



# RICHARD LANDER SCHOOL BULLETIN

## 11TH MAY 2020

Dear Parents,

I hope this bulletin finds our families safe and well during the continued period of national lockdown. I also hope the bulletin brings a little inspiration to you. Whilst school is closed for normal business, our staff and students are clearly keeping active, keeping creative and keeping the community spirit vibrant and alive.

Of particular note, our staff continue to make PPE equipment for key workers. They have produced over 2,500 face shields which have been distributed to NHS workers, care home workers and other key worker staff. This is on top of planning and delivering lessons to students – an amazing achievement.

I would encourage parents to follow the school's social media, especially at this time. It will keep you up to date with other notable student and staff activity at the school. Additionally, it will enable you to keep up with our very own Joe Wicks, in the form of Mr Bridger, who has uploaded lots of keep fit videos.

Please do keep safe and support the national lockdown as purposefully as you can. Our thoughts are very much with all our families as we look forward to the day, at some point in the future, when we can celebrate a sense of normality again.

Kindest regards,

Steve Mulcahy  
Headteacher

Thank you Emily, in Year 8, for sending in a photo of this beautiful piece of textile work. It brightened our week!



### Have you tried the RLS PE 100 Challenges?

The PE staff have been busy filming inventive ways to stay fit and well with the RLS 100 Challenges, all of which are available on RLS Facebook, YouTube and Instagram. Mrs Jacobs was inspired by Captain/Colonel Tom who set himself the challenge of walking 100 laps of his garden, raising over £30million for NHS Charities Together, so to celebrate Captain Tom's 100 birthday, Mrs Jacobs and her son got the ball rolling with the Swingball challenge. Since then we've had Mr Stoddard and his son demonstrating the Crazy Catch challenge, Mr Bridger's Century Cricket challenge, Mrs Beech's 100 Hula Hoop challenge, Mr Cook's Juggling challenge, Mrs Martin's Tap Up challenges, and Mr and Mrs Williamson's 100 Bat and Ball challenge.

The challenges are really good fun so why not have a go, and if you can think of a challenge yourself please email your PE teacher. Mr Bridger also continues to bring us daily 4-5 minute high intensity workouts to help us cope with living in isolation and has been doing a weekly live session on Thursday at 11am on RLS Instagram. Thank you to all the RLS community who have taken part!

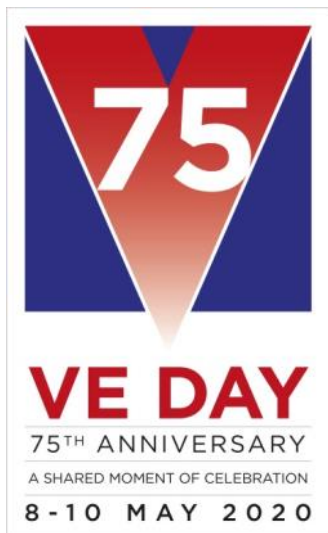
<https://youtu.be/hpXEeBBFkd4>



YOUTUBE.COM

**RLS 100 PE Challenge**

Inspired by Captain/Colonel Tom's 100th Birthday.



**T**his weekend we marked the 75th anniversary of VE Day. Victory in Europe Day, generally known as VE Day or V-E Day, is a day celebrating the formal acceptance, by the Allies of World War II, of Nazi Germany's unconditional surrender of its armed forces on Tuesday, 8 May 1945.

Cornwall played a vital part in the war effort, with thousands of soldiers leaving the shores of Cornwall to take part in the D-Day invasion of Europe. During the war, Cornwall had become home to American servicemen, evacuee children and 100s of prisoners of war who worked on farms. Cornish towns had suffered bombings and the telegraph facility at Porthcurno had been at the heart of communications throughout the war having moved its operations into bomb proof tunnels, cut into the cliff side.

***A huge highlight of our VE Day 75 has been seeing all your preparations and celebrations.***

***From Miss Ancell, Head of Food 'To celebrate VE Day all KS3 students were set a food task of coming up with a dish to help celebrate the day and to reflect wartime rationing. There were some great celebratory cakes and bakes and many students really thought about what ingredients would have been available to them—a little bit like now in this time of lockdown. Again I and your food teachers have loved seeing your work and how you have taken pride in making and presenting you recipes. I made some wartime carrot cake that I made into muffins and some really tasty jam tarts – I'd forgotten how nice they could be. Inspired by Mrs Downing I even made some bunting for***



Jam Tarts by Oscar



Carrot Cake with Buttercream by Lila



Rock Cakes and Sausage Rolls by Laura



Spam Fritters by Harry



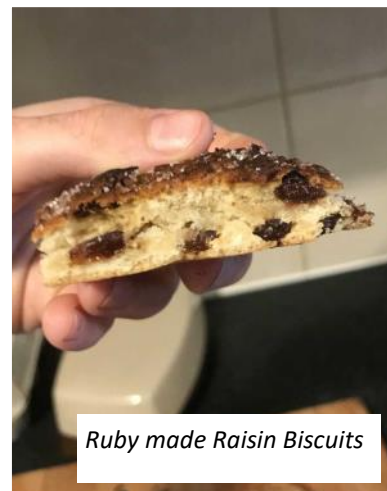
Wartime Scotch Shortbread by Luca



Katie made Oat and Raisin Biscuits



Carrot Cake Muffins with traditional card decorations and authentic black and white photo by Pip.



