



RICHARD LANDER SCHOOL BULLETIN

13TH NOVEMBER 2020

Dear Parents and Carers,

As we are all aware, we have recently entered our second period of national lockdown, but on this occasion, schools have remained open.

I am pleased that the South West (and Cornwall in particular) has continued to record lower than national average 'R rates' but this will only continue to be the case if we continue to follow the national guidance.

As I have mentioned in recent communication, please can you continue to encourage your children to maintain a safety first attitude regarding Covid. Please do ensure that your children keep to the social distancing rules as laid out by the government, including having no social gatherings outside of school. Please continue to encourage your children to wash their hands regularly and to wear a mask in all public situations both in school and beyond the school gates. It is important that we follow government advice with regard to our health, not only for our own good, but also for the good of others.

It is so pleasing that progress towards a vaccine is very promising. However, it is important that we maintain vigilant because it will be some months before this is extensively rolled out in the UK.

In terms of how the term is progressing, I am encouraged by many things – and particularly the effort of students in class. Moving forward, I would like to improve on the following and ask parents to be supportive of this:

1. Our attendance rate is lower than it should be for this time of year, even taking account of Covid. Please do encourage your child to attend school every day unless: (a) they are genuinely ill, (b) are displaying symptoms of Covid, (c) are self-isolating as a result of someone else in the household awaiting the results of a Covid test or testing positive.
2. Completion of homework is not as regular as we would expect for this the time of year. I think this is perhaps related to the long period of lockdown in that some students have not regained as much work discipline as they previously had. Parents will know that we use the Show My Homework app for recording homework. This is an IT based app which means that parents can know what their child has been set for homework each day. This app has a notification feature, allowing parents to be notified the day before a piece of homework is due. I would recommend that parents use this feature and discuss / support the completion of homework with their children on a daily basis. (I have asked the IT department to put an article into the bulletin this week to explain how to get the most out of Show My Homework.)

And finishing on a positive note:

1. Thank you to our Head Students, Finley Thomas and Saffron Elliott for presenting a really powerful virtual assembly to the student body recently.
2. Well done to William and Izzy Sivam who continue to raise money for charitable causes by selling flap jacks and cakes from a stall on the Bissoe trail, which has raised £10,000 since the start of lockdown in March. In the 5 years in which William and Izzy have been doing this work, they have raised over £25,000 for local and international causes, including for our partner schools in Uganda and more recently, for the Cornwall Wildlife Trust. This is a terrific achievement.

Kind regards,
Steve Mulcahy
Headteacher



Dates for your diary

NOVEMBER

Monday 2nd - Monday 23rd

GCSE Autumn Exams

Friday 13th

BBC Children in Need

'Come as Yourself'

£1 donation



Tuesday 17th/Wednesday 18th

Y10 Business Studies Assessments

From Tuesday 24th

Every Tuesday and Friday in

November and December—

Year 11 Careers Interviews with

Careers 4 U

Wednesday 25th/Friday 27th

Graphics PPE P2/3

Friday 27th

Graphics PPE P2/3/4

DECEMBER

Tuesday 1st

Year 11 Drama Dress Rehearsals

Thursday 3rd

Y11 Graphics PPE P3/4/5

Friday 4th

Y11 Graphics PPE P3/4

Tuesday 8th/Wednesday 9th

Y10 Business Studies Assessments

Tuesday 8th/Wednesday 9th

School Christmas Lunch

Indian Music Workshop

Monday 14th/Tuesday 15th/

Wednesday 16th

Y11 Hospitality and Catering

Practical Assessments

Friday 18th

Last day of Term

Monday 21st - Friday 1st January

CHRISTMAS BREAK

JANUARY

Monday 4th January

1st day of Spring Term

Monday 4th - Friday 22nd

Year 11 Pre Public exams

Monday 4th - Friday 15th

Year 9 Progress Reviews

Thursday 21st

Year 10 Parents Evening

RICHARD LANDER SCHOOL NOTICEBOARD

SEXTING AND 'NUDES'

As part of Richard Lander School's work on E-Safety, Devon and Cornwall Police will be presenting a virtual assembly to students on Thursday 19th November. about sexting and 'nudes.' Sexting is sending, receiving, or forwarding sexually explicit messages, photographs, or images, primarily between mobile phones, of oneself to others.

If any parent has any concerns over the assembly content or would prefer their child not to be in the assembly, please can they contact Mrs Toms in advance. Mrs Toms is best reached by email on ltoms@richardlander.cornwall.sch.uk or call the school on 01872 273750 to arrange to speak to her.

NATIVE SPEAKER FRENCH AND SPANISH LESSONS

Our 2 delightful new languages assistants (right) are happy to teach extra lessons after school for a £10 for half an hour or £20 an hour. These lessons would be ideal for:

- Year 9 students who would like to study 2 langs at GCSE next academic year but who would like a bit of catch up practice in one of these languages.
- Year 10/11 languages students who would like extra help outside of lesson time

Welcome to Marta and Mathilde!



Who are young & young adult carers?

A young & young adult carer is a child or young person (aged 25 and under) who provides care and support for a family member who may be affected by ill health, a disability, mental ill health or substance misuse.

RLS Young Carers Support Group
Unfortunately we can't currently run our usual meetings as we must not cross year bubbles but our young carers can contact Mrs Tregunna at any time, if they have worries or concerns and Cornwall Young Carers are also able to come into school to offer 1:1 support.

ltregunna@richardlander.cornwall.sch.uk





RLS NOTICEBOARD CONTINUED

MESSAGE FROM CAREERS AND WORK EXPERIENCE

YEAR 11 CAREERS MEETINGS

Y11 students will start having their career meetings with a qualified careers advisor over the next couple of months.

