

NEWSLETTER

LYTHER NOWODHOW

Message from Wild Tribe

"There is much evidence to show that taking the curriculum outside can enhance the health and well-being of children, as well as encourage them to be more active. The children learn to manage risks through the use of tools, work together through team-work challenges, gain appreciation and respect for nature and the impact that humans have on the environment and become more confident with raised self-esteem." - Wild Tribe Outdoor Learning

We kick started our Wild Tribe Sessions at the start of the year and they have quickly become a highlight of our week. Every Wednesday, Reception and Year 1 have had Welly Wednesdays, embracing the outdoors in all weathers and building confidence, resilience and teamwork as well as knowledge about the outdoor and skills. They have linked their time outdoors to their science learning on plants, exploring seasonal changes and discovering the wonders growing around them.

Each year group throughout the school, has also enjoyed dedicated Thursday afternoon sessions packed with hands-on, nature-based learning. Children have developed practical tool skills – cutting and whittling willow sticks and learning how to safely create "fairy fires" using cotton wool and strikers. Some have also progressed onto 5-minute fires, and toasting marshmallows over the flames. There's been plenty of teamwork too, from energetic group games to collaborative shelter building challenges.

To round off sessions, everyone has loved warming up with a cup of hot chocolate using the Kelly kettle and sharing stories of their outdoor adventures. Wild Tribe has been a fantastic way to nurture curiosity, independence and a love of the natural world.

We cannot wait for next term to where we will be progressing with different tools and fire lighting! It has been lovely watching the children embrace the outdoors and everything it has to offer.

Miss Martin and Mrs Anthony - Wild Tribe Leaders



GARRAS CP SCHOOL
SKOL GYNNA KEMENETH
GARROS



SAFEGUARDING

<https://www.gwellio>

It is a free, anonymous online service to support adults with their wellbeing and mental health.

Tel: 01326 221653

garrassecretary@croftymat.org

BARN OWLS

KOWANNOW GWYNN

Dear Parents and Carers,

We've had a busy and enjoyable final week of half term!

Reception have been learning all about height and length, comparing different objects and using mathematical language such as taller, shorter, longer and shorter. They have loved exploring this through practical activities around the classroom.

Year 1 have been working hard on their counting skills, practising counting in 2s, 5s, 10s and 3s. We are so pleased with their growing confidence and ability to spot number patterns.

In Literacy, we have continued exploring Billy and the Beast. The children had great fun making their own "terrible soup" and then used their experience to write fantastic recipes, showing off the new skills they have been learning.

In Geography, we talked about different types of weather in the UK and how to prepare for them. The children really enjoyed dressing up for different weather conditions and discussing what they would need.

In Phonics, everyone has been practising reading longer words by chunking them and spotting familiar sounds. We have been very impressed!

Thank you to those who joined us for the book look. The children were so excited to share their work!

We hope you all have a wonderful and restful half term.

Best wishes,
Barn Owls Team 😊



HAWK OWLS

Kowannow Sparr Hok

This week in Hawk Owls, we've had a wonderfully busy and exciting few days of learning!

In Literacy, we began our brand new unit based on the beautifully illustrated book *How To Live Forever* by Colin Thompson. The children have been hard at work writing persuasive sentences, which they then used to create their very own "Lost" posters. Their mission? To convince people to help find and return the missing library book, without opening it and discovering its magical powers! The creativity on display has been fantastic.

In Maths, we continued exploring perimeters. Building on our understanding of rectangles and squares, we moved on to finding the perimeter of rectilinear shapes. The children showed great perseverance as they applied their knowledge to these new, trickier shapes.

We also wrapped up our French unit, *Bon Appétit!*. To celebrate, the children acted out short conversations in a French market, taking turns to order fruit and vegetables and ask how much they cost. They absolutely loved choosing their own quantities and taking on the roles of both customer and vendor!

