

RICHARD LANDER SCHOOL BULLETIN

11th January 2019



DATES FOR YOUR DIARY JANUARY

JANOART Tuesday 15th

AmnesTea Party - Lunchtime: Room 204 Year 9 Restorative Justice Ripple Effect programme Wednesday 16th Full Governing Body meeting Thursday 17th / Friday 18th Year 9 Restorative Justice Ripple Effect programme **Thursday 17th** Year 10 Parents Evening Friday 18th Year 8 & 9—NHS Immunisations—Day Saturday 19th / Sunday 20th Ten Tors camping weekend -Dartmoor Monday 21st January - Friday 1st **February** Year 9 Progress Reviews Tuesday 22nd Cancer Talk and Biopsy identification

Wednesday 23rd Visit to Falmouth University Thursday 24th

Year 9 Options Evening Sunday 27th South West Schools Milano Team competition Monday 28th January - Friday 8th February Year 10 Progress Reviews Wednesday 30th Governors meeting - S & C Thursday 31st Year 11 Parents Evening FEBRUARY Friday 1st Years 4,5,6 Cross Country qualifier

with RLS Sports Leaders **Tuesday 5th** Year 10 Netball Tournament at Truro School **Wednesday 6th**

Governors meeting - Personnel Thursday 7th Intermediate Maths Challenge Friday 8th Years 5/6 Table Tennis festival Saturday 9th / Sunday 10th Ten Tors camping weekend -Dartmoor Monday 11th - Friday 15th GSUS Bus in RLS Tuesday 12th 18:00—19:00 Paris Trip parents'

meeting - School Canteen Monday 18th - Friday 22nd HALF TERM BREAK Tuesday 26th - Friday 1st March Iceland trip Wednesday 27th Governors meeting - Finance and General Purposes

MARCH

Saturday 2nd / Sunday 3rd Ten Tors camping weekend -Dartmoor

South West Schools Floor & Vault competition

Monday 4th - Friday 15th Year 11 PPE—Mock Exams—2 Thursday 7th

University of Exeter Environment and Sustainability day Friday 8th

Years 5/6 Handball tournament

Wednesday 13th Governors meeting - Policy

Thursday 14th UKMT Team Maths Challenge at Penair School

Friday 15th

Year 7 Take Your Child to Work day KS1 Multi Skills festival with RLS Sports Leaders

Saturday 16th / Sunday 17th Ten Tors camping weekend -Dartmoor



THE ROTARY YOUNG CHEF COMPETITION - ROUND 2 DELICIOUS MENUS AND TV STARS!

On Thursday 13th December, Richard Lander School hosted the regional round of the Rotary Young Chef competition. Our students, Tiffany and Dexter, along with other round 1 winners from all over Cornwall, had spent weeks working hard to design delicious 3 course meals, for 2 people, to cost no more than £15. They needed to impress professional chef judges Andrew Basso, from 15 Cornwall, and John Felton, from Gylly Beach Café.

Supper at Tiffany's comprised of a starter of stuffed mushrooms with goat's cheese, a main course of chana masala with warm chapattis and a dessert of mint and dark chocolate mousse. Dexter's menu began with timbale of smoked haddock; served on granary toast with fresh watercress with a lemon and mustard dressing, followed by chicken breast stuffed with home made pesto, wrapped in bacon and cavelo nero, served on a bed of crushed baby potatoes. Dexter



finished his menu with tarte au citron. The pressure was on to produce these culinary delights in under 2 hours to our student chef's own exacting standards and this was only intensified by the presence of TV cameras! We welcomed BBC Spotlight into school to cover the event and many of our students enjoyed seeing both competing students cooking on live TV and Dexter being interviewed.

We are delighted to tell you that the previous round, Dexter choose both students executed their menus change all three dishes – giving

to perfection and Tiffany was awarded 3rd place for her seemingly simple, yet wonderfully tasty, menu, while Dexter won 1st place with his adventurous and delicious meal. Announcing Year 7 student, Dexter as the eventual winner, the two judges praised his work ethic, his confidence and the consistency of his cooking, adding that the quality of his starter had "blown them away". Rather than cook the same menu as the previous round, Dexter chose to himself a huge amount of work to do.

