

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

As we settle into the new school year, I would like to share a few reminders that help our school day run smoothly and ensure that our learning environments remain safe, organised and welcoming for everyone.

In school, each child has a white bag on their peg where they can store small personal items such as hats, coats and jumpers. For children who bring a packed lunch, there is an allocated lunch stand for each class.

Children should bring a book bag to school each day. This provides space for reading books, reading diaries, spelling activities and any letters that need to travel between home and school.

To help us make the best use of our limited cloakroom and corridor space, we kindly ask that children do not bring rucksacks to school on a daily basis. Book bags provide all the space needed for everyday school items and help keep our shared areas safe and uncluttered.

On the whole, our school uniform standards have been very good. Thank you for your support with this, as a smart and consistent uniform helps to promote a sense of pride in our school, creates a positive learning environment, and strengthens our school community. Uniform also helps pupils to be easily identified during educational visits and school trips, supporting both safety and supervision while representing our school positively in the wider community.

There are just a few areas where a gentle reminder would be helpful to ensure our high standards continue, particularly in relation to footwear and overall presentation:

- Plain socks, tights or leggings in black, grey or white (please note that leggings are not part of the school uniform and should only be worn as a replacement for tights).
- Black shoes or black trainers.
- No jewellery except watches (without cameras), stud earrings and school-provided UV bracelets during the summer months.
- No nail polish.

Thank you for your continued support in helping children arrive at school ready to learn and take part fully in all aspects of school life. Your cooperation with these arrangements is greatly appreciated and helps us maintain a positive and purposeful environment for all our pupils.

Oll an gwella/All the best,

Mr Sturges



GARRAS CP SCHOOL
SKOL GYNNA 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

Calpol in school

We know that children can sometimes need medication to help them feel comfortable during the school day, and we want to work closely with families to support this safely.

If your child needs Calpol or another non-prescription medicine during school hours, please note that school staff can only administer it if it has been prescribed by a doctor or dentist and is accompanied by a completed consent form. As outlined in our policy:

"To ensure that a prescription is obtained if the use of a non-prescription medicine (e.g., Calpol, or other pain relievers) is recommended by a doctor or dentist. This will enable the school to administer the medicine."

If your child does not have a prescription, we kindly ask that any doses are given before and/or after school.

Thank you for your understanding and support in helping us keep all children safe and well. ❤️



FRIENDS OF

GARRAS SCHOOL AGM



Skol Gynsa Kemeneth GARROS



Thursday 24th September 2026



7.30pm at The Black Swan, Gweek.

You are warmly invited to attend the
FROGS Annual General Meeting.

We will be voting in key positions of Chair,
Vice Chair, Treasurer and Secretary as well as
discussing plans for this academic year &
exciting fundraising ideas.

No need to RSVP,
just turn up!

Sports competition kits

Last year, we provided sports competition kits for children representing the school at various sporting events. To help us keep track of our equipment, we are sending a photograph of the kit that was issued.

As our stock is currently running low, we would be very grateful if you could please check at home for any school sports kit that may still be there and return it to school as soon as possible.

Your support in helping us recover and recycle these kits for future competitions is greatly appreciated.

Thank you for your cooperation.



Football competition kits

Last year, we provided football competition kits for children representing the school at various events. To help us keep track of our equipment, we are sending a photograph of the kit that was issued.

As our stock is currently running low, we would be very grateful if you could please check at home for any school football kit that may still be there and return it to school as soon as possible.

Your support in helping us recover and recycle these kits for future competitions is greatly appreciated.

Thank you for your cooperation.

BARN OWLS

KOWANNOW GWYNN

Dear Parents and Carers,

We have had another fantastic week in school, and it has been wonderful to see the children settling so confidently into their classes during our second full week back.

In literacy we have been exploring our book, *Change Sings*, using our brilliant acting skills to bring the story to life. The children have enjoyed discussing the book's message and have worked hard to create their own poem, accompanied by some beautiful artwork. Year 1 children have also been learning about adjectives and using them to make the poem even more exciting and descriptive.