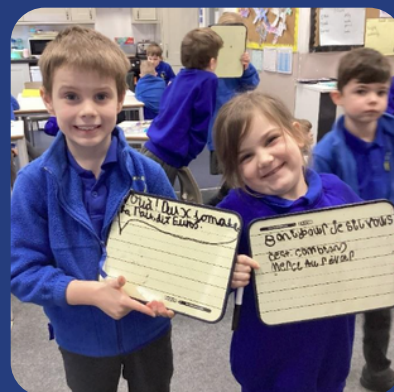
In History, we concluded our topic by investigating the illnesses people suffered from during the Tudor and Victorian periods. There was a real buzz in the classroom as we learned about the Plague and the mysterious Plague Doctors! The children were especially amazed to discover that the Smallpox vaccination managed to eliminate the disease in less than 200 years.

In Art, we began our new drawing unit, *Developing Drawing Skills*. In our first lesson, we explored how to identify basic shapes within the flower or plant we were drawing, before refining our initial sketches and adding detail to improve the overall composition. We finished by adding shading, and the children were very pleased with their wonderful end results!

We enjoyed sewing together our cushions in DT, showing off amazing stitching skills not to mention our patience and perseverance to thread the needles! In our basketball lesson we practised shooting accurately and pivoting to pass the ball into space for our teammates.

We've enjoyed a fabulous week of curiosity, collaboration, and enthusiastic learning, finished with a fantastic Book Look afternoon. Thank you for celebrating your child's (or grandchild's!) successes with us.

Well done, Hawk Owls!



EAGLE OWLS

Kowannow Er

Eagle Owls Weekly Update 🦉

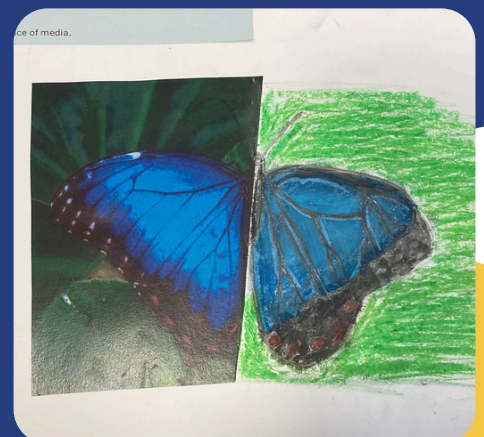
This week has been full of creativity, curiosity, and outdoor learning! Our Year 4 pupils had a fantastic Wild Tribe session where they developed their whittling skills, learned how to safely make fires, and demonstrated brilliant teamwork and cooperation throughout the activities.

In Science, we explored the concept of sound frequency and carried out an experiment to investigate how far sound can travel. The children asked thoughtful questions and carefully observed their results.

Our Art lessons have been wonderfully creative, with the class designing beautiful batik patterns and producing detailed collages.

In Literacy, the children completed their non-chronological reports on rainforest animals, showcasing their research and writing skills. They then brought their learning to life by creating a striking "half-and-half" artwork of their chosen creature, combining artistic flair with factual understanding.

A fantastic week of learning across the curriculum—well done, Eagle Owls!



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!](#)



Spring Parents Evening will take place during the week commencing Monday 2nd March 2026. This year, we are excited to introduce a new booking system via the Arbor parent portal and the parent app, which will allow you to easily book your consultation slot.

If you have any questions or need assistance with the booking process, please don't hesitate to get in touch.



An amendment for the football league
New dates

Monday 16th March 2026 (instead of 24/11/25)



School Communications to parents



Arbor

in-app messages and emails used for day to day communications.

Parent Pay

used for trips consents and payments.

Teachers2parents

available until the 7th July 2026 and used for reminders. After that date Crofty is moving to Arbor.

It is important that everyone please signs up to the Arbor app and Parent Pay website.

Any questions, please contact Mrs V.

Thank you for your patience and support during our communication system transition.



