



RICHARD LANDER SCHOOL BULLETIN

23RD APRIL 2020



Thank You

for staying home.

**Stay Home,
Save Lives,
Protect the NHS**

Dear Richard Lander School Community,

It's been over a month since we last saw most of you and we hope this bulletin finds you well. We'd like to thank you for staying home, saving lives and protecting the NHS. The streets around RLS are deserted and we are missing you all very much, but we know that this enforced temporary isolation is the best way to combat the Covid-19 virus, and for us all to get back to normal as soon as we possibly can.

As we draw to the end of the second week of the summer term, most students are getting to grips with virtual learning via our VLE, Moodle, and have managed to install Microsoft Office 365 and Adobe Creative Cloud on their home computers or smartphones. If you are struggling, please remember that IT Support is available from 8am—4pm every weekday. You can call the school on 01872 273750 or email itsupport@richardlander.cornwall.sch.uk and your query should be answered within a working day. Our tech team are always happy to talk you through an installation, reset a password, remote into a misbehaving computer.. etc. For any other issue, there is a member of staff on main reception every weekday from 8am—4pm, who will be happy to find paper based school work, textbooks, etc and leave for collection in the school lobby or answer any other questions you may have.

Via Moodle, teachers are making use of Big Blue Button video conferencing, recording video tutorials and reporting that their days have been brightened by really lovely student work. The purpose of this bulletin is to





share some of this work with you, along with some ideas to help you stay connected, occupied and in good mental and physical health— there is a lot going on, and our staff have been working on filtering and recommending some of the best opportunities out there. There is also a report on essential PPE manufacturing efforts which our DT staff are leading on and a reminder of our last day in school—Friday 20th March - when we said a premature goodbye to our wonderful Year 11 students.

We are always interested to hear what you are up to, along with your insights and feelings on these unprecedented times, whether these relate directly to your school work or not, so if you would be happy to share these in a future bulletin; anonymously if you'd prefer; please email swright@richardlander.cornwall.sch.uk. We have also been contacted by Royal Cornwall Museum who are collating a 'Covid 19 Cornwall Collection' which will outline how Cornwall coped with the COVID-19 as a moment in history that will be remembered for decades, so please indicate if you would be happy for us to share any stories with RCM too.

All the best, stay well, safe and at home!

Miss Wright—Ed



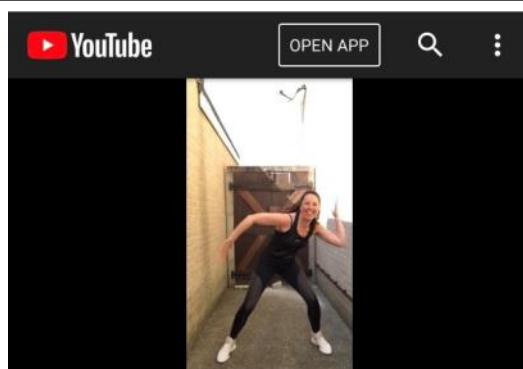
Are you clapping for carers every Thursday night at 8pm?

Clap, cheer, grab a pan and a wooden spoon or a musical instrument—it doesn't matter if you can't play it! Stand on your doorstep and make a racket just like the ELT are doing here!



Get Fit with Mr and Mrs Bridger!

There are now over 20 workouts on the school YouTube channel, which are also being shared to the school Facebook page daily. These feature our favourite fitness celebrities Mr and Mrs Bridger - think Joe Wicks but even better!



Mr and Mrs Bridger's Dance/Aerobics Fitness 83 views



Mr and Mrs Bridger's Dance/Aerobics Fitness 83 views

Mr Bridger has been producing 'Get Fit in 15' sessions for the school for around 4 years and has been joined by his wife who is a well known local Zumba and fitness instructor—Mr Bridger seems to be wearing a new outfit everyday and theming his workouts on different sports, he has even been seen wearing a woolly hat!

The sessions are short high intensity workouts which will get your heart pumping and increase your energy levels! We are very lucky to have this dedicated and dynamic duo in our community, do join them for your daily workout!



Lobster Thermidor by Delicia



Victoria Sponge by Byron



Victoria Sponge by Millie

RLS STUDENTS LEARNING FROM HOME..

Teachers have been delighted to receive emailed photographs of student work in response to the tasks set on Moodle. Never underestimate how happy you can make a teacher by sending them evidence of a really lovely piece of school work!

It seems that lots of you have been thoroughly enjoying cooking in lockdown!