For PSHE This week, the children have been learning about emotions and exploring how we all experience different feelings. We have discussed ways to recognise emotions in ourselves and others and how we can support our friends when they may be feeling different to us.

In maths year 1 have been focusing on place value, exploring numbers 11 to 20 and investigating one more and one less. Reception have been busy exploring numbers to 5, practising their subitising skills and helping Freddy the Puppet improve his counting and number recognition. The children loved becoming number experts and supporting Freddy in his learning!

The children have been learning about maps in geography this week, they enjoyed identifying familiar places and thinking about where different areas are located. In Art, the children have been experimenting with a range of tools and materials to create different marks and patterns. They have explored how changing the amount of pressure and control can create different effects, producing some lovely work.

In science we have been learning about materials, and our learning took an exciting turn when an alien spaceship crash-landed in our classroom! The alien needed our help sorting different materials so they could repair their spaceship and return to space. The children were fantastic scientists and enjoyed this hands-on challenge.

And of course, Welly Wednesday was another huge success! The children continued developing their outdoor learning skills and understanding of keeping safe outside. We enjoyed making a fire and, of course, warming up afterwards with a delicious hot chocolate.

Thank you for your continued support. We hope you all have a wonderful weekend and look forward to another exciting week of learning ahead! Best wishes,

Barn Owls Team



HAWK OWLS

Kowannow Sparr Hok

We've had a wonderful week of learning in class, and the children have approached every lesson with enthusiasm and curiosity.

In Literacy, we have written catchy slogans about important issues such as saving our seas, recycling and being kind. The children learnt how writers use alliteration and repetition to make messages memorable and effective. They have now begun writing their own poems using a similar structure, and it has been lovely to see their creativity shining through.

Our Geography lessons have focused on rivers and how they are formed. The children explored where rivers begin and end, identified the three courses of a river, and learnt about features such as waterfalls, meanders, tributaries and river mouths. They enjoyed creating and labelling river models to help bring their learning to life.

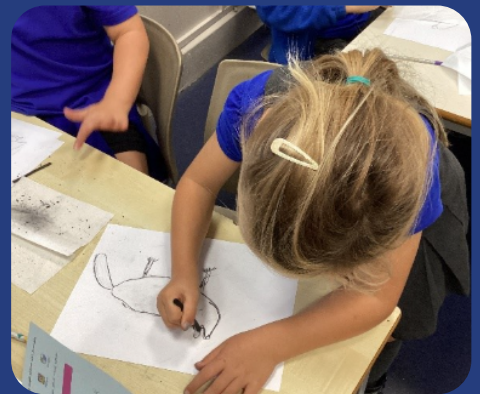
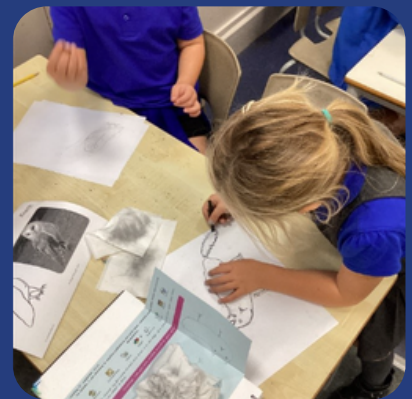
Meanwhile, in Art, we looked at prehistoric cave art and experimented with charcoal as a drawing medium. The children used simple shapes to scale up their animal sketches before using charcoal to create tone, texture and bold prehistoric-style artwork. They showed great focus and resilience while trying a new artistic technique.

In RE, our learning has centred on Islam and Muslim beliefs about Allah. The children explored some of the 99 Beautiful Names of Allah and thought carefully about what these names tell Muslims about God. We also discussed the importance of showing respect when learning about different faiths and beliefs.

We are fortunate to have volunteers who regularly come into school to listen to readers. Please could you ensure that your child brings their reading diary and reading book to school every day, as they may be asked to read with an adult during the school day. Thank you for your support with this.

