

# NEWSLETTER

## LYTHER NOWODHOW

### Headteacher Message

As we reach the end of a busy and successful half term, I would like to take this opportunity to wish all of our families a very happy and restful break. With glorious sunshine predicted over the coming week, I hope you are able to enjoy some well-deserved time together.

Thank you to everyone who took the time to complete our recent parent survey. I am delighted to share that your feedback was both highly positive and thoughtfully constructive. Your insights are invaluable in helping us continue to develop and improve as a school.

In response to your comments, I will be sharing an action plan next half term outlining the key areas we will be focusing on as we move forward. We are committed to building on our strengths while continuing to refine and enhance the experiences we provide for all our pupils.

Thank you, as always, for your continued support.

Wishing you all a wonderful half term.

Oll a'n gwella/All the best,

Mr Sturges



GARRAS CP SCHOOL  
SKOL GYNSA KEMENETH  
GARROS

SAFEGUARDING

<https://www.gwellio>

It is a free, anonymous online service to support adults with their wellbeing and mental health.

Tel: 01326 221653

[garrassecretary@croftymat.org](mailto:garrassecretary@croftymat.org)

# BARN OWLS

KOWANNOW GWYNN

Dear parents and carers,

We have had an incredibly busy, creative and exciting week of learning across the class, and the children have shown wonderful curiosity and enthusiasm.

In literacy, we dived into our fantastic new story, *Stanley's Stick*. Inspired by Stanley's adventures, the children let their imaginations run wild as they went on a hunt to create their very own magic sticks. They then did some wonderful writing describing exactly what their sticks could transform into, ranging from wizard wands and dinosaur bones to supersonic rocket ships.

In our maths, Year 1 took their first steps into the world of fractions by practicing how to find halves, quarters and thirds of shapes and quantities, focusing on making sure the parts are equal. Reception focused on mastering numbers up to twenty, practicing counting reliably, ordering the numbers, and recognizing their values through fun, hands-on games.

Our geography lessons took us on a journey across the globe to explore life in Shanghai. We looked at vibrant photos of the bustling city and its famous skyscrapers, and the children put on their thinking caps to compare it to our own local area, spotting some brilliant similarities and differences.

Our science topic on animals has been introduced this week and on Friday afternoon we welcomed a special tortoise visitor to our classroom. To prepare for the visit, the children worked hard to write insightful questions, and they even got the special honor of choosing a name for our new reptile friend.

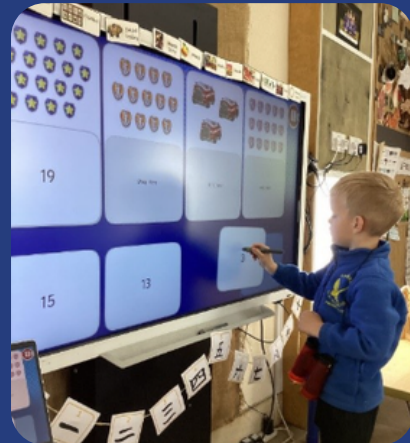
Finally, in our PSHE and citizenship learning, we explored the concept of being unique. We had some lovely, thoughtful discussions about how we are all special and different in our own ways, while also discovering the many wonderful similarities that bring us together as a community.

Over the weekend, you might like to ask your child to tell you what their magic stick turned into, or see if they can spot any halves or quarters at the dinner table.

Thank you for your continued support, and we hope you have a wonderful half term!

Warm regards,

Barn Owls Team 😊



# HAWK OWLS

Kowannow Sparr Hok

Another busy week in Hawk Owls! The children have worked incredibly hard and shown great enthusiasm across all subjects.

In literacy, we have been writing thoughtful letters of advice from a character's perspective in our class book. The children really enjoyed using a drama technique called decision alley, where they took on different viewpoints to suggest advice that Lizzy could follow to keep Milo, the cloud, happy. This was a fantastic way to generate ideas and deepen their understanding of the characters. We then used these ideas to write our own letters of advice. Alongside this, we have been learning about subordinating conjunctions and using them to extend and improve our sentences. We have also begun planning and writing our own imaginative guidebooks about owning a cloud, which has sparked lots of creativity and fantastic ideas!

In maths, we have been focusing on decimals, particularly understanding tenths and hundredths and how these are written using decimal notation. The class is becoming more confident in recognising and representing these values.

In RE, we explored the parable of the Good Samaritan in more depth, discussing what it teaches us about kindness, helping others and treating everyone with respect. The children shared thoughtful ideas about how we can show kindness in our own lives. They then created detailed storyboards in their books to show the key events and reflect on the message behind the story.

In geography, we looked closely at OS maps of our local area, comparing a modern map with one from 1919. The children carefully studied the features and discussed how the landscape has changed over time, noticing differences in buildings, roads and land use. It was fascinating to see how much has developed!

We hope you all have a wonderful and restful half term holiday.



# EAGLE OWLS

Kowannow Er

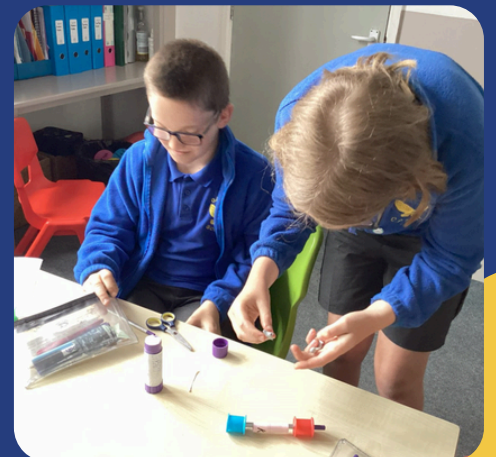
The highlight of our week has definitely been our fascinating visit to St Keverne Church. Mrs Richards did a fantastic job of engaging all of the children and bringing Tudor life in St Keverne to life through her storytelling and knowledge. The children were fascinated to learn that the church is the oldest building in the village and that it was once attended by Michael Joseph An Gof himself.

