

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

This week we welcomed Ofsted inspectors into school, and I am incredibly proud of how our children and staff represented our community. The inspectors commented on the politeness and excellent manners of the children they met throughout the visit, which was wonderful to hear. Thank you also to all parents and carers who took the time to complete the parent survey; your feedback is greatly appreciated and plays an important role in helping us continue to improve. I would also like to extend our thanks to our school governors and the members of Crofty Trust for their support throughout this process. We look forward to sharing the final report with you once it has been published.

We also enjoyed a fantastic World Book Day this week, with many incredible costumes across the school. It was a real highlight to visit Gather the Community Café and see the Eagle Owl children interacting so confidently with members of our local community. Once again, the children truly shone, demonstrating excellent manners, enthusiasm and a willingness to help as they volunteered in the café and sold the World Book Day books. They were wonderful ambassadors for our school.

Have a wonderful weekend and thank you for your continued support.

Best wishes,

Mr Sturges



GARRAS CP SCHOOL
SKOL GYNSA KEMENETH
GARROS



SAFEGUARDING

<https://www.qwellio>

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,

What a busy and exciting week!

In Literacy, the children have been exploring the story *The Odd Egg*. They have been using lots of interesting adjectives to describe the characters' appearance and feelings. The class also had great fun creating awards for the duck with the most unusual egg! As part of our spelling and vocabulary work, the children have been learning how the prefix "un" can change the meaning of a word.

In Maths, Year 1 have been exploring grouping and have been introduced to the multiplication (\times) and division (\div) symbols. They have been practising grouping objects in different ways and beginning to understand how multiplication and division are linked.

Reception have also been developing their number knowledge. They have been practising ordering numbers, exploring the concept of one more, learning about the staircase pattern, and working on number bonds to 10.

This week we began our new History unit, "The History of Toys." The children did a fantastic job sharing their favourite toys with the class and explaining why they are special to them. It was lovely to see their confidence when speaking and listening to each other.

This half term, the children will be learning how to make a puppet in DT! This week they have been exploring all the different ways of joining fabric together by gluing, stapling and pinning.

In Science, we started our new unit "Curious Chemistry" which linked into our Wild Tribe. The children carried out two exciting experiments to explore how matter can change: the Magic Skittles and Magic Milk experiments. There were lots of curious minds at work as the children observed and discussed what was happening and used their fire lighting skills to help! Ending with a yummy hot chocolate, as always.

We also celebrated World Book Day this week. The children looked fantastic dressed as characters from Roald Dahl stories and enjoyed sharing their favourite books with one another. They also made some beautiful bookmarks to take home.

Finally, we marked St Piran's Day. The children enjoyed a traditional pasty at lunch and created their own St Piran's flags to celebrate, learning all about the story of St Piran.

Well done to all the Barn Owls for another great week of learning!
Thank you all for your continued support. Have a fantastic weekend!

Barn Owls Team 😊



HAWK OWLS

Kowannow Sparr Hok

We have had another exciting week in Hawk Owls!

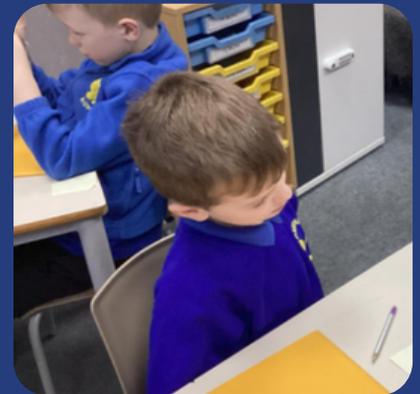
In Literacy, we sequenced the story *How to Live Forever* into five parts and then began writing a prequel about how the Ancient Child became immortal. The children showed great imagination when developing their ideas.

We have also begun our new Geography unit, *Why is Our World Wonderful?* We started by recapping the four countries of the UK and their capital cities, before identifying famous human and physical features within each one. The children particularly enjoyed hearing the myth behind the Giant's Causeway and how it is said that the giant used the stones to step across to Scotland!