Ruby made Raisin Biscuits



*my house. Well done everyone that took part!*

**Wartime shortbread** differs from normal shortbread in that butter was in short supply in many British households in the 1940s, so this recipe swaps the majority of the butter for milk. Although it may be less brittle than the average shortbread, and a little less flavoursome, it is still a tasty bite to go with tea.



*Wartime Shortbread by Kirsten*

**Lord Woolton pie** is a delicious (and nutritious) dish, with seasonal vegetables in gravy, topped with mashed potato and a little cheese. It was useful in the times of rationing because many of the ingredients for more traditional pies, with meat and pastry, were unavailable. However, this pie is can be made from veggies grown in your own back garden, and doesn't require anything to be imported from abroad.



*Lord Woolton Pie by Kirsten*

**Spam** was made in 1937 by Minnesotan food company , Hormel Foods Corporation, for soldiers during WW2. It gained a lot of popularity after the war ended especially in recipes such as spam fritters.



*Well done also to Zach who made rock cakes for his whole street and a Victoria sponge for his family as well!*



**VE DAY**  
75<sup>TH</sup> ANNIVERSARY  
A SHARED MOMENT OF CELEBRATION  
8-10 MAY 2020

*The RLS DT and History departments encouraged students to make VE Day bunting. They loved receiving photographs of student work and Mrs Rickatson's children really enjoyed getting involved too*

Ruby from Year 8 went one step further for VE Day. As well as baking cake and scones on





Friday, she also put victory rolls in her mum's hair! This was the most popular hairstyle of the times and almost all female actresses wore this 'updo' which was achieved using hairspray and various backcombing, rolling, pinning, and curling techniques!

Ruby's family kindly shared this picture of her Grandmother's gas mask which they have kept safe for 75 years.

*Thank you all for sharing your photographs with us.*



## HARRY RAISES OVER £300 FOR SPARKS WITH THE 2.6 CHALLENGE!

*If you look very closely at these letters you will see they are made up of people!*

Harry, PRHa, did this with his family, the Sunday before last, when they took on a 2.6 Challenge to raise money for Sparks Charity. They made 26 letters of the alphabet with their bodies in just under 2 hours and have raised over £300 so far! Well done!!

Here is the link to their fundraising page: <https://uk.virginmoneygiving.com/HelenGirvan>

Here is a link to Sparks charity to find out why Harry's family were motivated to raise this money:

<https://www.sparks.org.uk/>



## LRSC STAFF MAKE FILM FOR ISOLATED STUDENTS

*Are you a student who uses the library at Richard Lander School or a student who works with a teaching assistant?*

*The LRSC staff are missing you all and have made a film especially for you. Head over to*

*Instagram @richardlanderschooluk or Facebook @RichardLanderUK to see some familiar faces*





**UPDATE FROM THE MATHS DEPARTMENT**

**A**fter a week of mastering **ratio and proportion** on HegartyMaths, some students were set the challenge of applying their new fantastic understanding of this tricky topic by trying their hand at some baking. Understanding proportion is an essential skill when scaling up or down recipes and accurate measuring is the key to a successful bake!

Here are some of the most impressive...

Clockwise: Darshan's Smarties Cupcakes, Shana's Cookies, Harshan's Oreo and Lemon Cakes, Jess' Butterfly Cakes



**Mr Collinge, Maths Teacher**

**Last Week**

Sun 23,245 steps

Sat 16,441 steps

Fri 14,755 steps

Thu 16,104 steps

Wed 11,758 steps

Tue 15,797 steps

27/04 13,788 steps

Mrs Warman and Mrs Wilson have been busy exercising and using mathematics to work out their **averages**.

Can you find the mean and the median of Mrs Wilson's steps (left) for each day last week? Which of these averages is the most appropriate?

Mrs Warman ran 13.12miles on Sunday (a half marathon!!!) She ran at an average speed of 9min10secs per mile. Did she complete it in under 2 hours?

Answers below



Answer 1. Steps mean = 15984 median = 15797 median is better as it isn't skewed by the large number of steps on Sunday. As both averages are similar, it shows that Mrs Wilson is pretty consistent. Answer 2. No she took 2hours and 26seconds



## Life in isolation by Mrs Jones (DT)

'We have been doing both Mr Bridger's and the Joe Wicks—The Body Coach - workouts. We really like fancy dress Friday. Last week Joe Wicks shared our fancy dress family pic on his Instagram and Facebook page. We all dressed up as Teenage Mutant Ninja Turtles !




