



RICHARD LANDER SCHOOL BULLETIN

17TH JANUARY 2020



Dates for your diary

JANUARY

Thursday 16th / Friday 17th

Year 9 Career Pilot Sessions

Saturday 18th & Sunday 19th

Ten Tors Camping Weekend

Fox & Hounds, Dartmoor

Monday 20th

Eco Team - Visit to the Energy Recovery Centre

Bosvigo DT Workshop

Monday 20th - Thursday 23rd

English Week

Tuesday 21st

Immunisation Day - Year 9

Thursday 23rd

Performance of Ordinalia at Threemilestone School

Friday 24th

Schools Winter Games—Year 7

Netball at Truro School

Law Workshop

Sunday 26th

South West Milano Gymnastics Competition

Monday 27th

Bosvigo DT Workshop

Wednesday 29th

Apprenticeship Show, Exeter

Governors Meeting— Students and Curriculum

Thursday 30th

17:00 Year 11 Parents Evening

Youth Speaks—Debate Club, Carnon Downs

Friday 31st

Year 4,5,6 Cross Country Qualifier

FEBRUARY

Sunday 2nd

South West Floor and Vault Competition

Monday 3rd February - Friday 14th February

Year 10 Progress Reviews

Wednesday 5th

U15 Indoor Cricket Tournament at Cornwall Cricket Centre

Thursday 6th

Intermediate Maths Challenge

Youth Speaks Debating Competition
CSIA

Friday 7th

Year 5/6 Table Tennis Festival

Saturday 8th & Sunday 9th

Ten Tors Camping Weekend

Plume of Feathers, Dartmoor

Wednesday 12th

Governors Meeting— Personnel

Year 8 Paris Parents Evening—

Canteen—18:00

Monday 17th—Friday 21st February

HALF TERM BREAK

Tuesday 25th — Friday 28th

Iceland Trip

Saturday 29th & Sunday 1st March

Ten Tors Camping Weekend
Bellever, Dartmoor

MARCH

Monday 2nd - Friday 6th

School Council Week

Tuesday 3rd

Theatre Trip to see An Inspector Calls in Plymouth

Thursday 5th

World Book Day

Friday 6th

Year 7 Take your Child to Work / Meet the Employer

Year 5/6 Handball Tournament

Sea Cadet Marine Engineering Pathway Workshops

Monday 9th / Tuesday 10th

Carrick Dance Senior and Advanced Groups—Twilight Workshop at RLS

Wednesday 11th

Governors Meeting— Policy

Thursday 12th / Friday 13th

Carrick Dance Junior Boys and

Girls—Day Workshop at LA Studios

Thursday 12th

Sing Up Concert

Friday 13th

Pi Day Eve

RLS Science Fair



COMBINED TRURO SCHOOLS ART PROJECT 2020

We were invited last week to take part in a collaborative art project with 5 Truro Schools. Five Year 9 students from Richard Lander were selected to work with Year 9s from the other schools in making a large piece of art which will be exhibited at the Cathedral as part of an annual exhibition.

'Firstly we went to Truro Cathedral to observe the shapes and architecture. We sketched areas of the building with the organ playing in the background. The idea was to incorporate the abstract architecture and sweeping archways of the cathedral into shifting shades of colour in a glass mosaic.' Kirsten

Students were asked to draw sketches both inside and outside the cathedral and then simplify the drawings into shapes and patterns. There were some lovely drawings made by our talented students and it was interesting to see how students from other schools approached the sketching task. We then walked to Truro High School as a large group and settled into the art room for the rest of the day.

'We got to make mosaics with an artist called Sam Elliott who taught us how to cut and shape the glass. We were split into 5 different groups to make a section of the overall mosaic, taking pieces of glass and shaping them to fit in the gaps.' Lily

The students worked well as a team with students they didn't know, making decisions about design and how to create their group piece. There was an amazing assortment of glass pieces to work with and we were taught how to cut, trim and grind the glass to any shape or size. At the end, we put the 5 panels together and it formed a beautiful circular mosaic with a rainbow of colours.

The artist will do the final grouting and the next time we see it will be as a floor piece in the cathedral as part of the CTSAP exhibition, which opens on February 11th.





TERRACYCLE UPDATE - 20KG OF DIVERTED WASTE RAISES £40 FOR LANDER4UGANDA!