Students will be told within school of the date and time of these meetings, however if you have any queries in the meantime please do contact Mrs Grenfell – ngrenfell@richardlander.cornwall.sch.uk

BOARD OF FAME

We, in the Careers and Work Experience department would like to put together a 'Board of Fame!' We are looking for Ex Richard Lander students that have gone on to achieve the job of their dreams!!!

All that is needed in the first instance is an email to ngrenfell@richardlander.cornwall.sch.uk with some information of

who you are and what you are now doing. We are looking to inspire our students and to show them that they can achieve their dreams!!!

ANTI BULLYING WEEK

Next week is anti-bullying week. We will be sharing some resources from the anti bullying alliance in tutor time. Please see the SafeToNet notice below to access 60 days free access to a safeguarding app and visit <https://www.anti-bullyingalliance.org.uk/> for resources and information.

STARTING NEXT FRIDAY - FEMINIST AUTHOR BOOK CLUB

Would you be interested in being part of a feminist book club? Miss Short, Science Technician, will be meeting with Year 10 students to find out why female voices are so important and why our students should make theirs heard. She will also be introducing her personal favourite short story: "The Yellow Wallpaper" to discuss together in a future session. Boys and non-binary friends are

also very welcome to come as well as girls!



Richard Lander Eco Team

ECO SCHOOL STUDENTS - IMPORTANT BBB MEETING NEXT MONDAY

If you attended Eco School last term and haven't reconnected since we came back to school—we have missed you!

If you are new to Richard Lander and would like to get involved with our Eco School team—we would very much welcome you!

Meeting are via BBB every Monday at 4:15 and next Monday's meeting promises to be very interesting..

[Please visit the Eco Schools meeting room here:](#)

It is also linked from the Moodle homepage.

A message from SafeToNet




SafeToNet

As part of SafeToNet's support for Anti-Bullying Week 2020 parents can now get a **60-DAY FREE ACCESS** to SafeToNet's pioneering safeguarding app.

Visit safetonet.com/abw2020 and use the code **ABW2020** to sign up now and make sure your children are safer online.



RLS NOTICEBOARD CONTINUED



**RICHARD LANDER SCHOOL
MUSIC DEPARTMENT
PRESENTS**

12 DAYS OF CHRISTMAS CHALLENGE!

Record in November, so we
can enjoy in December :)

A RLS LEARNING
COMMUNITY COMPETITION
to chase the winter blues
away..

**RECORD YOURSELF SINGING /
PLAYING AN INSTRUMENT.**


**CHOOSE A CHRISTMAS SONG OR
ANY OTHER SONG YOU LOVE**

**IT CAN BE ANY STYLE / YOU COULD
INVOLVE YOUR FAMILY OR PICK A
FUNKY BACKDROP!**

**UPLOAD TO RLS MOODLE AND EARN
10 MERITS AND A CELEBRATION
POSTCARD!**

**WE WILL SHARE ON SOCIAL MEDIA
IF YOU ARE HAPPY FOR US TO BUT
IT'S FINE NOT TO TOO**

BEST EFFORTS PLEASE!



UPDATE FROM THE MUSIC DEPARTMENT

The Music department are getting ready for Christmas and are inviting students to record themselves playing/singing a song at home. By recording in November, and allowing us to share your talent with the RLS community in December you will brighten the winter blues and earn a massive 10 merit for your learning community! More on the notices on LHS ...

UPDATE FROM THE MFL DEPARTMENT

EL DÍA DE LOS MUERTOS



Spanish students of all year groups have been finding out about the Mexican tradition of the Day of the Dead and celebrating this in lessons this week. Younger students wrote a review of the film 'Coco' explaining how this film links in with the Day of the Dead theme and older students researched the history and tradition behind this celebration as well as designing their own Day of the Dead masks.



RLS NOTICEBOARD CONTINUED

MESSAGE FROM THE SAFEGUARDING TEAM

'Whatsapp have introduced the option to have 'disappearing messages' where you can set a time for that message to disappear. Those who exploit children and young people can ensure evidence disappears when they send anything out. The feature mimics similar functions in other popular messaging apps such as Snapchat, this feature would help perpetrators to "avoid detection and erase evidence".

<https://www.telegraph.co.uk/news/2020/11/05/whatsapps-coming-disappearing-messages-function-branded-gift/>

Should I be worried about my child sharing videos and images online?



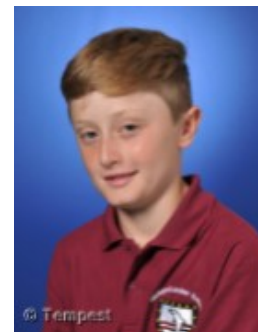
From Snapchat to Instagram, more and more young people are using video sharing apps to create and share their own content with their friends online. While it's normal for kids to be curious about using these types of apps, it's important to talk to them about what they're sharing online and how they can use them safely.

<https://www.net-aware.org.uk/news/should-i-be-worried-about-my-child-sharing-videos-and-images-online2/>

CONGRATULATIONS MATTHEW UPTON

One of our top sports people Matthew Upton has enjoyed an excellent year of tennis competition despite the restrictions. Before the current second lockdown began he achieved finalist and semi finalist

places at regional 16U tournaments, as well as a county level 16U win. His ranking therefore climbed and he earned a place at a national level 14U tournament during half term. He fought hard but lost a match tie break 10-8 in his first round match. On the 1st January 2021, when the 2006 cohort moves to 16U, he will be ranked in the top 20 for 14U in the UK! We are delighted to be informed of Matthew's achievements and very much looking forward to the next instalment of his tennis journey.



