

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

Welcome back to everyone after the Easter break. It has been absolutely wonderful to see the children return to school, full of energy, smiles, and excitement. One of the real highlights of the first week back has been hearing about the many adventures, trips, and special moments they enjoyed over the holidays, there have certainly been some fantastic stories shared across the school.

The start of the summer term always brings a renewed sense of focus and enthusiasm, and it has been lovely to see the children settling quickly back into their routines and approaching their learning with such positive attitudes. We are looking forward to a busy and productive term ahead, filled with opportunities for learning, growth, and celebration.

A special congratulations goes to our Year 3/4 football team, who represented the school so well in their first league fixture on Monday. They showed great determination, teamwork, and sportsmanship, and we are incredibly proud of their efforts. A sincere thank you also to Mrs V for kindly stepping in to manage the team in my absence, your support is very much appreciated.

As we move further into the summer term, we are also very aware of how changeable the weather can be at this time of year. Please could we ask that children come to school prepared for all conditions, including bringing a raincoat each day. At the same time, as we begin to see warmer and sunnier weather, it is important that children also have appropriate sun protection. We kindly ask that hats are brought in and that sunscreen is applied before school where needed.

Thank you, as always, for your continued support. We are excited for all that this term has in store.

Oll an 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

BARN OWLS

KOWANNOW GWYNN

Dear Parents and Carers,

Welcome back! It has been a fantastic start to the term, and the children have settled in brilliantly. We have enjoyed hearing about what they have got up to during their Easter break.

In maths, year 1 have been exploring money—recognising coins and beginning to understand their individual value and the total value when added together. In Reception, the children have been developing their counting skills, understanding that the last number we count tells us how many things there are altogether.

On Tuesday we went to the local museum! The children got a chance to explore and discover toys from the past. They had a chance to play with some old toys and discuss how they are different to the toys we have today. The children also got to make their own peg doll, using a wooden peg and different material. It was such a fun and interesting morning for us all!

Our Wild Tribe sessions are continuing to link closely with our science topic. This term we are exploring 'Animals Including Humans'. The children enjoyed drawing around their bodies and labelling different parts, helping them understand how their bodies work.

Inspired by the artist Samantha Stephenson, the children have been investigating how rolling paper can create 3D structures, then designing a simple sculpture using paper cylinders and imagination. They then had a go at creating their own 3D sculptures using different coloured card and paper.

In Geography, we have begun learning about physical and human features, helping the children understand the world around them and how environments can be both natural and man-made.

Barn Owls have also been learning about Flora Day, they had the chance to watch a video and listen to the music. Over the next week, we will be learning the Flora Day dance which the children are very excited about!

It has been a wonderful first week back, and we are looking forward to another week full of learning and fun! Thank you, as always, for your continued support. We hope you have a lovely weekend!

Barn Owls Team



HAWK OWLS

Kowannow Sparr Hok

Welcome back after the Easter holidays! We hope you all had a lovely break, and it's wonderful to see the children returning with such excitement for the new term.

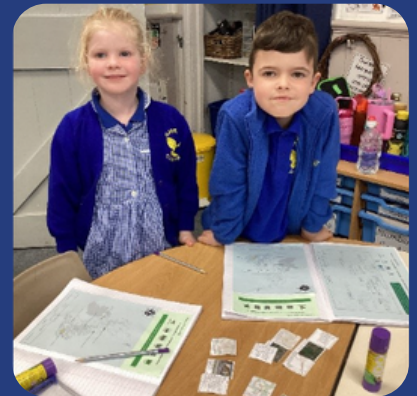
This week in literacy and guided reading, we have begun exploring *The Bear and The Piano* by David Litchfield. The children are already enjoying asking questions to predict what the book might be about and what could happen next!

As part of our literacy activities, the children participated in a drama exercise called 'Conscience Alley'. One side supported the Bear going to the city, while the other side was against it. This engaging activity sparked lively discussions and resulted in some excellent writing afterwards.

We have also been learning about Flora Day as part of our GoCornish curriculum. The children started designing posters for this year's Flora Day, which we will submit as entries for a competition.

In our topic lessons, we have kicked off our Geography unit titled 'Are all settlements the same?'. This week, we learned what a settlement is and explored the differences between various types of settlements.

We hope you all have a lovely weekend!



EAGLE OWLS

Kowannow Er

This week, we have started our new literacy unit on The Tempest. The children have really enjoyed bringing the play to life through acting and performance, helping them to deepen their understanding of the characters and events. We have also been learning about relative clauses, using them to add detail and improve our writing.