From Miss Ansell—Head of Food
'The Food department will be setting practical work for you to do whilst you are at home. All the recipes you need are on Moodle and you can always go into other year groups to find different recipes. We understand that some ingredients may be harder to get hold of. One example is flour which has seen a 154% rise in demand as people are doing more home baking and supply chains struggle to keep up with this demand. Year 9 have just started their cake project so this could be tricky. However we are being flexible and look forward to seeing any pieces of practical work that students produce. The pieces of practical work pictured here really made my day and Mrs Toms's day and I and all your food teachers would love to see more. '



Goujons, Wedges and Dips by Josh



Birthday Cake for Mum - Love Heart Vanilla Sponge with Vanilla Buttercream and Raspberries - by Menna

Superchef Otis in Year 7 also deserves a special mention. Since we broke up Otis has made his own wild garlic pesto, sushi rolls, a pasta meal and this amazing loaf of bread. Otis is clearly a great person to be isolated with!





RLS STUDENTS LEARNING FROM HOME.. CONTINUED

The Drama department have been encouraging their students to take advantage of all the wonderful free theatre that has been made available online during the Covid - 19 crisis.

The National Theatre [nt-at-home](https://www.nationaltheatre.org.uk/nt-at-home) are streaming free recordings of their world class shows every Thursday night on YouTube.



The Kneehigh Cookbook www.kneehighcookbook.co.uk is a brilliant resource and it's absolutely jammed packed with interviews with artists, directors and designers and has links to video recordings of past shows and rehearsals. Their wealth of knowledge is invaluable. If students would like to have very special access to the Covid - 19 special educational resources they should email Ms Charleston for the super secret password.

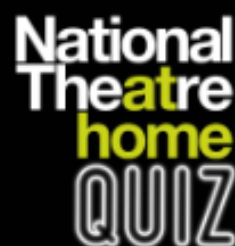
Our year 10 students have been encouraged to take part in the www.franticassembly.co.uk frantic digital warm ups which the innovative physical theatre company have been sharing on their website on a weekly basis.

While we are at home and adjusting to this new world we are living in it is really important to exercise your body every day. Ms Charleston loves to do her yoga class and is growing seeds and veg in her garden. Miss Smith runs on the beach and bakes the most wonderful cakes at home. It is vital for the creative mind to be active and not sedentary. Year 7 are being encouraged to write news reports and to create characters at home. Year 8 students have been given scripts to work on - Trainers, a true story, and the classic, Romeo and Juliet, for Year 9. All lesson plans and resources are on the Moodle page - watch this space for some amazing performances from our students in the next few

weeks...

In the meantime it's hard to work on the computer when the cat keeps stealing my chair!

*Mrs Charleston
Head of Drama*



Take part in our Quiz

On the final Monday of each month, you can take part in our brand-new virtual quizzes.

Join our first quizmasters **Dame Helen Mirren, Sir Lenny Henry, Lesley Manville and Sir Ian McKellen** at 7pm UK time on 27 April, as they pose questions on history, sport and the National Theatre.

You can play along from home on Facebook and YouTube, so please like and subscribe to our channels for the latest Quiz news.

Join us on Facebook

Subscribe on YouTube



RLS STUDENTS LEARNING FROM HOME.. CONTINUED

UPDATE FROM THE ART DEPARTMENT

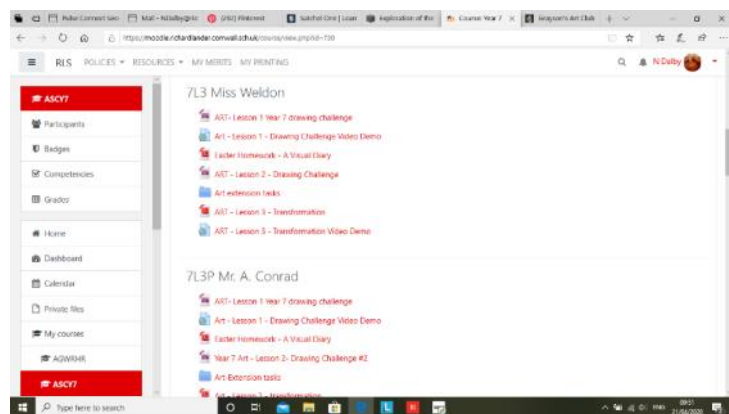
There are some fabulous opportunities to get creative whilst in isolation—here are some of our favourites!

<https://www.explorationoftheday.com/>

This is a great website that has daily creative challenges . It is also running in Italian so nice to know that others in lockdown are trying out similar things

<https://www.channel4.com/programmes/graysons-art-club>

One of our best loved British artists Grayson Perry is running Art lessons (From Monday we believe) on Channel 4 which will be brilliant!



We have put loads of extension activities on Moodle which appear in a folder under each listed group . These activities are suitable for anyone — Parents can get creative as well as students!