Thank you to all the people who donated to TerraCycle last term. We sent a shipment at the end of term of **16kg** of crisp packets and **4kg** of bread bags. This earns a total of **£40** which will go towards Lander4Uganda fundraising, and diverts 20kg of rubbish from landfill/incineration. In total we have sent **38kg** to TerraCycle and the process is being made simpler and more streamlined so we hope to send even more in the future. Thanks again for all the contributions, especially to Tremorvah Industries who have been TerraCycle superstars! Thanks also to those of you who helped us sort the waste at the last minute.

WE RECYCLE WITH TERRACYCLE!



ACCEPTED WASTE

- Soft-brushes, electric toothbrushes heads, toothbrush packaging and any toothbrush packaging
 - Biscuits and wafer packets, any brand of wafer, wafer and wafer wrappers with an aluminium foil top
 - Biscuits and wafer packets, any brand of wafer, wafer and wafer wrappers with an aluminium foil top
 - Pringles tubes including the seal and plastic lid
 - Crisp, wafer, wafer, wafer packets
 - Mixing instruments and bowl of any size, ball tip, highlighter, marker, correction fluid pen, correction tape, mechanical pencil and pencil case, the wooden pencil and sharp, the glue sticks, markers, pens or other writing instruments
- Any questions - contact Sarah at gs@trecycle.co.uk
Master Centre, 87 Madras Road, W14 9EX

ECO-SCHOOLS / RLS CLIMATE ACTION GROUP UPDATE

The **RLS Eco-Schools** team have been working very hard on our bronze award. They have formed an eco-committee and are meeting fortnightly. They have completed an environmental review of our school which considers biodiversity, energy usage, global citizenship, healthy living, litter, marine life, school grounds, transport, waste & water usage, and uses the information gathered to create an action plan which initially focusses on three main areas. The three main areas which have been chosen are energy, waste and biodiversity. During the election, Eco-Schools students painted 'Vote Planet' and 'Vote for our Future' on the back of old banners and hung them on the school railings to encourage voters to consider the climate emergency. Next week, some students from the Eco-Schools group are going on a visit to the Cornwall Energy Recovery Centre, there are also plans in the pipeline for a visit to the Bodmin Recycling Centre. Keep your eyes open for the new Eco Schools noticeboard which will be going up in the next few weeks.

Students from the Eco-Schools meetings attend monthly RLS Environment Action Group meetings to discuss ways to improve Richard Lander School's carbon footprint with the Headteacher, School Business Manager and other staff. As a result of these meetings, our water fountains are being changed to a design which makes it much easier to refill water bottles; this is currently taking place during the evenings. We are looking forward to the appearance of dried mixed waste recycling bins in school. It is very important that we only put recyclable items in this bins so we will be printing guidance on this in the next bulletin. Richard Lander School is heated with gas central heating and we are





working on reducing our gas consumption by turning the thermostat down a degree. We will be able to bring you consumption figures as to how this improves our carbon footprint in the near future.

Members of the Environment Action Group recently held a Skype call with nutritionist, Hannah, from Autograph Catering who provide the food in our canteen. As a result of this we are delighted that there are now vegan options on the menu every day. More on this below.

Representatives from Eco-Schools and the EAG have been working with other members of the community to share concerns, ideas and potential solutions. Holly, Joel, Miss Wright and Mrs Jones travelled to Trythall Primary School on Wednesday to meet staff and students from other schools in Cornwall, they also enjoyed a tour of the amazing Trythall Permaculture garden, which includes a pond, a poly tunnel, chickens, a Celtic maze made from unwanted turf, a 'growing and education' area made from recycled pallets and is surrounded by native species hedging which has been planted by the parents. There was a presentation from Janine Bisson from Cornwall Council on the council's commitment to become carbon neutral by 2030 and the level of change needed from us all. Pirate FM were also at the event to make a film, which we look forward to seeing soon. Thank you very much to Janine for organising this event.

Students have also been attending 'Education, Climate, Wellbeing and Collaboration: Joining The Dots' meetings with members of the wider community. There are a wealth of experts at these meetings, with dedicated environmentalists, representatives from Cornwall Council, local business and people who work with young people in all capacities. Everyone is committed to supporting young people in the face of climate emergency.

The school council meetings, which were held last term, all raised our school's carbon footprint as a major cause for concern, along with a lack of obvious recycling facilities, showing that the climate emergency is a priority for the majority of our students. The Extended Leadership Team have been discussing the minutes to these meetings this week and there is a longer report on the school council findings later in this bulletin.