ATTENTION

Term Dates 2026-2027

2024/25 School Term Dates - <u>Garras School</u>					
September 2024	October 2024	November 2024	December 2024	January 2025	February 2025
Mon: 2:14 - 2:28	Mon: 5:12 - 5:26	Mon: 8:10 - 8:24	Mon: 11:08 - 11:22	Mon: 14:06 - 14:20	Mon: 17:04 - 17:18
Tue: 3:15 - 3:29	Tue: 6:13 - 6:27	Tue: 9:11 - 9:25	Tue: 12:09 - 12:23	Tue: 15:07 - 15:21	Tue: 18:05 - 18:19
Wed: 4:16 - 4:30	Wed: 7:14 - 7:28	Wed: 10:12 - 10:26	Wed: 13:10 - 13:24	Wed: 16:08 - 16:22	Wed: 19:06 - 19:20
Thurs: 5:17 - 5:31	Thurs: 8:15 - 8:29	Thurs: 11:13 - 11:27	Thurs: 14:11 - 14:25	Thurs: 17:09 - 17:23	Thurs: 20:07 - 20:21
Fri: 6:18 - 6:32	Fri: 9:16 - 9:30	Fri: 12:14 - 12:28	Fri: 15:12 - 15:26	Fri: 18:10 - 18:24	Fri: 21:08 - 21:22
September 2025	October 2025	November 2025	December 2025	January 2026	February 2026
Mon: 2:14 - 2:28	Mon: 5:12 - 5:26	Mon: 8:10 - 8:24	Mon: 11:08 - 11:22	Mon: 14:06 - 14:20	Mon: 17:04 - 17:18
Tue: 3:15 - 3:29	Tue: 6:13 - 6:27	Tue: 9:11 - 9:25	Tue: 12:09 - 12:23	Tue: 15:07 - 15:21	Tue: 18:05 - 18:19
Wed: 4:16 - 4:30	Wed: 7:14 - 7:28	Wed: 10:12 - 10:26	Wed: 13:10 - 13:24	Wed: 16:08 - 16:22	Wed: 19:06 - 19:20
Thurs: 5:17 - 5:31	Thurs: 8:15 - 8:29	Thurs: 11:13 - 11:27	Thurs: 14:11 - 14:25	Thurs: 17:09 - 17:23	Thurs: 20:07 - 20:21
Fri: 6:18 - 6:32	Fri: 9:16 - 9:30	Fri: 12:14 - 12:28	Fri: 15:12 - 15:26	Fri: 18:10 - 18:24	Fri: 21:08 - 21:22
March 2027	April 2027	May 2027	June 2027	July 2027	August 2027
Mon: 2:14 - 2:28	Mon: 5:12 - 5:26	Mon: 8:10 - 8:24	Mon: 11:08 - 11:22	Mon: 14:06 - 14:20	Mon: 17:04 - 17:18
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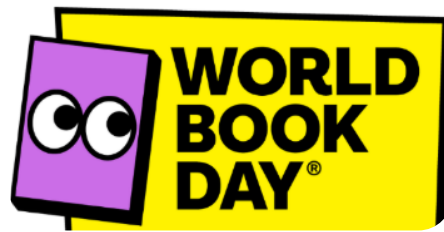


We are looking for more parents to read with the children and to help label our library's books.

Please contact Mrs V if you are interested.

Thank you for your support.





We are thrilled to announce that Garras Community Primary School will be a book distributor for World Book Day this year! We are teaming up with Gather, Community Café, run by Olivia Bedford.

On Thursday 26th February, a group of volunteer pupils will be selling the World Book Day books at the café between 3-4.30pm.

We will also have a rota of volunteer pupils working at the café on Thursday 5th March who will be both serving food/drinks and selling books between 10am-4.30pm. These books are redeemable by any and all children within our community so please spread the word and encourage others to come along, explore the selection and share in the joy of reading. There will be vouchers available on the door for any who do not already one.

We look forward to welcoming everyone and celebrating World Book Day together!

Made possible with support from The Julia Rausing Trust, Arts Council England, National Year of Reading and World of Books.



Thank you Mrs Hunt!

Dear Mrs Hunt, as you move on to your next chapter, we just want to say how truly grateful we are for everything you've brought to our school. Your kindness, patience, and unwavering support have made such a difference to the children and to all of us who have had the pleasure of working alongside you.