Both Dexter and Tiffany left with armfuls of trophies and prizes including vouchers for meals at Gylly Beach Café. They will also be having their own chef's whites made as part of their prize.

Both students now go through to the next round and we wish them the very best! Thank you to Truro Rotary for organising this fantastic competition and thank you to the judges for their expertise and enthusiasm.







A MUSICAL CHRISTMAS AT RLS

We know we are not supposed to talk about it after 12th night, but we couldn't resist sharing some photos of the fabulous concerts that our music department gave us in the run up to Christmas! The *Service of 9 Lessons and Carols* and the *Informal Christmas Concert* showcased the outstanding talent of our students and provided occasions with something for























everyone, no matter what their taste in music might be.

Thank you to Truro Cathedral for allowing us to hold our Service of Nine Lessons and Carols in your beautiful house of worship. Thank you to all the families who attended With the Billy Elliott cast hard at and thank you most of all to the students and staff who brought the music and readings which really got us into the mood for Christmas. It was a truly magical evening.

We look forward to seeing more of all of the acts who performed at the year for RLS music! We can't wait! Informal Christmas Concert which was a wonderful, varied event full

of fun, Christmas jumpers and laughter with Mr Gibson making a surprise (even for him) guest appearance in 'Merry Christmas Maggie Thatcher' and some acts making debut performances.

work practising for the school production in May, the Cornwall Music Festival just around the corner in March and hopefully more opportunity to see the rock bands at events, in or out of school, 2019 promises to be another fantastic





















SUPPORTING TRURO FOODBANK AT CHRISTMAS WITH REVERSE ADVENT CALENDARS

By Leah Pollard, Year 10

his December our tutor, GLFd, decided to start a 'reverse advent calendar' in aid of Truro food bank. The concept was that we each brought in some items of food every day of December, this applied to mostly our own tutor but we also encouraged others to contribute too - they did so with great efforts. Overall we brought in an incredible 82.5kg, all put towards the increasingly urgent need for struggling families and individuals to be fed. On the last Tuesday of term, 3 of us visited Truro Foodbank to deliver our goods. Once we were there, we helped sort the food into best



before dates. As for the extra items, such as toiletries and baby products, they were put in a separate pile to be distributed to those in need. We also talked to Bob who manages the foodbank, he told us that this time last year, the food bank was able to feed around 85 people in just one day and they are expecting to break that daily record this year.

We socialised with other volunteers during the heartwarming and festive labour, meeting new people and feeling like we had contributed to our local community in doing so.

Following the 'Reverse advent calendar' efforts of all of our tutor groups lead by Mrs Woodruff and Mrs Ford's tutor groups, we decided to hold a non uniform day on the last day of term for Truro Food Bank! Thank you very much for all your kind donations; they will be feeding local people well into 2019!







YOUNG ENTERPRISE STUDENTS RECEIVE TOP TIPS FROM BUSINESS DRAGONS

On Thursday December 6th our Young Enterprise company, Study Smart, sent representatives to Truro College to take part in a Dragon's Den Support Event.

The teams were invited to make a formal presentation to the 'Dragons' introducing their fledgling companies and their main products. Our 4 students gave a really professional and cohesive presentation on their company - Study Smart - and their product - a personalised kit made by GCSE students for GCSE students to help young people study in the most effective way for them. The team received some excellent feedback from the panel of judges and also enjoyed meeting some of the other teams

Supporting the YE Company Programme and Start-Up teams at the event were Pirate FM's Managing Director Mark Peters, Grant Batty of Pixel Rain, Nicholas Pearson of Unlocking Potential, Business Development Manager Katie Chandler of the Cornwall Association of Primary Heads, Stephanie Anderson Area Manager for Young Enterprise. Participating in the YE Company

Programme helps students build their confidence, learn employability skills and develop the knowledge and expertise they need to deliver a real product to the marketplace. We look forward to hearing more from Study Smart in 2019.

