

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

As we move further into the autumn term, we have been fortunate to enjoy some fantastic weather. The sunshine has provided wonderful opportunities for outdoor learning, playtimes and sporting activities, and it has been lovely to see the children making the most of it.

A gentle reminder that, despite the recent sunshine, the weather can be unpredictable at this time of year. We would be grateful if children could continue to bring a coat to school each day so that they are prepared for any changes in the weather and can still enjoy being outdoors comfortably.

Thank you for your continued support. We look forward to another busy and successful few weeks ahead as our pupils continue to learn, grow and thrive.

Oll a'n 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

BARN OWLS

KOWANNOW GWYNN

Barn owls have had a brilliant week!

In Maths, our Year 1 children have been developing their understanding of number by using number lines to estimate and order numbers, while Reception have been busy building strong early number skills through subitising and making numbers in different ways. It has been wonderful to see the confidence growing as the children talk about and represent numbers.

Our Literacy learning has been bursting with creativity. The children designed their own posters, thinking carefully about exciting adjectives and bold statements to grab the reader's attention. Year 1 have also been working hard on the building blocks of great writing, focusing on capital letters, finger spaces and full stops.

In Art, we have continued our journey from exploring lines to investigating shapes and organic forms. The children have experimented with different levels of pressure and control, creating some thoughtful and imaginative pieces. Alongside our planned activities, there has been an explosion of independent art, craft and creative play in the classroom. We have loved seeing the children's ideas come to life and watching their imaginations flourish.

Our Geography lesson saw the classroom invaded by some very confused aliens from our crash-landing last week! The children created messy maps of our classroom to help guide them around. They thought carefully about where key areas and objects were located and discovered just how useful maps can be.

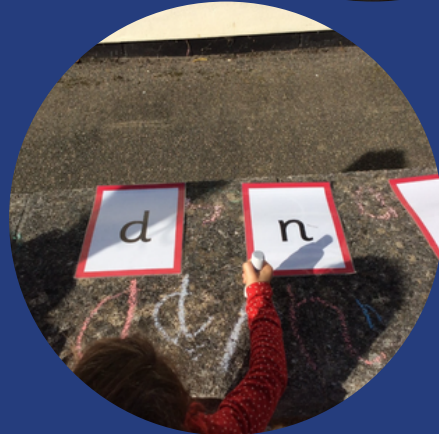
Science took us outdoors as we became material detectives around the school grounds. Armed with tally charts, the children searched for and recorded the different materials they could find, leading to some excellent discussions about the world around us and what things are made from.

In RE, we explored religious symbols and discussed what it means to belong to different groups and communities. The children were brilliant at making links to their own lives and sharing their experiences of groups that are important to them.

Reception have now learnt an impressive eight phonics sounds, while Year 1 have been working hard to learn and remember their Year 1 common exception words. Please continue to support your child at home by encouraging any opportunity to put pen to paper. Whether it is writing a shopping list, drawing and labelling a picture, making a card or simply practising their name, every little bit helps to build confidence and fluency.

We have had a wonderful week and are incredibly proud of the enthusiasm, curiosity and imagination the children have shown. Thank you, as always, for your continued support. We look forward to another exciting week ahead! 😊

Barn Owls Team



HAWK OWLS

Kowannow Sparr Hok

We have had another wonderful week of learning in Hawk Owls!

In Literacy, we began our new text, *Leon and the Place Between* by Angela McAllister and Grahame Baker-Smith. To immerse ourselves in the story, we listened to circus music and imagined what we might see, hear, smell and feel if we visited a circus. Using these ideas, the children created persuasive invitations designed to entice visitors to the big top. Alongside this, they explored nouns, verbs and adverbs, developing their vocabulary to make their writing even more engaging.

Our Geography lessons have focused on some of the world's longest rivers. Using atlases, the children located rivers across the globe, identified the continents they flow through and practised creating map keys to present their findings clearly.

Meanwhile, in Art, we stepped back in time to discover how prehistoric people created paint. The children investigated natural pigments and enjoyed experimenting with different materials to make their own colours, just as prehistoric artists may have done thousands of years ago.

In RE, we continued our learning about Islam by exploring the Shahadah, the Muslim declaration of faith. Through discussion and reflection, the children considered why it is so important to Muslims and thought about beliefs and values that are important in their own lives.

