

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

It has been wonderful to hear from both children and parents about how much they have enjoyed the many trips and visits that have taken place this year. These experiences are such an important part of school life, bringing learning to life and creating memories that will stay with our pupils for years to come.

When we reflect on the year, it is incredible to see just how many opportunities our children have had to enrich their learning beyond the classroom. Pupils have visited Helston Museum, Porthcurno Telegraph Museum, National Maritime Museum, Tate St Ives, Eden Project, Royal Cornwall Museum, Seal Sanctuary, Roskilly's Farm, St Keverne Church, Geevor Tin Mine, St Michael's Mount, King Edward Mine, Kresen Kernow and Kestle Barton. We have also achieved success with the Cornwall Council GoCornish Award.

Alongside these visits, our commitment to outdoor learning has remained a real strength. Children have benefited from 20 Wild Tribe sessions and 24 Welly Wednesday sessions, developing confidence, resilience, teamwork and a love of the natural world.

These opportunities would not be possible without the dedication of our staff team and the support of parents and carers. Together, we are able to offer our children a rich and varied curriculum that inspires curiosity, broadens horizons and helps them develop the knowledge and skills they need for the future.

There are still a number of exciting trips and experiences to come before we break up for the summer. In particular, our Year 5 and 6 pupils are looking forward to their Bristol Residential, and both the children and staff are incredibly excited about what promises to be a memorable experience. Meanwhile, the children remaining in school will enjoy a visit to Pendennis Castle, ensuring that they too have a memorable and enriching experience to look forward to.

We are already looking ahead to next year and planning many more enriching opportunities for our children.

Thank you for your continued support in making these experiences possible for our children.

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 another wonderful week we've had in Barn Owls! The children have been busy learning both in and out of the classroom and have enjoyed lots of exciting experiences.

We were delighted to welcome Will Keating, who shared his passion for Cornish music with us. The children learned some traditional Cornish songs and had the opportunity to discover and listen to a variety of traditional instruments. It was a fantastic way to celebrate our local culture and heritage.

In Science, our learning focused on our senses. During our Wild Tribe session, the children explored the outdoors using their sight, hearing, touch, smell and where appropriate, taste. They carefully observed their surroundings and recorded their findings, making thoughtful comparisons about what they experienced.

Wild Tribe also gave us the chance to develop our physical skills as we practised our striking skills. The children worked hard to improve their coordination while attempting to "light" our fairy fires through a range of fun challenges. We finished our outdoor adventure by gathering together to enjoy a delicious hot chocolate, which was the perfect way to end the session.

In Maths, our Year 1 children have continued to build on their understanding of mass, weight and volume, comparing, measuring and solving practical problems using their growing mathematical knowledge.

Meanwhile, Reception have been working hard on recognising the numbers 10-20 and practising correct number formation. It has been wonderful to see their confidence grow as they develop these important early maths skills.

We ended the week with a fantastic visit to Roskilly's Farm, where the children loved meeting the baby animals linking in with part of our science topic. It was a memorable experience that sparked lots of curiosity and excitement, and we were so proud of the children's excellent behaviour throughout the trip.

Thank you for your continued support. We hope you all have a wonderful weekend, and we look forward to another exciting week of learning!
Barn Owls team

Barn Owls Team 😊



HAWK OWLS

Kowannow Sparr Hok

It has been another lovely week in Hawk Owls!

We started the week by creating our own fantasy settings, which will become the main locations for our own stories. Using the beautiful book *Ocean Meets Sky* as inspiration, the children planned and began writing their own narratives. They have worked incredibly hard to organise their ideas into paragraphs and have been using noun phrases and ambitious adjectives to make their writing engaging and descriptive. We have been very impressed with their creativity and effort.

On Monday afternoon, we enjoyed our well-earned 100 sticker reward. The children chose between playing outdoor games or watching a film inside, and everyone had a wonderful time celebrating their achievement. It was a thoroughly deserved treat!

Year 3 had a fantastic Wild Tribe session, where they worked together to build dens and develop their outdoor learning skills. Meanwhile, Year 2 have begun learning to count to ten in Cornish. Both activities were thoroughly enjoyed by all and provided some exciting new learning experiences.

On Wednesday afternoon, we were delighted to welcome Will Keating for a special workshop. The children learned some sea shanties and worked hard to polish their singing of the chorus from Cornwall My Home in Cornish! It was a memorable afternoon and a wonderful opportunity to celebrate Cornish culture and music. Will even told us that, out of all the schools he has worked with, Garras has the best timing of any school he has visited - high praise indeed!