Eco-Schools is a global programme engaging 19.5 million children across 67 countries, making it the largest educational programme on the planet. For nearly 25 years Eco-Schools has been empowering children to drive change and improve their environmental awareness through the simple Seven-Step framework in order to achieve the international Eco-Schools Green Flag award. If you would like to join the Eco-Schools group, please see Mrs Boase.

DELICIOUS NEW VEGAN OPTIONS NOW IN THE SCHOOL CANTEEN



In the past, students and staff have raised concerns that there were not enough vegan options available in the school canteen and that food was not clearly labelled as to whether it was suitable for a vegan diet or not.

Following a Skype call with Hannah Baugh, the nutritionist from Autograph, and a lot of hard work from Pixie and the canteen staff, we are delighted to tell you that there are now vegan options on the main meal menu every day and there are also a number of exciting new 'grab and go' options on the counter. For example, for £1.15 you can buy a slice of vegan pizza complete with mozzarella style cheese, or you can try a 'mozzarella' and pesto savoury pastry. For £2 you can purchase a roasted Mediterranean vegetable





baguette, a 'mozzarella' and tomato baguette or a hummus and salad baguette, all of which are freshly made, every day, on the school premises. There are also 3 different types of vegan pre-packed Urban Eats sandwiches.

For vegans with a sweet tooth, there is a choice of flapjack, 2 types of homemade cookie and chocolate crispy cake.



The new main meal menus are listed below and provide a really tasty and exciting lunch for us all with themed meals from around the world and all food is now clearly labelled. Thank you very much to Hannah Baugh, Pixie and the canteen staff for making this happen in time for Veganuary :))

Please note, all of these options may not be available every day; Pixie and her team are working out which options are most popular with staff and students. However, there will certainly be a variety delicious vegan food in the RLS Canteen everyday!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	U.S.A	CHINESE	BRITISH	CARIBBEAN	BRITISH
	Mac 'n' Cheese	Kung Po Chicken with Oriental Rice	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Jerk Chicken with Caribbean Dumplings and Rice and Peas	Battered Fish Fillet or Salmon Fish Fingers with Chips
	Veggie Mince Chilli Bake with Potato Wedges OR Vegan: Veggie Chilli with Jacket Potato VE	Sweet and Sour Vegetables With Oriental Rice VE	Lentil, Courgette and Spinach Roast with Roast Potatoes and Gravy VE	Caribbean Vegetable Casserole with Rice and Peas VE	Vegan Sweet Potato Pie with Chips VE
	Sweetcorn	Green Beans	Cabbage & Honey Roast Carrots	Courgette	Baked Beans & Peas
	Chocolate Brownie with Chocolate Sauce	Apple and Berry Crumble with Custard	Peach with Yoghurt and Granola	Jamaican Banana Cake with Vanilla Sauce	Flapjack VE
WEEK 2	Italian	Indian	BRITISH	GREEK	BRITISH
	Mixed Pepper Calzone with Potato Wedges	Beef Balti with Rice and Naan Bread	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Lamb Kofta in a Pitta Bread with Mint Rafta and Potato Wedges	Battered Fish Fillet or Salmon Fish Fingers with Chips
	Tomato, Basil and Mozzarella Pasta Bake OR Vegan: Tomato and Basil Pasta VE	Saag Aloo (Potato, Spinach and Lentil curry) with Rice and Naan Bread VE	Vegetable and Chickpea Wellington with Roast Potatoes and Gravy VE	Falafel Wrap or Pitta with Lemon Mayo and Roasted Vegetable Rice (Available as a Vegan Option when served without lemon mayo)	Vegetable & Bean Pasty with Chips VE
	Sweetcorn & Peas	Green Beans	Oven Roasted Parsnips & Cauliflower	Sweetcorn	Baked Beans & Peas
	Lemon Sponge with Custard	Pear and Chocolate Sponge with Chocolate Sauce	Forest Fruits with Yoghurt and Granola	Danish Apple Cake with Custard	Jam and Coconut Sponge with Custard
WEEK 3	spanish	MEXICAN	BRITISH	Thai	BRITISH
	Spanish Omelette with New Potatoes	Beef Chimichanga with Cajun Wedges	Filled Yorkshire Pudding with Pork Sausages, Mashed Potato and Gravy	Thai Green Chicken Curry with Rice	Battered Fish Fillet or Salmon Fish Fingers with Chips
	Mediterranean Vegetable Gratin with New Potatoes (Available as a Vegan Option when served without cheese) VE	Veggie Mince Burrito with Mexican Rice (Available as a Vegan Option when served without cheese) VE	Filled Yorkshire Pudding with Veggie Sausages, Mashed Potato and Gravy OR Vegan: Veggie Sausages with Mashed Potato and Gravy VE	Vegetable Pad Thai Style Noodles VE	Homemade Vegan Sausage with Chips VE
	Green Beans	Sweetcorn	Broccoli & Carrots	Savoy Cabbage	Baked Beans & Peas
	Peach Crumble with Custard	Fruity Flapjack VE	Pancakes with Summer Fruit Compote	Pineapple Upside Down Cake with Vanilla Sauce	Chocolate Marble Cake with Chocolate Sauce