<https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours?>

This is a link to some great virtual tours of galleries and museums around the world

<https://www.royalacademy.org.uk/exhibition/summer-exhibition-2020#submit-your-work>

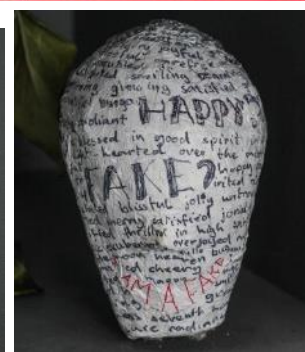
The Royal Academy in London, despite being closed, is still accepting submissions for their Summer show. (currently postponed) This is a huge exhibition of art work held every year that is made up entirely of work that is submitted and then selected by a panel . Anyone can submit their work , details on the link above:



YOUNG PERSONS ART PRIZE

We once again have done superbly well in the Young Person's Art Prize - an annual competition run by the Exchange Gallery in Penzance. The theme for this year was protest art - 'What's your issue?' We had excellent entries from students across Years 7,8 & 9 and were astounded by the quality and ideas of work produced. Sadly the gallery is currently closed and therefore the exhibition of student work isn't on show to the public but you can see all the shortlisted works on Facebook. **Viewers are invited to vote—via a like or a comment—on their favourites. Voting finishes at 17.00 on 30 April and the work with the most Facebook 'likes' will receive the Visitor's Vote Prize, a goody bag of art materials.**

Well done to Marlie, Otis, Riley, Victoria, Sofia and Tabby who were all prize winners and whose work you see here.





The daily life of Miss Weldon during lockdown...

'I have found a new calling! And that is as a video streamer/ blogger! My eStream videos on demonstrating how to produce your art work during lockdown are getting some high viewing numbers! One video has had 183 views! Well done to all those students accessing the work online.



After my routine morning coffee and thick slice of toast with chocolate hazelnut spread (my absolute weakness!), I go up to my newly formed home office which is completely kitted out with all my classroom equipment and materials. 8.30AM I turn on my computer...My studio space (AKA home office), is hidden away through a built in secret door in our house, (yes! A real secret door!), so no one can bother me when I am in the creative zone. When I discovered we were going into lockdown, I filled my car with stuff from school - I even brought home my classroom guillotine, as I like to cut things straight. Miss Weldon does not like to waste a single minute of the day - so I have been planning and preparing lots of exciting new projects for my classes in September.

After answering my emails, it's time to get practical. Just some of the things keeping me busy include:

- *drying out seaweed*
- *photographing shells*
- *painting the sea and getting messy with acrylics*
- *sharing art materials and projects with neighbours*
- *opening and closing the fridge*
- *writing lists*

I will usually have my lunch break outside in the garden, and then back to work. I have discovered a new love for 1950's jazz music whilst in lockdown, so my classes should prepare themselves for the speakers to be on full blast when we return to school. Once I have finished work for the day, I will go for my daily quarantine exercise with my partner and our dog,

usually a run or a cycle to get the fresh air into our lungs. I've also tried my hand at baking for the first time ever! I am no Mary Berry...but I have so far baked:

- *Lemon drizzle cake*
- *x2 loaves of bread*
- *Apple crumble*
- *Badly burnt biscuits*

The new normal for me, is making even more ART. To be creative is the best escapism from any environment or scenario you find yourself in. Make the most of lockdown and use the time to draw and be creative.

Stay home, stay safe.

*Miss Robyn Weldon
Teacher of Art & Photography'*



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.

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.

This week we made paper flower wreaths!





From the Music Department:


'It has been lovely to get some rad raps, sunshine songs and heroic film music recordings from some of our Year 7, 8 and 9 students!

There are some pointers for Year 7, 8 and 9 students on how to use Band Lab

<https://edu.bandlab.com/>

You can send your songs to your teacher via email, or upload them onto Moodle or Bandlab - keep those finished pieces coming in and don't forget the awesome music activities on Moodle to keep you busy!

Well done to all of our BTEC and GCSE music students who are serenading their families at home and working through the classwork, also set on Moodle!

The Music Department have been busy organising some music so that our whole student body can choose to participate in a mass singing and orchestral recording!! 

It is hoped that Year 10 and 11 students will lead the way and we will get some great music being produced.'

<https://www.facebook.com/cornwallmusiclub/>

Please click on the Cornwall Music Education HUB (CMEH) Facebook page for information on lots of different online music events that you or your child could get involved with. There are some fantastic musical activities that are going on. This includes getting involved with -

- *Online Music Production Workshops*
- *Online Orchestras - like the ABRSM Scratch Orchestra*
- *Ode-to-Joyathon this Friday with the National Youth Orchestra*
- *Cornwall County Choir Watch Parties and Virtual Singing*

Keep on Music-ing!