I have also been doing a lot of crafting with my children as part of their homeschooling. We reused our toilet roll box to make a shop which has been played with a lot. We also did a food sense game, where my children had to guess by using their senses of touch, smell and taste what the food items of was. My children loved the cucumber, peanut butter and chocolate but hated the mint sauce.

I have also been doing a lot of cooking. I have attached the paella recipe and pics in case any students want to make it. It was very tasty. I have so far cooked tarka dhal, Cornish pasties, hot cross buns, Gruffalo crumble, flat breads, garlic dough balls, triple choc cookies, a birthday cake for my husband, dauphinoise potatoes, boulangère potatoes, banana bread, roast lamb, roast chicken, beef kofta curry, and homemade beer battered fish and chips from scratch (even filleting the fish). I am planning to bake a carrot cake next.

I have also been marking lots of Child Development coursework and giving out loads of merits for KS3 students sending in awesome photos of their practical work. Thank you to everyone who has sent me photos!




### Paella



**Ingredients**

1 onion	750ml stock (1 x veg or chicken stock cube)
1-2 clove's garlic	250g rice
1 red pepper	25g frozen peas
1 chicken breast (or 4 thighs)	100g mixed cooked seafood (e.g. prawns, mussels and squid), optional
1 x 15ml oil	
1 x 5ml spoon turmeric	
1 x 5ml spoon paprika	

**Equipment**



**Method**


1. Prepare the vegetables:
  - peel and chop the onion;
  - peel and crush the garlic;
  - chop and deseed the red pepper.
2. Remove any skin from the chicken, then dice into chunks with a fresh knife on a clean chopping board.
3. Fry the onion and pepper in the oil for 5 minutes.
4. Add the garlic, turmeric and paprika and cook for a further 2 minutes.
5. Add the diced chicken and cook until it turns white.
6. Pour in the stock, bring to the boil and cook for 5 minutes.
7. Add the rice.
8. Bring to the boil, and then allow to simmer for 15 minutes.
9. Stir in the frozen peas and seafood, and cook for a further 5 minutes.

**Top Tips**

- Turmeric is used in this recipe as Saffron is expensive.
- Why not add some chopped chorizo for a Spanish twist?
- Add extra vegetables such as tomatoes.
- Serve the paella with wedges of lemon.

**Skills**

- Using a knife
- Measuring
- Using the hob
- Handling raw meat





## **SAFEGUARDING AT RLS**

Mrs K Towers is the school's designated senior person with regard to Child Protection and Safeguarding. Staff, students and parents are advised to make contact with Mrs Towers if there is any concern with regard to the safeguarding of children at Richard Lander School. Mrs Yvonne Rippon deputises for Mrs Towers.

[KTowers@richardlander.cornwall.sch.uk](mailto:KTowers@richardlander.cornwall.sch.uk) [YRippon@richardlander.cornwall.sch.uk](mailto:YRippon@richardlander.cornwall.sch.uk)

Alternatively, if you have immediate concerns or are worried about a child or young person's safety please telephone the Multi Agency Referral Unit (MARU) on 0300 123 1116.

Devon and Cornwall police would like us all to be extra vigilant in these coming weeks. We understand how demanding the current situation is and that children are spending more time online.



**I DIDN'T KNOW**  
I WAS BEING TARGETED FOR SEX.  
I THOUGHT WE WERE ONLINE  
FRIENDS...

If you're spending more time online during lockdown, take extra care about what information you share

Being exploited for sex can happen to **ANY CHILD** from **ANY COMMUNITY**

**KNOW THE SIGNS.**



**I DIDN'T KNOW**  
THAT TEXTING A NAKED SELFIE TO  
SOMEONE WOULD END UP ON  
THE INTERNET FOREVER

Being separated from your boyfriend or girlfriend during lockdown can be really difficult. But please think before you share

Being exploited for sex can happen to **ANY CHILD** from **ANY COMMUNITY**

**KNOW THE SIGNS.**



## NOTICEBOARD

### SCHOOL TRIPS

We are currently working with various agencies within the travel industry to find the best solution for planned trips that were due to take place during this academic year. Unfortunately it has been rather a waiting game for us whilst various travel companies hold their breath to see how the government can best help them, whether this be in terms of a full or part refund, postponement, or unfortunately in some cases, the company having to take the difficult decision to cease trading.