Thank you, as always, for your support at home. We are very proud of how hard the children are working and look forward to another exciting week of learning ahead!

Hawk Owls



EAGLE OWLS

Kowannow Er

Eagle Owls have nearly finished their first Maths unit on place value and have worked incredibly hard throughout. They are now very confident when reading and writing numbers up to 1,000,000 and have also developed a strong understanding of negative numbers.

In Literacy, the children have planned and written their own poems inspired by Change Sings. We are looking forward to presenting and performing these poems to both our class and the whole school next week. The children have shown great creativity and thoughtfulness in their writing.

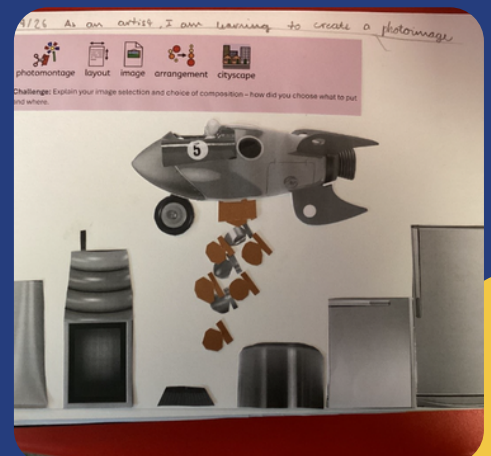
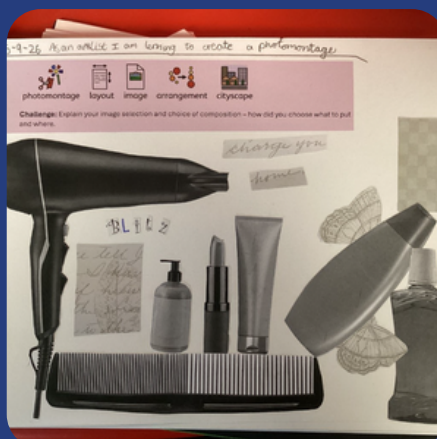
Eagle Owls thoroughly enjoyed their second gymnastics session. The progress made in just two hours has been fantastic, with the children growing in confidence and developing their skills brilliantly.

In History, we have continued learning about World War II by developing our understanding of the Battle of Britain. The children have been fascinated by this significant event and have asked some thoughtful and insightful questions.

Our Art unit has also begun, with the children creating some amazing photomontage images depicting scenes from World War II. Their artwork has been both imaginative and impactful, and we are excited to see how their projects develop over the coming weeks.

This week also saw our first sailing session, and it was brilliant! Everyone got out on the water confidently and embraced the experience with enthusiasm. The children showed great determination and resilience as they developed new skills and enjoyed this exciting opportunity.

Well done to everyone for another fantastic week!



Cornish of the
Month!

September

Mis Gwynngal

Red
Rudh

Yellow
Melyn

Orange
Rudh-velyn

Autumn
Kynyav

Tree
Gwedhen



Congratulations to Noah for achieving an amazing 2nd place and Byron for finishing in a fantastic 7th place in their first Cross Country race of the season. We are incredibly proud of their effort and achievement. Well done both!



We are delighted to share the wonderful news that Perci, Awra and their family have welcomed a beautiful baby girl. We send our warmest congratulations and wish them lots of happiness as they enjoy this very special time together. 💖 ✨



Congratulations to:

Georgie

New member of the exclusive 11 club in Maths

Beni
Lewis

New members of the exclusive 33 club in Maths

William

New member of the exclusive 88 club in Maths

Join the
CELEBRATION!



Garras Notice Board

Bord Argemynnow Garros



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. Parent Pay is used to book and pay meals, breakfast club and afterschool club.

It is important that everyone please signs up to the Arbor app and Parent Pay website

Any questions, please contact Mrs V.



Please use the Absence Request form for your child absence. You can find the form on the school website



or click here!