*Miss Jones
Head of Music
Richard Lander School*



CAN YOU FEEL THE LOVE TONIGHT—MASS RECORDING OF THIS DISNEY CLASSIC FOR THE RLS COMMUNITY!

The Music department have been very busy! RLS now have our own version of the Great British Chorus! - (and a much better song—Ed)

On Moodle, there are information videos, lyric sheets, backing tracks and music scores for any singers or instrumental players who would be interested 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 slideshow 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 May 15th, but this can of course be extended for anyone who needs more time.

Miss Jones—Head of Music





UPDATE FROM THE SCIENCE DEPARTMENT

Mrs Wansbrough has been wowed by 7RP1s models of the eye. The class were tasked to create these from things that they found lying around at home and students rose to task admirably! Here are some of her favourites...

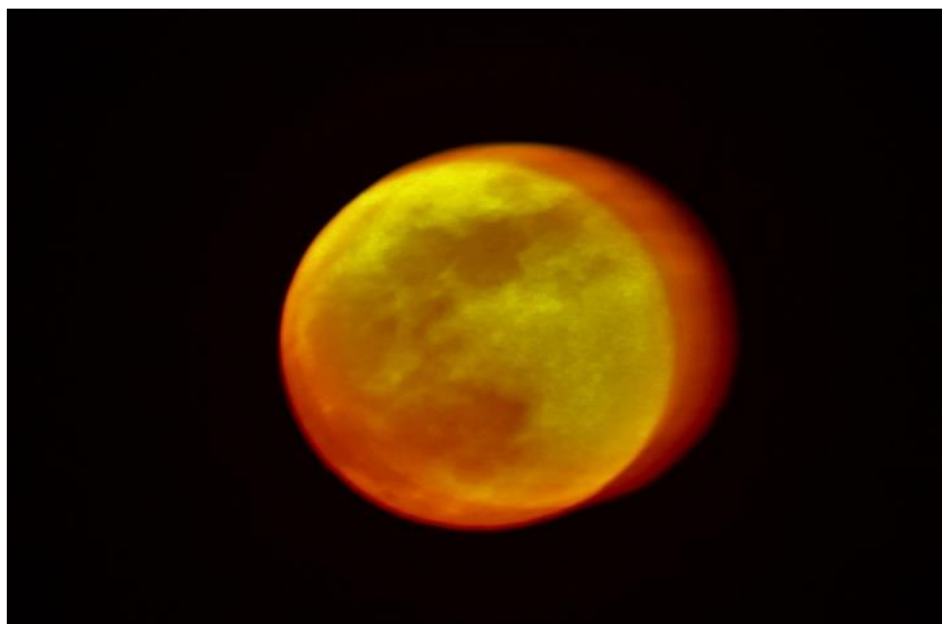


TASSOMAI is proving very popular with isolated students! The total number of questions answered correctly since we broke up are as follows..

- Y7 - 51,801
- Y8 - 72,153
- Y9 - 27,316
- Y10 - 54,440

Here are the leaderboards since we broke up!





timeanddate.com

Moon: 97.5%
Waning Gibbous

Current Time:	9 Apr 2020, 09:41:25
Moon Direction:	276.00° W ←
Moon Altitude:	-19.28°
Moon Distance:	359431 km
Next New Moon:	23 Apr 2020 03:25
Next Full Moon:	7 May 2020 11:45
Next Moonrise:	Today 22:09

THE SKY AT NIGHT...

What is going on up there??

The Supermoon that we saw which was classified as the Pink Moon, was never actually going to be pink in colour (sad) - as the moon only reflects light from the Sun, and while the Sun remains very "un-pink" - so does our Moon!

However, that does not mean it wasn't special. A supermoon occurs about once every year, and it is where we have a full moon that is at it's closest point to Earth during the elliptical orbit. It was a lot closer to Earth than it normally is, which gives us about a 10% increase in size from a regular full moon.

The term Pink Moon is just a name - just like Blue Moon. Some people say it is linked to a spring flower coming into bloom in North America - but it has been called many things related to this seasonal time of year.

Over the next few evenings you may be lucky to catch part of the Lyrid Meteor Shower, and we can expect to see Venus in the sky, visible just after sunset - which would look like the brightest star in the sky and about halfway between the horizon and overhead.

<https://www.timeanddate.com/astronomy/night/uk/london> is a link to a good website which updates daily on times of the visibility of different planets and constellations.