In history, we have begun our new topic on the Tudors. The children have explored the difference between primary and secondary sources, and used their inference skills to consider how portraits can reflect bias and portray historical figures in different ways.

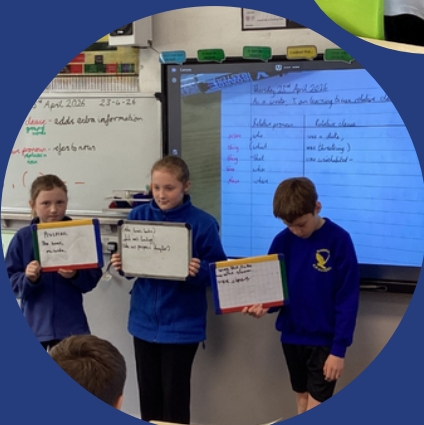
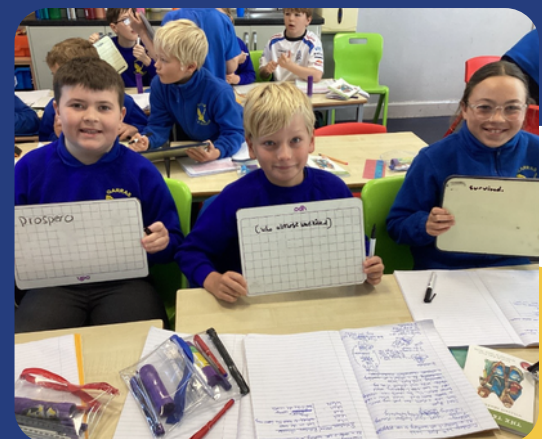
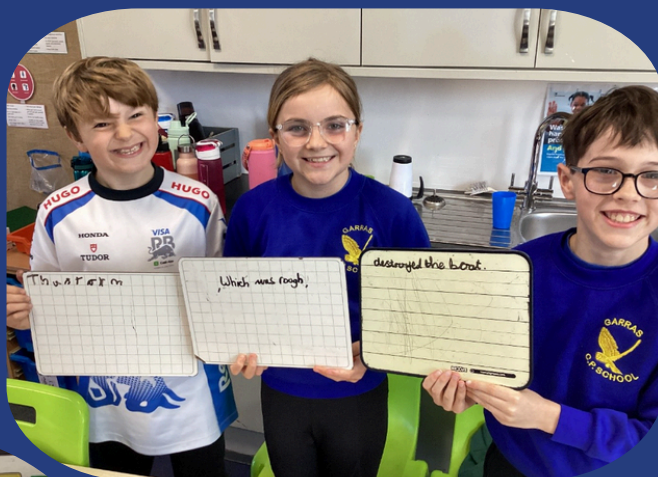
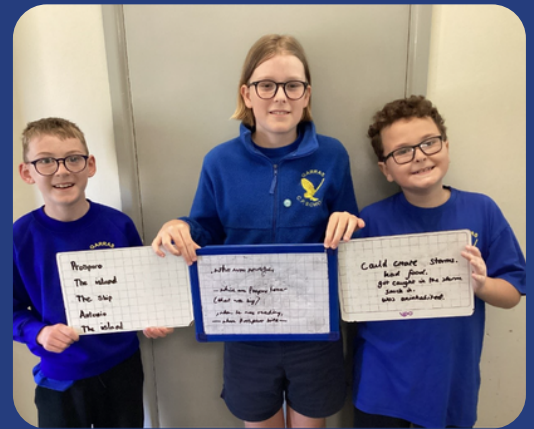
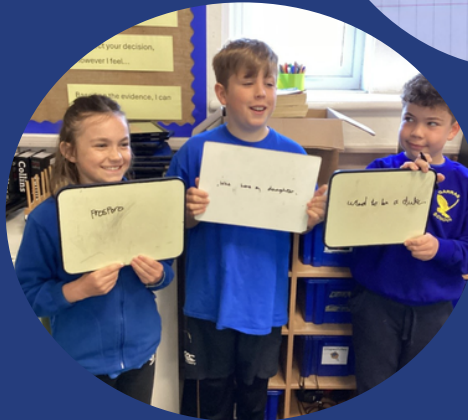
We had an excellent first session of swimming, with all children showing great effort, confidence, and resilience in the pool. As in previous years, once a child has met the required level, they will remain in school and a different child will take their place in swimming lessons. Due to this, those not swimming will remain in school and complete learning in a foundation subject. On a Thursday, swimmers will complete this same learning while non-swimmers will take part in PE with Mr Sturges.

Please can swimmers bring their kits each Tuesday and wear PE kit on Fridays. Non-swimmers will need PE kit on Thursdays and Fridays. If you have any questions, please do not hesitate to contact me.