The care and encouragement you give every day does not go unnoticed. You've helped build confidence, inspired curiosity, and created a safe, positive environment where pupils feel valued and supported. That is a very special gift. While we're sad to see you leave, we're so excited for what lies ahead for you.

Thank you for everything – you will be truly missed, but never forgotten. Wishing you every success and happiness in your next adventure.

Congratulations to:

Sophia

New member of the exclusive 33 club in Maths



We would like to thank everyone who came to the Book Look on Wednesday afternoon.

The children were so excited to share their work with you and it really helps to deepen their understanding of the learning. It was wonderful to have the school so busy and full of joy. It really demonstrated what a wonderful community we have at Garras.

We will organise another book look in the Summer term which we hope will be just as successful!

Join the

CELEBRATION!



REMINDERS KOFHEANSOVV

Cross Country Dates

Tuesday 16th September	Race 1	Reception/KS1 and KS2	Helston South Site-4pm
Tuesday 7th October	Race 2	Reception/KS1 and KS2	Mullion-4pm
Tuesday 4th November	Race 3	KS2	Helston North Site-4pm
Tuesday 24th February	Race 4	KS2/Peninsula qualifier	Helston South Site 4pm
March	Peninsula Final	KS2	TBC 4-5pm
March	School Games Final	KS2	Newquay
Tuesday 28th April	Race 5	Reception/KS1 and KS2	Helston North
Tuesday 12th May	Race 6	Reception/KS1 and KS2	Helston South Site - 4pm
Tuesday 9th June	Fun Run	Reception/KS1 and KS2	Mullion 4pm



INSET DAYS

Mon 23rd February 2026

Friday 8th May 2026

Monday 22nd June 2026

Thursday 23rd July 2026

2026-2027

2026/27 School Term Dates Garrahs School

September 2026	October 2026	November 2026
Mon 7 14 21 28 Tue 1 8 15 22 29 Wed 2 9 16 23 30 Thurs 3 10 17 24 Fri 4 11 18 25 Sat 5 12 19 26	Mon 5 12 19 26 Tue 6 13 20 27 Wed 7 14 21 28 Thurs 1 8 15 22 29 Fri 2 9 16 23 30 Sat 3 10 17 24 31	Mon 2 9 16 23 30 Tue 3 10 17 24 Wed 4 11 18 25 Thurs 5 12 19 26 Fri 6 13 20 27 Sat 7 14 21 28
December 2026	January 2027	February 2027
Mon 7 14 21 28 Tue 1 8 15 22 29 Wed 2 9 16 23 30 Thurs 3 10 17 24 31 Fri 4 11 18 25 Sat 5 12 19 26	Mon 4 11 18 25 Tue 5 12 19 26 Wed 6 13 20 27 Thurs 7 14 21 28 Fri 8 15 22 29 Sat 9 16 23 30	Mon 1 8 15 22 Tue 2 9 16 23 Wed 3 10 17 24 Thurs 4 11 18 25 Fri 5 12 19 26 Sat 6 13 20 27
March 2027	April 2027	May 2027
Mon 1 8 15 22 29 Tue 2 9 16 23 30 Wed 3 10 17 24 31 Thurs 4 11 18 25 Fri 5 12 19 26 Sat 6 13 20 27	Mon 5 12 19 26 Tue 6 13 20 27 Wed 7 14 21 28 Thurs 1 8 15 22 29 Fri 2 9 16 23 30 Sat 3 10 17 24 31	Mon 2 9 16 23 30 Tue 3 10 17 24 31 Wed 4 11 18 25 Thurs 5 12 19 26 Fri 6 13 20 27 Sat 7 14 21 28
June 2027	July 2027	August 2027
Mon 7 14 21 28 Tue 1 8 15 22 29 Wed 2 9 16 23 30 Thurs 3 10 17 24 Fri 4 11 18 25 Sat 5 12 19 26	Mon 5 12 19 26 Tue 6 13 20 27 Wed 7 14 21 28 Thurs 1 8 15 22 29 Fri 2 9 16 23 30 Sat 3 10 17 24 31	Mon 2 9 16 23 30 Tue 3 10 17 24 31 Wed 4 11 18 25 Thurs 5 12 19 26 Fri 6 13 20 27 Sat 7 14 21 28

