

NEWSLETTER

LYTHER NOWODHOW

Headteacher Message

As we move further into the autumn term, we are looking forward to welcoming you to your child's Parents' Evening next week. These meetings are a valuable opportunity to celebrate your child's successes, discuss any next steps in their learning in a supportive way, and answer any questions you may have. If you have not already done so, please remember to sign up for an appointment.

A reminder regarding parking at drop-off and pick-up times. Where possible, please use the Recreation Ground car park and be mindful not to obstruct our neighbours' driveways. Your consideration is greatly appreciated and helps us maintain positive relationships within our community.

We are also delighted to be supporting the Helston and Lizard Foodbank once again as part of our Harvest celebrations. Please see the information later in this newsletter for details of the items currently most needed by the foodbank. Thank you in advance for your generosity and support.

Harvest is fast approaching, and we are very grateful to Alison and Ben, who have kindly offered the use of their farm for additional parking. The parking area will be clearly signposted and is located on the left-hand side before reaching the church. Please avoid parking in the farm entrance or along the lane, as large vehicles regularly need access to and from the farm.

Thank you, as always, for your continued support. We look forward to seeing many of you at Parents' Evening and celebrating Harvest together in the coming weeks.

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

What a wonderful week of learning we have had in Reception and Year 1! The children have been busy exploring, creating and discovering both inside and outside the classroom.

This week, our Wild Tribe session was linked to our science learning about seasons and the signs of autumn. The children enjoyed exploring the outdoor environment, looking carefully for changes that happen as we move from summer into autumn. We spotted leaves beginning to change colour, falling leaves, seeds and signs of cooler weather. The children shared their observations brilliantly and discussed how nature changes throughout the year.

In Literacy, we have continued our learning based on the story *The Naughty Bus*. The children have been working hard on their sentence structure, learning how to write clear sentences with capital letters, finger spaces and full stops. We have used ideas from the story to inspire our own writing and have enjoyed hearing the children's imaginative ideas and story predictions.

Our Year 1 mathematicians have been exploring number bonds to 10 and 20. They have used a variety of practical resources and representations to deepen their understanding. The children have also been working with the part-whole model and have recently been introduced to bar models to help them visualise and solve number problems. We are very impressed with their growing confidence and mathematical reasoning skills.

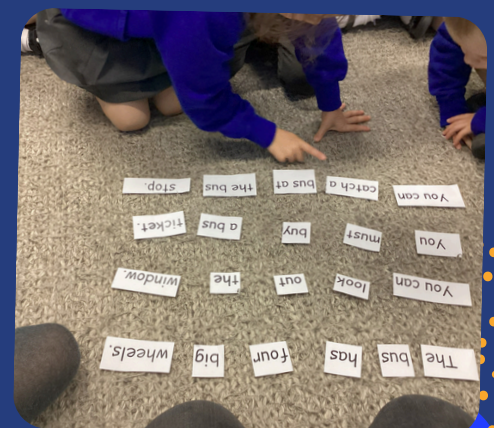
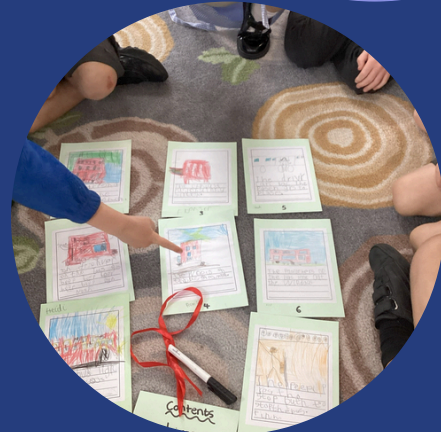
In Computing, the children have been developing their technology skills by learning how to use a keyboard. They have explored the different keys, practised locating letters, and gained confidence using a keyboard to support their learning. It has been wonderful to see them becoming more independent and familiar with digital tools. In music, we have been exploring pulse and rhythm. The children listened carefully to different beats and practised keeping a steady pulse. They then extended their learning by transferring these rhythms onto musical instruments, developing their confidence in performing and creating music together.

In Art, we have been learning about shapes within our faces. The children carefully observed their facial features and identified the different shapes that can be found in eyes, noses, mouths and face outlines. They then used these observations to create their own artistic self-portraits. We were delighted to see such creative and thoughtful work.

We are incredibly proud of the enthusiasm, curiosity and positive attitudes shown by all of the children this week. They have worked hard, explored confidently and demonstrated excellent learning behaviours across all areas of the curriculum.

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

Barn Owls Team



HAWK OWLS

Kowannow Sparr Hok

Another busy and productive fortnight has flown by in class, with children showing fantastic enthusiasm across all areas of their learning.