In Art, we have continued to develop our shading skills and practised using basic shapes to apply to our own observational drawings. The children created some wonderful drawings of seeds and bulbs. As an extra challenge, they were asked to draw one without taking their pen off the paper!

We have also started our new GoCornish unit, learning about Cornish place names. We explored how place names are often formed from two parts: a 'thing' (an object) and a 'describer', which tells us something more about the first word. The children had great fun thinking of local places that include these elements.

We hope you all have a restful weekend and look forward to seeing everyone on Monday!



EAGLE OWLS

Kowannow Er

Eagle Owls Weekly Update 🦉

This week, we have launched our new History unit on the Ancient Maya. The children have begun exploring who the Maya were, where they lived, and why their civilisation was so significant. There has already been lots of curiosity and thoughtful questioning—an exciting topic ahead!

We also enjoyed celebrating World Book Day, with some of the class spending time working at the Community Café, demonstrating responsibility and enthusiasm in the wider community.

Finally, we are incredibly proud of every single child this week. They have been extremely polite, confident and well-mannered when speaking to the Ofsted inspectors, representing both our class and school brilliantly.

A wonderful week of learning and pride—well done, Eagle Owls! 🦉



Garras Notice Board

Bord Argemynnw 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.

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.



An amendment for the football league New dates

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



ATTENTION

Term Dates 2026-2027

2026/27 School Term Dates - Garras School			
September 2026 Mon 7 14 21 28 Tue 8 15 22 29 Wed 9 16 23 30 Thurs 10 17 24 Fri 11 18 25	October 2026 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	November 2026 Mon 22 29 30 Tue 30 17 24 Wed 4 11 18 25 Thurs 5 12 19 26 Fri 6 13 20 27	School holidays Christmas Day 25 December 2026 Boxing Day 28 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
December 2026 Mon 7 14 21 28 Tue 8 15 22 29 Wed 9 16 23 30 Thurs 10 17 24 31 Fri 11 18 25	January 2027 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	February 2027 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	AUTUMN TERM 1 September - 18 December 2026 (HALF TERM 18 - 30 October 2026)
March 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	April 2027 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	May 2027 Mon 1 8 15 22 Tue 2 9 16 23 30 Wed 3 10 17 24 31 Thurs 4 11 18 25 Fri 5 12 19 26	SPRING TERM 4 January - 25 March 2027 (HALF TERM 15 - 19 February 2027)
June 2027 Mon 7 14 21 28 Tue 8 15 22 29 Wed 9 16 23 30 Thurs 1 8 15 22 29 Fri 2 9 16 23 30	July 2027 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	August 2027 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	SUMMER TERM 12 April - 23 July 2027 (HALF TERM 31 May - 4 June 2027)



Friday 20th March is Red Nose Day
It is non school uniform and please children wear red noses. Donations can be made through ParentPay or cash.



It is a great opportunity to help Garras School to earn a Thermomix TM6 for free to learn healthy lifestyle and cooking skills.

Garras Community Primary School

Healthy cooking reimagined.
Join the revolution with Thermomix®!



Mawgan Recreation Hall

Thursday 12th March 2026
From 3.30pm to 4.30pm



**WORLD
BOOK
DAY®**



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

Friday 8th May 2026
Monday 22nd June 2026
Thursday 23rd July 2026

2026-2027

2026/27 School Term Dates **Garras School**

September 2026		October 2026		November 2026	
Mon	7 14 21 28	Mon	5 12 19 26	Mon	2 9 16 23 30
Tue	8 15 22 29	Tue	6 13 20 27	Tue	3 10 17 24
Wed	9 16 23 30	Wed	7 14 21 28	Wed	4 11 18 25
Thurs	3 10 17 24	Thurs	1 8 15 22 29	Thurs	5 12 19 26
Fri	4 11 18 25	Fri	2 9 16 23 30	Fri	6 13 20 27
Sat	5 12 19 26	Sat	3 10 17 24 31	Sat	7 14 21 28
Sun	6 13 20 27	Sun	4 11 18 25	Sun	8 15 22 29