A brilliant start to our new learning across the curriculum—well done, Eagle Owls!

Evaluating Henry VIII sources

Does the source tell us about Henry VIII?	Who created the source?	Do you trust the source? Why?	Has the source been used?
That he has rich clothes on and is very rich	Josias van den	I trust it because it looks really real and is a special book	Yes
He is grumpy and is staring you down	Hans Holbein	because I trust it because he looks like him	Yes
He is still rich and seems to be older	Jan de Wilt	no because some years ago it is	Yes
His trustworthy	I don't know	no yes	Yes



Monday our Y3 and Y4 Football team played in Helston.

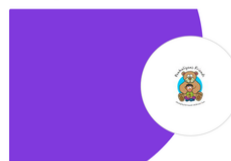
Well done!



Thank you to all the Parents who baked and bought our delicious cakes to support Penhaligon's Friends charity.

We have raised £146.00

Penhaligon's Friends



Your support can change lives

£10

Will provide a teddy to a child or young person at a Memory Day

[Give Now](#)

Charity Registration No. 1189323 | www.penhaligonfriends.org.uk
enquiries@penhaligonfriends.org.uk

About us
Helping hundreds of children by offering bereavement support for young people and their families in Cornwall. Providing Memory Days, support groups and training for volunteers and professionals. Penhaligon's Friends relies entirely on the generous support of individuals, groups and businesses.

Be a fundraiser
Create your own fundraising page and help support this cause.

[Start fundraising](#)

Donations

0 **Garras Community Primary School** 1000000
£146.00



Join the
CELEBRATION!

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. After Easter holidays we are aiming to enable parents to book daily school meals. More information will follow shortly.

Teachers2parents will not be in use after Easter Holidays

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



Football League Y3/Y4 Dates:

Monday 18th May 2026
Football league 3.30pm to 4.30pm
Helston Astro

Monday 29th June 2026
Football league girls 3.30pm to 4.30pm
Helston Astro

Football League Girls only TBC

Please pick up the children who are playing and siblings at 3am.



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	5 12 19 26
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

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	13 20 27	Mon	4 11 18 25
Tue	3 10 17 24 31	Tue	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	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
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

Bank holidays

Christmas Day 25 December 2025
Boxing Day 26 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)
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)

195 days are included on the school calendar. Schools will be open to pupils for 190 days. The five additional days are allotted 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 99.31%

Hawk Owls 98.25%

Eagle Owls 97%

Whole school 95.54%



PE DAYS

Summer Term PE and Lesson Information

- Barn Owls will have PE on Fridays with Mr VWarren.
- Hawk Owls and Eagle Owls will have PE twice a week:
- Tuesday Eagle Owls swimmers only.
- Thursdays with Mr Sturges Hawk Owls and Eagle Owls no swimmers only.
- Fridays with Mr VWarren
- 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 DHYDHLYVER

Mon 27th April	SATS Club 3.15pm to 4.15pm
Tue 28th April	Eagle Owls Swimming Cross Country KS1 and KS2 4pm Mullion
Wed 29th April	Barn Owls Wellies Wednesday
Thurs 30th April	Year 3 Wild Tribe
Mon 4th May	Early May Bank Holiday School closed
Tue 5th May	Eagle Owls Swimming
Wed 6th May	Barn Owls Wellies Wednesday Assembly with Seal Sanctuary
Thurs 7th May	Y4 Wild Tribe
Fri 8th May	Flora Day School closed
From Mon 11th May to Thurs 14th May	SATS week
Tue 12th May	Eagle Owls Swimming Cross Country KS1 and KS2 4pm HCC South site
Wed 13th May	Barn Owls Wellies Wednesday
Thurs 14th May	Y5 Wild Tribe
Fri 15th May	Y6 Roskillys visit
Tue 19th May	Y3/Y4 Dodgeball Sithney School
Wed 20th May	Barn Owls Wellies Wednesday
Thurs 21st May	Y6 Wild Tribe
Mon 25th May to Fri 29th May	Summer Half Term break



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://qrc0.de/minfec>.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

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.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.12.2024

TROS AN HELLYS

BEGINNER BAND

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

vwatkiss@cornwallmusicstrust.org
lhrussell@cornwallmusicstrust.org

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: Porthleven

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.