In Literacy, we have continued our work based on *Leon and the Place Between*, exploring different types of nouns and using them to create imaginative figurative expanded noun phrases that brought magical circus scenes to life. The children then developed their inference skills by using clues from the text and illustrations to explore how Leon's emotions changed throughout the story, before moving on to conversations between characters. Through drama, freeze frames and speaking activities, pupils practised identifying questions and statements, recording dialogue using speech bubbles and beginning to apply the rules of direct speech punctuation. We have been particularly impressed by the creativity, thoughtful ideas and growing confidence shown in both reading and writing.

In Music, the children have been developing their notation-reading skills, playing tuned percussion instruments and singing *The White Cliffs of Dover*. They also explored Indian music, learning about traditional instruments and discussing how changes in tempo and dynamics can create different moods and effects. The children enjoyed sharing their views about the music and explaining what they liked or disliked using musical vocabulary.

A huge well done must also go to the children for reaching an incredible 100 class stickers! They earned this reward through their hard work, positive attitudes and excellent teamwork. To celebrate, the children thoroughly enjoyed their class reward, spending time playing board games with their friends before dancing the afternoon away at a class disco. It was wonderful to see so many smiling faces and to celebrate their achievement together.

In Religious Education, we have been learning about the Prophet Muhammad and why he is an important figure for Muslims. Through a story about a camel, the children considered the qualities of a good leader and reflected on values such as kindness, care, generosity and respect for living things. Alongside this learning, we have also started preparing for our Harvest celebrations by practising our Harvest song. Parents are in for a real treat when they hear the children perform!

Our Geography learning focused on how rivers are used around the world. Children discovered the many ways rivers support people, wildlife and local communities, including providing habitats, transport routes, leisure opportunities, irrigation for farming and renewable energy. They also discussed some of the challenges rivers can face, such as flooding, drought and pollution. Finally, a reminder that parent consultations will be taking place next week. If you have not already booked an appointment, please do so via Arbor at your earliest convenience.

Thank you for your continued support. We look forward to sharing your child's progress with you next week. Have a wonderful weekend!

Hawk Owls



EAGLE OWLS

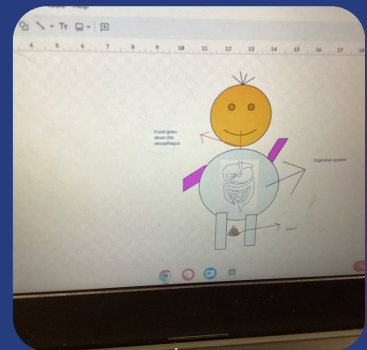
Kowannow Er

As we come towards the end of our Science unit, we have been carrying out some fascinating investigations linked to dental health. We completed an experiment to explore how different liquids affect teeth, using eggs to represent tooth enamel. After observing the effects of liquids such as Coke, coffee, vinegar and milk, we compared the effectiveness of different toothpastes and tried to remove the stains from the eggshells. The children thoroughly enjoyed making predictions, recording results and discussing their findings.

We also had a fantastic afternoon of rugby with Mr Studd. The children learnt how to hold a rugby ball correctly to avoid tackles, developed their passing techniques and practised their kicking skills. It was wonderful to see their teamwork, determination and confidence grow throughout the session.

Our sailing club experienced a rather wet and very windy session this week! Due to the challenging weather conditions, the first part of the afternoon was spent completing team-building challenges. Once conditions allowed, the children worked together in a Katakana, using excellent communication and cooperation skills as they took part in a series of races. Despite the rain, everyone showed great resilience and had an enjoyable afternoon on the water.

Well done to everyone for another fantastic week!



Cornish of the
Month!



OCTOBER



Mis Hedra



Carrots
Karetys



Bread
Bara

Harvest Festival
Guldize



Pears
Perennow



Apples
Avalow

Lyra swam a 400metre open water race on Saturday and came second. The Endless Summer Swim is Gylly SLS clubs and of summer competition and she did so well. A great end to a long season of competitions.



Congratulations to:

Isaac
Lewis

New members of the exclusive 44 club
in Maths

Henry

New member of the exclusive 55 club in
Maths

Poppy

New member of the exclusive 88 club in
Maths

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!](#)



Food Bank Donation Appeal

We are supporting our local Food Bank and would be very grateful for any donations. Please see the attached list of urgently needed items. Donations can be brought into school and left at the school office by 9:00am on Monday 12th October.