Richard Lander School

Extra- Curricular PE and Sports Programme - November – December 2020

	Boys		Girls		Mixed	
Monday	Year 11 Boys Football	<ul style="list-style-type: none"> both week A and B On the field so boots will be needed Changing rooms will be available for students to change 	Year 10 Girls Rugby	<ul style="list-style-type: none"> week A only) On the field so boots and protective gear will be needed Changing rooms will be available for students to change 	Year 11 Indoor Sports	<ul style="list-style-type: none"> Meet in the Sportshall No changing facilities will be available so students will participate in the clothes they've worn to school that day. A range of indoor sports will be available.
			Year 11 Girls Rugby	<ul style="list-style-type: none"> week B only On the field so boots and protective gear will be needed Changing rooms will be available for students to change 		
			Year 7 and 8 Girls Football	<ul style="list-style-type: none"> Both week A and B On the astro. Changing spaces will be available for students to change 		
Tuesday	Year 8 Boys Rugby	<ul style="list-style-type: none"> both week A and B On the field so boots and protective gear will be needed Changing rooms will be available for students to change 	Year 8 Girls Outdoor Games	<ul style="list-style-type: none"> Hockey – wk A, Netball wk B Both outside so appropriate kit and protective gear will be needed 	Year 10 Indoor Sports	<ul style="list-style-type: none"> Meet in the Sportshall No changing facilities will be available so students will participate in the clothes they've worn to school that day. A range of indoor sports will be available.
					Year 9 Functional Fitness	<ul style="list-style-type: none"> In the Main Hall Changing spaces will be available and PE kit will be needed. Bring a drink
Wednesday	Year 7 Boys Rugby	<ul style="list-style-type: none"> both week A and B On the field so boots and protective gear will be needed Changing rooms will be available for students to change 	Year 7 Girls Outdoor Games	<ul style="list-style-type: none"> Hockey – wk A, Netball wk B Both outside so appropriate kit and protective gear will be needed 	Year 9 Indoor Sports	<ul style="list-style-type: none"> Meet in the Sportshall No changing facilities will be available so students will participate in the clothes they've worn to school that day. A range of indoor sports will be available.
Thursday	Year 10 Boys Football	<ul style="list-style-type: none"> both week A and B On the field so boots will be needed Changing rooms will be available for students to change 	Year 10 Girls Outdoor Games	<ul style="list-style-type: none"> Hockey – wk A, Netball wk B Both outside so appropriate kit and protective gear will be needed 	Year 8 Indoor Sports	<ul style="list-style-type: none"> Meet in the Sportshall No changing facilities will be available so students will participate in the clothes they've worn to school that day. A range of indoor sports will be available.
					Year 7 Functional Fitness	<ul style="list-style-type: none"> In the Main Hall Changing spaces will be available and PE kit will be needed. Bring a drink
Friday	Year 9 Boys Rugby	<ul style="list-style-type: none"> both week A and B On the field so boots and protective gear will be needed Changing rooms will be available for students to change 	Year 9 Girls Outdoor Games	<ul style="list-style-type: none"> Hockey – wk A, Netball wk B Both outside so appropriate kit and protective gear will be needed 	Year 7 Indoor Sports	<ul style="list-style-type: none"> Meet in the Sportshall No changing facilities will be available so students will participate in the clothes they've worn to school that day. A range of indoor sports will be available.
					Year 7 Hockey	<ul style="list-style-type: none"> Week B only Changing spaces will be available for those who need it. On the astro. and protective gear is recommended.

At this present time we have no fixtures arranged against other local schools. We know our students will be disappointed with this but we would like to assure you that we will only be adding this to our extra-curricular provision when we can ensure student safety.



RLS SPORTS AWARDS 2020

Congratulations to all the Richard Lander School students who were chosen to receive sports awards this year. Sadly we couldn't hold our annual Sports Presentation Evening, here in school, and we didn't think sitting in front of a screen for a virtual presentation would appeal to our most active students, so the PE department invited them into school to collect their trophies, which were presented to them by Mr Stoddard, Head of PE. We took photos of our award winners and we are celebrating their success and our gratitude to them via RLS social media.

CONTRIBUTION TO SPORT WINNERS 2020

<i>Ben West</i>	<i>Beth Ireland</i>
<i>Tom Dolan</i>	<i>Sophie Buchanan</i>
<i>Tom Beynon</i>	<i>Izzy Mansell</i>
<i>Will Ashurst</i>	<i>Hebe Rudin</i>
<i>Matty Walker</i>	<i>Ruby Drake</i>
<i>Finley Stribley</i>	<i>Natasha Martyn</i>
<i>Jamie Ware</i>	<i>Hannah Barber</i>
<i>Michael Gough</i>	<i>Fran Stanier-Smith</i>
<i>Nat Dart</i>	<i>Amelie Sellars</i>
<i>Jack Dunstan</i>	<i>Lily Burton.</i>



20 students were chosen from the class of 2020 to receive a Contribution to RLS Sport award, to show our appreciation of the years of time, effort and commitment which they have put in during their time at school. We are delighted with our overflowing trophy cabinets with cups and awards from such a wide variety of sports and we really appreciate the encouragement and tuition that our older student offer younger students. The 20 students above have all played a major part in this. Every year the very best students in each of the sports that Richard Lander School competes in, are chosen from across all year groups. Congratulations to the students listed below who truly excel in their sport:

<i>Sportsman of the Year</i>	<i>Nat Dart</i>	<i>Hockey Player of the Year</i>	<i>Sophie Buchanan</i>
<i>Sportswoman of the Year</i>	<i>Beth Ireland</i>	<i>Cricketer of the Year</i>	<i>Freddie Bose</i>
<i>Sports Leader of the Year</i>	<i>Rhys Hooper</i>	<i>Rugby Player of the Year</i>	<i>Tom Dolan</i>
<i>Sports Leader of the Year</i>	<i>Jasmine Butcher</i>	<i>Cross Country Runner of the Year</i>	<i>Jake Allen</i>
<i>Netballer of the Year</i>	<i>Hebe Rudin</i>	<i>Cross Country Runner of the Year</i>	<i>Maisy Luke</i>
<i>Footballer of the Year</i>	<i>Lewis Moyle</i>	<i>Dancer of the Year</i>	<i>Ruby Drake</i>
<i>Footballer of the Year</i>	<i>Izzy Mansell</i>	<i>Tennis Player of the Year</i>	<i>Matthew Upton</i>
<i>Hockey Player of the Year</i>	<i>Jack Dunstan</i>	<i>Gymnast of the Year</i>	<i>Ella Fern</i>



Richard Lander School
SPORTS AWARDS
2020



CRICKET PLAYER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



FEMALE CROSS COUNTRY RUNNER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



MALE CROSS COUNTRY RUNNER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



DANCER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



FEMALE SPORTS LEADER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



FEMALE FOOTBALLER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



MALE FOOTBALLER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



GYMNAST OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



FEMALE HOCKEY PLAYER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



MALE HOCKEY PLAYER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



MALE SPORTS LEADER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



NETBALLER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



RUGBY PLAYER OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



SPORTSMAN OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



SPORTSWOMAN OF THE YEAR



Richard Lander School
SPORTS AWARDS
2020



TENNIS PLAYER OF THE YEAR

Richard Lander School Sports Award Winners 2020






GETTING THE MOST OUT OF SHOW MY HOMEWORK


Satchel:one, the company who run Show My Homework, have a really excellent help page full of top tips on how to get the most out of Show My Homework. It is regularly updated and will also answer a host of questions including:


- What do I do if I have forgotten my password?***
- Viewing the To-Do list as a parent.***
- How can I print my child's homework?***
- What do the colours in the calendar mean?***
- What do the numbers on the homework tasks mean?***
- How do I view both my children from my parent account?***
- How do I delete a child from my parent account?***
- How can I leave a comment to a teacher?***
- How do I stop overdue notifications?***
- Why are some tasks missing the 'Submit' option to hand in online?***
- Why are some tasks not graded?***


Please visit <https://help.satchelone.com/en/collections/1695420-parents#login-and-account-settings>


Monitoring Homework


My child's homework
How to view your child's homework from your parent account
 Written by Hercia Tavares
Updated yesterday


School calendar
How to use the school's public calendar
 Written by Hercia Tavares
Updated yesterday


Announcements
Receive important announcements from your child's school
 Written by Hercia Tavares
Updated yesterday


Overdue homework
Monitor outstanding assignments
 Written by Hercia Tavares
Updated yesterday


Events
Keep up to date with future events at your child's school
 Written by Hercia Tavares
Updated yesterday


Using the Gradebook
View your child's submissions and grades
 Written by Hercia Tavares

Managing email and push notifications
How would you like to be notified about changes in Satchel One?
 Written by Konstantina
Updated yesterday

Logging in as a parent
How to sign up, reset your login details for your parent account or assist in
 Written by Konstantina
Updated yesterday


Email already taken
Getting an error when trying to log in or link your account to another child's
 Written by Konstantina
Updated yesterday

Add another student to your account
Have you got more than one children that use Satchel? Link them to your
 Written by Konstantina
Updated yesterday

Common questions for parents
Frequently-asked questions about Satchel One for parents
 Written by Hercia Tavares
Updated yesterday

Managing email and push notifications

How would you like to be notified about changes in Satchel One?

 Written by Konstantina
Updated yesterday

Email and push notifications allow you to choose how you will be alerted about homework. You can choose to receive reminders for upcoming homework as well as school events and announcements.

Managing notifications in your browser

When logged into your student account in a browser, you will be able to subscribe to your preferred email notifications. To do this, please click on *Account Settings* to be taken to your settings page. From here, simply scroll down until you see *Manage notifications* and then you can simply tick or untick the options as you like.

Managing notifications on the app

To subscribe to email and push notifications via the Android app or iOS app:

1. Go to *Settings* and click on *Notifications*
2. In the *Email Notifications* section, toggle the switch to the right to subscribe to daily digest, weekly digest emails, new events and announcements. Toggling the switch to the left will unsubscribe you from these.
3. In the *Push Notifications* section, toggle the switch to the right to subscribe to all available push notifications. Push notifications are pop ups that appear on your mobile device. You don't have to be on the app or using the device to receive them.



LANDER4UGANDA UPDATE

Although the next Richard Lander School trip to visit our partner schools in Uganda is not scheduled until 2022, we are determined to continue supporting them as best we can! The Pearl of Africa Children’s Choir is unable to visit the UK for their fundraising tour so, in many ways, our friends in Uganda need our help more than ever.