Extra-Curricular Sport and PE Timetable: Spring Term 2020

	Lunch Time (1:10 – 1:50)						After School (3.30-4.40)
	SPORTS HALL	GYM	ASTRO-TURF	SPORTS FIELDS/COURTS	HRF ROOM	DANCE STUDIO/ CLASSROOM/ MAIN HALL	
Monday	Badminton 7-11 Mixed JWI	Competitive Gymnastics 7-11 Invite Only EHU	Hockey 10 & 11 Mixed DCA	Girls Football 7-11 RPR	Individual Fitness 7-11 Mixed PCK		
Tuesday	Wk A - Cricket 7-9 NST	Girls Active 7,8 & 9 (Set 2&3 only) LMA	Hockey Year 8 Girls AJA	Girls Rugby 7-11 PCK	Individual Fitness 7 Mixed Only RBO		Football Training/Fixtures 7, 8, 10 & 11 All Male Staff Netball Year 9 LMA Trampoline 7-11 Mixed AJA
	Wk B – Volleyball 11 Mixed NST						
Wednesday	Basketball 7-11 Girls LMA	EPS 10 Invite only PCK	Hockey 7 Girls DME	Football Spain Trip Only JBR	Individual Fitness Girls Only RBO		Football Training Year 9 Boys JBR
Thursday	Basketball 7-11 Boys JWI	Competition Trampoline 7-11 Invite Only EHU	Hockey 9 Girls LMA	Netball Year 8 AJA Rugby Sevens 7 & 8 Boys RPR	Individual Fitness 7-11 Mixed PCK		Football Training/Fixtures Year 7-11 All Male Staff Girls Hockey/Netball Fixtures Year 7-11 All Female Staff
Friday	Netball 7 Girls DME Netball 10/11 Girls DCA	Competition Gym 7-11 Invite only (till end of Jan) Gym Club 7-11 (Feb-Apr) EHU	Boys Hockey 7-11 NST		Individual Fitness 7-11 Mixed PCK	Carrick Dance Selected Only Coach	

Clubs are open to both boys and girls unless stated.
Full kit must be worn to all clubs

Hand valuables in to the member of staff running the club
GET INVOLVED AND HAVE FUN!!!!

NOTICES FOR PARENTS



A MEETING FOR ALL YEAR 8 STUDENTS GOING TO PARIS IN MARCH 2020, AND THEIR PARENTS/CARERS, WILL TAKE PLACE ON WEDNESDAY 12 FEBRUARY FROM 6-7PM IN THE CANTEEN.

SEXTING AND 'NUDES'

As part of Richard Lander School's work on E-Safety, Devon and Cornwall Police are coming into assemblies during the week of 3rd February to talk to our students 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.

RLS HEALTH MATTERS CHALLENGE

- Can you swap sugary treats for fruit – for a whole week?
- Can you jog a whole mile, without stopping?



RLS Health Matters



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



SCHOOL COUNCIL UPDATE

Near the end of last term our school councils met to discuss the most pressing issues as identified by our student body. Tutor groups select 3 representatives to become school council members; 1 representative is from years 7/8 and 2 are from years 9/10. These representatives meet at termly school council meetings. The Junior School Council meetings involve student representatives from years 7 & 8, the School Council is made of students from years 9 & 10 and year 11 students meet as a Senior Council. Minutes are taken at all of these meetings and sent to the ELT (Extended Leadership Team) who discuss everything raised and use these discussions to inform school policy making decisions.

Many of the issues raised at last terms meetings focussed on our school's impact on the planet. Composting and waste, a desire for the school to use renewable energy, preferably solar panels, an end to single use plastic packaging in the canteen and the rate at which white board pens are thrown away were all highlighted as areas for change. The water stations around school are not working for students who wish to refill bottles. Students would like to see more wild flowers, have the opportunity to grow fruit and vegetables in school, to take part in beach cleans, litter picks and other community events. Many delegates thought that students who have been sent to the referral rooms should be sent out to pick up litter.