Thank you for your kindness and support in helping families within our community. ❤️

Urgently needed food items

- * Tins of soup
- * Tins of rice pudding / custard
- * Tins of potatoes / vegetables
- * Instant mashed potato
- * Long life fruit juice / milk
- * Coffee / Teabags
- * Toiletries (toilet rolls/ deodorant etc)

We've got plenty of
Baked beans



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.



Parking Reminder

We kindly ask all parents and carers to be considerate of our neighbours during drop-off and pick-up times. Please do not park across or too close to residents' driveways, as this can prevent them from accessing their homes safely and cause unnecessary inconvenience.

Thank you for helping us maintain positive relationships with our local community and for ensuring the safety and consideration of everyone around the school. Your support is greatly appreciated.





ATTENDANCE

ATTENDYANS

Barn Owls 97.14%

Hawk Owls 100%

Eagle Owls 97.04%

Whole school 97.64%

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:

- 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 DHYDHLIVER

5 th October-8 th October	Parents evenings
Mon 5 th October	Football Y5/Y6 HCC 3.30pm
Tue 6 th October	Sailing 4pm to 6pm
Wed 7 th October	Barn Owls Wellies Wednesday SATS 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 SATS 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
Wed 4 th November	Hawks Owls Rivers trip Barn Owls Wellies Wednesday
Thurs 5 th November	Barn Owls and Hawk Owls Gymnastics



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 & Carers Need to Know about THE METAVERSE

AGE RATING

Varies per
metaverse
platform

WHAT ARE THE RISKS?

UNSAFE AREAS

Many metaverse platforms feature little to no moderation. This is due to the decentralised nature of the metaverse - as there is no one company overseeing the platform, users can create and build with freedom. This can be a minefield for younger users as adult material or sensitive topics can feature on a parcel of land seen by everyone.

VOICE COMMUNICATION

The freedom found within creation is also found in communication. Most metaverses use proximity VOIP communication (Voice Over Internet Protocol) and users can approach any other user to start a conversation. It is necessary for avatars to be quite close to another in order to talk and once they are, anything can be said. While a chat box can be moderated, voice chat cannot.

ANONYMITY

As with almost every other form of online interactions, anonymity features heavily within the metaverse. The concept for the metaverse is to live any type of life digitally. This could mean that 'bad actors' (those with malicious intent) can take advantage of others with ease. Reporting and monitoring these users is becoming easier on the more popular platforms, but others struggle to police these situations.

'Metaverse' is a relatively new term to many, however the concept has been around for some time. Videogames, for example, use many aspects of the metaverse; avatars, digital currency, mini-games, and open communication. A metaverse can also take many forms; Fortnite can be seen as a metaverse, as is Roblox. Put simply, a metaverse is an online environment where people interact, play games and express themselves. Away from traditional videogames, there are newer and more 'dedicated' metaverses such as Decentraland, The Sandbox and Somnium Space which are akin to Second Life.

VIRTUAL REALITY

Not all metaverse platforms are VR enabled, in fact less than 10% feature VR interactivity. However, it's always worth monitoring the amount of time younger users spend in virtual reality. A VR metaverse differs greatly to VR gaming in user interaction. Approaching each other in a VR metaverse attempts to represent 'reality' and can result in a greater impact if experiences are negative.

PSYCHOLOGICAL IMPACT

Whether in virtual reality or not, interactions and experiences in the metaverse can often carry more weight because they mimic 'real life'. Oftentimes, due to the freedom in avatar creation, younger users may open themselves up to bullying, prejudice or an unrealistic idea of reality. For instance, female-orientated avatars may find themselves targeted by bullies or inappropriate users.

Advice for Parents & Carers

TRY IT OUT FIRST

This may sound like an obvious tip, but by entering the metaverse and exploring on your own, you'll be able to see what your child might. You can explore the busier areas and even the quiet sections to see what users are building or advertising. You'll also learn first-hand how users communicate with each other. Many metaverse platforms will feature an entry area which showcases the busiest areas. Check them all out and see what's happening.

LEARN ABOUT NFTS, WALLETS AND CRYPTO

With the metaverse comes Web3 technologies such as NFTs, cryptocurrency and wallets in which to store them. If you have a crypto wallet, do not connect it to your child's metaverse. One simple click could result in loss of cryptocurrency. If you are unsure what these technologies are, try to research them as these terms will appear in the metaverse.

CREATE AN AVATAR TOGETHER

If you decide on allowing your child into the metaverse, set up their initial avatar together. This way you can ensure the avatar is age-appropriate and keeps their identity private. You can also advise on aspects which may result in attracting bullies or unwanted attention. It will also allow you to see which avatar items cost money, and talk to your child about in-game spending.