YEAR 9 OPTIONS EVENING—THURSDAY 24TH JANUARY

As you are aware your child is now approaching a very important stage in his/her education as he/she passes from Key Stage 3 to Key Stage 4. Over the next few weeks students will be asked to choose their options for Years 10 and 11 and it is vital that these are carefully selected to suit their needs and strengths. Year 9 progress review meetings take place in the first few weeks of January, leading up to the Options Evening. During these sessions, tutors will be discussing choices with the students from their groups.

All students will study a core curriculum of GCSE English, maths, science, RE/Pd and PE. In addition to this we provide a range of option courses designed to provide qualifications suited to every child. Each child will select at least 4 of these courses providing a broad and balanced curriculum suited to each individual.

To help you and your son/daughter reach an informed decision regarding suitable choices for them, there will be an information evening about these options on Thursday 24th January from 5pm to 7pm. There will be a presentation in the main hall at 6.15pm where I will outline key features of the curriculum and the options process.

We would strongly recommend that you attend this evening if at all possible. Both before and after the presentation there will be an opportunity for you to speak to teachers about the specific courses that are available.

Following Options Evening, you and your child will have 2 weeks in which to complete the blue options form. Please make sure that this form is returned to Student Reception or Mrs Beech's office by Friday 8th February.

We look forward to meeting you on the 24th of January, and guiding your child through these crucial decisions. *Mrs C Beech*



RLS SAFEGUARDING UPDATE

Screen time

The Royal College of Paediatrics and Child Health (RCPCH) has published guidance for clinicians and parents on screen time use and the effects of screen time on



children and young people. A systematic review of evidence found that children with higher screen time tend to have: a less healthy diet, a higher energy intake, and more pronounced indicators of obesity; more depressive symptoms, although it has been found by some studies that some screen time is better for mental health than none at all. Recommendations include: avoid screens an hour before the planned bedtime; families should

negotiate screen time limits with their children based upon the needs of an individual child.

location.

Users can swipe left or right to accept or decline an invitation to chat. If there's a match, they can exchange messages, photos and video chats with them and even add them as a friend on Snapchat or follow them on Instagram. Even if they don't know each other.

What's more, is the app also syncs with Snapchat, meaning users can livestream themselves to anyone watching.

It is growing in popularity among school-age teens who use it to chat and send pictures to friends and strangers.

With over 15 million users, the app is one of the most popular among <u>teenagers and pre-teens</u> and is available for both <u>Apple</u> and Android smartphones

Parents are advised that the recommended age for downloading this app is 17+

Source: <u>RCPCH</u> Date: 4 January 2019 Further information: <u>The health impacts of</u> screen time: a guide for clinicians and parents (PDF) Read more on NSPCC Learning: <u>Keeping</u> children safe online - online course



Yubo - Meet new people nearby III-Mata new Hangs Twelve APP +131 in Sanda Networking

YUBO – the dangers

Experts fear a <u>popular mobile app</u> being dubbed "Tinder for teens" is being exploited by sex offenders to contact children as young as 10.

Yubo, which was previously known as Yellow, is a free-to-download mobile phone app, and describes itself as "a social app to meet new friends and have fun with them".

Just like adult dating app Tinder, Yubo allows user to connect with others based on their



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



hour.

NOTICE BOARD

NEW SCHOOL UNIFORM SUPPLIER - TRUTEX



Our School Uniform Supplier is now Trutex

Richard Lander School

and can be ordered on-line using our school's LEA Code: LEA00959SC, the details are on our school website (http:// www.richardlander.co.uk/whats-

going-on/news/article/1127/newschool-uniform-supplier). As Trutex are a new supplier for our uniform, there is a slight delay in them achieving their full stock levels and therefore in these initial stages there may be a delay in satisfying orders. This can be frustrating for parents and we really appreciate your patience whilst this situation is being resolved.