ATTENDANCE

ATTENDYANS

Barn Owls 100%

Hawk Owls 98.77%

Eagle Owls 91.36%

Whole school 98%

2026/27 School Term Dates **Garras School**

2026-2027



September 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		
Sun	6	13	20	27		

October 2026						
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	31	
Sun	4	11	18	25		

November 2026						
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		
Sun	1	8	15	22	29	

December 2026						
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		
Sun	6	13	20	27		

January 2027						
Mon		4	11	18	25	
Tue		5	12	19	26	
Wed		6	13	20	27	
Thurs		7	14	21	28	
Fri	1	8	15	22	29	
Sat	2	9	16	23	30	
Sun	3	10	17	24	31	

February 2027						
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	
Sun		7	14	21	28	

March 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		
Sun	7	14	21	28		

April 2027						
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		
Sun	4	11	18	25		

May 2027						
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	1	8	15	22	29	
Sun	2	9	16	23	30	

June 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		
Sun	6	13	20	27		

July 2027						
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	31	
Sun	4	11	18	25		

August 2027						
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	
Sun	1	8	15	22	29	

School holidays

Bank holidays

Christmas Day	25 December 2026
Boxing Day	28 December 2026
New Years Day	01 January 2027
Good Friday	26 March 2027
Easter Monday	29 March 2027
May Bank Holiday	03 May 2027
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)



Swallows gymnastics dates:

- 24th September Eagle Owls
- 1st October Eagle Owls
- 8th October Eagle Owls
- 15th October Hawk Owls & Barn Owls
- 2 week half term
- 5th November Hawk Owls & Barn Owls
- 12th November Hawk Owls & Barn Owls
- 19th November Hawk Owls & Barn Owls
- 26th November Hawk Owls & Barn Owls

Other PE sessions:

Hawk Owls: Wednesday with Mr Sturges

Eagle Owls: Friday with Mr Sturges

On days when children have PE, they should come to school wearing their PE kit and be dressed appropriately for the weather.

PE kit should consist of:

- Royal blue T-shirt (preferably with the school logo)
- Black shorts, leggings, or tracksuit bottoms
- A pair of socks
- A pair of trainers

School Uniform Supplier

School uniform with the school logo is supplied by:

Trophy Textiles

Unit 2D, Pool Business Park

Dudnance Lane, Pool

Cornwall TR15 3QVV

Telephone: 01209 713341

Email: enquiries@trophytextiles.co.uk

To place an order, please visit:

<https://www.trophytextiles.co.uk/?s=garras+school>

Alternatively, you may contact the shop directly.

Second-Hand Uniform

FROGS (Friends and Relations of Garras School) also maintain a stock of second-hand uniform. Please contact the school office for further details.

DIARY DATES

DEDHYASOWV DHYDHLYVER

Tue 22 nd September	Sailing 4pm to 6pm
Wed 23 rd September	Barn Owls Wellies Wednesday SAT5 club 3.15pm to 4.15pm
Thurs 24 th September	Eagle Owls Gymnastics
Mon 28 th September	Football Y5/Y6 HCC from 3.30pm
Tue 29 th September	Sailing 4pm to 6pm
Wed 30 th September	Barn Owls Wellies Wednesday SAT5 club 3.15pm to 4.15pm
Thurs 1 st October	Eagle Owls Gymnastics
Mon 5 th to Thurs 8 th October	Parents Evenings
Mon 5 th October	Football Y5/Y6 HCC 3.30pm
Wed 7 th October	Barn Owls Wellies Wednesday SAT5 club 3.15pm to 4.15pm
Thurs 8 th October	Eagle Owls Gymnastics
Fri 9 th October	Harvest Festival 2pm Mawgan Church

PROMS at the Minack


MINACK
THEATRE

26 & 27 SEPT



with Camborne Town Band

01736 810181 minack.com



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

SNAP STREAK

97

WHAT ARE THE RISKS?

