

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

As the weather becomes warmer, though still somewhat changeable, please ensure that children come to school with appropriate clothing and sun cream so they can enjoy the school day comfortably.

Over the coming weeks, we are delighted to be refreshing part of our school environment, with the corridor and both Hawk Owls and Eagle Owls classrooms being repainted. This will help to brighten and revitalise this much-loved 150 year old part of the school, and we very much look forward to seeing the finished result.

Congratulations also go to Mr C, who will officially take up the Teaching Assistant position in Eagle Owls after the May half term. He will be working alongside Mrs Rayner and Mrs Desmond, and we are thrilled to welcome him to the team.

Our Ofsted report is now live on the official website, and we are absolutely delighted with the outcome. If you haven't already had the opportunity to read it, we feel it captures our school perfectly, celebrating who we are and highlighting the exciting direction of our continued journey. Thank you to everyone for your positive feedback and ongoing support.

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

BARN OWLS

KOWANNOW GWYNN

Dear Parents and Carers,

What a lovely week we've had in Barn Owls.

In Science, we have been exploring our senses, and the highlight of the week was definitely our taste test! The children had great fun trying different flavours and using vocabulary to describe what they could taste. It led to some very thoughtful observations.

In Literacy, we have continued diving into our magical mermaid theme. The children have been using their phonics knowledge to spot rhyming words and have started creating their own poems. There have been some wonderful ideas shared.

In Maths, our reception children have been practising subitising and revisiting their understanding of doubles, becoming quicker and more confident. Our Year 1 children have been learning all about money, recognising coins and thinking about their value. This is a great area to practise during everyday activities at home, such as when shopping.

In Art, the children have been busy making 3D paper sculptures. They showed fantastic focus and imagination, and it has been lovely to see how proud they are of their creations.

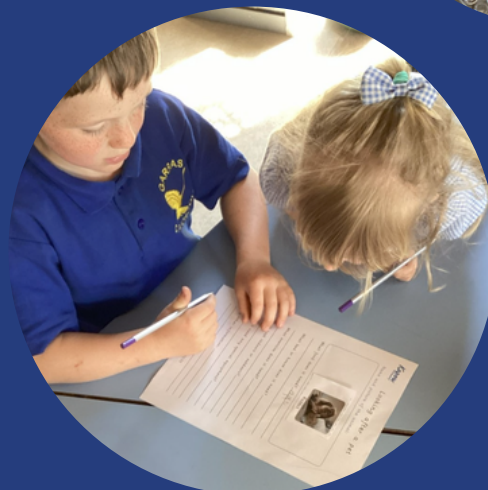
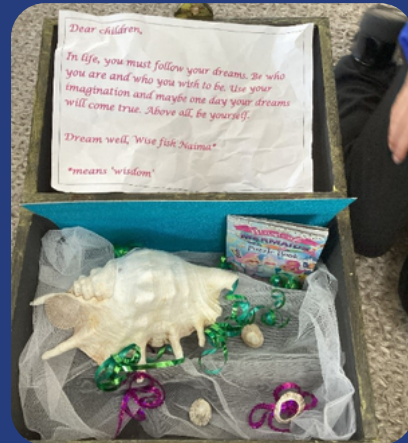
In Geography, we have been thinking about the features of our local area and having a go at sketching our own maps. The children enjoyed sharing what they know about where they live and what makes it special to them.

In Music, we have been learning about pitch, exploring how sounds can be high or low through fun and engaging activities.

Thank you so much for your continued support—it really does make a difference. We hope you have a wonderful weekend and enjoy hearing all about the children's learning.

Warm wishes,

Barn Owls Team 😊



HAWK OWLS

Kowannow Sparr Hok

This week in Hawk Owls, we have enjoyed finishing our Flora Day posters for a Cornish competition. We used watercolours to create beautiful effects and the finished posters look fantastic. Please keep your fingers crossed for a winner, or even two, from our class!

In maths, we have started learning how to tell the time to the nearest minute. If possible, please encourage your child to practise telling the time at home, as this really helps build confidence in a real-life context.

In Literacy, we have been exploring non-fiction texts and learning how to find key facts. The children identified nouns and verbs ending in -ing while learning about different animals and their habitats. They then used this knowledge to create their own information posters using questions, statements and exclamations. We also began sequencing the key events from *The Bear and the Piano*, using sequencing words and past tense to help retell the story.

In Geography, we have been learning about land use in our local area. The children explored human and physical features using maps and learned about different types of land use, including residential, commercial and recreational areas. They also practised using compass directions and creating simple map keys.