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

March 2027		April 2027		May 2027	
Mon	1 8 15 22 29	Mon	5 12 19 26	Mon	8 15 22 29
Tue	2 9 16 23 30	Tue	6 13 20 27	Tue	4 11 18 25
Wed	3 10 17 24 31	Wed	7 14 21 28	Wed	5 12 19 26
Thurs	4 11 18 25	Thurs	1 8 15 22 29	Thurs	6 13 20 27
Fri	5 12 19 26	Fri	2 9 16 23 30	Fri	7 14 21 28
Sat	6 13 20 27	Sat	3 10 17 24 31	Sat	8 15 22 29
Sun	7 14 21 28	Sun	4 11 18 25	Sun	9 16 23 30

June 2027		July 2027		August 2027	
Mon	7 14 21 28	Mon	5 12 19 26	Mon	2 9 16 23 30
Tue	8 15 22 29	Tue	6 13 20 27	Tue	3 10 17 24 31
Wed	9 16 23 30	Wed	7 14 21 28	Wed	4 11 18 25
Thurs	3 10 17 24	Thurs	1 8 15 22 29	Thurs	5 12 19 26
Fri	4 11 18 25	Fri	2 9 16 23 30	Fri	6 13 20 27
Sat	5 12 19 26	Sat	3 10 17 24 31	Sat	7 14 21 28
Sun	6 13 20 27	Sun	4 11 18 25	Sun	8 15 22 29

School holidays

Bank holidays
 Christmas Day 25 December 2026
 Boxing Day 26 December 2026
 New Years 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 (73 days)
 1 September - 18 December 2026
 (HALF TERM 19 - 30 October 2026)

SPRING TERM (59 days)
 4 January - 25 March 2027
 (HALF TERM 15 - 19 February 2027)

SUMMER TERM (63 days)
 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	Mon	6 13 20 27	Mon	4 11 18 25
Tue	2 9 16 23 30	Tue	7 14 21 28	Tue	5 12 19 26
Wed	3 10 17 24 31	Wed	1 8 15 22 29	Wed	6 13 20 27
Thurs	4 11 18 25	Thurs	2 9 16 23 30	Thurs	7 14 21 28
Fri	5 12 19 26	Fri	3 10 17 24 31	Fri	8 15 22 29

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

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

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

Information Classification: CONTROLLED



School holidays

Bank holidays
 Christmas Day 25 December 2025
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 Summer Bank Holiday 31 August 2026

AUTUMN TERM (73 days)
 1 September - 18 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.



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.



ATTENDANCE

ATTENDYANS

Barn Owls 99.38%

Hawk Owls 97.66%

Eagle Owls 88.89%

Whole school 95.23%

DIARY DATES

DEDHYASOWV DHYDHLYVER

From 9 th March to 12 th March	Parents evening
Tue 10 th March	Y5 Bikeability
Wed 11 th March	Barn Owls Welly Wednesday No SATS Club
Thurs 12 th March	Y5 Wild Tribe Healthy Cooking event 3.30pm to 4.30pm Recreation Hall
Mon 16 th March	Y5/6 Football league Porthleven School from 3.45pm to 5pm
Wed 18 th March	Barn Owls Welly Wednesday SATS Club from 3.15pm to 4.15pm
Thurs 19 th March	Y3/4 Royal Cornwall Y2 Wild Tribe
Fri 20 th March	Comic Relief 2026 Non School Uniform Red Nose RNLI Water Smart Assembly
Wed 25 th March	Barn Owls Welly Wednesday SATS Club
Thurs 26 th March	Y4 Wild Tribe
Mon 30 th March	Girls Football league Helston Astro 3.45pm to 5pm
Tue 31 st March	Y3 Wild Tribe
Wed 1 st April	Barn Owls Welly Wednesday
Thurs 2 nd April	Easter service Mawgan Church 2pm Last Day of Spring Term



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/minfec>.

What Parents & Carers Need to Know about

WHATSAPP

UK AND EUROPE
16+
13+ REST OF THE WORLD

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.



EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.



REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.



LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.



THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.



DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.



CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.



Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks; a web resource that helps parents and children thrive in a digital world.