School holidays

Christmas Day 25 December 2026
Boxing Day 26 December 2026
New Year's Day 01 January 2027
Good Friday 26 March 2027
Easter Monday 29 March 2027
May Bank Holiday 03 May 2027
Spring Bank Holiday 31 May 2027
Summer Bank Holiday 30 August 2027

AUTUMN TERM 1 September - 18 December 2026
(HALF TERM 19 - 30 October 2026)

SPRING TERM 4 January - 25 March 2027
(HALF TERM 15 - 19 February 2027)

SUMMER TERM 12 April - 23 July 2027
(HALF TERM 31 May - 4 June 2027)



2025-2026

Cornwall Council 2025/2026 School Term Dates for Community and Voluntary-Controlled Schools

September 2025	October 2025	November 2025
Mon 1 8 15 22 29 Tue 2 9 16 23 30 Wed 3 10 17 24 Thurs 4 11 18 25 Fri 5 12 19 26	Mon 6 13 20 27 Tue 7 14 21 28 Wed 1 8 15 22 29 Thurs 2 9 16 23 30 Fri 3 10 17 24 31	Mon 2 9 16 23 30 Tue 3 10 17 24 Wed 4 11 18 25 Thurs 5 12 19 26 Fri 6 13 20 27
December 2025	January 2026	February 2026
Mon 1 8 15 22 29 Tue 2 9 16 23 30 Wed 3 10 17 24 31 Thurs 4 11 18 25 Fri 5 12 19 26	Mon 5 12 19 26 Tue 6 13 20 27 Wed 7 14 21 28 Thurs 8 15 22 29 Fri 9 16 23 30	Mon 2 9 16 23 30 Tue 3 10 17 24 Wed 4 11 18 25 Thurs 5 12 19 26 Fri 6 13 20 27
March 2026	April 2026	May 2026
Mon 2 9 16 23 30 Tue 3 10 17 24 31 Wed 4 11 18 25 Thurs 5 12 19 26 Fri 6 13 20 27	Mon 7 14 21 28 Tue 1 8 15 22 29 Wed 2 9 16 23 30 Thurs 3 10 17 24 Fri 4 11 18 25	Mon 4 11 18 25 Tue 5 12 19 26 Wed 6 13 20 27 Thurs 7 14 21 28 Fri 1 8 15 22 29
June 2026	July 2026	August 2026
Mon 1 8 15 22 29 Tue 2 9 16 23 30 Wed 3 10 17 24 Thurs 4 11 18 25 Fri 5 12 19 26	Mon 6 13 20 27 Tue 7 14 21 28 Wed 1 8 15 22 29 Thurs 2 9 16 23 30 Fri 3 10 17 24 31	Mon 3 10 17 24 Tue 4 11 18 25 Wed 5 12 19 26 Thurs 6 13 20 27 Fri 7 14 21 28

Information Classification: CONTROLLED

CORNWALL COUNCIL Together for Families

School holidays

Christmas Day 25 December 2025
Boxing Day 26 December 2025
New Year's Day 01 January 2026
Good Friday 03 April 2026
Easter Monday 06 April 2026
May Bank Holiday 04 May 2026
Spring Bank Holiday 25 May 2026
Summer Bank Holiday 31 August 2026

AUTUMN TERM (73 days)
1 September - 19 December 2025
(HALF TERM 27 - 31 October 2025)

SPRING TERM (59 days)
5 January - 2 April 2026
(HALF TERM 16 - 20 February 2026)

SUMMER TERM (63 days)
20 April - 23 July 2026
(HALF TERM 25 - 29 May 2026)

135 days are included on the school calendar.
Schools will be open to pupils for 190 days. The five additional days are allocated for in-service training (INSET). Schools allocate their own INSET days.