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 2025, 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 'Nudity 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>

X @wake_up_weds

f /www.thenationalcollege

@ @wake.up.wednesday

d @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: 17.09.2025

Masking Awareness

FREE



FREE

Free online talk for parents
24 September 7pm - 8pm

Book online
facefamilyadvice.co.uk
Parent - Live Talks page



September 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

Facing Defiance	1 Sep 10am
Cannabis & Ketamine Awareness	1 Sep 7pm
Supporting Healthy Sleep	7 Sep 10am
Raising Self-Esteem	7 Sep 7pm
Introduction to OCD	8 Sep 10am
Decreasing Depression	8 Sep 7pm
What is ACT?	14 Sep 10am
Improving Family Communication	14 Sep 7pm
Supporting a Child with ADHD	15 Sep 10am
Understanding Addictive Behaviour	15 Sep 7pm
Understanding the Teenage Brain	21 Sep 10am
Understanding Anger	21 Sep 7pm
Autism: Improving Communication	22 Sep 10am
Supporting Healthy Screen Use	22 Sep 7pm
FREE - Masking Awareness	24 Sep 7-8pm
Anxiety Explained	28 Sep 10am
School Anxiety	28 Sep 7pm

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



October 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

Raising Self-Esteem	5 Oct 10am
Supporting Healthy Sleep	5 Oct 7pm
Decreasing Depression	6 Oct 10am
Introduction to OCD	6 Oct 7pm
Improving Family Communication	12 Oct 10am
What is ACT?	12 Oct 7pm
Understanding Addictive Behaviour	13 Oct 10am
Supporting a Child with ADHD	13 Oct 7pm
Understanding Anger	19 Oct 10am
Understanding the Teenage Brain	19 Oct 7pm
Supporting Healthy Screen Use	20 Oct 10am
Autism: Improving Communication	20 Oct 7pm
FREE - ADHD and Homework	22 Oct 7-8pm
Facing Defiance	26 Oct 10am
Cannabis & Ketamine Awareness	26 Oct 7pm
School Anxiety	27 Oct 10am
Anxiety Explained	27 Oct 7pm

While We Wait

Community SEND Support Day

Are you a parent or carer of a child or young person with Special Educational Needs and Disabilities (SEND)?
A relative, neighbour or professional trying to support a parent or carer with SEND?

You're invited to Cornwall's first
'While We Wait' Community SEND Support Day.

Thursday 1 October 2026 | **10:00am to 2:00pm** | **St Erme Community Centre, Truro, TR4 9BD**

Children not in school are welcome to come along with any toys or devices that will help them feel settled and entertained.

We know that waiting for support can be difficult and often leaves families feeling uncertain about what happens next. Many parents tell us that having the chance to talk directly with services helps reduce anxiety and gives them confidence about the support available for their child.

This event has been organised collaboratively and will provide an opportunity to ask your questions directly to:

Helping families feel informed, connected and supported while they wait.

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 RAB DILL



TROS AN HELLYS

BEGINNER BAND

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

vwtakiss@cornwallmusicservicetrust.org
lthrusell@cornwallmusicservicetrust.org

art-K 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
Krowly G15 Percy Williams Building West Park, Redruth, Cornwall TR15 5GE




HELSTON RFC

U10s

New Players Wanted!



HELSTON RFC U10s ARE LOOKING TO INCREASE THEIR
NUMBER OF PLAYERS FOR NEXT SEASON.

IF YOUR CHILD IS ENTERING YEAR 5 IN SEPTEMBER AND IS
KEEN TO BE PART OF A FUN, INCLUSIVE TEAM SPORT, WE
WELCOME YOUR CHILD TO COME AND GIVE IT A TRY.

FOR MORE DETAILS, PLEASE FEEL FREE TO CONTACT OUR
MANAGEMENT TEAM AT THE DETAILS LISTED BELOW:

ROBIN — 07523 068727
GARETH — 07753 215780

www.helstonrfc.co.uk