NOS National Online Safety®
#WakeUpWednesday

kynde

THE PARENTING EXPEDITION

NAVIGATING LIFE'S JOURNEY AS A SEND PARENT CARER

www.kynde.co.uk

A UNIQUE JOURNEY
Parenting a child with SEND comes with its challenges and rewards. It can sometimes feel overwhelming or isolating, but you don't have to navigate it alone.

THE PARENTING EXPEDITION
The Parenting Expedition is a supportive programme created by parents with lived experience. It offers a space to reflect, connect, and develop practical strategies alongside others who understand.

THE PROGRAMME:
Small group setting to encourage meaningful discussion and support. Venue: Porchester

Tues 5th May: 12:00 - 14:45 Tues 2nd June: 12:00 - 14:45
Tues 12th May: 12:00 - 14:45 Tues 9th June: 12:00 - 14:45
Tues 19th May: 12:00 - 14:45 Tues 16th June: 12:00 - 14:45

Self Discovery
Explore your own strengths and needs to create a supportive environment where your child can thrive.

Practical Strategies
Learn approaches to managing daily challenges and strengthening your connection with your child.

Emotional Support
Build confidence and resilience within a like-minded community.

COMMUNITY FUND
"This has been a very enjoyable, enlightening and heartwarming experience. I have learned a lot about myself, gained skills to help my daughter and made connections with lovely people. I have been made to feel accepted and welcome."
"I really enjoyed the course. I feel I met lovely people that I really connected with and learnt a lot in a supportive space."
"Both Sharon & Helen created a unique experience. It really made me feel much more positive about my really challenging home life."
"The course far exceeded any expectation or pre-conceived idea. An incredibly empowering course held among a really empathetic and encouraging group. It was so good to realise I no longer need to feel so isolated."

FIND OUT MORE
If you are interested in joining or finding out more, please contact:
Helen Girvan
helen@kynde.co.uk
Sharon Wilson
sharon@kynde.co.uk

kynde

THE PARENTING EXPEDITION

NAVIGATING LIFE'S JOURNEY AS A SEND PARENT CARER

www.kynde.co.uk

THE PROGRAMME:
Sessions are designed to meet the individual needs of parents in the group. They follow the framework below:
Session 1: Discovering the map
Session 2: Leading the expedition
Session 3: Packing your backpack
Session 4: Challenging Terrain
Session 5: The new route
Session 6: Returning home

HOW PARENTS HAVE REPORTED CHANGE IN THEIR PARENTING OUTLOOK:

Theme	Before	After
Emotional State	Overwhelmed, anxious, stressed	Empowered, hopeful, positive
Sense of Support	Unsupported, isolated	Connected, supported, empathetic
Confidence	Worn-down, unsure, exhausted	Equipped, strong, powerful
Outlook	Uncertain, concerned	Informed, optimistic, brighter

COMMUNITY FUND
PROGRAMME IMPACT
"This programme exceeded my expectations; I now have strength in my own convictions as a parent, compassion for others on the same journey, understanding of the young people we are trying to guide in this world, and confirmation or validation of how important it is to look after myself better - it begins with us!"

COSTS:
Thanks to a generous National Lottery Grant, there is no cost to attend the programme (which includes 15-hours of workshop time, refreshments and course materials). We open up an opportunity for parentcarers to 'pay it forward' by donating to our Crowdfunder:

FIND OUT MORE
To find out more and reserve your space please contact Helen or Sharon:
Helen Girvan
Sharon Wilson
helen@kynde.co.uk
sharon@kynde.co.uk

The Parenting Expedition Crowdfunder

TROS AN HELLYS

BEGINNER BAND

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

vwatkiss@cornwallmusicservicetrust.org
lthrusself@cornwallmusicservicetrust.org

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

British Certified Trainer

FACE

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

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

JOIN US FOR AN

Easter fun Day

APRIL 4TH 2026, 1PM - 4PM @ ST KEVERNE PRE SCHOOL

RAFFLE, EASTER TRAIL, STALLS, CAKES, GAMES AND MORE