"This has been a very enjoyable, enlightening and heart-warming 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 for 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

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

PROGRAMME IMPACT

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

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 parents/carers to 'tag 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

Learn The Ukulele With Us

CMST AND ASONE MUSIC

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

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

FACE May 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
Recordings available for 48 hours

School Anxiety	4 May 10am
Understanding Anger	4 May 7pm
Facing Defiance	5 May 10am
Supporting Healthy Screen Use	5 May 7pm
Cannabis and Ketamine Awareness	11 May 10am
Anxiety Explained	11 May 7pm
Introduction to OCD	12 May 10am
What is ACT?	12 May 7pm
Decreasing Depression	18 May 10am
Raising Self-Esteem	18 May 7pm
Supporting Healthy Sleep	19 May 10am
Understanding the Teenage Brain	19 May 7pm
Autism: Improving Communication	25 May 10am
Improving Family Communication	25 May 7pm
Supporting a Child with ADHD	26 May 10am
Understanding Addictive Behaviour	26 May 7pm
FREE Getting a Good Nights Sleep	28 May 7-8pm

Get into Gig Rowing

Coverack Juniors need you!

Are you aged 10-16 and looking to try a new sport?

Starting Wednesday 13th May at 6pm on Porthoustock Beach

You will...

- Improve fitness
- Learn to work as part of a team
- Gain water safety skills
- Improve confidence
- And be part of a friendly and welcoming club!

For more information please contact us via our facebook page, coverackgigclub@gmail.com or contact Bev on 07779315707

Please note, Juniors are required to bring along signed consent forms or an adult to sign them!

2026 Events Coronation Park

Park = Activated

April = big top!

May

June

Summer = GLAY

July

August

To buy your tickets online head over to www.lovelhelston.co.uk or give our local box office a call on 01326 566066 (opt 2)

PAPAYA Let's talk about our kids and their tech

ONLINE PARENT TALK WITH NICOLA

CORNWALL SCHOOLS PARENT TALK MONDAY 17th JUNE 2026 - 7:30 AM to 8:00 AM

Nicola MacDonald

Nicola MacDonald is a Resilience Coach and Author of the new fiction book, *Resilient Teen*. She is the Founder of My Resilient Mind and Co-Founder of the Digital Detox Club. She runs resilience workshops and talks for schools, parents, and adults in the workplace. She specialises in resiliency, self-compassion, youth mental health and conscious parenting.

Nicola is an empowering and uplifting speaker who shares her knowledge in a non-judgmental way, striving to be an experienced parenthood and her own personal struggles with her own.

Topics

- The link between mental health and wellbeing and spending too much time online
- Strategies for delaying the smartphone
- Strategies for families to achieve a healthy balance with technology
- Question and discussion time

"The talk is so relevant, full of insight and eye-opening. You will walk away inspired to connect, reflect, and find out more. I highly recommend it!" - Claire Curtis, parent and SFC volunteer.

PLAYERS WANTED

HELSTON AFC YOUTH

We are looking for NEW PLAYERS to join our U11 Sharks squad for the upcoming season and in preparation for transitioning to 11 a side football.

Age Group: Under 11s moving into Under 12s - School Year 6 - Moving to Year 7 in September

About Us:

- Playing in a competitive league
- Focus on development, teamwork, and enjoyment

Training Details:

- Saturdays
- 09:00am - 10:30am

DM us for more information or contact 07510 411878

ON THURSDAY 27th MAY CHILDRENS SAILING TRUST (THE CHARITY WHO RUN THE CHILDRENS SAILING PROGRAMME) ARE HOLDING A COMMUNITY ENGAGEMENT EVENT AT THE FERRY BOAT INN HELFORD PASSAGE. ITS AN INFORMAL DROP IN EVENT TO HELP BUILD GREATER LOCAL SUPPORT AND FUNDING FOR THE CHARITABLE SAILING PROGRAMME AS A PARENT FROM ONE OF THE SCHOOLS THAT CHILDRENS SAILING TRUST SUPPORT. THE CHARITY WOULD LIKE TO INVITE YOU TO POP ALONG ANYTIME BETWEEN 2:30PM-6PM. STAFF FROM THE CHARITY WILL BE ON HAND TO TALK TO, TO DISCUSS THE 2026/27 SAILING PROGRAMME, AND THERE WILL ALSO BE AN OPPORTUNITY TO GO OUT ON ONE OF THEIR BOATS TO WATCH THE SAILING PROGRAMME IN ACTION AS THEY WILL HAVE TWO SCHOOLS LEARNING TO SAIL WITH THEM THAT AFTERNOON. IF YOU HAVE ANY QUESTIONS ABOUT THE EVENT, PLEASE CONTACT anna@childrenssailingtrust.org.uk

MANY THANKS,
ANNA
ANNA MITCHELL,
FUNDRAISING LEAD