

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

What a fantastic Sports Day we enjoyed this week! It was wonderful to see the children demonstrating such enthusiasm, determination and team spirit throughout the day. A huge thank you to our FROGS team for providing refreshments for everyone, especially the much-needed ice lollies, which were certainly appreciated in the warm weather.

It has also been fascinating to hear from the Eagle Owls about their recent visit to Kresen Kernow. During their research, they discovered the first recorded references to our school, dating back to November 1876. What an incredible piece of our school's history to uncover!

With our Bristol trip now fast approaching, excitement is building. If you have any further questions about the visit, please do not hesitate to speak to either Mrs Rayner or myself.

Thank you, as always, for your continued support, and I wish you all a wonderful weekend.

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



YOU ARE INVITED TO THE

150th ANNIVERSARY

CELEBRATION OF
GARRAS CP SCHOOL
SKOL GYNNA KEMENETH



1876 - 2026

Monday 20th July 2026

Celebration banquet to mark 150 years of learning,
community & history from 2.30pm at Garras School for
children, their families & invited guests

Our local community are warmly invited to join the families,
children & staff past & present as we celebrate this milestone from
3.30pm - 6.30pm at Mawgan Recreation Hall.

Former pupils welcome!

If you have any old photographs, records or mementos that we can
borrow for a school history exhibition, please get in touch

garrassecretary@croftymat.org

All funds raised on the day will go towards Garras School &
Friends of Garras School PTA

BARN OWLS

KOWANNOW GWYNN

Dear parents and carers,

What a wonderful and busy week we have had in school!

This week we have been exploring the season of summer and how to stay safe in the sun. The children have enjoyed discussing the signs of summer and learning about the importance of wearing sun hats, drinking plenty of water, applying sun cream and finding shade when needed. It has been very fitting for the warm weather we have been experiencing!

In Year 1, the children have been exploring the language of movement, developing their understanding of direction and position. They have been confidently using vocabulary such as left, right, forwards and backwards through a range of practical and engaging activities.

In Literacy, we have been enjoying the story *Pig the Pug*. The children have worked hard to write detailed character descriptions and they have also impressed us with their creativity by planning their own stories inspired by the book.

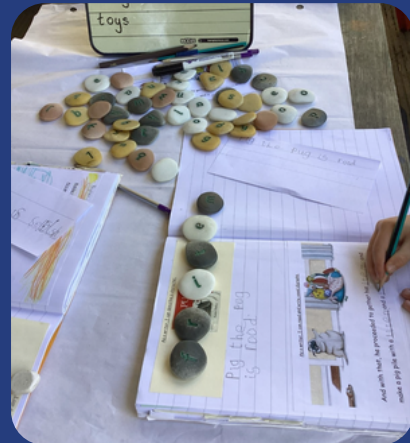
In PSHE, our classes have been learning about different aspects of personal development. Year 1 have been exploring money, learning about keeping money safe and saving and spending. Meanwhile, our Reception children have been focusing on their wellbeing, talking about ways to stay healthy, happy and active.

Of course, the highlight of the week was our Sports Day on Thursday. The children were absolutely fantastic and demonstrated great enthusiasm, determination and sportsmanship throughout the event. We were so proud of every child for giving their best effort and supporting one another. Thank you to all the families who came along to support the children and help make the day such a success. It was lovely to see so many of you there.

We hope you all have a wonderful weekend and stay cool in the sunshine!

Best wishes,

Barn Owls Team 😊



HAWK OWLS

Kowannow Sparr Hok

What a lovely week we have had in Hawk Owls!

This week in Maths, Year 3 have been revising their fractions learning. The children particularly enjoyed playing maths games together to reinforce their understanding – a real treat compared to our usual slips of questions! It was wonderful to see so much enthusiasm and teamwork while learning.

In Guided Reading, we have been studying the poem Please Mrs Butler by Alan Ahlberg. The children loved acting out the poem before answering comprehension questions about it. We certainly have some very talented actors in Hawk Owls, and their performances brought the poem to life brilliantly.