In the near future the school will have a full set of uniform which can be used to try on for sizing purposes before purchasing online. These will be stored by Student Support, students will be able to try on uniform during afternoon tutor periods. For orders over £50 the delivery costs are free and any items which need to be returned for any reason will also not incur a delivery charge, so if you are unsure of sizes you can always order and then send them back if they are not the right size. The skirts have slightly changed as the old ones are no longer available and the new ones have a dolphin (just like the one on the trousers and shorts)

embroidered on them. If you have any issues relating to uniform, please e-mail our School Business Manager, Mrs Richardson (mrichardson@richardlander.cornw all.sch.uk).



LANDER FOR UGANDA ARE COLLECTING PRIZES FOR AN

ONLINE AUCTION...

Please contact <u>Lander4Uganda@richardlander.cor</u> <u>nwall.sch.uk</u> if you have a prize you would like to donate. The team are

collecting prizes through January and the auction will go live on 1st February and run for the whole month.

YEAR 8 PARIS TRIP PARENTS' MEETING Tuesday 12 February: 6-7pm School canteen

COMMUNITY BADMINTON

Every Wednesday: 7-9pm in the RLS Sports Hall. All ages and abilities welcome. All equipment can be WE'RE HIRING!

provided. £1.50 per person per

LUNCHTIME SUPERVISORS SALARY £3,644

10 HOURS PER WEEK, MONDAY TO FRIDAY 12.30PM-2.30PM

Required as soon as possible to assist staff to supervise students during lunchtime.

All applications must include the official application form, the Safeguarding form and equal opportunities monitoring form. All forms and further information is available on the school website

http://www.richardlander.co.uk/ vacancies/vacancies

YOU ARE INVITED -AMNESTEA!

Please see the invitation below and come along for tea and cake!

Model	Richard Lander st		and entres		
You are it		e Amnesty club for tea e Humanities Departme			
When	1.15 on Tuesday	15 th January			
I hope yo and prom	ou can make it. Evi note human rights.	ry penny we raise will su	oport Amnesty's work to	protect	





RLS UNDER 16 TABLE TENNIS TEAM CROWNED COUNTY CHAMPIONS!

Last Wednesday, we took sixteen table tennis players to the Cornwall

Schools Table Tennis Championships at Penryn College.

Playing in teams of four, in a straight knockout format, our Under 13 team comprising of Gilly Smith, Noah Teagle, Owen Middleton and Matthew Upton, progressed confidently through the early rounds but sadly lost a narrow encounter with Penair in the semifinals. However, our Under 16 team of Blaise Hinshelwood, Perry Oakes, Sam Legg and Tom Stephens looked very strong from the outset and made their way through the rounds without too much difficulty, to meet an equally strong Penryn College quartet in the final. Fortunately, it was the RLS team who kept their nerve and edged a high quality final, therefore being crowned county champions and progressing to the south west zone final in Plymouth in January.

We wish them the best of luck in the next round.

Mr J Williamson

BMX TASTER SESSION AT CORNWALL BMX RACING CLUB

n Monday, fifteen fortunate RLS students were able to miss afternoon of lessons and attend a BMX racing taster session, held at the Cornwall BMX Racing club in Blackwater. The session was aimed at giving children their first taste of BMX racing, with the hope of inspiring them to take up the sport. The session was run by Sam Leggett, a British Cycling coach, and he made sure the students had a really enjoyable time, whilst keeping it as safe as possible. He began by teaching the group some of the more basic techniques associated with racing a BMX, such as cornering and how to ride over the various features found on a track, before then letting them loose on the purpose built track.



amazing to see the improvement in technique and confidence of the group, and numerous students were heard saying that they will definitely be returning to the track in the future to have another go. For anyone else wanting to give it a go, the track is open most weekends but you are advised to check their Facebook page for more accurate opening times.