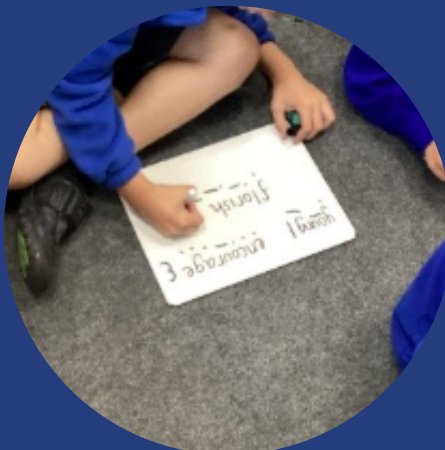
The children have also made a fantastic start to French this term. They practised greetings and introductions, learning how to say hello, goodbye and introduce themselves confidently in French.

We also enjoyed taking part in a live online lesson led by Steve Backshall about ocean exploration and discovery. The children were fascinated by learning about the wonders hidden beneath our oceans and the work of explorers and scientists who help us uncover them. It was a really engaging and inspiring session, made even more special when Steve gave our class a shout-out during the live show. The children were absolutely thrilled!

We have also introduced our new spelling rule. Using whiteboards, the children identified sound buttons and syllables in their new spelling words, helping them to understand the structure of each word as they prepare for their spelling test on Friday.

Thank you for your continued support. We hope you have a lovely week ahead!

Hawk Owls



EAGLE OWLS

Kowannow Er

In English, we have begun our exciting new literacy unit based on Tar Beach. We have immersed ourselves in the sights and sounds of 1930s Harlem, New York, exploring what life would have been like at the time. Using this inspiration, the children have written vivid descriptions, focusing on using the progressive tense and prepositions effectively within their writing.

In Maths, the children have made excellent progress in our addition and subtraction unit. Everyone has worked hard to consolidate their understanding of the methods taught and has shown increasing confidence when applying these skills to larger and more challenging numbers. We have also focussed on improving our presentation.

Science has been particularly fascinating this week! Following an investigation into animal skulls and teeth, the children took part in a hands-on lesson dissecting animal faeces to gather clues about diet. By examining the contents carefully, they identified whether the animals were herbivores, carnivores or omnivores. The class approached the activity with great curiosity and enthusiasm, demonstrating excellent scientific thinking throughout.

Many members of Eagle Owls also took part in PlayMaker training. This has helped to develop their sports leadership skills and given them greater confidence in organising and leading activities. It has been wonderful to see these skills being put into practice on the playground, where they have been actively engaging and encouraging children from across the school to join in games and activities.

Well done to everyone for another fantastic week!



Thursday 24th September 2026.
As a writer I am beginning to use prepositions.
The glimmering, ^{in the night sky} ~~stars~~ ^{stars} shine ^{all} around me as I dash
through the sky. As I fly over George Washington Bridge
I see loads of shining lights pushing against my face.
The ^{top of} ~~buildings~~ ^{cracks} ~~are~~ as we walk around on it, because
it is old. I can see the glimmering river under
George Washington Bridge as I fly over it.

I can see ^{the river} splashing in the dead of night,
birds bobbing up and down about to take flight.
I fly over the moon-lit bridge with happiness and glee,
in a ^{park} ~~small~~ ^{clouds} ~~one~~ ^{lonely} ~~little~~ tree.
I see spot one of the local ~~zoo's~~ ^a local zoo,
inside is a panda on some bamboo.



b)
$$\begin{array}{r} 4110 \\ - 2354 \\ \hline 2866 \end{array}$$

c)
$$\begin{array}{r} 289423 \\ - 15423 \\ \hline 15171 \end{array}$$

d)
$$\begin{array}{r} 80594 \\ - 19821 \\ \hline 60773 \end{array}$$

e)
$$\begin{array}{r} 65381 \\ - 48167 \\ \hline 17214 \end{array}$$

f)
$$\begin{array}{r} 65381 \\ - 17638 \\ \hline 47743 \end{array}$$

Cornish of the
Month!

September

Mis Gwynngal

Red
Rudh

Orange
Rudh-velyn

Yellow
Melyn

Autumn
Kynyav

Tree
Gwedhen



Pen Licence

Congratulations to:

Ellen

Congratulations to:

Perci
Laila S

New members of the exclusive 11 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 95.24%

Hawk Owls 98.33%

Eagle Owls 97.78%

Whole school 97.57%

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:

- 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

DEDHYASOVV DHYDHLYVER

Mon 28 th September	Football Y5/Y6 HCC 3.30pm
Tue 29 th September	Eagle Owls Rugby session Sailing from 4pm to 6pm
Wed 30 th September	Barn Owls Wellies Wednesday SAT5 Club 3.15pm to 4.15pm
Thurs 1 st October	Census Day Eagle Owls Gymnastics
Fri 2 nd October	Rugby competition 9.30am to 12pm
5 th October-8 th October	Parents evenings
Mon 5 th October	Football Y5/Y6 HCC 3.30pm TBC
Tue 6 th October	Sailing 4pm to 6pm
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
Mon 12 th October	Eagle Owls Helston Museum visit
Tue 13 th October	Hawk Owls Heligan visit Sailing from 4pm to 6pm
Wed 14 th October	Barn Owls Wellies Wednesday Flu nasal vaccine SAT5 Club 3.15pm to 4.15pm
Thurs 15 th October	Barn Owls and Hawk Owls Gymnastics
Fri 16 th October	Last day in school
From 19 th to 30 th October	Autumn half-term break
Mon 2 nd November	INSET DAY

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 FORTNITE

AGE RESTRICTION
PEGI
12

WHAT ARE THE RISKS?

With over 650 million registered users, Fortnite remains one of the most played and discussed online games globally. Known for its vibrant graphics, fast-paced gameplay, and cultural crossovers with everything from music artists to superhero franchises, the game continues to capture the attention of young people. This guide outlines the risks trusted adults need to know about, including game updates, and offers practical safety tips to help address them.

ALWAYS ONLINE

There's no single-player, offline mode in Fortnite; it can only be played online. Internet access can sometimes be an issue when you're out and about, both in terms of connectivity and using up data. You may find that dedicated, young Fortnite players are often less enthusiastic about family time or trips away – such as days out and holidays – than you might expect.

IN-GAME COSTS

Fortnite is free to download and play, but it does offer various additional purchases – limited-time cosmetic 'skins', music tracks, LEGO items, and battle passes. Children can feel pressured to spend money on V-Bucks – the in-game currency – to avoid missing out, particularly as exclusive items rotate frequently. Some items may not return to the store for years, while Battle Pass rewards are often "gone when they're gone".

VIRTUAL VIOLENCE

There's no avoiding that Fortnite is about shooting other players to eliminate them from the contest. That said, there's no blood or gore. The violence is rendered in a cartoonish style, and there are frequent comical touches to lighten the mood, such as mini-games and emotes. Guns and other weapons often look and behave realistically, so discretion is advised. Past seasons have introduced characters and references from mature franchises like The Witcher and Halo.

CROSSPLAY AND PARTY CHAT

Fortnite is popular with many gamers of various ages. Crossplay allows friends to play with each other, regardless of whether they're on an Xbox, PlayStation, Nintendo Switch or PC, while the Party Chat feature allows them to talk to each other during the game. This can put youngsters at risk of exposure to strangers, inappropriate language, and cyberbullying.

FREQUENT UPDATES

Seasonal releases introduce new map changes, gameplay mechanics, and cosmetics. Ongoing updates can increase screen time and potential for obsession as children try to unlock rewards before the season ends. These regular renewals help to hold players' interest, but also give young gamers plenty of reasons to keep coming back. Seasons often change thematically.

POP CULTURE REFERENCES

Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from films and TV shows like Power Rangers and Avatar: The Last Airbender, to comic book characters including Batman. Other collaborations with series, artists, and influencers may expose children to music, language, or ideas that are more suitable for older audiences.

Advice for Parents & Educators

DISCUSS SAFE SOCIAL INTERACTION

Talk with children about who they're playing with online. Coordinate play time with the child's friends for socialisation and safety in numbers. Encourage them to avoid private voice chats with strangers and remind them not to share personal information. Use real-life examples to explain potential risks, and remind them that if they see something concerning, they should tell a trusted adult.

SET SPENDING LIMITS

Fortnite's rotating store is a not-so-subtle mechanism for coaxing players into buying sought-after items before they disappear for weeks or months. This could lead to surprise transactions on bank cards if children are tempted into an impulse purchase. Parents could consider getting a prepaid card for the child or ensuring that purchases require adult authorisation. This can be done through parental settings on a console or account settings in the Epic Games app on PC.

ENJOY FORTNITE TOGETHER

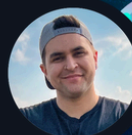
Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously on the same console or computer. This can be a good option for siblings or for when a child's friends visit, but it also offers an opportunity for parents to do something fun with their child, while making sure they're playing the game safely. Who knows? You might even teach them a thing or two!

BE WARY OF SCAMS

The immense popularity of Fortnite with younger audiences – that are generally more trusting – means there's no shortage of scammers looking to fraudulently obtain passwords and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they never ask for a player's account password outside of the game. Make sure any young player knows this.

Meet Our Expert

Lloyd Coombes is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



#WakeUpWednesday

The National College

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