The travel industry as a whole, are having to make a vast amount of calls to schools and are doing so in order of the date of travel, and whilst we share your frustrations on the matter, we are asking parents for their patience and understanding regarding these trips. As soon as we have any further information with regards to trips that your child was due to attend, we will be in contact with you. If you have any questions with regards to educational visits, please don't hesitate to contact me directly

[LToms@richardlander.cornwall.sch.uk](mailto:LToms@richardlander.cornwall.sch.uk)

Mrs L Toms

(Educational Visits Coordinator)



### STUDENT LEADERSHIP

As we approach the end of the academic school year, we want to say a massive thank you to our Senior Student Leadership team for all of their efforts this year. Ruby and Sam, you have been fantastic ambassadors as Head Girl and Head Boy, dedicated in every manner and always gave your support. Thank

you from everyone at Richard Lander. To our Deputy Heads, Hannah, Caitlyn, Olivia, Rewan, Elliot and James: we appreciate everything you did to support Ruby and Sam as well as your continued efforts throughout the year.

Moving forward, the window for applications is now open for the roles of Head Students and Community Leaders – there is a video on EStream under the category “Videos for Students” that explains everything in more detail. The link was also sent to your email accounts. This is for year 10 students. The deadline has been extended until Monday 18th May so you can have conversations with your tutors next week about your applications. We look forward to lots of you applying as there are many strong candidates! Year 9 – this is now for you! We now need to fill the roles of Community Leaders in year 10; students who will assist with assemblies, and work with their Head of Community. An email has gone out to you this week about the process and what we are looking for. The deadline for this is Friday 29th May.

If anyone has any questions about any of this, please email Mrs Madeley at [HMadeley@richardlander.cornwall.sch.uk](mailto:HMadeley@richardlander.cornwall.sch.uk)

### A MESSAGE FOR YEAR 11 STUDENTS/ PARENTS

Ms Datson and Mrs Grenfell have set up a Y11 career/ college catch up room which will be available each Wednesday from 1.15pm for about an hour.

Students will access this through the careers area on Moodle, Y11 section.

Year 11 students will also have an email with details. Any other college queries please email [NGrenfell@richardlander.cornwall.sch.uk](mailto:NGrenfell@richardlander.cornwall.sch.uk)

### MESSAGE FROM MS STEEN AND THE SCIENCE DEPARTMENT

Alongside lessons available in Moodle we would like to encourage your child to regularly complete their “Daily Goal” on Tassomai.

Tassomai is an online quiz for years 7-11. Your child can sign in from any internet enabled device (laptop, mobile etc.) but most prefer to use the app. It's free and they simply sign in using their username and





password.

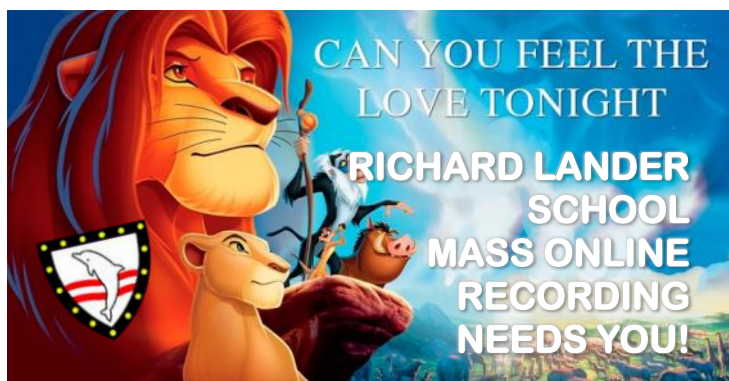
Content is broken down into bite sized chunks and tailored to each user, as the intelligent algorithm works out what students know and where they need to focus their efforts.

Further information can be found at <https://www.tassomai.com/>

This is the number of questions that students have answered correctly since school has closed- amazing!

- Year 7 - 81,249
- Year 8 - 109,138
- Year 9 - 47,525
- Year 10 - 87,757
- Year 11 - 23,064

## A REMINDER FROM MUSIC:



Message from Miss Jones – ‘Can you Feel the Love Tonight?’

Hopefully parents and students are aware of the Moodle information videos, lyric sheets, backing tracks and music scores for any singers or instrumental players who would be interesting in participating in a mass recording of the Disney classic, 'Can you feel the love tonight.' It feels like a very appropriate song choice during these circumstances.

The final product will be a sound recording with an accompanying photograph video of our RLS mass school choir and orchestra (and parents and carers should you like to take part). There is also information on Moodle about how to record, and upload your sound files and photographs (for those who wish to have a photograph of themselves performing to be used in a video montage that will accompany the music).

If you are interested in taking part, or want to find out more, simply watch the information videos made by

myself either on the school website, the school Facebook page or simply go to: Richard Lander Online Learning Moodle Portal - Music and Music Technology - Can you feel the love tonight.



The closing date for all music and photo entries is currently 15th May, but this can of course be extended for anyone who needs more time.