Students would also like more eco-awareness assemblies and a whole school 'Eco Day.' Towan would like the opportunity to create art from plastic waste.

Many students questioned whether the school planner is now redundant, or whether perhaps it should be reduced to a lanyard calendar and timetable.

Students would like staff to consider a redesign of the canteen to have 'Harry Potter' style benches and tables and to consider building a properly covered outside eating area to relieve pressure on our crowded canteen.

Some school councils offered to fund raise to buy a container to convert or an Elliott hut.

And finally, something our parents can help us with, students are very concerned about idling engines at picking up and dropping off times. Air and noise pollution aren't nice for anyone. Please switch off your engine whilst stationary.



Learning Community Netball Results - December, 2019

	Year 7			Year 8			Year 9			Year 10/11			Total	Pos
	Part.	Perf.	Total	Part.	Perf.	Total	Part.	Perf.	Total	Part.	Perf.	Total		
Godrevy	4	1	5	4	3	7	4	3	7	4	3	7	26	2 nd
Pentire	4	3	7	4	4	8	4	1	5	3	1.5	4.5	24.5	3 rd
Rame	4	2	6	4	1	5	4	2	6	4	1.5	5.5	22.5	4 th
Towan	4	4	8	4	2	6	4	4	8	4	4	8	30	1 st

Part. = Participation/Perf. = Performance

(4 points for 1st place, 3 for 2nd place, 2 for 3rd place and 1 for last place)



DESIGNING A FLAG FOR ANTARCTICA— BRITISH ANTARCTIC SURVEY

Earlier this year, Year 7 were invited by the British Antarctic Survey to design a flag (as Antarctica does not have one!). This links with our unit on Cold Environments. After many entries, the Geography team had to pick just five of our best to be sent to Antarctica to be photographed!

Although Antarctica has no plans to adopt a flag any time soon, I think you will agree these images are fantastic and would make really great flags! Well done to Joel, Elsie, Bea, Luca and Mia!



ANTARCTICA DAY 2019

This certificate is awarded to Richard Lander School
for designing inspirational flags "in the interests of all mankind."

YOUR FLAG WAS CELEBRATED IN ANTARCTICA!

Location Name: Signy Research Station

Latitude: 60°43'0"S

Longitude: 48°36'0"W

Date: 06/12/2019

Researcher: Derren Fox

Signed: UKPN Antarctic Flags Team



U16 GIRLS FOOTBALL—COUNTY CUP QUARTER FINAL

Congratulations to the U16 Girls Football team who beat Falmouth 9-0 in the quarter final of the County Cup. Sophie scored 6, Molly scored twice and Beth capped it off with a solo effort from half way. Well done to Beth, Izzy, Sophie, Maddy, Ruby, Simonka, Katie, Molly, Jasmin, Willow, Mia, Anna, Romy, Hayleigh, Tabby, and Molly!



DEBATE CLUB UPDATE

Every Wednesday at 1pm, Debate Club meet to discuss those puzzling questions which, for many of us, do not have an obvious answer. Our debaters are looking forward to taking their argument forming and public speaking skills out of school to 2 Youth Speaks Debating Competitions, to be held at Carnon Downs at the end of this month and at Camborne Science and International Academy next month. If climate change or gender equality are of interest to you, why not attend next Wednesday’s debate in room 216.

This week’s Debate result:
“There’s no such thing as FREE WILL”
5 votes for, 8 votes against
The motion is defeated, this house
DOES believe in free will



Wednesday’s Double Debate
This house believes ‘climate change is the most serious
emergency the planet has ever faced’
and...
This house believes ‘Gender equality is an
impossibility’
Wednesday 22 Jan 1pm Room 216



ECO-AMP TAKE PRODUCT TO TRURO COLLEGE FOR DRAGONS DEN EVENT

By Matthew Hall, Year 9.

Eco-Amp, Richard Lander School’s Young Enterprise team, have taken their journey to a new level. They took their bamboo amplifiers, which are sustainable, single-use plastic free and wireless, to Truro College to be analysed by a panel of Young Enterprise judges in a Dragon’s Den style event on the 16th of January. The practical and attractive pieces of equipment are made from bamboo, and uses physics to play the music. They are made of a cylindrical piece of bamboo from the UK, with the slot lined from recycled wetsuit, donated by a local surf school. They are also compatible with any phone. They have recently been sold at a Young Enterprise event at Sainsbury’s, for just £5 for a phone holder and £15 for a speaker. EcoAmp made the most sales out of all the competing teams in the first round of sales.

