

# NEWSLETTER

## LYTHER NOWODHOW

### Headteacher Message

Welcome back, everyone! I hope you all had a restful and enjoyable half-term. It has been lovely to hear about all the exciting things the children got up to during the holidays, especially with the wonderful weather we were fortunate to have.

We are now looking ahead to a busy and exciting half-term, with Sports Day taking place next Thursday. We are keeping our fingers crossed for more sunshine! Please ensure that children come to school with the correct PE kit, along with a water bottle and hat if it is warm.

A reminder that the Community Café will be open throughout Sports Day, and FROGS will be providing refreshments for the children between races. Thank you to everyone involved for your support.

It was also fantastic to hear about the children's sailing session this week, which sounds like it was a thoroughly enjoyable and memorable experience for all.

Thank you, as always, for your continued 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](mailto:garrassecretary@croftymat.org)

# BARN OWLS

## KOWANNOW GWYNN

Dear parents and carers,  
the Barn Owls have had a wonderfully busy and thoughtful first week back as we launched straight into Sustainability Week. Our big question was "Why do we need trees?", and the children explored this in every corner of their learning.

We began by discussing all the ways trees help us - from giving us oxygen, homes for wildlife and shade, to providing wood, fruit and beauty in our environment. The children also considered the more challenging question of why trees are sometimes cut down, what this means for the planet, and what we can do to help. Ideas such as recycling, planting more trees, and reducing waste came up again and again in their conversations.

Throughout the week, the Barn Owls expressed their ideas in lots of creative ways. They wrote lists, made mini-books, and designed posters encouraging others to look after our world. We also headed outdoors to explore the trees in our local area, identifying different species and noticing the shapes, textures and colours of their leaves. Back in class, the children created beautiful leaf rubbings and even made 3D tree art, bringing their learning to life through hands-on creativity.

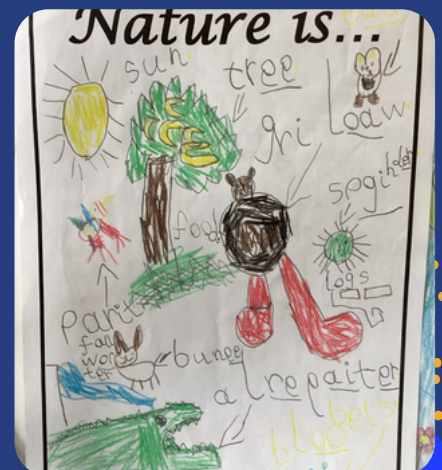
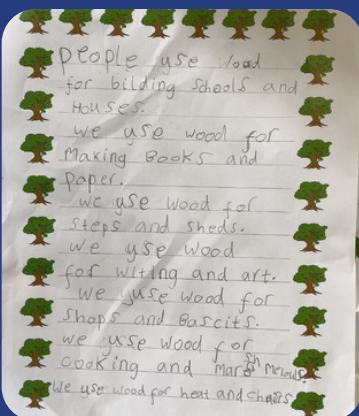
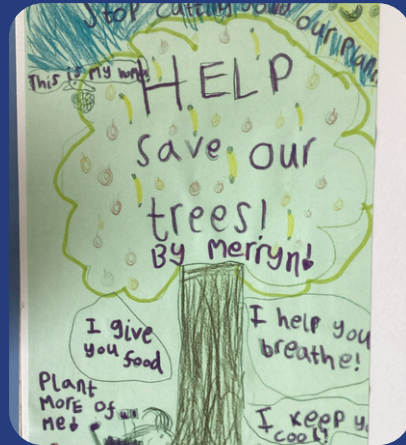
In maths, Year 1 have started learning about time and exploring the language of sequencing events. Reception have been busy with shapes and numbers to 20, using practical activities and games to build confidence and deepen understanding.

It has been a fantastic start to the term, full of curiosity, creativity and care for our planet. The Barn Owls should feel very proud of everything they've achieved.

As always, thank you for your support and we hope you have a lovely weekend

Warm regards,

Barn Owls Team 😊



# HAWK OWLS

Kowannow Sparr Hok

What an exciting start to the new half term we have had. This week we began our annual Sustainability Week and the children have taken a real interest in the learning.