Mr J Williamson

At the end of the session it was



	Lunch Time (1:10 – 1:50)					After School	
	SPORTS HALL	GYM	ASTRO-TURF	SPORTS FIELDS	HRF ROOM	DANCE STUDIO/ CLASSROO M/ MAIN HALL	
Monday	Badminton Wk A – 7&9 Wk B – 8&10 JWI	EPS 11 invite only PCX Competitive Gymnastics 7-11 invite Only EHU	Hockey 10 & 11 Girls DCA	Girls Football 7-11 RPR/LMA	Individual Fitness 7-11 Mixed RBO		
Tuesday	Cricket 7-9 NST/RPR	EPS 10 Invite only PCK	Hockey Year 8 Girls LMA		Individual Fitness 7 Mixed Only RBO		Football training/Fixtures 7-10 All Male Staff Netball Year 8 LMA Hockey 7&9 Girls AJA/DME
Wednesday	Basketball 7-11 Boys JWI	Dodgeball 7-11 Mixed JBR	Hockey 7 Girls DCA	Football 11 Boys NST Cross Country 7-11 Invite Only External Coach Girls Rugby 7-11 PCK	Individual Fitness Girls Only EHU		
Thursday	Netball 7 Girls AJA	Girls Active 7,8 &9 (5et 2&3 only) LMA	Hockey 9 Girls DME	Touch Rugby 7-10 Boys RPR	Individual Fitness 7 -11 Mixed PCK		Football training/Fixtures Year 7-11 All Male Staff Girls Hockey/Netball Fixture: Year 7-11 All Fiemale Staff
Friday	Netball (1 ^o statistic converti 10/11 Girls Coach Uni-Hoc (1 ^{or} statistic coach 7, 8 & 9 Mixed DCA/DME	Trampolining 8,9 & 10 AUA Competition Gym 7-11 Invite only EHU	Boys Hockey 7-11 NST		Individual Fitness 7-11 Mixed PCK	Carrick Dance Selected Only DME	

Extra-Curricular Sport and PE Timetable: Spring Term 2019

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!!!!

Music Lunchtime Clubs 1.20-1.55pm

Day	What?	Where?	Who?
Monday § त्र्यु, ग्रु, र्यु	Senior Choir (Y8+) Y7 Choir Boys Choir @ PM reg in 127 Selected Voices @ PM reg in 126	Room 126 Room 127	Miss Jones Miss Foxon
Tuesday ఏ n ो, n j	Theory club Billy Elliot Singers Samba Band Brass Band	Recording Studio Room 127 Room 126 Dance Studio	Miss Jones Miss Foxon Mr Schofield Mr Greaves
Wednesday	Orchestra and Jazz Band Recorder Ensemble ***Billy Elliot Production Band 3.30-4.45pm	Room 126	Miss Jones & Mrs Findley Mrs Whomersley
Thursday	String Ensemble	Room 127	Miss Foxon
Friday کی ترکر کر ک	Arts Award ***BILLY ELLIOT PRODUCTION BAND	Room 127 Room 126	Miss Foxon Miss Jones

KS4 (GCSE and BTEC MUSIC) Catch up

Monday, Wednesday, Thursday after school. ANY LUNCHTIME that a teacher is available to supervise