## HOME-SCHOOLING HELPLINE FOR PARENTS

The Department for Education (DfE) has announced that STAR Academies Trust has launched StarLine a national helpline for parents who are home-schooling in England. The free telephone helpline aims to offer confidential advice to families from qualified teachers and parenting experts, including advice on behaviour and timetabling as well as help for those looking after children with special educational needs or disabilities

## A MESSAGE FOR YEAR 9, 10 AND 11 PARENTS FROM TRURO COLLEGE:

As we have not been able to hold our last open events at Truro & Penwith College our college lecturers have compiled some short videos which have a ‘subject spotlight’. Lecturers have covered the information that they typically find themselves talking to students and parents about at our open events. These can be accessed by clicking onto the subject area/course that they would like information about via this link: [www.truro-penwith.ac.uk/subjectspotlight](http://www.truro-penwith.ac.uk/subjectspotlight). These will be active and available from 11 May.

We have specifically aimed this at Year 11 pupils who may still have some questions they wish to ask. However, this would also be an excellent introduction for Years 9 and 10 as well, particularly as we will be unable to run Year 10 Taster Days this summer due to Covid-19.

Yours sincerely,  
Cheryl Mewton  
Assistant Principal – Director of Studies  
Truro and Penwith College



## CORNWALL SCRUBS & MASKS MAKE OVER 2000 MASKS, OVER 350 SETS OF SCRUBS AND RAISE OVER £11,000!

**M**ichaela Ettinger, school governor, continues to help making scrub bags and masks, she is doing an awesome job, along with RLS parent, Rachel Maitland.

To date the 'Cornwall Scrubs & Masks' group have raised over £11,000 in donations to continue to provide PPE to local surgeries and care homes. Barncoose Hospital, Lander Surgery, Stennack Surgery St Ives, NHS 111 and Rowan Care Home, St Agnes are just some of the many. Snugg Wetsuit, BB wear (Bee supplies) and local sailmakers have joined in to help by using their industrial cutting machines to pre cut the fabric for all of the volunteer machinists. So far 2167 masks and 357 sets of scrubs have been made to date, with an order of over 400 still to be made!

A huge thank you to everyone who has helped to make this happen by donating.

*Mrs L Downing  
DT Textiles Teacher*



## THANK YOU VITAMIN CORNWALL

**V**itamin Cornwall, a Truro based design agency has very kindly donated an Apple iMac computer to Richard Lander School for a student to use during lockdown. The iMac had previously been used by the company but was not high enough spec for a top design agency, so web designer, Dan, kindly refurbished it and delivered it to school last week. After careful selection by senior staff, based on the demands of GCSE coursework and technology currently available at home, this donation has been delivered to a Year 10 Art and Photography student.

vi+amin Cornwall





## UPDATE FROM THE ART DEPARTMENT

One thing that many people are finding whilst in lockdown is that they are exploring their creative sides in so many different ways; Painting, drawing , cooking , knitting , embroidery etc . Many of us are finding that this is a brilliant way of supporting our wellbeing and helping us during the current situation .

There are so many things to explore; here are a few ideas :

If you fancy leaving Cornwall behind temporarily then why not transport yourself to Mexico and visit the **Fridha Kahlo museum** . The interactive tour takes you all around where she lived and worked.

[www.museumofridakahlo.org.mx/en/the-blue-house/multimedia/](http://www.museumofridakahlo.org.mx/en/the-blue-house/multimedia/)

**Write on Art** is a great opportunity for young art writers aged 15-18. To enter, all you have to do is pick one artwork featured on the Art UK website and write about it. <https://www.writeonart.org/>

exhibited and celebrated together, when 'normal' life has resumed! <https://stitchesintime.org.uk/>



**Isolationartschool** on Instagram has some great projects, lessons and tips by artists to help people get creative during the pandemic. There are loads of great ideas, for children to adults, with easy to follow videos.

**THE BY YOU TAPESTRY** is a really interesting community project that anyone can be part of and no experience is necessary . They are asking for people to embroider and stitch the story of your daily life during the Coronavirus pandemic. All individual embroideries will then be joined together into a giant, historic textile, made by all ages across the country. It will be

**Grayson Perry's Art club** continues on Monday evenings on Channel 4 at 8pm. Every week there is a theme and Grayson encourages everyone to explore creativity whilst in lockdown. Each week there are special guest with an interest in art as well as artists featured. All of whom create art works in response to the current situation. Grayson also shows works and speaks to members of the public who are producing art at the moment . There will also eventually be an exhibition of work produced by members of the public curated by Grayson to record this unique time.

If you are a budding photographer or would like to experiment with editing images then you can **download Photoshop and other Adobe Creative Cloud software for free** . Photoshop is a fantastic tool for editing photographs and could be a good way of creating a visual diary through photos of how you have been spending time in lockdown. All you have to do is visit <https://creativecloud.adobe.com> and use your school email address and regular password to sign in and you should be able to download and use the software.