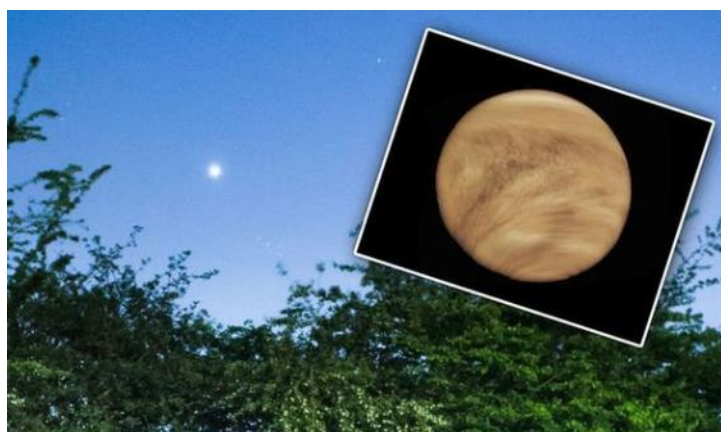
On the 26th April, we are going to have a beautiful Moon and Venus combination as the Moon is in its crescent phase - this will be visible from sunset/moon rise onwards. Always makes for a lovely photo if anyone is a keen astronomical photographer!

Those early birds/extra late night owls can also get a treat, as from 2am to sunrise, both Jupiter and Saturn can be visible near the horizon in the SE direction for the remainder of the month.

As we move further into summer - these two planets begin their rise earlier and earlier, making them our 'Summer Planets' - so even those of us who refuse to get up at 3am to see them currently, will have our chance to see them in the evenings come June.

Happy gazing!

Mrs H Morgans
Science Teacher





RLS STUDENTS LEARNING FROM HOME.. CONTINUED

UPDATE FROM THE MFL DEPARTMENT

Year 7 MFL students have had a wide variety of rouge, orange and vert (optional) tasks to complete with flashcards, quizzes and creative challenges.

One 'orange' task saw student creating a baby book in French and Mrs Arney was delighted with the results! Alice's lift the flap book was lovely and colourful and Emily even uploaded a video to YouTube of her narrating her story! Perfect resources for our staff with babies, to use to raise bilingual children!



The MFL Department have also launched French and Spanish cookery challenges. Who can make the best Fondant au Chocolat? You just need to follow the instructions here and then submit a photograph of your creation to Mrs Arney!

The recipes are also available on the school social media accounts and Moodle

Concours de Chocolat

Instructions:

We have a challenge for you that will give you a chance to practise your French and your cooking skills. But, most importantly, we all know that a little chocolate is good for the soul. Below is a recipe. It's in French but don't worry, there's help! All you need to do is follow the recipe, take a picture of your creation and send it to us at school. You can either email it to karney@richardlander.cornwall.sch.uk or better yet, post it as a reply to the facebook post and impress everyone with your culinary skills.

Hints:

All numbers are shown in **red**.

There is some key vocabulary at the bottom to help you if needed, but if you're struggling use www.wordreference.co.uk for extra help – that's fine!

Useful vocabulary

Mélanger = to mix

Se laver = to wash

Cuire = to cook

Ajouter = to add

Incorporer = to mix / to incorporate

Retirer = to take out

Refroidir = to cool down

Fondre = to melt (*think about chocolate fondu – it's melted chocolate !*)

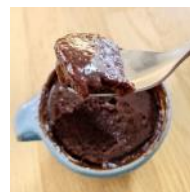
Une cuillère = a spoon

Des carrées = squares / pieces

Fondant au Chocolat

Ingrédients

- ✓ **Quarante** grammes de chocolat noir
- ✓ **Quarante** grammes de beurre
- ✓ **Trente** grammes de sucre
- ✓ **Vingt** grammes de farine
- ✓ **Un** oeuf



With thanks to La Chocolatrice in Newcastle for the worksheet!

La recette

1. Il faut se laver les mains avant de commencer.

2. Faire des petits carrés de chocolat.

3. Dans un mug, mettre le chocolat et le beurre.

4. Faire fondre quarante secondes au micro-ondes.

5. Mélanger avec une cuillère et ajouter le sucre.

6. Mélanger avec la cuillère et ajouter l'oeuf.

7. Mélanger, et puis incorporer la farine et bien mélanger !

8. Cuire pendant soixante secondes au micro-ondes.

9. Retirer du micro-ondes, et laisser refroidir pendant trois minutes avant de déguster.

Bon appétit !

With thanks to La Chocolatrice in Newcastle for the worksheet!



RLS STUDENTS LEARNING FROM HOME.. CONTINUED

More from your teachers!

'Working from home is providing many of its own challenges, not least checking and giving feedback on returned work from students. This was one of my favourite things returned by Isaac in 7R6. The task was to spend at least 15 minutes reading and then complete one of the challenges from the reading activities document. Isaac chose to design a poster for a film of the book 'Charlie and the Great Glass Elevator' by Roald Dahl. This was one of my favourite books as a child and I especially liked Isaac's 'vermicious knids' attacking the elevator!