In Literacy, we have been finishing our fantasy stories and publishing them into books. The finished pieces are fantastic, and the children should feel very proud of their hard work and creativity. Next week, we will begin our new unit based on The First Drawing by Mordicai Gerstein.

In Art, the children have been exploring texture, colour and collage. They experimented with creating textured papers using different painting tools and colour mixing techniques before beginning to make their own collages. The children carefully selected, arranged, cut and overlapped materials to create interesting effects, showing great creativity and thoughtfulness in their artwork.

We have also enjoyed another transition session this week. This time, we read The Koala Who Could by Rachel Bright and Jim Field and thought about how we can embrace change and new experiences. The children then decorated leaves with something new they are brave enough to try next year. It was a lovely opportunity to reflect on the exciting changes ahead.

On Wednesday afternoon, we were lucky enough to welcome Tom Studd, who led a special PE lesson for us. The children thoroughly enjoyed the session and were eager to take part in all of the activities.

Looking ahead to next week, while Years 5 and 6 head off to Bristol, Year 3 will be taking part in our Cornish Culture and Heritage Week. We are very much looking forward to walking up around the local area to learn more about our local Cornish history and visiting Pendennis Castle. If you have not already done so, please could you send any permissions through Arbor. Thank you for your support.

Hope you all a wonderful weekend.



EAGLE OWLS

Kowannow Er

What a busy and wonderfully warm week we have had!

A particular highlight was our fantastic surfing day, filled with smiles, laughter and plenty of wipeouts! We were very thankful that the mist lifted, allowing this brilliant experience to go ahead.

We also enjoyed a fascinating visit to Kresen Kernow to support our History learning about the Tudors. Everyone thoroughly enjoyed exploring the incredible archives, marvelling at the age of some of the documents and the impressive size of some of the books. It was amazing to see a letter signed by King Henry VIII, but our favourite discovery had to be the first headteacher's record book from Garras School. We also loved having the opportunity to write with quills!

This week in RE, we explored the Golden Rule - the idea of treating others as we would like to be treated ourselves. Children discovered that this message appears in many different religions and cultures, and enjoyed discussing how it can help us show kindness, respect and fairness in our everyday lives. They also explored some inspiring artwork based on the Golden Rule before creating their own thoughtful pieces, reflecting on how these values can help make our communities more caring and inclusive.

Sports Day brought some fantastic successes, with Eagle Owls even transforming into unicorns during the archery competition!

There is plenty to look forward to next week, including another transition session, a trip to Bristol for our Year 5 and 6 pupils, and a visit to Pendennis Castle for Year 4.

Well done to everyone for another fantastic week!



Cornish of the Month!

July

Mis Gortheren



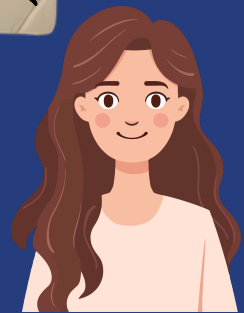
Surf's up!
An mordardh
yw bras!



The sea is
freezing!
An mor yw oor!



Seagull
Goolan



It's holiday time!
Prys golyow yw!

Sports Day 2026
Well done to all the children!



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

Important!

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 1st June parents must book daily school meals. Email with instruction for meals booking was sent Thursday 21st 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.



150th Anniversary Celebration Cake Donations

FROGS are calling all the parents to bake yummy cakes to be sell during the event. Please remember that we are a nut free school and to list all the ingredients.

Thank you for your support!