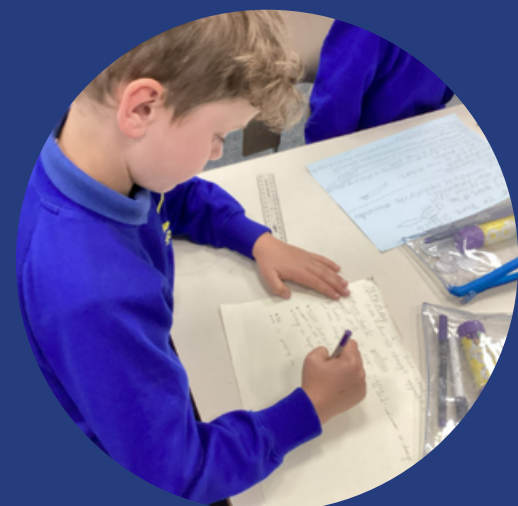
We started by looking at pollution and talking about how it affects our world and how it makes us feel. The class felt sad and disappointed to see the impact it has on the environment. We then explored the difference between climate and weather, which helped the children understand how climate change is affecting animals. They used this knowledge to create posters sharing facts about the impact on wildlife.

Our focus text was Pandora by Victoria Turnbull. This tells the story of a fox living alone in a world of broken things, until a bird arrives and changes everything. It gave us a chance to think about how we can all be agents of change. The children created posters encouraging others to reduce vehicle emissions, with some thoughtful and practical ideas.

We also spent time learning outside. We carried out a lichen study to explore air quality and noticed interesting differences in our local area. The children also completed a traffic survey and were surprised by how many vehicles passed the school. They then used this data to create pictograms.

Later in the week, we compared pollution levels in two different locations and discussed why these differences might occur. To finish, the children used everything they had learned to design their own vehicles of the future, and there were some fantastic ideas.

It has been a great start to the half term and the children have worked with curiosity and enthusiasm throughout.



# EAGLE OWLS

Kowannow Er

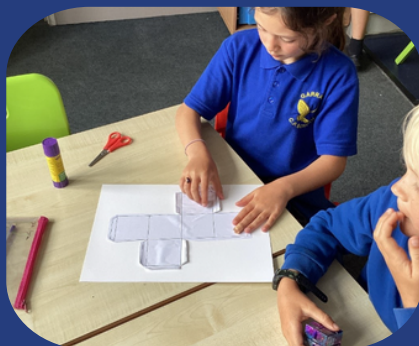
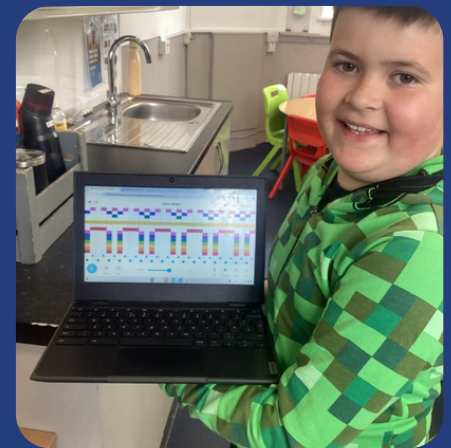
What a fantastic week we have had! Sustainability Week has been packed with exciting learning and creativity. We began by exploring what energy is, why we need it, and the different forms it can take. We then investigated a range of energy sources and discussed where our energy comes from. As if on cue, a tremendous thunderstorm rolled overhead while we were learning about electrical energy, providing a very memorable real-life example!

We have also been inspired by reading *Old Enough to Change the Planet*, which encouraged us to think about the positive actions we can take as individuals to help protect and improve our environment.

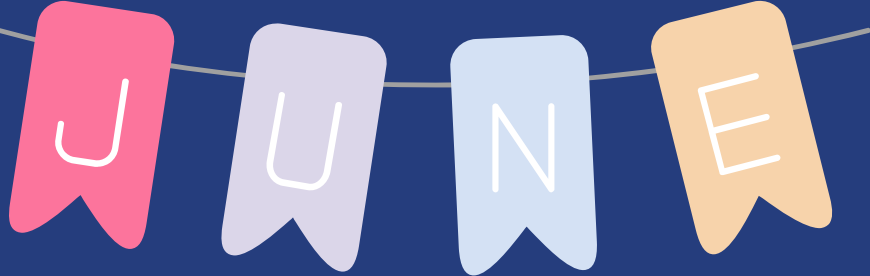
The children researched renewable energy sources and used maps to locate and plot wind farms across Cornwall. They then designed and built their own solar ovens to demonstrate the power of the sun's energy. Unfortunately, the weather didn't quite cooperate with our plans, so we have not yet managed to toast marshmallows in them—but we are hopeful for some sunshine soon!