We hope you all have a lovely weekend and look forward to another exciting week ahead.



EAGLE OWLS

Kowannow Er

It has been another fantastic week in Eagle Owls, with so much to celebrate.

We are incredibly proud of all our footballers who represented the school so brilliantly at the tournament held at Truro School. Their teamwork, determination and sportsmanship were a credit to our school.

Our Year 6 pupils have been enjoying their transition session to secondary and are returning full of enthusiasm and excitement about the next stage of their educational journey. It has been wonderful to hear them sharing their positive experiences and looking forward to the opportunities ahead.

On Wednesday, the children enjoyed a fantastic sporting morning with Mr Studd, where they focused on developing the key skills needed for effective throwing, alongside improving their sprinting technique and speed.

We were also delighted to welcome Will Keating, who treated the children to an engaging and memorable music workshop. His passion and enthusiasm engaged everyone, including some adults who were singing along!

To round off a busy week, the children had an inspirational visit to Kestle Barton, where they met the acclaimed author Tom Palmer. The experience has certainly sparked a love of reading, with many children already well into one of his books after hearing him speak.

Well done, Eagle Owls! 🦉



Cornish of the Month!

July

Mis Gortheren



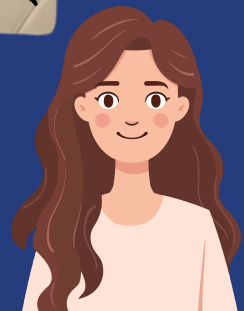
Surf's up!
An mordardh
yw bras!



The sea is
freezing!
An mor yw oor!



Seagull
Goolan



It's holiday time!
Prys golyow yw!

This week we had Y/Y4 Football tournament and GarraS came in 1st place. Well done!

Y5 and Y6 selection took part to Football Festival at Truro School and the children really enjoyed it!



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.



Sports Day

Thursday 9th July
from 1.30pm in the Rec park





INSET DAYS

Thursday 23rd July 2026

2026-2027

2026/27 School Term Dates Garrahs 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 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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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

Information Classification: CONTROLLED



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 100%

Hawk Owls 96.71%

Eagle Owls 97%

Whole school 95.87%



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 6 th July	Eagle Owls surfing
Tue 7 th July	Eagle Owls swimming
Wed 8 th July	Barn Owls and Hawk Owls PE session PM Barn Owls Wellies Wednesday Eagle Owls Kresen Kernow visit
Thurs 9 th July	Sports Day from 1.30pm
Fri 10 th July	Wild Tribe Year 6
Tue 14 th July	Eagle Owls swimming
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 Roskillys 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>.

What Parents & Educators Need to Know about WHATSAPP

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

WhatsApp is a free messaging app owned by Meta, allowing users to send text and voice messages, share multimedia, make video calls, and chat in groups. With end-to-end encryption, only the sender and receiver can view messages. This may offer privacy, but it also comes with risks that parents and educators need to be aware of.

GROUP CHAT PRESSURES

Group chats enable multiple users to message in the same space, but this can also make it easier for young people to feel excluded or overwhelmed. Negative comments can escalate quickly, and young people may feel pressure to respond or stay engaged even when the conversation is uncomfortable or upsetting.

SCAMS TARGETING YOUNG USERS

Scammers are increasingly using WhatsApp to trick users into sharing personal information. Common scams include fraudsters posing as family members in an emergency or tricking users into revealing security codes. These can lead to identity theft or access to private conversations.

DISAPPEARING AND HIDDEN MESSAGES

WhatsApp offers features like disappearing messages and 'Chat Lock', which can give users a false sense of security. While intended to protect privacy, they can be used by young users to hide inappropriate conversations or content, making it harder for adults to spot potential issues.

EXPOSURE THROUGH CHANNELS

'Channels' are an optional feature that allows users to follow updates from public figures or organisations; however, there is no way to block this feature or filter its content by age. Young users may encounter adult or distressing content, including misinformation and harmful ideologies.

UNWANTED CONTACT AND LOCATION SHARING

WhatsApp users can share their live location, and if not managed carefully, this can allow others – even those in mutual groups – to track someone's whereabouts. Also, without the right privacy settings, young users may be contacted by strangers.