INSET DAYS

Thursday 23rd July 2026

2026-2027

2026/27 School Term Dates Garra School

September 2026	October 2026	November 2026
Mon 7 14 21 28 Tue 1 8 15 22 29 Wed 2 9 16 23 30 Thurs 3 10 17 24 Fri 4 11 18 25 Sat 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 Sat 3 10 17 24	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 Sat 7 14 21 28
December 2026	January 2027	February 2027
Mon 7 14 21 28 Tue 1 8 15 22 29 Wed 2 9 16 23 30 Thurs 3 10 17 24 31 Fri 4 11 18 25 Sat 5 12 19 26	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 Sat 9 16 23 30	Mon 1 8 15 22 29 Tue 2 9 16 23 30 Wed 3 10 17 24 31 Thurs 4 11 18 25 Fri 5 12 19 26 Sat 6 13 20 27
March 2027	April 2027	May 2027
Mon 1 8 15 22 29 Tue 2 9 16 23 30 Wed 3 10 17 24 31 Thurs 4 11 18 25 Fri 5 12 19 26 Sat 6 13 20 27	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 Sat 3 10 17 24	Mon 3 10 17 24 31 Tue 4 11 18 25 Wed 5 12 19 26 Thurs 6 13 20 27 Fri 7 14 21 28 Sat 8 15 22 29
June 2027	July 2027	August 2027
Mon 7 14 21 28 Tue 1 8 15 22 29 Wed 2 9 16 23 30 Thurs 3 10 17 24 Fri 4 11 18 25 Sat 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 Sat 3 10 17 24	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 Sat 7 14 21 28

School holidays

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

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)



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

CORNWALL COUNCIL
Together for Families

School holidays

Christmas Day 25 December 2025
Boxing Day 26 December 2025
New Year's Day 01 January 2026
Good Friday 09 April 2026
Easter Monday 06 April 2026
May Bank Holiday 04 May 2026
Spring Bank Holiday 25 May 2026
Summer Bank Holiday 31 August 2026

AUTUMN TERM (73 days)
1 September - 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)

135 days are included on the school calendar. Schools will be open to pupils for 190 days. The five additional days are allocated for in-service training (INSET). Schools allocate their own INSET days.

Academy, trust and voluntary-aided schools set their own term dates and INSET days.

ATTENDANCE

ATTENDYANS

Barn Owls 99.38%

Hawk Owls 99.42%

Eagle Owls 98.22%

Whole school 95.96%

Important!

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

Tue 14 th July	Eagle Owls swimming last lesson
From Wed 15 th July to Fri 17 th July	Bristol residential Year 5 and Year 6
Wed 15 th July	Barn Owls Wellies Wednesday
Thurs 16 th July	Pendennis Castle visit Barn Owls, Hawk Owls and Year 4
Mon 20 th July	Garras School 150 th Anniversary Celebration 2.30pm to 6.30pm
Tue 21 st July	Leavers service 2pm Recreation Hall
Wed 22 nd July	Hawk Owls Roskilly's visit Last day of school
Thurs 23 rd July	INSET DAY
Tue 1 st and Wed 2 nd September	INSET DAY
Thurs 3 rd September	School First day Academic Year 2026/2027



UK Health
Security
Agency

NHS

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://qrco.de/minftec>.

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, UKIE, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undoubtedly, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful if they love Minecraft; choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert

Daniel Upcombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 18 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



Source: <https://t.me/app/about/danupcombe>

NOS National Online Safety®

#WakeUpWednesday

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[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.09.2023

Dynnargh/Welcome

We can't wait to welcome you to one of our events this season!

April = big top!
Hold up, hold up! Helston's own Big Top is taking the Big Top to the park this season!

Librarian Unleashed
Helston Library launches the Big Top for a day of creative mischief!
7th April

Top Hats & Top Tunes
South Kemer Alliance
10am-12pm 8th April

Family Big Top Silent Disco
South Kemer Alliance
10am-12pm 8th April

Wild About Wildlife
South Kemer Alliance OC
10am-12pm 9th April

Animal encounters with Mark's Ark, face painter & more.

Cirk Hies Big Top Takeover!
Family-friendly circus show
10am-12pm 10th April
1pm-3pm on 10th & 11th + 10am on 12th, from £5.

May

Flora Day in the park
South Kemer Alliance & Raymond's Amusements
8th May
Local authors & ideas for little ones.

Story Quest Day
Trevor Hutton & The Literary Block
10th May

Bob's Giant Seedling Trail
Trevor Hutton & Susan Jack
23rd-24th May
First Bob's giant seedlings across town and claim your prize at the park café!