THE POSHO CHALLENGE 2020

You may remember that earlier this year, most of the money raised by the fabulous Lander4Uganda 2020 team was invested in the purchase of 12 acres of land with the long term aim of providing self sufficiency to the Molly and Paul schools and the 1000+ children who study there. The land was tilled, fences were put up and crops were planted, nurtured, harvested and then eaten by the students, staff and their families during lockdown. These timely deliveries of food were absolutely vital in supporting families who had no way of supporting themselves due to Coronavirus restrictions.



We now aim to raise a further £5000 so that the 12 acres of land can be cultivated again next year, to feed all the students in the Molly and Paul Child Care Foundation schools. We aim to raise this money through a **POSHO CHALLENGE!**

So what is a Posho Challenge?

Staff and students (and families are very welcome too) will commit to eating only the restricted diet that Ugandan children eat every day. This means we will eat a diet of:

- Posho (maize flour and water) and boiled beans
- A small selection of fruit (based on medical advice)
- The only liquid we will drink is plain water

You can sign up for a day, a weekend or, if you think you can handle it, a whole week! If you are interested in taking part, please email lander4uganda@richardlander.cornwall.sch.uk

Of course you may think this sounds like an intolerable idea for you personally, but be prepared to support our efforts by donating! We would very much appreciate this! Please visit our JustGiving page to make a donation.

<https://www.justgiving.com/fundraising/richard-lander-school>

Every penny raised by this effort will be used to make a real and direct difference to our partner Ugandan villages and schools.





LANDER4UGANDA UPDATE CONTINUED



A TREE FOR A TREE



As part of our Green Charter work, and to support our friends in Uganda with a potential future source of income, we are selling TIGGER TREES!

These springy key rings have been kindly donated by **EUROPEAN SPRINGS & PRESSINGS** European Springs. *Thank you so much!*

being planted. For ten years this will grow, absorbing CO2, this will then be harvested, with more Eucalyptus saplings being planted in its place. Our Ugandan schools are committed to sustainable forestry.

The Tree for a Tree 'Tigger' trees will add bounce to your life and costs just £1. As well as receiving a really cool gift you will know that, in rural Uganda, a Eucalyptus tree is

This is all on top of the Merits for Trees initiative which the Head mentioned in his message in the last bulletin.

LANDER4UGANDA SURF WAX FOR SALE

Looking for a stocking filler? Is it too early to mention the Chr*stm*s word?

One of our Lander4Uganda students has made surf wax and is selling it in Main Reception. For just £3 you will get a beautiful hessian bag with a high quality handmade surf wax—perfect for secret Santa's, stocking fillers...



WELL DONE MATTHEW COKER

Despite the bitter disappointment of not being able to go to Uganda this year, the 2020 team did a superb job of fundraising! One example is Matthew Coker who, this week, transferred £348.79 to the L4U account, raised from key rings he, and his mum, made. Thank you Matthew and Lisa. We will ensure this money is spent well and we really hope, one day, you get to visit.



And finally, just to brighten your day, here is photo taken by Ruby Drake in 2019... ahhhhhhhh!





Armed Forces Families

Liaison/Contact member of staff

Mr T Brooker.

Students — room 206 or Humanities office any break or lunchtime .

Parents/Guardians email -

tbrooker@richardlander.cornwall.sch.uk



RLS Health Matters

RLS Health Challenge: Can you and your family safely walk, run, cycle, scoot or skate a mile ?



RLS Health Matters

DISCOVER TASTER DAYS

#thecareercollege



THE CORNWALL COLLEGE GROUP

Try a subject before you apply

Our taster days are ideal if you are in year 10 or 11 and would like to experience a range of subjects before applying for a course.

Bicton College

Wed 28 Oct 9.30am - 3.15pm
Wed 17 Feb 9.30am - 3.15pm
Wed 2 Jun 9.30am - 3.15pm

Cornwall College Camborne & St Austell

Twilight sessions are available throughout the year, please visit our website for more details.

Cornwall College Newquay

Tue 16 Feb 10am - 3pm
Tue 1 Jun 10am - 3pm

Duchy College Rosewarne

Wed 28 Oct 10am - 3pm
Wed 17 Feb 10am - 3pm
Wed 7 Apr 10am - 3pm

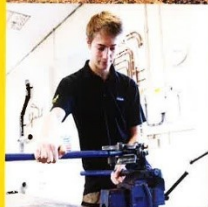
Duchy College Stoke Climsland

Tue 27 Oct 9am - 5pm
Tue 16 Feb 9am - 5pm
Tue 1 Jun 9am - 5pm

Falmouth Marine School

Sat 24 Oct 1pm - 4pm*
Sat 21 Nov 1pm - 4pm
Sat 6 Feb 1pm - 4pm
Sat 27 Mar 1pm - 4pm