One of the highlights of the week has been our music project. The children spent several enjoyable sessions working in groups to create a rap about sustainable energy. Using Chrome Music Lab, they composed their own backing tracks before writing and performing original rap lyrics. Some groups even went a step further and created music videos to accompany their songs!

It has been a week full of teamwork, creativity, scientific enquiry, and environmental awareness. Well done, Eagle Owls, for embracing every challenge with such enthusiasm! 🦉🌍♻️



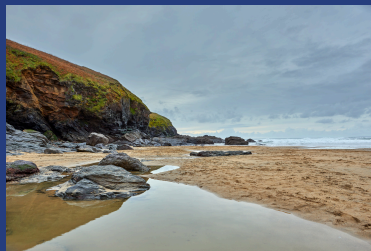
# Cornish of the Month!



Mis Metheven



Sunshine  
Howlsplann



Beach  
Treth



## Hawk Owls Explore Geevor Mine!

Hawk Owls had a fantastic and unforgettable visit to Geevor Mine, where learning came alive through hands-on activities and fascinating discoveries!

During their trip, the children were given the opportunity to step back in time and explore the rich mining history of Cornwall. As they walked through the site, they learned how tin was once mined and how important mining was to the local community. The pupils were especially excited to see real mining equipment and hear stories about the miners who once worked there.



# 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 Spring 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	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
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Thurs	4 11 18 25	Thurs	1 8 15 22 29	Thurs	6 13 20 27
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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 31	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
Tue	2 9 16 23 30	Tue	6 13 20 27	Tue	3 10 17 24
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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
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Fri	6 13 20 27	Fri	3 10 17 24 31	Fri	8 15 22 29

June 2026		July 2026		August 2026	
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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

Information Classification: CONTROLLED

**CORNWALL COUNCIL** Together for Families

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  
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**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 90%

Hawk Owls 94.74%

Eagle Owls 89.6%

Whole school 95.73%



## 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

DEDHYASOVV DHYDHLVER

Tue 9 <sup>th</sup> June	Class Photos Barn Owls swimming Sailing from 4pm to 5pm Mrs Rayner out all day
Wed 10 <sup>th</sup> June	Barn Owls Wellies Wednesday
Thurs 11 <sup>th</sup> June	Sports day from 1.30pm
Fri 12 <sup>th</sup> June	Y5/Y6 Parents meeting about Bristol
Tue 16 <sup>th</sup> June	Eagle Owls swimming Sailing from 4pm to 5pm
Wed 17 <sup>th</sup> June	Barn Owls Welly Wednesday Eagle Owls open water swimming
Thurs 18 <sup>th</sup> June	Wild Tribe Y2 Mr Sturges out all day
Fri 19 <sup>th</sup> June	Barn Owls St. Michael's Mount visit Mr Sturges out all day
Mon 22 <sup>nd</sup> June	INSET DAY. School closed
Tue 23 <sup>rd</sup> June	RSE Open session Y5/Y6 Whole school transition Eagle Owls NO Swimming Sailing from 4pm to 5pm
Wed 24 <sup>th</sup> June	Mrs Rayner out AM only Barn Owls Welly Wednesday Eagle Owls open water swimming PM Mr Sturges out all day
Thurs 25 <sup>th</sup> June	Hawk Owls King Edward Mine visit Y4 to Cornwall Council Go Cornish Award Wild Tribe Y5
Fri 26 <sup>th</sup> June	Barn Owls Roskillys visit
Sat 27 <sup>th</sup> June	Norman Nichols Tournament



# 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>.

# How to Set up PARENTAL CONTROLS for APPS

## Android Phone

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentications relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.



### How to Block App Downloads (This Also Disables In-app Purchases):

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Scroll down to the Family section and tap Parental controls
- 5 Toggle 'Parental controls are off' to 'Parental controls are on'
- 6 Create a PIN and tap OK
- 7 Confirm your PIN and tap OK again
- 8 Tap Apps & Games
- 9 Set the age limit you wish to set (18+)
- 10 Tap Save to apply your changes

### How to Stop Auto-updates

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Tap Auto-Update Apps
- 5 Select 'Don't auto-update apps' and then tap Done

### Restricting Apps Through Google Family Link

- 1 Open Google Play Family Link for parents
- 2 Tap the three horizontal lines in the top left
- 3 Select your child's account
- 4 Tap Manage
- 5 Tap Controls on Google Play
- 6 Tap Apps & Games
- 7 Select the age limit you wish to set (18+)



**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

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



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# 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



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