing the children with an important opportunity to reflect on the meaning of Remembrance and honour those who gave so much for future generations.

We would also like to offer a special thank you to Jasper for laying the school's poppy wreath at the Remembrance service over the weekend. This was a very important responsibility, and he represented our school with great maturity, respect and dignity. We are incredibly proud of the excellent service he gave to our school and community on this significant occasion.







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.



Anti-Bullying Week 2026

Anti-Bullying Week will take place from Monday 16th to Friday 20th November 2026 and this year's theme is "Break the Silence."
The week encourages children and adults to speak up about bullying, support one another, and help create a safe, respectful and inclusive environment for everyone.
We will be kicking off the week with Odd Socks Day on Monday 16th November. Children and staff are invited to wear odd socks to school to celebrate what makes us all unique and to recognise that our differences should be celebrated and respected.
Throughout the week, pupils will take part in activities and discussions designed to promote kindness, respect and understanding, while raising awareness of the importance of speaking out against bullying.
Parents and carers can view the school's Anti-Bullying Policy by following this link:

https://garras.croftymat.org/wp-content/uploads/sites/22/2025/12/Anti-bullying-policy-2025-26.pdf

Thank you for supporting us as we work together to ensure that Garras School remains a happy, safe and welcoming place for all.





ATTENDANCE

ATTENDYANS

Barn Owls 100%

Hawk Owls 94.44%

Eagle Owls 95.93%

Whole school 96.84%

Swallows gymnastics dates:

- 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.

Christmas Play Rehearsal Calendar Gweek Village Hall

🎄 Friday 13th November 1:00pm - 3:00pm 🎭
Hawk Owls and Eagle Owls will be taking part in the Christmas play rehearsal.
🎄 Friday 27th November 1:00pm - 3:00pm 🎭
Hawk Owls and Eagle Owls will be taking part in the Christmas play rehearsal.
🎄 Friday 4th December 1:00pm - 3:00pm 🎭
Whole School will be taking part in the Christmas play rehearsal.
🎄 Tuesday 8th December 9:00am - 12:00pm 🎭
Whole School will be taking part in the Christmas play rehearsal.

Christmas Play Gweek Village Hall

🎄 Friday 11th December 2pm Afternoon play 🎭
🎄 Friday 11th December 6.00pm Evening play🎭

DIARY DATES

DEDHYASOW DHYDHLYVER

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 (Hawk Owls and Eagle Owls)
Wed 2nd December	Barn Owls Wellies Wednesday SATS Club 3.15pm to 4.15pm
Thurs 3rd December	Wild Tribe Year 3
Fri 4th December	Gweek Christmas play rehearsal 1pm to 3pm Whole School

Frogs

Xmas Card Orders

LAST CHANCE TO ORDER!



Christmas card orders open again on

20th NOVEMBER

and close at

MIDDAY

Monday 30th November

Don't miss out – get your orders in before the deadline!

Thank you so much for your support!


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.**

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At The National College, our #WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about FORTNITE

AGE RESTRICTION PEGI 12

WHAT ARE THE RISKS?

With over 650 million registered users, Fortnite remains one of the most played and discussed online games globally. Known for its vibrant graphics, fast-paced gameplay, and cultural crossovers with everything from music artists to superhero franchises, the game continues to capture the attention of young people. This guide outlines the risks trusted adults need to know about, including game updates, and offers practical safety tips to help address them.

ALWAYS ONLINE

There's no single-player, offline mode in Fortnite; it can only be played online. Internet access can sometimes be an issue when you're out and about, both in terms of connectivity and using up data. You may find that dedicated, young Fortnite players are often less enthusiastic about family time or trips away – such as days out and holidays – than you might expect.

IN-GAME COSTS

Fortnite is free to download and play, but it does offer various additional purchases – limited-time cosmetic 'skins', music tracks, LEGO items, and battle passes. Children can feel pressured to spend money on V-Bucks – the in-game currency – to avoid missing out, particularly as exclusive items rotate frequently. Some items may not return to the store for years, while Battle Pass rewards are often "gone when they're gone".

VIRTUAL VIOLENCE

POW!

There's no avoiding that Fortnite is about shooting other players to eliminate them from the contest. That said, there's no blood or gore. The violence is rendered in a cartoonish style, and there are frequent comical touches to lighten the mood, such as mini-games and emotes. Guns and other weapons often look and behave realistically, so discretion is advised. Past seasons have introduced characters and references from mature franchises like The Witcher and Halo.

CROSSPLAY AND PARTY CHAT

De*#!

Fortnite is popular with many gamers of various ages. Crossplay allows friends to play with each other, regardless of whether they're on an Xbox, PlayStation, Nintendo Switch or PC, while the Party Chat feature allows them to talk to each other during the game. This can put youngsters at risk of exposure to strangers, inappropriate language, and cyberbullying.

FREQUENT UPDATES

Seasonal releases introduce new map changes, gameplay mechanics, and cosmetics. Ongoing updates can increase screen time and potential for obsession as children try to unlock rewards before the season ends. These regular renewals help to hold players' interest, but also give young gamers plenty of reasons to keep coming back. Seasons often change thematically.

POP CULTURE REFERENCES

Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from films and TV shows like Power Rangers and Avatar: The Last Airbender, to comic book characters including Batman. Other collaborations with series, artists, and influencers may expose children to music, language, or ideas that are more suitable for older audiences.

Advice for Parents & Educators

DISCUSS SAFE SOCIAL INTERACTION

CENSORED

Talk with children about who they're playing with online. Coordinate play time with the child's friends for socialisation and safety in numbers. Encourage them to avoid private voice chats with strangers and remind them not to share personal information. Use real-life examples to explain potential risks, and remind them that if they see something concerning, they should tell a trusted adult.

ENJOY FORTNITE TOGETHER

Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously on the same console or computer. This can be a good option for siblings or for when a child's friends visit, but it also offers an opportunity for parents to do something fun with their child, while making sure they're playing the game safely. Who knows? You might even teach them a thing or two!

SET SPENDING LIMITS

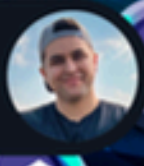
Fortnite's rotating store is a not-so-subtle mechanism for coaxing players into buying sought-after items before they disappear for weeks or months. This could lead to surprise transactions on bank cards if children are tempted into an impulse purchase. Parents could consider getting a prepaid card for the child or ensuring that purchases require adult authorisation. This can be done through parental settings on a console or account settings in the Epic Games app on PC.

BE WARY OF SCAMS

The immense popularity of Fortnite with younger audiences – that are generally more trusting – means there's no shortage of scammers looking to fraudulently obtain passwords and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they never ask for a player's account password outside of the game. Make sure any young player knows this.

Meet Our Expert

Lloyd Coombes is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



#WakeUpWednesday

The National College

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.10.2025

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