

NEWSLETTER

LYTHER NOWODHOW

Message from Mr Brierley

As Mr Sturges is currently in Bristol with our Year 5 and 6 pupils, he has asked me to share a few words as the school begins to wind down (although it still feels very much like we are winding up) before the summer holidays! I am sure both the children and staff are having a wonderful time up there, even in the heat.

Not to be left out, our Barn Owls, Hawk Owls and Year 4 pupils enjoyed a visit to Pendennis Castle yesterday. It is always a fantastic opportunity for children to engage with the rich history of our local area, and I hope they enjoyed learning about the many characters who have passed through its walls over the centuries.

Looking ahead, we have another exciting occasion on Monday as Garras School celebrates 150 years. This promises to be a very special event, with a celebratory "banquet" and the opportunity to explore photographs and archives that showcase the important role Garras school has played within the Lizard community over so many years. It will be a wonderful chance to welcome both familiar and new faces to celebrate this remarkable milestone together.

As the term draws to a close, I would like to wish all our families a restful and enjoyable summer break. I would also like to say a fond farewell to our Year 6 pupils, wishing them every success and happiness as they move on to the next stage of their journey.

Matt Brierley
Acting Chair of Governors



GARRAS CP SCHOOL
SKOL GYNNA KEMENETH
GARROS



SAFEGUARDING

<https://www.qwell.io>

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

Cornish of the Month!

July

Mis Gortheren



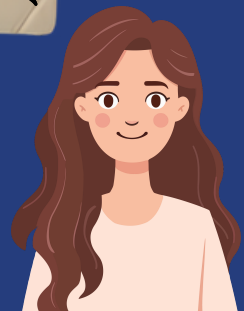
Surf's up!
An mordardh
yw bras!



The sea is
freezing!
An mor yw oor!



Seagull
Goolan



It's holiday time!
Prys golyow yw!

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 Tue 2 9 16 23 Wed 3 10 17 24 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 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
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
December 2025	January 2026	February 2026
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March 2026	April 2026	May 2026
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June 2026	July 2026	August 2026
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 3 10 17 24 Tue 4 11 18 25 Wed 5 12 19 26 Thurs 6 13 20 27 Fri 7 14 21 28

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 03 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 95.68%

Hawk Owls 91.36%

Eagle Owls 100%

Whole school 95.9%

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

DEDHYASOVV DHYDHLYVER

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	Barn Owls Wellies Wednesday 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>.

SNAP STREAK

97

WHAT ARE THE RISKS?

What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🔥 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2023, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Rudely and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.09.2023

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 for a day of creative mayhem!

Librarian Unleashed
Helston Library launches out of the building and into the Big Top for a day of creative mayhem!

Top Hats & Top Tunes
South Kemer Alliance
10am-12pm April
Make a cardboard top hat ready for the dance floor!

Family Big Top Silent Disco
South Kemer Alliance
10am-12pm April
Grab your headphones and let's rock!

Wild About Wildlife
South Kemer Alliance OC
12.30-1.30pm 10th April
Animal encounters with Mark's Ark, face painter & more.

Cirk Hies Big Top Takeover!
Family-friendly circus show
10am-12pm April
1pm-3pm on 10th & 11th April at 11am 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
Twelve Hobbies & The Wizard Block
30th May
A creative outdoor adventure where stories come to life across the park. Follow the trail, meet characters, and discover hidden secrets!

Bob's Giant Seedling Trail
Twelve Hobbies & Cousin Jack's
23rd-31st May
First Bob's giant seedlings across town and claim your prize at the park café!

June

Jump, Jive with Company B
Live concert
10am-12pm June
10th weekend of sounds, with a modern twist.

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

Helston Sing Choir
Live concert
10am-12pm June
Helston's community choir sings by the lake.

Curious Creatures
South Kemer Alliance
10am-12pm June
Featuring award-winning snakes and gymnastic giraffe!

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

July

Back in the Park
Supported by Caber Valley Rotary Club
12.45pm-5pm July
Family-friendly with lots of great classes to enjoy!

Helston Water Carnival
South Kemer Alliance
11th July (wet weather backup day)
Wet, water, wacky! 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 lanes in the 'tastic sun!

Play to Appear
One Blue Eye
10am-12pm 18th July
Turn plastic into games for our new games fair mural!

