



**Gulval**  
School



**FROGS**

Friends and Relatives of Gulval School



**Why I volunteer for FROGS**

**Funds raised by FROGS directly support your child's educational experience**

Research shows that the more parents are involved, the more likely children will succeed at school. By getting involved, it is a great way to show your child that their education is important to you. Take a look at our newsletter to see how much we achieved last year!

**Be the change that you want to see**

One of the reasons why I volunteered is because I had some ideas on how we could make things even better. I had an opportunity to suggest changes and then got the opportunity to make them happen. By becoming involved, I know more about what is happening at school and I feel positive and quite influential.

**I'm teaching my children that volunteering is a great thing**

I used to volunteer for lots of things before I had children. Then, many things I was passionate about got pushed aside. The passion was still there, but the time and energy were not. I completely understand the need to say "no" to volunteering when your children are very young. Now that my children are both at school I am feeling a push to get involved again. When my children and their friends see me at school they get so excited and it makes me feel great!

**It's the little memories which will last a lifetime**

When I was young, my mum worked at my school as a teaching assistant. I remember seeing her in the corridor and thinking to myself "wow, that's MY mummy!" I am pretty sure that this enhanced my experience of Primary School. My children are at this stage for just a few precious years, and I am going to embrace it while I can.

**You don't have to volunteer for every single event**

There are so many events throughout the year. We hold coffee mornings, discos, Christmas and Summer Fairs, prepare for Mazey day, Big Dig days etc.... There is definitely something in the list that everyone can enjoy and be a part of. Pick a few things and I promise you that your time will be appreciated!

**Everyone is invited to join in**

Mums, dads, grandparents, carers, friends and members of the community! I have enjoyed meeting like-minded people and making new friends. We are a very friendly bunch; we have fun helping the School and together we feel proud of what we achieve. It's not all hard work, there is definitely a social side too!

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