START WITH THE FAMILIAR

There are already metaverse experiences with children in mind; explain to your child what a metaverse is and have them recognise similarities between those and games like Roblox, Fortnite and Minecraft. Unfortunately, there is no 'child safe' metaverse option as yet, though Epic Games and LEGO are currently developing a family safe metaverse.

Meet Our Expert

Daniel Lipscombe is a father to two girls, aged 14 and 12. Before Dan began his Web3 metaverse journey, he worked as a videogame journalist and author for a decade; reviewing games, talking to creators and writing about videogame trends. Dan has also written fifteen guide books about Fortnite, Minecraft, Roblox, Apex Legends and Valorant for HarperCollins and Bonnier Books.



National
Online
Safety®

#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.02.2023

FRIENDS OF GARRAS SCHOOL ARE HOSTING A...

WITCHES & GHOULS SPOOKY DISCO

FRIDAY 16TH OCTOBER

6PM - 7:30PM

MAWGAN RECREATION HALL

BOO!



£3 A TICKET
TO INCLUDE ENDLESS
WITCHES POTION AND
EYEBALL POPCORN

SPOOKY PIZZA SLICES
AND EERIE TREATS
ALSO AVAILABLE

FANCY DRESS ENCOURAGED!

Autism in Schools Team

Our team support autistic children and young people aged 4 to 16 who are on roll at a school in Cornwall. We support schools to include autistic children and young people in all activities. We want autistic children to be able to join in, learn, and thrive. We mostly work in schools. We sometimes work in the home. We work alongside other teams to encourage joint problem-solving. We promote support and strategies that are neuro-affirming and evidence-based.

We are a neurodiverse team and celebrate the strengths this brings. We have a mixture of professional experience, academic experience, and lived experience.

Click the QR code to visit our website for further details and to book a parent information session or contact our free advice line.



www.cornwall.gov.uk/childrensautism

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



LOCAL OFFER SEND CORNWALL

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:



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

MENTAL HEALTH SUPPORT TEAM - MHST

Join us for our 5-week online
Parent-Led CBT or Behavior as Communication.

Sessions are available on Tuesdays or Wednesdays beginning 10 November 2026 at 10am or 1pm.

Parent-led cognitive behavioural therapy (CBT) is a short psychological intervention that helps parents and carers apply CBT principles in their child's daily life, to support with childhood worries.

Behaviour as communication provides parents with some practical strategies to foster positive behaviour and communication at home.

Please sign up via the online form here:
<https://forms.cloud.microsoft/e/ACeKmRZfn5>



Sign up closes 23/10/2026 at 5pm

All sign ups will require an individual pre group assessment phone call



NHS
Cornwall Partnership
NHS Foundation Trust

The Mental Health Support Team warmly invite you to attend...

Wild Wellbeing

During October half term we are offering
FREE "drop in" nature based creative sessions linked to the 5 ways to wellbeing.

This is for parents and children aged 5-11 in Cornwall.

The Core at St Ives Community Orchard

Thursday 29 October 2pm -4pm

highlighted.flamed.hours

Coming along? Please let us know by completing our short booking form so we know how many people to expect.



Book here!

Follow us on Facebook for updates and upcoming events:
Cornwall Mental Health Support Team (MHST)



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
LOW RAB OIL

TROS AN HELLYS

BEGINNER BAND

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

vwatkiss@cornwallmusicservicetrust.org
lthrusell@cornwallmusicservicetrust.org

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

Activity Camps

October Half Term

	Tuesday 20 Oct	Wednesday 21 Oct	Thursday 22 Oct
Week 1	Arts & Crafts Autumn Crafts 6-12 Years 10am - 4pm Library	Bushcraft 7-13 Years 8:30am - 5:00pm Truro School Prep	Bushcraft 7-13 Years 8:30am - 5:00pm Truro School Prep
Week 2	Monday 26 Oct Multi-Sport Theme: Ultimate Sports Challenge 6-12 Years 8:30am - 5:30pm Sports Centre	Tuesday 27 Oct Multi-Sport Theme: Wizard Games 6-12 Years 8:30am - 5:30pm Sports Centre	Wednesday 28 Oct Multi-Sport Theme: Zombie Survival Academy 6-12 Years 8:30am - 5:30pm Sports Centre
	Thursday 29 Oct Halloween Party Day! Fancy Dress Party, Multi-Sport, Pumpkin Carving & More! 6-12 Years 8:30am - 5:30pm Sports Centre	Friday 30 Oct Bushcraft Halloween Special 7-13 Years 8:30am - 5:00pm Truro School Prep	Arts & Crafts Autumn Crafts 6-12 Years 10am - 4pm Library

Book Now: www.sirbenainstlesportscentre.com