YEAR 11 GSCE ENGLISH REVISION SESSIONS Everyone welcome!					
Time and date	Time and date	Торіс	Teacher	ROOM	
Tuesday 11 th December 3.30pm-4.30pm	Wednesday 12 th December 1.10pm-1.55pm	Language paper 1 Question 4 - Evaluating	VWH	005	
Tuesday 18 th December 3.30pm-4.30pm	Wednesday 19 th December 1.10pm-1.55pm	Writing skills – both papers	AHU	103	
Tuesday 8 th January 3.30pm-4.30pm	Wednesday 9 th January 1.10pm-1.55pm	An Inspector Calls	HKN	106	
Tuesday 15 th January 3.30pm-4.30pm	Wednesday 16 th January 1.10pm-1.55pm	Poetry – Power and Conflict	TWI	105	
Tuesday 22 nd January 3.30pm-4.30pm	Wednesday 23 rd January 1.10pm-1.55pm	Poetry – Unseen	СМО	104	
Tuesday 29 th January 3.30pm-4.30pm	Wednesday 30 th January 1.10pm-1.55pm	Lang paper 2 Question 2 – summary/inference	RBE	110A	
Tuesday 6 th February 3.30pm-4.30pm	Wednesday 7 th February 1.10pm-1.55pm	Lang paper 2 Question 3 – language	AHU	103	
Tuesday 13 th February 3.30pm-4.30pm	Wednesday 14 th February 1.10pm-1.55pm	Lang paper 2 Question 4 compare nonfiction	VWH	005	
Tuesday 26 th February	Wednesday 27 th February	Sign of Four	RRE	004	
3.30pm-4.30pm	1.10pm-1.55pm				
Tuesday 5 th March 3.30pm-4.30pm	Wednesday 6 th March 1.10pm -1.55pm	Romeo and Juliet	FWO	100	
Tuesday 12 th March 3.30pm-4.30pm	Wednesday 13 th March 1.10pm-1.55pm	Language paper 1 Question 2 – Language	НМА	107	
Tuesday 19 th March 3.30pm-4.30pm	Wednesday 20 th March 1.10pm-1.55pm	Language paper 1 Question 3 - Structure	нтн	102	
Tuesday 26 th March 3.30pm-4.30pm	Wednesday 27 th March 1.10pm-1.55pm	Language paper 1 Question 4 - Evaluating	VWH	005	
Tuesday 2 nd April 3.30pm- 4.30pm	Wednesday 3 rd April 1.10pm- 1.55pm	Writing skills – both papers	AHU	103	
Tuesday 23 rd April 3.30pm -4.30pm	Wednesday 24 th April 1.10pm- 1.55pm	Sign of Four	RRE	110A	
Tuesday 30 th April 3.30pm -4.30pm	Wednesday 1 st May 1.10pm- 1.55pm	Romeo and Juliet	FWO	100	
Tuesday 7 th May 3.30pm- 4.30pm	Wednesday 8 th May 1.10pm- 1.55pm	An Inspector Calls	HKN	106	
Tuesday 14 th May 3.30pm -4.30pm		Lit paper 1 recap	RBE	110A	
Tuesday 21 st May 3.30pm- 4.30pm	Wednesday 22 nd May 1.10pm- 1.55pm	Lit paper 2 recap	НМА	107	
Tuesday 4 th June 3.30pm- 4.30pm	Wednesday 5 th June 1.10pm- 1.55pm	Lang paper 2 recap	RBE	110A	



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DPEN EVENT

19TH JANUARY 10:00 - 12:00

Kick start your career in the Music Industry with dBs Music.

FE and HE course advice available in:

Music Production DJ & Electronic Music Production Music Performance Access-to-HE

BA (hons) Electronic Music Production BA (hons) Music Production & Sound Engineering

Plus specialist workshops ran by our BA students! - Foley Sound Recording &

- Logic Pro X Recording





HARRIS BUILDING Cornwall College Trevenson Road Pool Redruth Cornwall TR15 3RD Tel. 0333 344 2236





CAMBORNE, NEWQUAY, ST AUSTELL AND SALTASH CAMPUSES



ROSEWARNE AND STOKE CLIMSLAND CAMPUSES



FALMOUTH MARIN SCHOO TASTER DAY TRY A SUBJECT **BEFORE YOU APPLY**

Register at: www.falmouthmarineschool.ac.uk/tasterdays

MARINE

Truro College Open Evening

Meet the staff · Tour the campus · Explore your options Apprenticeships • A Levels • Vocational • University • Part-time





SAT 2 FEB

1PM - 4PM











Meet the staff · Tour the campus · Explore your options Apprenticeships · A Levels · Vocational · University · Part-time





MON 18 FEB

10AM - 3PM



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5pm-8pm



CORNWALL COLLEGE NEWQUAY DIPLOMA DIPLOMA TASTER DAY TRY A SUBJECT BEFORE YOU APPLY

Register for a taster day by visiting www.cornwall.ac.uk/tasterdays