*watersports event only



The only
Military
Academy
in the region



#1
for construction
skills training



One of the
best colleges
for catering
in the UK



#1 for
apprenticeships
in Cornwall
and Devon



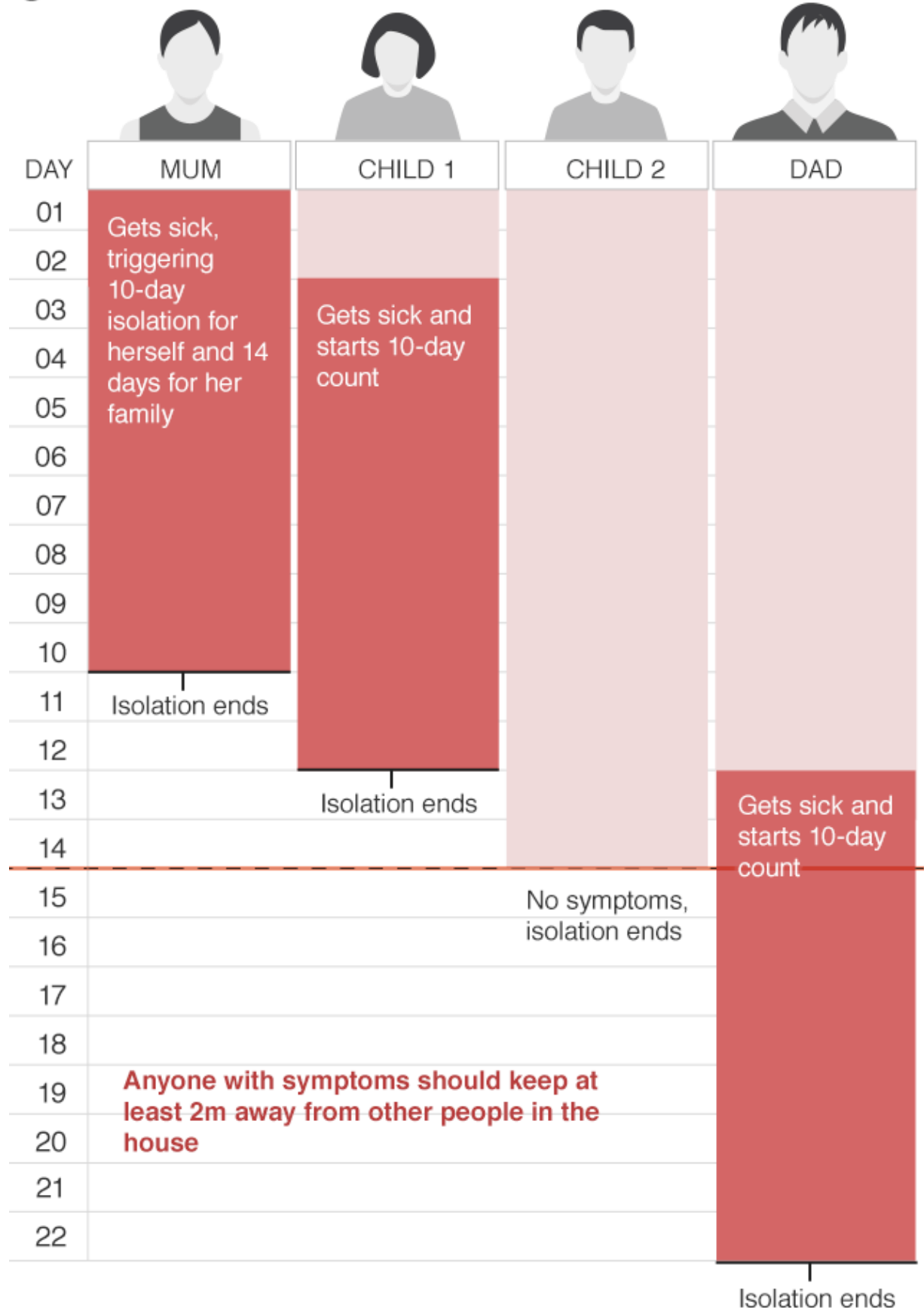
Industry
partners to
ensure courses
stay relevant





Richard Lander School - A Covid Secure School

What happens if someone in your family gets sick?



People may be able to pass on coronavirus without showing any symptoms




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.



TRURO COLLEGE

Outstanding Education
Inspiring Futures

OPEN EVENTS



**WHETHER ONLINE OR
IN PERSON, DISCOVER OUR
OUTSTANDING COLLEGE**

Sat 07 Nov 2020 **Virtual** Open Day 10am - 3pm
Thu 03 Dec 2020 Open Evening 5pm - 8pm
Thu 07 Jan 2021 Open Evening 5pm - 8pm

Thu 14 Jan 2021 IB Diploma Info Evening at 7pm
Sat 06 Mar 2021 Open Morning 10am - 1pm
Thu 06 May 2021 Open Evening 5pm - 8pm

WE'RE DOING THINGS DIFFERENTLY, BUT WE'RE STILL HERE TO SUPPORT YOU EVERY STEP OF THE WAY



Discover more about our
next event online
truro-penwith.ac.uk





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**ONE PAGE
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30 NOVEMBER

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*You may think Cornwall is a small place, but it's larger than
you can imagine...*

*Throughout National Novel Writing Month we're inviting people of **all ages** to write us a
story on a **single page using the prompt**. Any size paper and illustrations are allowed.*

*The Winners will be published on **BorrowBox!** Email your entries to
libraries@cornwall.gov.uk with the subject line '**1 Page Writing Comp**'*





Carrick Spring Term Online Virtual Parenting Programs January – February half term

Being Passionate About Parenting 5-11 yrs (3 weeks)

Thursday	10.00-11.30	28th Jan	4th Feb	11th Feb
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Being Passionate About Parenting Early Years 1-3 yrs (3 weeks)

Wednesday	1.00-2.30	27 th Jan	3 rd Feb	10 th Feb
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Being Passionate About Parenting with ADHD 5-11 yrs (3 weeks)

Wednesday	10.00-11.30	13 th Jan	20 th Jan	27 th Jan
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Being Passionate About Parenting with Spectrum Awareness 5-11yrs (3 weeks)

