

# NEWSLETTER

## LYTHER NOWODHOW

### Headteacher Message

Congratulations to all of our Year 6 pupils for completing their SATs papers this week. I had the privilege of being part of the invigilation team for the majority of the tests and can honestly say that every child gave it their absolute best. Their focus, determination and resilience were a real credit to them, and we are all incredibly proud.

A huge thank you also goes to Mrs Rayner for her dedication and commitment in preparing the children through her SATs club throughout the year, her support has made a real difference.

We would also like to extend our sincere thanks to Monster Kickabout for their generous donation of new football shirts, and to PlayHers for providing free football equipment and training to help promote and develop girls' football within our school. Your support is greatly appreciated and is already making a positive impact on our pupils.

It has been a lovely week across the school, and we are now looking forward to one final week before the half-term break.

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,

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

This week in Science, the children continued exploring their senses. During our Welly Wednesday session, they enjoyed some peaceful quiet time outdoors, using their sense of hearing to listen carefully to the sounds around them. The children then created detailed drawings to show the different things they could hear in nature.

In Literacy, the children used their imaginations to become part of an animal carnival, inspired by *Julian Is a Mermaid* by Jessica Love. They chose an animal and moved creatively to music, thinking carefully about how their animal might move and behave. Afterwards, the children wrote descriptive sentences about their chosen animal and its movements. Year 1 also wrote carnival themed poems, using stanzas and rhyming words. We were very impressed.

In Maths, Reception have been developing their understanding of numbers beyond 10 by building and exploring the numbers 10-14, spotting patterns and discussing what comes next. Year 1 have been learning about fractions. This week we explored halves and quarters, understanding that they are split into equal parts.

In Art, the children applied their creative skills to make beautiful 3D sculptures for their 'Tree of Life' project. They experimented with a range of paper techniques to create different textures and patterns, producing some fantastic final pieces.

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, we have been very busy with lots of exciting learning across the curriculum.

In Literacy and Guided Reading, we finished our unit of work on *The Bear and the Piano* and began exploring a new text, *Lizzy and the Cloud* by the Fan Brothers (Terry and Eric Fan). To introduce the story, the children made predictions and came up with questions they hoped to have answered while reading the book. They then designed persuasive adverts encouraging others to choose a cloud as a pet.

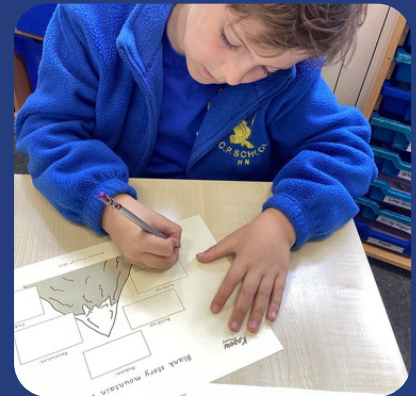
We next focused on using conjunctions and prepositions to add detail to our sentences, before moving on to writing command sentences to give advice to the owner of a pet cloud. The children worked hard to make their writing clear, imaginative and engaging.

In RE, we learned about the work of The Leprosy Mission. The children showed great thoughtfulness as they designed posters explaining how the charity helps people through medical care, rehabilitation and kindness.

In Maths, we completed our learning about telling the time, finishing with lessons on years, months and days. The children were fascinated by how birthdays work for someone born in a leap year! We have now begun a new unit on decimals, starting by linking our prior knowledge of fractions to decimals.

In French, we have been learning to say numbers up to 60. We practised this through a fun game where we "travelled" across France by saying numbers correctly - the quickest traveller was the winner!

It has been a fantastic week of learning - well done everyone!