This week we have set all KS3 students the task of



creating a **postcard to commemorate the 75th anniversary of VE day**. We have asked students to take inspiration from Lowry who painted this painting in 1945 to celebrate VE day. It is a wonderful depiction and shows his distinctive style. We would like students to use their house/ street as inspiration.

All the details are on Moodle and students will be able to upload photographs of their postcards into hand in folders. We can't wait to see what students produce.

## YOUNG PERSON'S ART PRIZE—MORE SUCCESS!



Congratulations to Chiara who won the People's Vote of the Young Person's Art Prize in the 11 to 13 age group. The Newlyn Art Gallery and the Exchange will be in touch soon to arrange collection of your prize.

With a winning total of 312 likes, I think we can all agree that Chiara's work (below left) is powerful and makes a relevant statement for the theme of 'Protest'.

There were more than 100 pieces that made it through to the online exhibition including many other Richard Lander School students. Well done to everyone who took part, it was a brilliant year of entries.

**Mrs N Dalby**  
**Head of Art**

## FREE CREATIVE CRAFT PACKS FOR FAMILIES LIVING IN ST DAY AND SURROUNDING VILLAGES!



The Day-Light Group are putting together weekly craft packs which can be collected from the St Day Launderette. You just need to message Clare via the Day-Light Group Facebook page or website to book your pack. If you message her before Saturday each week, your pack will be ready for collection the following Wednesday.

There is no charge for the packs, although a donation of £1 towards cloth and thread for Miss Willis to sew scrubs for the NHS is gratefully received. Miss Willis is a RLS parent and she and Holly and Mikey have been doing an amazing job of sewing scrubs and masks.

So far we have made paper flower wreaths, and kites, we look forward to making corrugated owls this week.





## WRITER OF THE WEEK

*We love this piece of writing by Joel in Year 9. It captures the hustle and bustle of being in a city so well, reminding us of something we haven't experienced for rather a long time. We also really enjoyed the interesting twist at the end.*

### The heart of a city

The first rays of morning sunshine blind me, but I can do nothing to prevent it. Below me I hear the first signs of the day starting: the engines of cars, the shops opening their shutters, the shrieking of gulls, out on their daily scavenge for food.

Mercifully, the sun climbs higher in the sky, leaving my eyes to scan the ground below me. People - scurrying about on their daily business; cars - leaving a trail of pollution behind them, suffocating me; restaurants – the appealing aroma of delicious food wafting towards me on the breeze. On the horizon, where the city stops and nature takes over, I can see the fresh, verdant green of the countryside. Oh, how I wish I could be there planted in those fertile lands, but no, I am planted in concrete, and - save for my gentle swaying in the wind - I shall not be able to move for the rest of my days. Instead, I am staring down on a city of grey. No colour can be seen here; everywhere looks bleak and dusty. Even its citizens are uninteresting. They live life to the minute, always on an invisible time table.

From my position, I can see the schools in the city. In fact, my favourite part of the day is when they have their lunch time. My heart fills with joy when I see how much fun they are having, playing games on the playground. I hold out hope that they will live lives full of happiness, and are not just transformed into the monotonous adult machines that inhabit this city.

Being a skyscraper isn't easy. There are a million thoughts inside of me: the office workers churn out thousands each day, constantly, incessantly. I long for the peace and quiet of the night, when the humans go home, and I am left empty but not desolate.

However, the peace I yearn for will only last for a few hours of the night; as soon as the sun's rays start to creep over the horizon each morning, the thudding heart of the city will beat again.

Joel Pulley 9R1P

## CYCLING - A GREAT WAY TO EXERCISE AND GET TO WORK

From Wednesday, we are being encouraged by the government to take more exercise than the previously permitted one hour, as long as we continue to socially isolate and only exercise with members of our household. Sustrans have shared some great resources on cycle tracks and local bike shops which are open for spare parts, servicing etc. Many of these are offering generous discounts to key workers.

Cycling is a great way to stay healthy and happy and with the roads being so quiet, it's an excellent way for key workers to get to work as well as being a permissible form of exercise. Nick, who many of you will know from the bike maintenance Dr Bike initiative and EcoSchools, recommends the Truro Active Map, which contains local routes like the Newham Trail, Coosebean Greenway, Daubuz Moor and Idless Woods downloadable here:

<https://www.cornwall.gov.uk/transport-and-streets/sustainable-transport/active-travel-walking-and-cycling/>



**UPDATE FROM THE MUSIC DEPARTMENT:**



*Have you seen this beautiful film from the staff at Cornwall Music Service Trust to all the students they teach? It has a guess the tune challenge! I got it at 2:44... can you guess it earlier than me?*



**CALLING ALL YOUNG POETS AND LYRICISTS!**

The Cornwall Music Education Hub now has it's own record label, Kevrenna Records, and we are working with top music producers from around the county to record some hit songs. We are now looking for some great lyrics which we can build into songs ready for release!