Tuesday	1.00-2.30	19 th Jan	26 th Jan	2 nd Feb
Monday	6.00-7.30	25 th Jan	1 st Feb	5 th Feb

Take 3 12-17 yrs (5 weeks)

Tuesday	6.00-8.00	12 th Jan	19 th Jan	26 th Jan	2 nd Feb	9 th Feb
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Being Passionate About the Teenage Brain 12-17 yrs (3 weeks)

Friday	9.30-11.30	22 nd Jan	29 th Jan	5 th Feb
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Being Passionate about Parenting the Early Years 1-3 years

A 6-hour workshop for Parents / Carers of children aged 1 to 3 years (pre reception). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims include: - To build relationships with our toddlers. To develop top tips for positive behavior management. To give support and confidence to Parents/ Carer. Topics in this workshop include: - child led play, special time, praise, limited choices use of language, routines etc. This workshop is delivered on a need led basis. Ideally it will be delivered on a monthly in each Locality across the County.

Being Passionate about Parenting 4-11years

A 6-hour workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer.

Being Passionate about parenting with a basic introduction and awareness to ADHD 5-11 years

A 6-hour workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The ADHD element of the workshop includes: - Fact and Fiction about ADHD, definition of ADHD and possible areas that may be a challenge, the use of language and effective communication, seeing behaviours from your young person's perspective and supporting them with practical strategies and top tips.

Being Passionate about parenting with awareness of the Spectrum 5-11 years



A 6.5-hour workshop for Parents / Carers of young people aged 5 to 11 years (primary up to year 6). It is an introduction to some top tips and strategies and incorporates golden threads from our other Parenting programs. It is an introduction to positive behaviour management that often gives those who attend confidence to engage with other support on offer. The elements which are about the Spectrum includes:- Fact and Fiction about the Spectrum, looking at definitions/challenges and strategies to support your young person, sensory challenges, basic social scripts to support situations that may be difficult to understand, the use of language to support positive communication, and to understand behaviours from your young person's point of view.

TAKE 3 12-17 years

A 10 hours workshop parents and carers of teenagers. Whether you have current worries about your teenager or would just like to understand your child better, this programme will have something for you. How to encourage, motivate and support young people. Helping parents look after themselves. How to negotiate boundaries that work

Being Passionate about the teenage Brain 12-17 years

A 6-hour workshop for Parents / Carers of young people aged 12 to 17(Secondary years 7 to 11). It is an introduction to strategies and incorporates golden threads from our other Parenting programs. The aims of the workshop include: - To build relationships with our young people. To develop positive strategies to support behavior management. To provide support, information and confidence to Parents/ Carers. Topics in this workshop include: -Boundaries and communication, emotions, keeping calm, praise, the teenage brain, parenting styles etc. This workshop is delivered on a need led basis. Ideally it will be delivered on a monthly basis in each Locality across the County.

DISCOVER TASTER DAYS

#thecareercollege

THE CORNWALL COLLEGE GROUP

#1 for apprenticeships in Cornwall and Devon

Try a subject before you apply
Our taster days are ideal if you are in year 10 or 11 and would like to experience a range of subjects before applying for a course.

Bicton College
Wed 28 Oct 9.30am - 3.15pm
Wed 17 Feb 9.30am - 3.15pm
Wed 2 Jun 9.30am - 3.15pm

Cornwall College Camborne & St Austell
Twilight sessions are available throughout the year, please visit our website for more details.

Cornwall College Newquay
Tue 16 Feb 10am - 3pm
Tue 1 Jun 10am - 3pm

Duchy College Rosewarne
Wed 28 Oct 10am - 3pm
Wed 17 Feb 10am - 3pm
Wed 7 Apr 10am - 3pm

Duchy College Stoke Climsland
Tue 27 Oct 9am - 5pm
Tue 16 Feb 9am - 5pm
Tue 1 Jun 9am - 5pm

Falmouth Marine School
Sat 24 Oct 1pm - 4pm*
Sat 21 Nov 1pm - 4pm
Sat 6 Feb 1pm - 4pm
Sat 27 Mar 1pm - 4pm
*watersports event only

#1 for construction skills training

Industry partners to ensure courses stay relevant

The only Military Academy in the region

One of the best colleges for catering in the UK

Register for a taster day by visiting www.cornwall.ac.uk/events-and-tasters



DUCHY COLLEGE COURSES & CAREERS ADVICE EVENT

ROSEWARNE & STOKE CLIMSLAND

www.duchy.ac.uk

- Tour the campus
- Meet expert lecturers
- Explore career pathways



**SAT 14 NOV
10AM - 12PM**

VIRTUAL EVENT  **BOOK ONLINE**



BICTON COLLEGE

SUBJECT AREAS

**Adventure Tourism
Agriculture
Animal Management
Apprenticeships
Arboriculture
Countryside & Conservation
Equine Management
Floristry**

**Foundation Learning
Horticulture
Land-based Engineering
Military & Protective Services Academy
Plant Operations
Sports Coaching
Veterinary Nursing
Zoology**

COURSES & CAREERS ADVICE EVENTS with #thecareercollege

Sat 21 Nov 10am - 12pm

Sat 6 Feb 10am - 12pm

Sat 27 Mar 10am - 12pm



**BICTON
COLLEGE**

0330 123 4782

customer.services@bicton.ac.uk

www.bicton.ac.uk



DUCHY COLLEGE STOKE CLIMSLAND & ROSEWARNE

SUBJECT AREAS

Agriculture

**Animal Management
Countryside & Conservation
Equine Management
Floristry
Foundation Learning
Gamekeeping**

Horticulture

**Land-based Engineering
Military & Protective Services Academy
Plant Operations
Sports & Fitness
Veterinary Nursing
Zoology**