# EAGLE OWLS

Kowannow Er

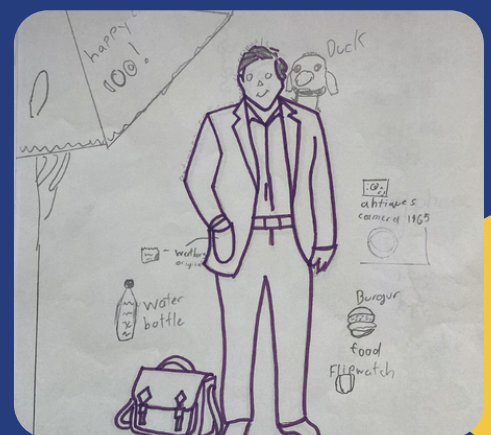
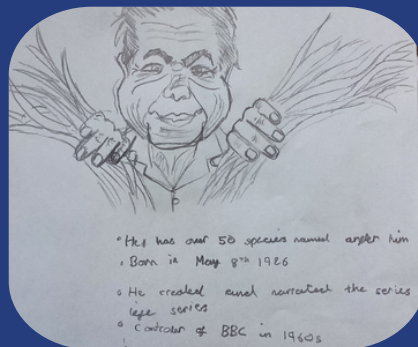
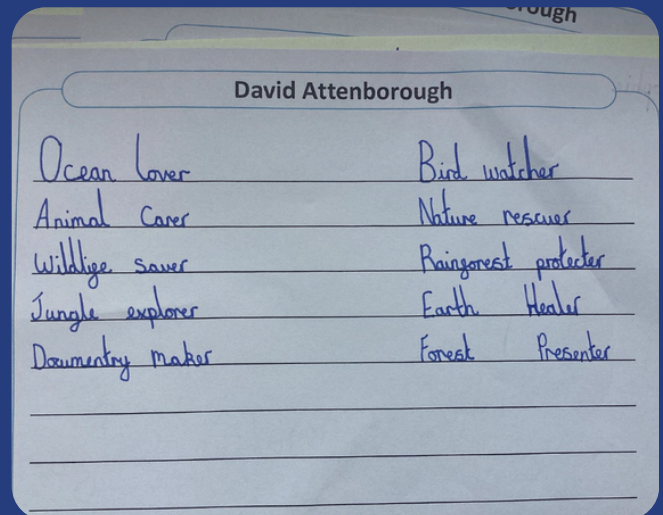
This week, our main focus and celebration must go to our incredible Year 6 pupils. They have approached their SATs papers with determination, confidence, and resilience. We are all extremely proud of the hard work and effort they have shown throughout the week. Well done, Year 6! Now to celebrate with lunch and an ice-cream at Roskillys!

A big thank you also goes to our Year 4 and 5 children, who have been so accommodating and supportive during the Year 6 focus times. During these sessions, they have been learning about David Attenborough and creating posters, drawings, and poetry to celebrate his 100th birthday.

In Science, we have continued our fascinating learning about space - a topic the children are still thoroughly enjoying and showing great curiosity towards.

We have also been developing our multiplication knowledge through a range of exciting times table games - which became very competitive at times!

A wonderful week full of perseverance, creativity, and teamwork - 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

Congratulations to:

Charlie P.

New member of the  
exclusive 33 club in  
Maths

Congratulations to:

Sophie  
Poppy

New members of the  
exclusive 55 club in  
Maths



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
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 11 18 25	Fri 2 9 16 23 30	Fri 6 13 20 27

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 10 17 24	Thurs 7 14 21 28	Thurs 4 11 18 25
Fri 11 18 25	Fri 8 15 22 29	Fri 5 12 19 26

March 2027	April 2027	May 2027
Mon 1 8 15 22	Mon 5 12 19 26	Mon 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

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 10 17 24	Thurs 1 8 15 22 29	Thurs 5 12 19 26
Fri 11 18 25	Fri 2 9 16 23 30	Fri 6 13 20 27

**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 11 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)



## Football League Y3/Y4 Dates:

Monday 18<sup>th</sup> May 2026  
 Football league 3.30pm to 4.30pm  
 Helston Astro

Monday 29<sup>th</sup> 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.



## Sports Day

Thursday 11<sup>th</sup> June  
 from 1.30pm in the Rec parc.



# 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



## 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	8	15	22	29	Thurs	5	12	19	26		
Fri	11	18	25	Fri	9	16	23	30	Fri	6	13	20	27		
Sat	12	19	26	Sat	10	17	24	31	Sat	7	14	21	28		
Sun	13	20	27	Sun	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	10	17	24	31	Thurs	7	14	21	28	Thurs	4	11	18	25
Fri	11	18	25	Fri	8	15	22	29	Fri	5	12	19	26	
Sat	12	19	26	Sat	9	16	23	30	Sat	6	13	20	27	
Sun	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	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	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		
Sat	6	13	20	27	Sat	10	17	24	31	Sat	7	14	21	28		
Sun	7	14	21	28	Sun	11	18	25		Sun	8	15	22	29		

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

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	8	15	22	29	Wed	5	12	19	26	
Thurs	4	11	18	25	Thurs	9	16	23	30	Thurs	6	13	20	27	
Fri	5	12	19	26	Fri	10	17	24	31	Fri	7	14	21	28	

Information Classification: CONTROLLED



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

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

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

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 100%

Hawk Owls 96.32%

Eagle Owls 97.20%

Whole school 95.80%



## 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 18 <sup>th</sup> May	Y3/Y4 Football League Helston College 3.30pm-4.30pm
Tue 19 <sup>th</sup> May	Eagle Owls to St Keverne am Y3/Y4 Dodgeball Sithney School 1-3pm Postponed
Wed 20 <sup>th</sup> May	Barn Owls Wellies Wednesday
Thurs 21 <sup>st</sup> May	Y6 Wild Tribe
Mon 25 <sup>th</sup> May to Fri 29 <sup>th</sup> May	Summer Half Term break
Mon 1 <sup>st</sup> June	Children back to school
Tue 2 <sup>nd</sup> June	Eagle Owls swimming Sailing from 4pm to 5pm
Wed 3 <sup>rd</sup> June	Barn Owls Wellies Wednesday
Thurs 4 <sup>th</sup> June	Hawk Owls Geevor visit
Tue 9 <sup>th</sup> June	Class Photos Eagle Owls swimming Sailing from 4pm to 5pm
Wed 10 <sup>th</sup> June	Barn Owls Wellies Wednesday
Thurs 11 <sup>th</sup> June	Sports day from 1.30pm



# 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 DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

## 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

## 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

## 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

## 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

## 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

## 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

## 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

## 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

## 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

## 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



**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: Portlleven

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.