Year 9 English students have been focusing on poetry in preparation for next year's GCSE course. One of the weekly tasks is to produce some creative writing based on a poem from the Power and Conflict cluster of the anthology, which is helping students practise essential skills for the Language Paper too!

A couple of students who have enjoyed flexing their creative muscles are Gerran and Alana (both 9L1).

Gerran's descriptive writing is based on Seamus Heaney's 'Storm On the Island.'

'Morning rises, and the village awakes. The sea is calm, waking up from the nightmares in its sleep. First glimmer of sun, and the blacks and purples under its surface rise into green and blue, and white froths of imagination dance on its surface. The water yawns, hugging the rocks as it stumbles up the shore to greet the houses. As we sit down to bread and honey, the sea feasts on the seaweed it left behind the night before, churning it up into a foul smell that wafts around the beach, only to be masked by its salty perfume....'

Alana's descriptive writing is based on William Wordsworth's 'The Prelude'

'Stumbling blindly through the brush, Elliot felt the panic start to fill his chest, making his lungs feel like they were going to burst. He didn't know if he was bleeding or crying or both. He didn't care. I need to get out. I need to find out where I am. How will I ever get out of this labyrinth? Lost in his own thoughts Elliot had failed to notice the root slowly creep into his path and curl its fingers around his ankle.

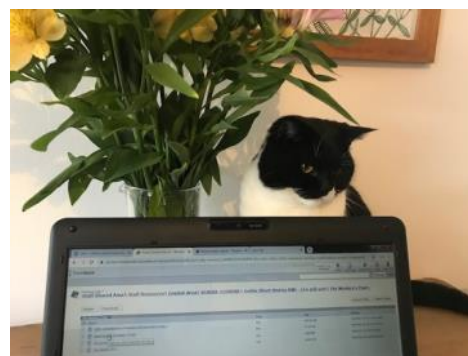
Everything hurt. ...'

Miss H. Thomas
English Teacher

There are details of some really good competitions on the English area of the school website under creative tasks and competitions and there is also an online young writers group details of which you can find on the link below.

<http://thewritersblock.org.uk/events/>

Mrs N Thomas
English Teacher



The Grammar Police.. Working from home: it's all being checked by Queen Audrey!

Guess which teacher?

The Geography department are planning lessons and resources for RLS students whilst trying to fit in home-schooling of our own and caring for families! We are busy and settling into this new school life but I think we all agree life 'in a classroom' is being missed and we look forward to being back soon.



Mrs Boase
Head of Geography



CAREERS & WORK EXPERIENCE



Isolation could be the perfect time for you to consider your future career..

Mrs Grenfell has been busy uploading resources to Moodle; follow the 'Careers' course link which appears on the second page of courses on the Moodle home page to:

- Try out virtual work experience at Barclays Bank
- Browse through difference job sectors on the World at Work website.
- Watch Stacey Dooley on her Work Experience placement
- Complete a research activity which Mrs Grenfell will mark for you
- Use Career Pilot to explore different job sectors and find out the qualifications and experience necessary to help you to get your dream job

COVID-19 Isolation - How are you coping?

How are you coping with isolation and the upheaval of 'normal?' Are you having good days and not so good days? Are you feeling bored, confused, lonely, demotivated, peaceful, energised, lazy, all of the above! Are you experiencing Cabin Fever - a distressing claustrophobic feeling of irritability or restlessness?

We are over a month into COVID-19 isolation now and if there was novelty, it has worn off. The reality of daily life is now extremely different from six weeks ago. So what can we do over the coming weeks to make sure we cope as best we can?



Remember we are all part of the school community

- Keep in regular contact with your teachers, at your regular lesson times.
- Remember you are not alone. Your teachers are still available to support you, both academically and personally.
- Ask for help when needed; independent learning is a new skill to learn. Don't be afraid to say if something seems confusing or you need extra support.
- Try to keep on top of your workload to avoid feeling overwhelmed.
- Take the opportunity to also follow your passions; if a particular topic interests you, research it. You never know where it might lead! Be sure to keep your teachers updated on any progress you do this.

Staff have put together some resources to help:

Mrs Squires has created a presentation with lots of great resources to help stay calm and mentally well. This is available on Moodle and the school website here.

Our friends at PIXL have also been busy. They have created 'coping with change' booklets for students, parents and teachers. These have also been uploaded to Moodle and the school website.

We thoroughly recommend PIXL's Gemma Oaten's videos. Gemma is a successful and happy actress now but her back story shows her path to this point in her life was anything but easy.