During the visit, we learned about Henry VII and explored the reasons behind the Cornish Rebellion of 1497, discussing why the Cornish people were unhappy and how the rebellion unfolded. We then walked to the statue of Michael Joseph An Gof and Thomas Flamank, where the children carefully sketched what they could see and analysed the statues, considering what they revealed about the two historical figures and how they wished to be remembered. Thank you Mrs Richards for sharing your passion and knowledge with us!

In Design and Technology, we have now completed our exciting unit on mechanical cars. The children thoroughly enjoyed designing and building three different prototypes, each powered in different ways. They then applied all of their knowledge, problem-solving, and creativity to design and create their own unique vehicles, with some fantastic final products produced.

Meanwhile, our Year 5 and 6 pupils have been working extremely hard in Maths, developing their understanding of measuring angles accurately using protractors. Their perseverance and improving precision have been excellent to see.

A brilliant week full of history, creativity, and determination—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:

Hector for Level 1 Music Medal

Fredrik, Arthur B, Mabel and

Lowen for Level 2 Music Medal

Congratulations to:

Isaac  
Beatrice

New members of the  
exclusive 33 club in  
Maths

Congratulations to:

Sophie

New member of the  
exclusive 66 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. From the 1<sup>st</sup> June parents must book daily school meals. Email with instruction for meals booking was sent Thursday 21<sup>st</sup> May.

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



### Football League Y3/Y4 Dates:

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 sibilings 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	4	11	18	25	Fri	2	9	16	23	30					
Sat	5	12	19	26	Sat	3	10	17	24	31					
Sun	6	13	20	27	Sun	4	11	18	25						

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

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	2	9	16	23	30	Wed	7	14	21	28	Wed	4	11	18	25
Thurs	3	10	17	24	Thurs	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

School holidays	Date
Christmas Day	25 December 2026
Boxing Day	26 December 2026
New Years Day	01 January 2027
Good Friday	26 March 2027
Easter Monday	29 March 2027
May Bank Holiday	03 May 2027
Spring Bank Holiday	31 May 2027
Summer Bank Holiday	30 August 2027

### AUTUMN TERM (73 days)

1 September - 18 December 2026  
(HALF TERM 19 - 30 October 2026)

### SPRING TERM (59 days)

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

### SUMMER TERM (63 days)

12 April - 23 July 2027  
(HALF TERM 31 May - 4 June 2027)



## 2025-2026

Cornwall Council 2025/2026 School Term Dates for Community and Voluntary-Controlled Schools

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

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

March 2026			April 2026			May 2026									
Mon	2	9	16	23	30	Mon	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	31	Fri	8	15	22	29

June 2026			July 2026			August 2026									
Mon	1	8	15	22	29	Mon	6	13	20	27	Mon	3	10	17	24
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	



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School holidays	Date
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### AUTUMN TERM (73 days)

1 September - 18 December 2025  
(HALF TERM 27 - 31 October 2025)

### SPRING TERM (59 days)

4 January - 2 April 2026  
(HALF TERM 16 - 20 February 2026)

### SUMMER TERM (63 days)

20 April - 23 July 2026  
(HALF TERM 25 - 29 May 2026)

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 96.91%

Hawk Owls 98.83%

Eagle Owls 98.67%

Whole school 95.88%



## 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 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 Wild Tribe Y4
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
Tue 16 <sup>th</sup> June	Eagle Owls swimming Sailing from 4pm to 5pm
Wed 17 <sup>th</sup> June	Barn Owls Welly Wednesday
Thurs 18 <sup>th</sup> June	Wild Tribe Y2



# 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

## SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

### 1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

### 2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

### 3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

### 4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

### 5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

### 6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

### 7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timeliness of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

### 8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

### 9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

### 10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

### Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-manage-conflict-effectively>

**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 5<sup>th</sup> May: 12:00 - 14:45    Tues 2nd June: 12:00 - 14:45  
Tues 12<sup>th</sup> May: 12:00 - 14:45    Tues 9<sup>th</sup> June: 12:00 - 14:45  
Tues 19<sup>th</sup> May: 12:00 - 14:45    Tues 16th June: 12:00 - 14:45

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

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

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

**COMMUNITY FUND**  
"This has been a very enjoyable, enlightening and 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  
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 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  
helen@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**

## June 2026 Timetable

All regular sessions delivered live online via zoom. 90 minutes long  
**£24 each or FREE with School Membership**  
Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)  
Recordings available for 48 hours

Understanding Anger	1 June 10am
School Anxiety	1 June 7pm
Facing Defiance	2 June 10am
Supporting Healthy Screen Use	2 June 7pm
Anxiety Explained	8 June 10am
Cannabis & Ketamine Awareness	8 June 7pm
Introduction to OCD	9 June 10am
What is ACT?	9 June 7pm
Decreasing Depression	15 June 10am
Raising Self-Esteem	15 June 7pm
Understanding the Teenage Brain	16 June 10am
Supporting Healthy Sleep	16 June 7pm
Improving Family Communication	22 June 10am
Autism-Improving Communication	22 June 7pm
Supporting a Child with ADHD	23 June 10am
Understanding Addictive Behaviour	23 June 7pm
ADHD and Homework	25 June 7-8pm

## 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

**Nicola MacDonald**

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 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.

**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 SFC volunteer.





**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, 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!





# 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 Minaack stage.



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



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Krowji 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.

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