If you're a young writer and would like to hear your lyrics developed into a song then please get in touch.

We would like to know what your poem is about, When you wrote it, If you want to let other people create their own versions of your song lyrics.

You will receive a share in any royalties generated from your song and we'll send you a copy of your track once its mixed.

Please email your poems/ lyrics to [songs@kevrennarecords.com](mailto:songs@kevrennarecords.com)

Take a look at our section on lyric writing on our new record label site.

<https://kevrennarecords.com/poets-lyricists/>

**NEW\*\* LOFT ROOM SESSIONS, FRIDAYS 12:00 – 12:45**

Led by Emma Oliver-Trend, supported By Cornwall Music Education Hub

- Session 1 Friday 15th May 12:00 – 12:45
- Session 2 Friday 22nd May 12:00 – 12:45
- Session 3 Friday 29th May 12:00 – 12:45

**ONLINE MUSIC SESSIONS FOR YOUNG MUSICIANS IN CORNWALL.**

- *Learn high-energy funky-folk/gypsy music in a 45-minute Zoom music session*
- *Play along your newly-learnt tune along with an online band*
- These sessions are aimed at secondary school-aged musicians, (11-18), but slightly younger/ older musicians are welcome).
- Sessions will be privately led on Zoom
- Suitable for any instrument: brass, woodwind, strings, percussion - orchestral/rock/folk.
- Session will be playing instrumental music by ear, with easier and more challenging parts.
- Sessions will be very musical - relaxed, fun and pressure-free.
- Participants don't have to turn on video/ microphone unless they want to.
- To receive Zoom meeting invite, please complete form at <http://emmaolivertrend.com/loftroomsessions>



# the Pet Corner

## CAN YOU GUESS THE OWNER?

Every teacher or support staff in isolation needs a companion to help them through their day. Can you guess which member of staff owns these pets, or in the case of the cat, which member of staff is her human slave?



Even the grammar police take a break and embrace technology ... **Queen Audrey** listening to top tunes on the grammar phone - get it?



Legs are the best invention...they are free, they can take you miles free of charge, pollution free and the wanderings in which they let you roam allow your mind to fill to the brim with wild imaginings, nattering thoughts and your souls are set free! I have roamed about 200 miles over the past few weeks, uninterrupted except for my thoughts, with an occasional excitable 'hello' to a passer by.



These two handsome fellows are the only pets to have been cast in a Richard Lander School Production. Benji—hiding behind - played Sandy in Annie in 2017 and Monty - in front - was his understudy.



These two long haired gentlemen guinea pigs are called Hank and Boomhauer. During lockdown they are allowed to roam around their owner's whole flat at their leisure and they make occasional appearances into BBB meetings with staff and students. They are both quite old now, so it's nice to spend so much time with them every day, eating plenty of spinach!

This is Elsie!  
Unfortunately for her owner, she pops his footballs.. But she is very good with little children so he forgives her.



**Answers next time...**



**All Home Learning Resources are available on RLS Moodle which can be accessed through [www.richardlander.co.uk](http://www.richardlander.co.uk) / Staff & Students / Moodle**



The RLS media player - Planet EStream - is full of films & documentaries for you to watch from home, along with Mr Bridger's workouts!

**Access EStream via Moodle (top bar) - Resources - Media Player**



## EMAILING YOUR TEACHERS

You must use your school email account to contact your teachers

**LOG ON TO WEBMAIL VIA LINK ON RLS WEBSITE HOMEPAGE**

Your username is in the format 3WSally

ANY ISSUES LOGGING ON, ACCESSING RESOURCES?  
ITSUPPORT@RICHARDLANDER.CORNWALL.SCH.UK



Richard Lander School students can download Microsoft Office free of charge. Go to:

**[www.office.com](http://www.office.com)**

Log on using your school email address & password. Install Office on your PC



REMEMBER ALL LINKS CAN ALSO BE FOUND IN THE STAFF & STUDENTS AREA OF THE SCHOOL WEBSITE  
ANY ISSUES LOGGING ON, ACCESSING RESOURCES?  
ITSUPPORT@RICHARDLANDER.CORNWALL.SCH.UK



## Adobe Creative Cloud

All Richard Lander School students can download Adobe apps free of charge.

**Instructions are on Moodle - IT Help**



ACROBAT PRO



PHOTOSHOP



ILLUSTRATOR



INDESIGN



PREMIERE PRO



DREAMWEAVER



LIGHTROOM



AFTER EFFECTS



ANIMATE



BRIDGE






# Are you worried about a child or young person?

If you think a child or young person might be suffering neglect or abuse contact the Multi Agency Referral Unit (MARU)

**If you see something, say something**

 **0300 1231 116**

 **multiagencyreferralunit@cornwall.gov.uk**

Whilst you may be concerned about involving our services, we do more than check up on children and young people's welfare.