Video title	Link
#1 Kindness	Click here
#2 Resilience	Click here
#3 Leadership	Click here
#4 How to ease stress, anxiety (live in the moment)	Click here
#5 Communication	Click here
#6 Confidence	Click here
#7 Initiative	Click here
#8 Organisation	Click here
#9 Self-care and wellbeing	Click here

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

BlessingManifesting

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



SAFEGUARDING AT RLS

Guidance

Coronavirus (COVID-19): support for victims of domestic abuse

Updated 14 April 2020

Message from the Local Authority: Domestic Abuse

Measures announced over recent weeks to tackle coronavirus (COVID-19) have seen people's day-to-day lives drastically altered. These changes are essential to beat coronavirus and protect our NHS.

The government acknowledges that the order to stay at home can cause anxiety for those who are experiencing or feel at risk of domestic abuse. There is never an excuse for domestic abuse, no matter what the circumstances are.

For anyone who feels they are at risk of abuse, it is important to remember that there is help and support available to you, including police response, online support, helplines, refuges and other services. You are not alone.

The household isolation instruction as a result of coronavirus does not apply if you need to leave your home to escape domestic abuse.

Friends, family, neighbours and community members can be a vital lifeline to those living with domestic abuse. If you are worried that someone you know may be a victim of domestic abuse, reassure them that the police and support services are still there to help and direct them to sources of support.

The government supports and funds several charities who can provide advice and guidance and we are in regular contact with the charity sector and the police to ensure that these support services remain open during this challenging time.

www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse

The Safeguarding Team at RLS recommend the following resources:

www.childrenscommissioner.gov.uk/wp-content/uploads/2020/04/cco-parents-digital-safety-wellbeing-kit.pdf

www.childrenscommissioner.gov.uk/wp-content/uploads/2020/04/cco-childrens-digital-safety-wellbeing-kit.pdf

<https://www.childrenssociety.org.uk/coronavirus-information-and-support>

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. Their contact details are KTowers@richardlander.cornwall.sch.uk YRippon@richardlander.cornwall.sch.uk

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.



SAFEGUARDING EVERYBODY EVERYDAY

If you're concerned, speak to the Designated Safeguarding Lead and Lead for Children in Care, Mrs K Towers, or the Deputy Safeguarding Lead, Mrs Y Rippon, straight away



Stay connected through nature..

Garden Birds

Have you noticed more bird song then ever before? Experts have found that the huge reduction in ambient noise from traffic and aircraft during the coronavirus lockdown means that birdsong is more audible than ever.













So this is a great time to learn to identify birds from their song. Follow this link for sound clips of the birdsong of 20 of our most common garden birds

www.theguardian.com/environment/2020/apr/16/home-birds-how-to-spot-20-of-the-most-common-species-from-your-window-walk-or-garden



What did you see?

Please circle the number that shows the most of each species that you see together at the same time. Write the number in the space provided if you see more than 10.

Your name _____	
 <p>Blackbird 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>	 <p>House sparrow 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>
 <p>Black-headed gull 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>	 <p>Magpie 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>
 <p>Blue tit 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>	 <p>Robin 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>
 <p>Carrion crow 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>	 <p>Song thrush 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>
 <p>Chaffinch 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>	 <p>Starling 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>
 <p>Coal tit 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>	 <p>Greenfinch 1 2 3 4 5 6 7 8 9 10 More than 10 _____</p>

Turn over for more birds to spot.

Have you made one of these bird feeders in DT this year? If you have, please put could you put it outside in a safe place. If not, perhaps you can make something for the birds out of the contents of your recycling bin? This sunshine is wonderful but our birds will be thirsty and looking for water.

You could take part in RSPB #breakfastbirdwatch or the spring bird watch survey above. This involves checking what you have in your garden every day and recording it online. The RSPB website also has very useful information for if you find a hatchling—a baby bird with little or no feathers which has fallen out of a nest. The advice is to leave it somewhere safe for the mother bird to find. Avoid touching it as much as possible as the sent of a human could lead the mother to reject it.

www.rspb.org.uk/



Wednesday April 22nd, 2020 marked 50 years of Earth Day. The first Earth Day sparked the passage in the U.S. of the Clean Air, Clean Water and Endangered Species Acts, and the creation of the Environmental Protection Agency. We now find ourselves in an environmental emergency and a climate breakdown. We have two crises: One is the COVID-19 coronavirus pandemic. The other is a slowly building disaster for our climate. At Richard Lander School, Mrs Knight prepared Earth Day activities for the students in school, with pledges, wordsearches and colouring in activities. She also brought in copies of The Happy Newspaper, which shares positive news and celebrates all that is good in the world



RLS DT DEPARTMENT MAKE OVER 1500 FULL FACE VISORS FOR FRONTLINE NHS & CARE STAFF!

Since Wednesday 1st April, staff have been in school making full face visors for local hospitals, GP surgeries and care homes. Manufacturing began in response to a request from Perranporth Surgery. Following this a post on our school social media showed there was an urgent need for these, with many other local practices asking for them too, so a rota of DT staff, support staff and Miss Niles went into mass production, with Mrs Griffiths and Mr Merrick coordinating distribution.