COURSES & CAREERS ADVICE EVENTS with #thecareercollege

Sat 14 Nov 10am - 12pm

Sat 30 Jan 10am - 12pm

Sat 20 Mar 10am - 12pm



NOT ALL AREAS ARE AVAILABLE ON BOTH CAMPUSES

**0330 123 4784
enquiries@duchy.ac.uk
www.duchy.ac.uk**



FALMOUTH MARINE SCHOOL

SPECIALIST AREAS

Boatbuilding

Marine Biology

Marine Engineering

Watersports

**COURSES & CAREERS ADVICE EVENTS
with #thecareercollege**

Sat 21 Nov 10am - 12pm

Sat 6 Feb 10am - 12pm

Sat 27 Mar 10am - 12pm



0330 123 4783

enquiries@cornwall.ac.uk

www.falmouthmarineschool.ac.uk



Virtual Songwriting Club!

Bringing young people together to create new music in Cornwall!

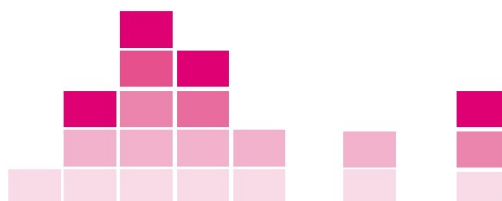
Do you like to write your own songs? Are you interested in working with other young people to develop your music? Then join us every **Thursday at 16.00** for a one hour online group workshop focussing on songwriting.

The Hub's record label, Kevrenna Records, supports young people to create and release new music. As part of this the Cornwall Music Education Hub has launched it's new Songwriting Club which will meet online weekly from **23rd July**. The sessions will bring young people together virtually each week to share ideas, listen to feedback and collaborate on new projects. The sessions are fully funded by the Cornwall Music Education Hub and there are no costs to attend.

Participants will work together on songwriting challenges and preparing your songs ready to release onto digital streaming platforms.

The sessions will be led and supported by Hub songwriting expert, Ryan Jones. Participants should be aged 12-18 and living in Cornwall or the Isles of Scilly.

To find out more contact the Hub office – CMEH@cornwall.gov.uk or sign up here - <https://www.cornwall.gov.uk/education-and-learning/cornwall-music-education-hub/workshop-application/>





**WATCH ONLINE:
INSPIRATIONAL TALKS
FROM SOME OF THE
UK'S BIGGEST
EMPLOYERS AND
INFLUENCERS**

FREE EVENT



**SPEAKERS INCLUDE SUCCESSFUL
YOUTUBER AND DIGITAL CELEBRITY
GRANT HINDS, GREAT BRITISH BAKE-OFF
WINNER AND BEST-SELLING AUTHOR
NADIYA HUSSAIN, AND THE INSPIRATIONAL
ROMA AGRAWAL, LEAD ENGINEER FOR THE
SHARD LONDON**

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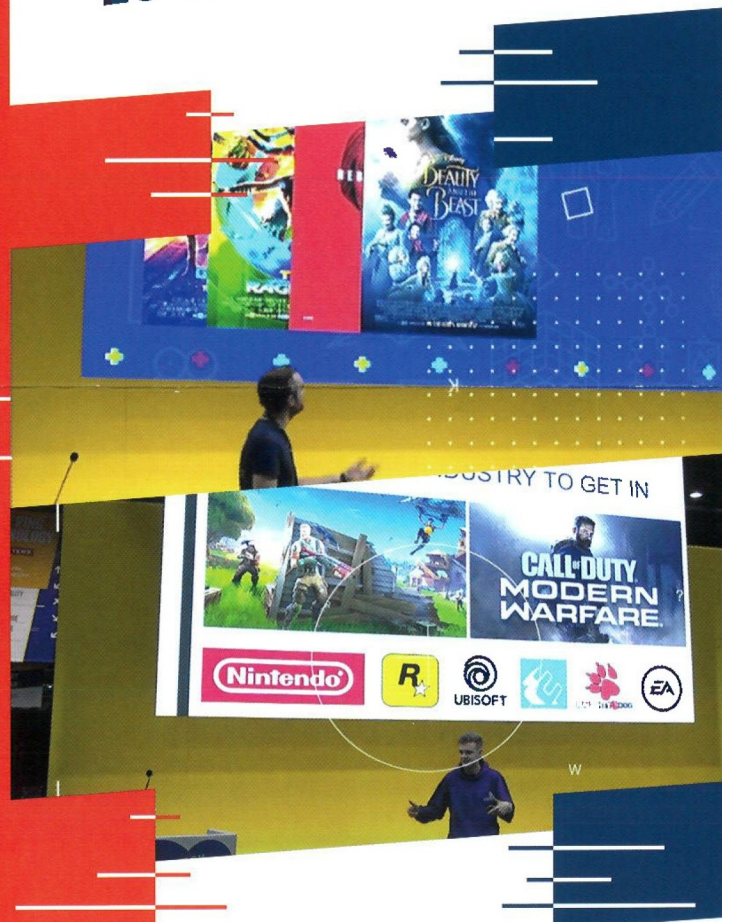
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26-28 NOVEMBER 2020



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