In RE, we continued learning about the first disciples and what it meant to be "fishers of men." Through discussion and hot seating, the children thought about how Peter and Andrew may have felt when Jesus asked them to follow him, and how Christians today continue to share his good news.

In Science, we have been learning about and investigating Forces and Magnets. The children were investigating the friction on different surfaces and measuring in Newtons. They also learnt that this unit of measure is named after the famous scientist Sir Isaac Newton.

We hope you all have a lovely weekend!



EAGLE OWLS

Kowannow Er

It has been another fantastic and engaging week for the Eagle Owls!

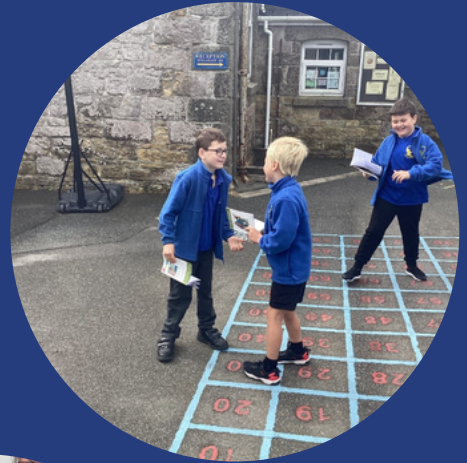
In Literacy, we have continued exploring *The Tempest*, and the children have absolutely loved bringing the play to life by acting out each scene. There are definitely some budding actors in the class!

In Computing, the children collected and recorded data on average noise and light levels in different areas of the school, before beginning to compare and analyse their findings. We have now completed our French holidays unit, where the children researched tourist attractions in France and wrote their own holiday plans in French - a brilliant combination of language and cultural learning.

In History, the class examined a range of historical sources to learn more about Anne Boleyn and the significant change from Catholicism to the Church of England. This learning will be enriched by our upcoming trip to St Keverne on Tuesday 19th May, where we will explore the Cornish Rebellion of 1497, led by Mrs Richards - something we are all really looking forward to.

In Science, the children continue to show great enthusiasm for our space topic. This week, we explored a motorised model of the solar system, examining the different orbit lengths of the planets and even discussing what happens when they align. We then created a physical version of the solar system to demonstrate the distance of planets from the sun.

A brilliant week full of curiosity and creativity - well done Eagle Owls! 🦉



Cornish of the Month!



Mis me



Summer - Hav



Flora Day

Meur ras / Thank you
Mar pleg / Please



losowen an hav / lily of the valley

Cross Country KS1 and KS2

Lots of determination, some amazing results and the sportsmanship was fantastic. They all supported each other from the sidelines with clapping and encouragement.



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	Mon 7 14 21 28 Tue 8 15 22 29 Wed 9 16 23 30 Thurs 3 10 17 24 31 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 1 8 15 22 Tue 9 16 23 Wed 10 17 24 31 Thurs 4 11 18 25 Fri 5 12 19 26	Mon 7 14 21 28 Tue 8 15 22 29 Wed 9 16 23 30 Thurs 3 10 17 24 31 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	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	3 10 17 24 31
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
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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	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
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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

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Mon	2 9 16 23 30	Mon	13 20 27	Mon	4 11 18 25
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Wed	3 10 17 24	Wed	1 8 15 22 29	Wed	5 12 19 26
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School holidays

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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 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 98.87%

Hawk Owls 97.66%

Eagle Owls 99.56%

Whole school 95.67%



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 4 th May	Early May Bank Holiday School closed
Tue 5 th May	Mrs Rayner out am Eagle Owls Swimming
Wed 6 th May	Mrs Rayner out all day Barn Owls Wellies Wednesday Assembly with Seal Sanctuary
Thurs 7 th May	Mrs Rayner out all day Y4 Wild Tribe
Fri 8 th May	Flora Day School closed
From Mon 11 th May to Thurs 14 th May	SATS week
Tue 12 th May	Eagle Owls Swimming Cross Country KS1 and KS2 4pm HCC South site
Wed 13 th May	Barn Owls Wellies Wednesday
Thurs 14 th May	Y5 Wild Tribe
Fri 15 th May	Y6 Roskillys visit
Tue 19 th May	Eagle Owls to St Keverne am Y3/Y4 Dodgeball Sithney School
Wed 20 th May	Barn Owls Wellies Wednesday
Thurs 21 st May	Y6 Wild Tribe
Mon 25 th May to Fri 29 th 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>.

10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

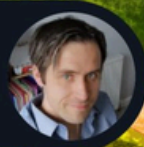
Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College

TROS AN HELLYS

BEGINNER BAND

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

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, uncertain	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!

June

Summer = GLAY

July

August

Lovehelston.co.uk

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, 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

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