

# NEWSLETTER

## LYTHER NOWODHOW

### Headteacher Message

Spring is finally here, and it has been lovely to see the children making the most of the brighter days and enjoying their learning outside. There's a real buzz around the school at this time of year, and it's great to see so much enthusiasm as the children explore, discover and learn in different ways.

A real highlight recently was the trip for our Year 3 and 4 pupils to the Royal Cornwall Showground for the Farm and Country Experience. The children had a fantastic day, getting hands-on with a range of activities and learning more about farming, food and the countryside. It was wonderful to see their curiosity and excitement throughout the visit, and they represented the school brilliantly.

A big thank you to Christina and Gemma for coming along to support the trip, your help was very much appreciated and made the day run so smoothly.

We're looking forward to the rest of the term and all the opportunities ahead as we continue to enjoy the spring season together.

Oll a'n gwella/All the best,

Mr Sturges



GARRAS CP SCHOOL  
SKOL GYNSA 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](mailto:garrassecretary@croftymat.org)

# BARN OWLS

KOWANNOW GWYNN

Dear Parents and Carers,

We have had a wonderful and busy week in BarnOwls, making the most of the lovely sunshine!

This week, we have been exploring the history of toys, thinking about the toys our parents and grandparents used to play with and how they have changed over time. The children have really enjoyed sharing their ideas and making comparisons.

We were also very lucky to have a visit from the RNLI, who spoke to the children about water safety and the important work they do. The children listened carefully and learned some valuable ways to stay safe near water.

In DT, we have continued working on our puppets. The children have been cutting fabric, joining pieces together, and beginning to decorate their creations. It has been fantastic to see their creativity and perseverance developing.

In maths, Year 1 have now completed their unit on multiplication and division. Well done to them for all their hard work! Reception children have been showing excellent confidence in their number skills and are becoming increasingly independent in their learning.

In literacy, we have been using our senses to inspire our writing, describing what we can see, hear, and smell outdoors. This links beautifully to our new story, *The Extraordinary Gardener*, which the children are looking forward to exploring.

We have also made the most of our outdoor areas in the sunshine this week. The children have been busy exploring the sand pit, water tray, and mud kitchen, as well as creating spring art, building shelters, planting flowers, and helping to develop our outdoor environment.

In PSHE, Year 1 have been learning about the different people who help to keep us safe, while Reception have been focusing on the importance of listening carefully.

We ended the week by celebrating Red Nose Day on Friday. It was lovely to see all the children in their own clothes supporting such an important cause.

As always, thank you for your support. We hope you have a lovely weekend!

Barn Owls Team



# HAWK OWLS

Kowannow Sparr Hok

We have had another busy and enjoyable week in Hawk Owls!

This week, we have been continuing to enjoy our class text 'Our Tower'. The children have been thinking carefully about the illustrator's choices and why certain images were created. We have also been comparing the beginning and ending of the book, using contrasting conjunctions to support our ideas.

In Geography, we have continued building our knowledge of the continents and explored some fascinating places around the world, including the Great Wall of China, the Amazon Rainforest, and the Great Barrier Reef. The children have also been learning to name the five oceans, and we even learnt a song (to the tune of "Drunken Sailor") to help us remember them, which caused lots of laughter!

In Maths, we have begun our new topic on mass. The children have been learning to use kilograms and grams, reading scales, and finding equivalent masses during our lessons.

We have also concluded our Art unit by transforming our botanical drawings into digital artwork. First, the children explored the programme and practised using the different tools, which they thoroughly enjoyed. They then selected a piece from their sketchbooks and recreated it digitally. The results were fantastic!

We hope you have a lovely weekend.



# EAGLE OWLS

Kowannow Er

Another fantastic week of learning, made even better by the welcome return of the sunshine!

In Art, the children used inference skills to create their own interpretations and backstories for *The Dance* by Paula Rego, producing some thoughtful and imaginative ideas.

We were delighted to welcome Mr Brierley, our Chair of Governors, who shared his experiences of living in Colombia and the rainforest. Some children enjoyed the photos of tarantulas more than others. This linked brilliantly to our class text, *The Explorer*. We are now very close to finishing the book.. but the class will have to wait until Monday to enjoy the final chapter!

Our Year 4 pupils had a fantastic visit to the Royal Cornwall Showground, where they learned about a wide range of jobs linked to farming and countryside communities. They enjoyed demonstrations from different businesses, meeting and stroking animals, and even had a go at being an auctioneer!

A brilliant week full of rich experiences and engaging learning—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!](#)



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 7<sup>th</sup> July 2026 and used for reminders. After that date Croffy 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

2026/27 School Term Dates - Garras School

September 2026	October 2026	November 2026	School Holidays																																																																																					
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Today RNLi did a Water Smart session. Please scan the QR code for more information.



RNLi Classification Public Release

Congratulations Luke  
for achieving 200 metres  
swimming!