If a family is struggling, we can organise early help and support for them, before any problems become harder to solve.

#### **What information do I need to give?**

The more detail you are able to provide, the better we will be able to help.

If you have noticed that something wrong, other people might have too. A teacher, health visitor or other person that knows the family might have already alerted us, and your knowledge might fill in some missing information that can help.



# **Cycles** for **key workers**

**Find offers on bikes,  
repairs and equipment near you**

An interactive map listing cycle offers  
for key workers:



bike hire,



equipment,



repairs and maintenance.

Plus,



bike shops currently open

and useful tips to keep you cycling safely.

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Visit: [www.sustrans.org.uk/keyworkers](http://www.sustrans.org.uk/keyworkers)

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**#Cycles4KeyWorkers**



@Sustrans



/Sustrans

Sustrans is the charity making it easier for people to walk  
and cycle. Join us on our journey. [www.sustrans.org.uk](http://www.sustrans.org.uk)

Sustrans is a registered charity no. 326550 (England and  
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# THE FACE OF OUR



WITH LOVE FROM THE SCHOOLS OF CORNWALL



<https://www.instagram.com/cornwallcollege/>

Calling everyone between the ages of 4-18 to create a portrait of a really valued member of our NHS to say a **HUGE THANK YOU** from us.

You can make your artwork any size, using any medium, on any material and get to see your portrait hang in a special collection at the Royal Cornwall Hospital.

Just visit @thecreativeacademystaustell to download a picture of your choice to create your masterpiece, then photograph your work and forward digitally to [trudi.port@st-austell.ac.uk](mailto:trudi.port@st-austell.ac.uk)

**For further information and artistic advice please contact:** [trudi.port@st-austell.ac.uk](mailto:trudi.port@st-austell.ac.uk) or phone: 01726 226411

**Closing date Monday 1st June 2020**

Art work by Joe & Izzy Shiner, Organised and promoted by Cornwall College St Austell  
This project is supported by the Artist Tom Croft's portrait of an NHS key worker.





# your way Live Chat

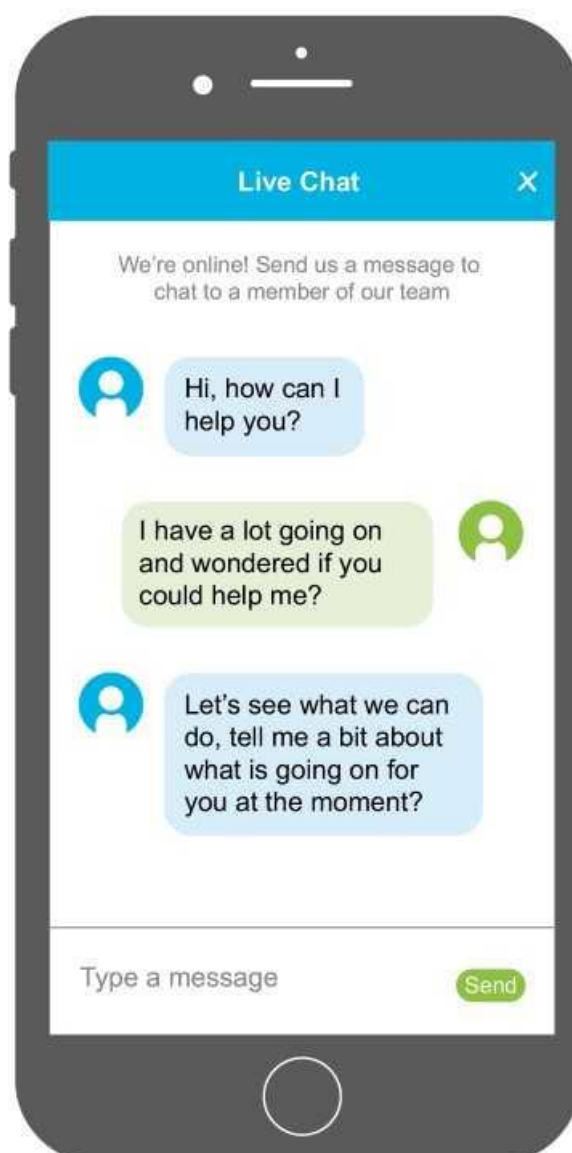


Available every day from 9am-9pm until further notice  
subject to review & government guidance

**Aged 11-25  
and need  
someone  
to talk to?**



**SCAN ME**



**Scan QR code or visit us at [your-way.org.uk](http://your-way.org.uk)**

FYI: we are not a crisis service. If you feel in crisis please contact Childline 0800 1111, Samaritans 116 123, Valued lives 01209901438 or visit The Mix at [www.themix.org.uk](http://www.themix.org.uk)