The deputy head of this company, Matthew, stated **“There is a market for a product like this, it’s exciting to see where we can go.” “I’m very happy for the next sales, and where we’ve come so far, and I hope that we get a regional win!”**

We are all hopeful that these very enthusiastic innovators get a regional win!





Parent & Teen Pilates
Mondays 4pm



CLUB

FORTNIGHTLY (2020):-
11th January & 25th January
8th February & 22nd February
7th March & 21st March

(At TMS Church Hall)

Saturdays from 7pm till 9pm

11 - 16 year olds

Activities: Table Tennis, Pool, Table Top Football, etc.

Refreshments Available



GRAMPOUND RD YOUTH CLUB

OPENING PARTY

*Our weekly Youth Club is kicking off with a PARTY!
Come join in the fun and tell us what you want YOUR
Youth Club to be like! Tell your friends!*

*Volunteers still needed to help shape the club, a small amount of your
time can make a HUGE difference to the young people of our village!*

*Weekly Club begins
Friday 17th of January 6-8pm
Grampound Road Village Hall
For ages 10 - 17 years*





Greenwave
Interactive
FLAT PACKED
THEATRE

Day-Light
Group

Laboratory of Light



Open Workshop 16+

Sunday 2nd Feb 10.30 - 4pm
Teyluva Family Centre, St Day
TR16 5LG

Family Workshop

Saturday 1st Feb

Drop in 10.30 - 1pm

Teyluva Family Centre, St Day
TR16 5LG

Greenwave Lasers (Ages 8+)

Come to play, create and discover the science behind sound, colour and light. Make **wave patterns** in laser light by creating **music** using keyboards, drum pads, sound samples and your own voice.

See the colourful light patterns change before your eyes as you discover the connections between shape and sound.

No musical experience required.

Flat Packed Theatre (Ages 5+)

Join Flat Packed Theatre for some fun with **circuits** and **lights**. Have you ever played the Baby Shark song using a potato? Want to try turning a banana into a light switch?

Have a go at setting off light and sound sequences using conductive materials and circuits, learn about the computer programmes they use and get a sneak peak at their light installation plans for Signs & Wonders.

Greenwave Lasers

Creative partnership Antonia and Paul from Greenwave Interactive invite you to explore and play with a visual interface that has enabled them to create a range of **laser** shows and **light** installations.

Workshop participants will gain **insights** and **inspiration** into how they can incorporate these techniques into their own creative process to explore new ideas and develop their work without the need to write code.

Flat Packed Theatre

Flat Packed Theatre use domestic colour changing Philips Hue light bulbs, Apple Script and conventional theatrical cueing software to light their shows.

This workshop offers the opportunity to learn about how they create their work and the **unconventional** ways they use every day **technologies**. Exploring light sequences, using light to enhance atmosphere and basic coding.

Book a free place!

www.thedaylightgroup.co.uk

facebook: daylightstday

Under 16s please email

Both workshops
are **FREE!**

Refreshments provided but
you may want to bring a
packed lunch



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



www.thedaylightgroup.co.uk
www.greenwavelaser.com
www.flatpackedtheatre.co.uk





CORNWALL COLLEGE COURSES & CAREERS ADVICE EVENT

**CAMBORNE, SALTASH,
ST AUSTELL & NEWQUAY**

www.cornwall.ac.uk

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



**SAT 18 JAN
10AM - 12PM**

DUCHY COLLEGE COURSES & CAREERS ADVICE EVENT

ROSEWARNE & STOKE CLIMSLAND

www.duchy.ac.uk

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



**SAT 25 JAN
10AM - 12PM**



Troon AFC



disAbility Football

£3
per
session



- ALL ABILITIES WELCOME - Physical & Learning disabilities - Autism - Cerebral Palsy - Hearing Impaired - Down's Syndrome - Partially Sighted

Sundays

9.30am - 11.00am

The Astro

Cornwall College Pool

Inclusive football for youth 8-16 years and adults 16+ years - whatever your ability level. Sessions are flexible, inclusive and accessible.

Run by Qualified Coaches

Call Nikki Perryman on 07730 533043

or email applepye3@hotmail.co.uk