June

Jump, Jive with Company B
Live concert
7pm-9pm 10th June
10th weekend of sounds, with a modern twist.

Hello Beach
Jasmine Cole Productions
2.30pm-4pm 10th June
Interactive show for 0-5yrs with puppets & singing.

Helston Sing Choir
Live concert
7pm-9pm 10th June
Helston's community choir sings by the lake.

Curious Creatures
South Kemer Alliance
Featuring award-winning snakes and gymnastic giraffe!

Helston Picnic Pride
In partnership with Helston Town Council
10am-12pm 10th June
Live music, free coffee, local acts + support groups celebrating our local LGBTQ+ community. Everyone is invited.

we're adding more events to our 2026 season now
Keep up to date by joining our new mailing list:
www.lovehelston.co.uk/for-summer-2026

July

Bark in the Park
Supported by Caber Valley Rotary Club
12.45pm-5pm 10th July
Family-friendly with lots of great classes to enter!

Helston Water Carnival
South Kemer Alliance
10th July (get water soaked day)
Wet, water, water! Helston's Water Carnival is back for a third year - grab your crew, cheer on your favourite team and get ready to soak the water race boats in the 'tastic zone!

Play to Appear
One Blue Eye
10am-12pm 11th July
Turn plastic into games for our new games fair mural!

Summer = PLAY

Built around a spectacular new painted fair mural packed with games for all ages, our **Summer Games Expo** is a celebration of play, team-making & creative play to celebrate in our parks, from the Big Cornwell Games Expo to unexpected play spaces. The sun will get seriously radiated!

Leo & Stitch
South Kemer Alliance
2pm-2.45pm 10th July
Disney's heartwarming live-action hit.

Pitch Perfect
South Kemer Alliance
7pm-10pm 10th July
A comedy comedy, pitch-perfect singing of the way home!

Bunting Bonanza!
South Kemer Alliance
10am-12pm 10th July
Make colourful bunting for the park this summer!

Ready Steady Play!
South Kemer Alliance
10am-12pm 10th July
Today we launch **Playful Play** on our giant painted fair mural featuring with games, races on our interactive running track and enjoy a whole summer of free family fun. Designed by local artist Luis Gurtis - free to play and here to stay!

Encanto
South Kemer Alliance
2pm-3.15pm 10th July
The songs, the magic, the whole family.

Bohemian Rhapsody
South Kemer Alliance
10am-12pm 10th July
Freddie Mercury on the big screen. Legendary.

August

Beats & Eats
Tara Hutton Hub
10am-12pm 6, 13th, 20th, 27th August
Street food, binging Dads, flowers and more!

Stones & Bones
South Kemer Alliance
2.30pm-4pm 10th August
Family-oriented, stone circles and even a dinosaur!

Park = Activated

Something is always happening at Coronation Park!

Light on Sunday evenings
10am-12pm 5th August
Free Sunday afternoon music in the park.

Handwritten's market
10am-12pm 5th August
Creative and crafty handmade products & gifts.

Follow us on Instagram to join our mailing list to find out what's on each week @coronationpark

The Big Scribble
South Kemer Alliance
10am-12pm 5th August
Grab the chalk and go wild - the whole park is yours!

Play in a Day: The Musical!
South Kemer Alliance
10am-12pm 5th August
Team up with The Musical and make a musical in a day!

A Minecraft Movie
South Kemer Alliance
2pm-3.15pm 5th August
The songs, the magic, the whole family.

Hokey Hokey
South Kemer Alliance
2pm-3.15pm 5th August
Heartwarming musical Spectacular Spectacular!

Games for Good: Big Cornwell Games Expo
10am-12pm 12th August
8th & 9th August
Let the Dice roll! The South Kemer Alliance Games Expo is back! The park and the Big Cornwell play hall to a weekend of gaming, prizes, vendors, events and more to play. All welcome!