Initially the visors were made out of polystyrene scraps from the Y8 DT birdfeeder project and laminated document pockets, so this was a great recycling initiative too. The design has, however, been modified along the way with the latest mask headbands being cut out of polypropylene on the laser cutter which makes a softer and more adjustable product where the laminated visor screen can be easily changed.

We were delighted when Tom from Parks Electrical, pictured right, got in touch and offered to help out by using his 3D printer to make visors from home. He donated his visors, along with medical masks from his fiancé who is a vet, to Little Harbour in St Austell.

With over 30 local frontline practises now using RLS visors, along with a few being sent further afield to staff and student family members, the total of visors made is now in excess of 1500. We have fulfilled our initial orders





RLS DT DEPARTMENT MAKE OVER 1200 FULL FACE VISORS FOR FRONTLINE NHS & CARE STAFF CONTINUED

and have a few left in stock so if you know anyone who works in the care industry and could benefit from these, please call the school on 01872 273750 or email enquiries@richardlander.cornwall.sch.uk.

We were all really heartened to continue by the wonderful thank you letters and emails we received and the lovely comments on our Facebook and Instagram posts. Thank you to everyone who did this!

You might have heard Miss Watts being interviewed by Radio Cornwall or seen us on the national BBC news feed.. You can catch up with Miss Watts's interview at 1:54 here <https://www.bbc.co.uk/sounds/play/p087hmj3>



GOVERNORS AND STAFF SEW SCRUBS AND FACE MASKS FOR NHS & CARE WORK HEROES!

A huge shout out to our staff who are sewing face masks and scrubs for frontline healthcare workers! Those pictured here, along with governor, Mrs Ettinger, have joined ex-governor, Lindsay Richards, of @linteriordesign who has set up a Cornwall Scrubs and Masks group on Facebook. Staff are busily working from home and would like you all to also stay safe and stay home too.

If you would like to get involved in this vital work, and we thoroughly recommend it, @linteriordesign have put together packs. Please get in touch with Lindsay directly via message or via the Facebook page. Send us a photo if you do decide to join in so we can celebrate your work! #stayhomestaysafe #nhsheroes



A PREMATURE GOODBYE TO THE CLASS OF 2020

No one expected to be saying goodbye to our Year 11 students before the end of the Spring term but with lockdown looming we decided to have an impromptu leavers day on Friday 20th March. Mr Holloway was never going to let the class of 2020 go without at least one 'wake and shake' experience and a celebration assembly complete with slide show of photo memories and a Y6 induction video!

The week had been a rollercoaster for Year 11. With the sudden cancellation of GCSE exams and the June Prom, and so much uncertainty in the air, many of our students had been feeling deflated and confused but Mr Mulcahy donned his best pink suit and, in true trooper spirit, our wonderful students rose to the occasion and were full of fun, positivity, gratitude and laughter; spending the day making cards for NHS workers, taking part in quizzes, blowing up jelly babies to make them squeal and bringing many of their teachers to tears with their beautiful cards and kind messages!

Mr Rabey has communicated with parents recently about the expected process for the awarding of GCSE / BTEC grades this year. We will in touch with Year 11 parents as soon as any update is communicated to us. We are really looking forward to seeing Year 11 again at results day and, isolation regulations permitting, there will be an autumn reunion prom if students want one and a presentation evening.





AND FINALLY ... FROM THE GARDEN, THE RABBITS & THE STUDENTS STILL IN SCHOOL..

In case you are wondering what is going on in school while you are all at home.. there are a small number of students and staff who come to school every day and mainly they do the same work as you are doing via Moodle. To keep fit, they start their day with either a Joe Wicks or a Mr Bridger workout and they have been taking care of the garden under the supervision of Miss Falksohn and Mrs Knight. Mr Cook has also been in to maintain the garden and is starting seeds at home. The willow fedge, planted by the EcoSchools students, is sprouting nicely and the rabbits have gone into isolation with the Laity family.



Students in school often do something different to the Moodle work in the afternoon. One day, the students in school had a staff vs students quiz, another they raided the cupboards for the unwanted expanded polystyrene packaging and made aliens from it..



There is a dedicated team of cleaners who are deep cleaning everything. Every day, every room a student or member of staff visits is logged and cleaned again.

On Friday 20th March, the last day school day before lockdown was announced, Year 11 and Year 7 students worked really hard writing letters to people who are quarantined in local care homes and making thank you cards for NHS workers. Our science technicians and ARK staff sorted out gloves and aprons which were donated to local hospitals.





All Home Learning Resources are available on RLS Moodle which can be accessed through 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

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.



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