*"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 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**  
heleng@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 parent-carers to 'pay it forward' by donating to our Crowdfunder:

**THE PARENTING EXPEDITION CROWDFUNDER:**

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

*"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!"*

**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](http://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
<b>FREE Getting a Good Nights Sleep</b>	<b>28 May 7-8pm</b>

## Online support courses for Parents

**Building Emotional Resilience**  
Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.

**Facing Defiance**  
A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.

**You & Your Teen**  
A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

[www.facefamilyadvice.co.uk](http://www.facefamilyadvice.co.uk)  
Online Parenting Courses page  
Email: [info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

**PAPAYA**

## Let's talk about our kids and their tech

**ONLINE PARENT TALK WITH NICOLA**  
CORNWALL SCHOOLS PARENT TALK  
MONDAY 8<sup>th</sup> JUNE 2026 - 9:30 AM to 11:00 AM

**JOINING LINK:**  
[ACCESS VIA THE TEAMS LINK HERE](#)

**Nicola MacDonald**  
Nicola MacDonald is a Resilience Coach and Author of the non-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 mindfulness, tech addiction, youth mental health and conscious parenting.

Nicola is an empowering and uplifting speaker who shares her knowledge in a non-judgemental way linking to her own experiences of parenthood and her own previous struggles with teen anxiety.

**Park = Activated**

**2026 Events Coronation Park**  
Cinema, music, theatre, circus, workshops, food...

**What is the South West Alliance CIC?**  
The South West Alliance CIC is a registered charity... [www.lovehelston.co.uk](http://www.lovehelston.co.uk)

**PAPAYA**

## Helping families to thrive in a digital age

Parenting in the digital age has never been more complex, with issues surrounding screen time, social media use, and gaming.

Many parents are concerned about their children's mental health, especially the impact of screens on it.

In this interactive talk, Nicola unpacks some of the complex issues surrounding smartphone use and, in a non-judgemental manner, aims to help you find solutions that work for your family.

**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 SPC volunteer.

**Dynnargh/Welcome**

**April = big top!**  
**June**  
**July**  
**August**

To buy your tickets online head over to [www.lovehelston.co.uk](http://www.lovehelston.co.uk) or give our local box office a call on 01526 566066 (opt 2)

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

# TROS AN HELLYS

## BEGINNER BAND

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

vvatkiss@cornwallmusicstrust.org  
lthrusell@cornwallmusicstrust.org

## Get into Gig Rowing

### Coverack Juniors need you!

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

Starting Wednesday 13<sup>th</sup> 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, coverack@gclub@gmail.com or contact Bev on 0779315707

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

## Play in a Day

# Tempest

### With a Twist

Free for 7-11 year olds

Saturday 20<sup>th</sup> June

9.30am start. Performance at 4pm

Work with professional directors, choreographers, a musical director and makers to brave stormy seas, survive a shipwreck, and discover a little magic along the way - all in one amazing day on the Minack stage.

For more information and to book visit [minack.com](http://minack.com), or call the box office 01736 810181

## art-K ART CLASSES

in West Cornwall

A PLACE TO BELONG, GROW & CREATE

BOOK YOUR TRIAL NOW!

- Art Classes for Children 6+
- Arts Award Courses
- GCSE & A-Level Support
- Home Ed Courses
- 1:1 Personalized Tuition
- Summer School Classes (email for info)

COMMITTED TO SAFEGUARDING | OFSTED REGISTERED | CHILDCARE VOUCHERS ACCEPTED

07852 474316  
sara@art-k.co.uk  
art-k.co.uk/class-west-cornwall  
Krowj G15 Percy Williams Building West Park, Redruth, Cornwall TR15 3GE

## Wasson Wednesday

# Underwater Wonders

Wednesday 27<sup>th</sup> May  
10am - 3.30pm

Site entry FREE

Pond Creatures Trail FREE

Pond Dipping FREE

Dragonfly Craft £4.00

Pop up café serving drinks, snacks and cakes.

Visit our beautiful wildlife pond and meet some of the creatures that live in it. Take part in our trail and make a beautiful dragonfly to take home.

U18's must be accompanied by an adult

KEHELLAND TRUST  
KEHELLAND CAMBOONE TRI40DD  
PHONE: 01209 613153  
WEBSITE: WWW.KEHELLANDTRUST.ORG.UK

## 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 me for more information or contact 07510 411878