Youth Circus - International Youth Day
South Kemer Alliance
10am-12pm 12th August
On the 12th August, we celebrate the circus, celebrate youth.

From the Lake
Helston Town Band
7pm-10pm 12th August
Get ready to sing your hearts out + Kemer night!

Buck it!
South Kemer Alliance
10am-12pm 12th August
Local musicians and young talent from the Basement.

Skillsydden
South Kemer Alliance
2.30pm-3.30pm 22nd August
Discover the magical world of Cornish folklore!

A Midsummer Night's Dream
with Theatre
2pm-3.30pm 23rd August
The most playful, hilarious theatre troupe govt!

Wizard of Oz
South Kemer Alliance
2pm-3.30pm 27th August
Follow the yellow brick road to Coronation Park!

Wicked: For Good
South Kemer Alliance
2pm-3.30pm 27th August
The epic conclusion. It's time to defy gravity.

Wake the Giant! The Last Games
South Kemer Alliance
10am-12pm 28th August (weekend in town)
Join the whole community to bring a Giant to life! Craft your own instruments, help dress the giant, and gather together to celebrate summer's beauty. Local is better, really, colourful procession around the lake - the bigger the crowd, the bigger the noise!

Noche de Rio Rico
Helston street food meets Cornish produce
10pm-12pm 29th August
Great food, music, dance & vibes. Booking essential.

Family Sports Day
South Kemer Alliance
10am-12pm 30th August
Old school family sports day fun for all ages!

The Sea Show
South Kemer Alliance
2.30pm-3.30pm 31st August
Meet mammals, talented seals and really talented!

Who is the South Kemer Alliance OC?
The South Kemer Alliance is a not-for-profit organisation, established to bring a Giant to life and dedicated to enhancing it in a million and a million ways. We are currently raising money through Coronation Park, the OC, the Big Cornwell Games Expo, and the new Cornish Games Expo which will be a new Cornish Games Expo for young people, The Basement.

Keep in touch by joining the mailing list
www.lovehelston.co.uk/coronation-park

2026 Events

Coronation Park

Cinema, music, theatre, circus, workshops, food...

PLAYFUL PARK

lovehelston.co.uk

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
Online Parenting Courses page
Email: info@facefamilyadvice.co.uk



PAPAYA

Let's talk about our kids and their tech

ONLINE PARENT TALK WITH NICOLA:

CORNWALL SCHOOLS PARENT TALK
MONDAY 8th 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.

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-judgmental** 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.



July 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

Cannabis & Ketamine Awareness	6 July 10am
Anxiety Explained	6 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Decreasing Depression	13 July 10am
Raising Self-Esteem	13 July 7pm
Supporting Healthy Sleep	14 July 10am
Understanding the Teenage Brain	14 July 7pm
FREE - Supporting Healthy Screen Use	16 July 7-8pm
Autism-Improving Communication	20 July 10am
Improving Family Communication	20 July 7pm
Supporting a Child with ADHD	21 July 10am
Understanding Addictive Behaviour	21 July 7pm
Understanding Anger	27 July 10am
School Anxiety	27 July 7pm
Facing Defiance	28 July 10am
Supporting Health Screen Use	28 July 7pm



August 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	3 Aug 10am
Anxiety Explained	3 Aug 7pm
Facing Defiance	4 Aug 10am
Cannabis & Ketamine Awareness	4 Aug 7pm
Supporting Healthy Sleep	10 Aug 10am
Raising Self-Esteem	10 Aug 7pm
Introduction to OCD	11 Aug 10am
Decreasing Depression	11 Aug 7pm
What is ACT?	17 Aug 10am
Improving Family Communication	17 Aug 7pm
Supporting a Child with ADHD	18 Aug 10am
Understanding Addictive Behaviour	18 Aug 7pm
FREE - Raising Self-Esteem	20 Aug 7-8pm
Understanding the Teenage Brain	24 Aug 10am
Understanding Anger	24 Aug 7pm
Autism: Improving Communication	25 Aug 10am
Supporting Healthy Screen Use	25 Aug 7pm

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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 -

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