Summer = PLAY

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

Leo & Stitch
South Kemer Alliance
10am-12pm July
Disney's heretofore live-action hit.

Pitch Perfect
South Kemer Alliance
10am-12pm July
A comedy comedy, pitch perfect, you'll sing all the way home!

Bunting Bonanza!
South Kemer Alliance
10am-12pm 25th July
Make colourful bunting for the park this summer!

Ready Steady Play!
South Kemer Alliance
10am-12pm 26th July
Today we launch **Playful Play** on our giant painted fair mural featuring with games, race 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
10am-12pm July
The songs, the magic, the whole family.

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

August

Beats & Eats
Twelve Hobbies & Cousin Jack's
10am-12pm 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st August
Street food, binging Dads, flowers and more!

Stones & Bones
South Kemer Alliance
10am-12pm August
Featuring local artists, stone circles and even a dinosaur!

Park = Activated

Something is always happening at Coronation Park!

Light on Sunday evenings
10am-12pm 5th-9th August
Free Sunday afternoon music in the park.

Handwritten's market
10am-12pm 10th August
Creative and crafty handmade goods & ideas.

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 6th August
Team up with The Hiccups and make a musical in a day!

A Minecraft Movie
South Kemer Alliance
10am-12pm 7th August
The songs, the magic, the whole family.

Hoops Hoops
South Kemer Alliance
10am-12pm 8th August
Heartwarming musical Spectacular Spectacular!

Games for Good: Six Cornwell Games Expo
10am-12pm 12th August
All the fun of the park and the Cornwell Games Expo!

Let the Dice Present the South West Cornwell Games Expo
10am-12pm 13th August
Play hard to a weekend of gaming, prizes, vendors, events and more to play all weekend!

Youth Circus - International Youth Day
10am-12pm 14th August
On the 14th of August, we celebrate youth.

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

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

Skillsydden
South Kemer Alliance
10am-12pm 22nd August
Discover the magical world of Cornish folklore!

A Midsummer Night's Dream
with Theatre
10am-12pm 23rd August
The most playful and magical theatre season yet!

Wizard of Oz
South Kemer Alliance
10am-12pm 27th August
Follow the yellow brick road to Coronation Park!

Wicked: For Good
South Kemer Alliance
10am-12pm 28th August
The epic conclusion. It's time to defy gravity.

Wake the Giant! The Last Games
South Kemer Alliance
10am-12pm 29th August (weather permitting)
Join the whole community to bring a Giant to life!

Crab your own instruments
10am-12pm 30th August
Craft your own instruments, help dress the giant, and gather together to celebrate summer's beauty. Local artists, raffles, delicious picnic around the lake - the bigger the crowd, the bigger the noise!

Noche de Rio Rico
Helston street food meets Cornish produce
10am-12pm 31st August
Great food, music, dance & vibes. Booking essential.

Family Sports Day
South Kemer Alliance
10am-12pm 31st August
Old school family sports day fun for all ages!

The Sea Show
South Kemer Alliance
10am-12pm 31st August
Featuring local artists, raffles and more!

Who is the South Kemer Alliance OC?
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

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

CMST
HOW HAD YOU



TROS AN HELLYS

BEGINNER BAND

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

vwtatiss@cornwallmusicservicetrust.org
lthrusell@cornwallmusicservicetrust.org



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 Personalised Tuition
- + Summer School Classes (email for info)

COMMITTED TO SAFEGUARDING | OFSTED REGISTERED | CHILDCARE VOUCHERS ACCEPTED

07852 674316
sara@art-k.co.uk
art-k.co.uk/class-west-cornwall
Krowji G15 Percy Williams Building West Park, Redruth, Cornwall TR15 3GE



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



Get into Gig Rowing

Coverack Juniors need you!

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

Starting Wednesday
13th May at 6pm on
Porthoustock Beach

You will...

- Improve fitness
- Learn to work as part
of a team
- Gain water safety
skills
- Improve confidence
- And be part of a
friendly and welcoming
club!



For more information please
contact us via our facebook
page,
coverackgigclub@gmail.com
or contact Bev on
07779315707

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

PLAY IN A DAY

CORONATION PARK, HELSTON

THURSDAY 6TH AUGUST

10-4 PM



MINACK
THEATRE



For all children aged 7-11years.
10am start with the performance at 4pm
£10 per child to take part.

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