Congratulations to  
our football team  
who won the Small  
Schools League this  
week  
Well done!



Congratulations to:

Arthur S.  
Sophie

New members of the exclusive 44  
club in Maths

Lyra

New member of the exclusive 55  
club in Maths

Join the  
**CELEBRATION!**



Y3 and Y4 had a wonderful day at the Royal Cornwall Farm and Country visit.



# 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 8<sup>th</sup> May 2026  
Monday 22<sup>nd</sup> June 2026  
Thursday 23<sup>rd</sup> 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	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	1 8 15 22 29	Mon	5 12 19 26	Mon	2 9 16 23 30
Tue	2 9 16 23 30	Tue	6 13 20 27	Tue	3 10 17 24 31
Wed	3 10 17 24	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**  
Christmas Day 25 December 2026  
Boxing Day 28 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**  
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	Mon	6 13 20 27	Mon	9 16 23 30
Tue	2 9 16 23 30	Tue	7 14 21 28	Tue	10 17 24
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

  

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

**School holidays**  
Christmas Day 25 December 2025  
Boxing Day 28 December 2025  
New Years 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 - 18 December 2025  
(HALF TERM 27 - 31 October 2025)

**SPRING TERM (59 days)**  
4 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 93.83%

Hawk Owls 98.83%

Eagle Owls 94.95%

Whole school 95.19%



## 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

Wed 25 <sup>th</sup> March	Barn Owls Welly Wednesday SATS Club from 3.15pm to 4.15pm
Thurs 26 <sup>th</sup> March	Y4 Wild Tribe Hawk Owls Cornish Seal Sanctuary visit
Mon 30 <sup>th</sup> March	Girls Football league Helston Astra 3.45pm to 5pm
Tue 31 <sup>st</sup> March	Y3 Wild Tribe Eagle Owls Orienteering Wendron Football Club 12.30pm to 2.30pm
Wed 1 <sup>st</sup> April	Barn Owls Welly Wednesday Cake Sale by parliamentarians No SATS Club
Thurs 2 <sup>nd</sup> April	Easter service Mawgan Church 2pm Last Day of Spring Term
From 3 <sup>rd</sup> April to 17 <sup>th</sup> April	Easter Holidays
Mon 20 <sup>th</sup> April	Children back to school First day Summer 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>.

# Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

## IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

## ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

## PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At [my.account.sony.com](https://my.account.sony.com), create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

## IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

## XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

## NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

## WINDOWS 11 PCs

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

## CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

## MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

## SMART TVS

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

## Meet Our Expert

Barry Collins is a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.



The  
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College

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#WakeUpWednesday

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**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: Perthleven

Tues 5<sup>th</sup> May: 12:00 - 14:45    Tues 2nd June: 12:00 - 14:45  
Tues 12<sup>th</sup> May: 12:00 - 14:45    Tues 9<sup>th</sup> June: 12:00 - 14:45  
Tues 19<sup>th</sup> 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 or be 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

**COMMUNITY FUND**

**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

**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 SACCL PHISHON

vwatkiss@cornwallmusicservicetrust.org  
lthrusell@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](http://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](http://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 VVATKISS@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

**FACE**

## April 2026 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](http://facefamilyadvice.co.uk)  
Recordings available for 48 hours

Understanding Anger	6 April 10am
School Anxiety	6 April 7pm
Facing Defiance	7 April 10am
Supporting Healthy Screen Use	7 April 7pm
Anxiety Explained	13 April 10am
Cannabis and Ketamine Awareness	13 April 7pm
Introduction to OCD	14 April 10am
What is ACT?	14 April 7pm
Decreasing Depression	20 April 10am
Raising Self-Esteem	20 April 7pm
Understanding the Teenage Brain	21 April 10am
Supporting Healthy Sleep	21 April 7pm
<b>FREE Decreasing Depression</b>	<b>23 April 7-8pm</b>
Improving Family Communication	27 April 10am
Autism: Improving Communication	27 April 7pm
Supporting a Child with ADHD	28 April 10am
Understanding Addictive Behaviour	28 April 7pm



FOLLOW US!

# EASTER

# Coast

## ACTIVITY PROGRAMME

★ HAYLE ★ ST IVES ★ HELSTON ★ PENZANCE ★ LUDGVAN

### FOR AGES 5 - 16

Fun sports and activity sessions throughout the day for children in Reception to year 11

### FUNDED

Funded places available for those eligible for free school meals with lunch included

### TIMES AND LOCATIONS

Full or half days available  
Scan the QR code to see full list of locations and times

### ACTIVITIES INCLUDE :



AND SO MUCH MORE



[WWW.COASTACTIVITYPROGRAMME.COM](http://WWW.COASTACTIVITYPROGRAMME.COM)

PHONE -: 07939863010

EMAIL- [CONTACT@COASTACTIVITYPROGRAMME.COM](mailto:CONTACT@COASTACTIVITYPROGRAMME.COM)