Academy, trust and voluntary-aided schools set their own term dates and INSET days.

ATTENDANCE ATTENDYANS

Barn Owls 100%

Hawk Owls 97.78%

Eagle Owls 91.92%

Whole school 95.22%

Important!

PE DAYS

Spring Term PE and Lesson Information

- Barn Owls will have PE on Fridays with Mr Warren.
- Hawk Owls and Eagle Owls will have PE twice a week:
- Thursdays with Mr Sturges
- Fridays with Mr Warren
- On Thursday afternoons, Hawk Owls and Eagle Owls will be taught Computing by Mrs Rayner.
- Music for Hawk Owls and Eagle Owls will continue on Fridays with Mr Sturges.

Please ensure children come to school dressed appropriately for PE on their class PE days.



DIARY DATES

DEDHYASOWV DHYDHLIVER

From 16 th February to 20 th February	Spring Half-term break
Mon 23 rd February	INSET DAY - School closed
Tue 24 th February	Children back in school KS2 Cross Country Helston South Site 4pm
Wed 25 th February	Barn Owls Welly Wednesday Hawk Owls Eden Project visit SATs Club 3.15pm to 4.15pm
Thurs 26 th February	Barn Owls Eden Project visit WBD books at Community Cafe 3-4.30pm
From 2 nd March to 5 th March	Parents evening
Tue 3 rd March	Y6 Bikeability
Wed 4 th March	Barn Owls Welly Wednesday Y6 Bikeability No SATs Club
Thurs 5 th March	St Piran's Day World Book Day (WBD books at Community Cafe 10am-4.30pm)

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What Parents & Carers Need to Know about GROUP CHATS

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WHAT ARE THE RISKS?

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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Advice for Parents & Carers

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CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS
National Online Safety®
#WakeUpWednesday

Sources: <https://www.nationalonlinesafety.com/what-are-the-risks-of-group-chats>, <https://www.nationalonlinesafety.com/what-are-the-risks-of-group-chats>, <https://www.nationalonlinesafety.com/what-are-the-risks-of-group-chats>, <https://www.nationalonlinesafety.com/what-are-the-risks-of-group-chats>, <https://www.nationalonlinesafety.com/what-are-the-risks-of-group-chats>



www.nationalonlinesafety.com



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online talk by Jane Keyworth



Supporting a Child with ADHD

Challenging the stereotypes, offering practical support and explaining more about this condition

3rd February 10-11:30am
3rd March 7-8:30pm



Book online
facefamilyadvice.co.uk
£24 or Free with a school membership code



Are you struggling with a defiant child?



Facing Defiance

A six part online course for parents that you can complete in your own time. A step by step guide through a specific strategy aimed to support parents of children aged between 5 to 12 who are displaying very challenging behaviour, including children with ADHD, ODD and PDA.

go to facefamilyadvice.co.uk
Book online £48
on the **Online Parenting Courses** page



FEBRUARY 2026 Timetable

All 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 (excluding Free Talk)

Autism - Improving Communication	2 Feb 10am
Improving Family Communication	2 Feb 7pm
Supporting A Child with ADHD	3 Feb 10am
Understanding Addictive Behaviour	3 Feb 7pm
Anxiety Based School Avoidance	9 Feb 10am
Anxiety Explained	16 Feb 10am
Cannabis and Ketamine Awareness	16 Feb 7pm
What is ACT?	17 Feb 10am
Introduction to OCD	17 Feb 7pm
FREE - Reducing the Harm from Screens	19 Feb 7-8pm
Understanding the Teenage Brain	23 Feb 10am
Raising Self-Esteem	23 Feb 7pm
Decreasing Depression	24 Feb 10am
Supporting Healthy Sleep	24 Feb 7pm
Understanding Anger	9 Mar 7pm
Facing Defiance	10 Mar 7pm

TROS AN HELLYS

BEGINNER BAND

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

vwatkiss@cornwallmusicservicetrust.org
lthrusell@cornwallmusicservicetrust.org

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