COMMERCIAL AND AI CONTENT

WhatsApp now includes ads in the 'Updates' feed and has introduced an AI assistant – Meta AI – across the app, which cannot be removed. These additions raise concerns about targeting, privacy, AI use, and the type of content children and young people might interact with.

Advice for Parents & Educators

REVIEW PRIVACY SETTINGS TOGETHER

Help young users check who can see their profile photo, status, and location. Activate the 'Silence Unknown Callers' setting and set group chat invitations to 'My Contacts' or 'My Contacts Except...' for added safety.

TEACH HOW TO SPOT SCAMS

Encourage caution around unusual and unexpected messages, especially if they involve money or codes. Help young users understand the signs of scams and what to do if they receive a suspicious message. Enable two-step verification to add an extra layer of protection.

BE OPEN ABOUT HIDDEN CHATS

Discuss why children and young people might use features like disappearing messages or 'Chat Lock'. Encourage them to share if something made them uncomfortable, even if the messages are gone. Let them know that privacy should not mean secrecy.

TALK ABOUT ADVERTISING AND AI

Explain that WhatsApp now includes ads and AI tools. Discuss the difference between genuine and sponsored content, and the potential for AI to share inaccurate or age-inappropriate responses. Encourage young users to think critically before trusting or interacting with these features.

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.



See full reference list on our website

#WakeUpWednesday

The National College

@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: 18.02.2025

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
Featuring award-winning snakes and gymnastic giraffe!

It's all about the water!
South Kemer Alliance OC
10am-12pm 10th June
Animal encounters with Mark's Ark, face painter & more.

July

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

Helston Water Carnival
South Kemer Alliance
10th 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 boats in the 'tastic sun!

Play to Appear
One Blue Eye
10am-12pm 11th 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 & healthy play to celebrate in our parks, from the Big Cornwell Games Expo to unexpected play in the park. The sun will get seriously hot!

Leo & Stitch
South Kemer Alliance
7pm-9pm 24th July
Disney's heartwarming live-action hit.

Pitch Perfect
South Kemer Alliance
7pm-9pm 24th July
A comedy comedy, pitch-perfect singing of 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 Luke Curtis - free to play and here to stay!

Encanto
South Kemer Alliance
7pm-9pm 26th July
The songs, the magic, the whole family.

Bohemian Rhapsody
South Kemer Alliance
7pm-9pm 26th 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
7pm-9pm 27th August
Featuring award-winning snakes and gymnastic giraffe!

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 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 5th August
Team up with The Hitcock and make a musical in a day!

A Minecraft Movie
South Kemer Alliance
10am-12pm 5th August
The songs, the magic, the whole family.

Hoops Hoops
South Kemer Alliance
10am-12pm 5th August
Heartwarming musical Spectacular Spectacular!

Games for Good: SW Cornwall Games Expo
10am-12pm 12th August
All the fun of the park and the best of the games world!

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

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

From the Lake
Helston Town Band
7pm-9pm 10th August
Get ready to sing your hearts out + Kemer night!

Buck it!
South Kemer Alliance
10am-12pm 10th 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, hilarious theatre troupe in the park!

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 27th August
The epic conclusion. It's time to defy gravity.

Wake the Giant! The Last Games
South Kemer Alliance
10am-12pm 28th August (weather permitting)
Join the whole community to bring a Giant to life!

Crash your own instruments, help dress the giant, and gather together to celebrate summer's beauty. Lead a song, make a beautiful procession around the lake - the bigger the crowd, the bigger the noise!

Noche de Rio Rico
Helston street food meets Cornish produce
10am-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
10am-12pm 31st August
Meet animals, witness seals and jellyfish!

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

To buy your tickets online head over to www.lovehelston.co.uk or give our local box office a call on 01526 560606 (opt 2)

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](#)

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.



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-judgmental way linking to her own experiences of parenthood and her own previous struggles with teen anxiety.

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

vwtatiss@cornwallmusicstrvcetrust.org
lthrusell@cornwallmusicstrvcetrust.org



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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



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Coverack Juniors need you!

Are you aged 10-16
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Starting Wednesday
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Porthoustock Beach

You will...

- Improve fitness
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- Gain water safety
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- Improve confidence
- And be part of a
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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
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For all children aged 7-11years.
10am start with the performance at 4pm
£10 per child to take part.

Tickets to watch the performance -
£10 adults, £5 children

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Zoom across the globe, explore wild faraway lands, and dive into a whirlwind of adventure.
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