



RICHARD LANDER SCHOOL BULLETIN

5th November 2018

DATES FOR YOUR DIARY

NOVEMBER

Thursday 8th -

City of Lights Workshop—RLS

ARK Swimming—Truro Leisure Centre

Year 10 Parents—Math & English Information Evening

Friday 9th - Richard Lander School

will be supporting Children in Need a week early on 9th November, with a non uniform day and lots of fundraising activities

U14 West Cornwall Rugby Festival

Monday 12th - ESFA Round 3

National Football Cup Mount

Tuesday 13th - Year 8 Netball Festival at Penryn College

Thursday 15th - Lander4Uganda

Clothes Swap 5:30 pm

Iceland Parents Meeting—Staff Room 6:30—7:30 pm

Saturday 17th - Ten Tors Day Walk on Bodmin Moor

U16 County Netball Tournament at Truro School

Wednesday 21st - Year 10 & 11

Careers Fair

Truro City of Lights

Thursday 22nd - 19:00 - YEAR 12

PRESENTATION EVENING

Tuesday 27th - GCSE Music Concert

Thursday 29th/Friday 30th - Creative Arts London trip

Friday 30th - Years 3-6 Sports Hall

Athletics Qualifier

DECEMBER

Friday 7th - Years 3/4 Feetbeat Dance Festival

Year 11 - Pre-Public Exams 1 Results Day

Friday 7th—Friday 14th - French

Exchange - French students in Cornwall

Tuesday 11th - School Carol Service at Truro Cathedral

Tuesday 18th - Informal Carol Service at Richard Lander School

Thursday 20th December - end of term, back on Monday 7th January!



Round 2 Children in Need Bake Off contestants - see page 5

RAISING MONEY

for BBC Children in Need



WHAT?

Lander Rickshaw Challenge - Students and staff attempt to cycle to Bristol..

Bake Off Grand Finale - 50p for 2 showpiece cake tasters

Non Uniform Day - Spots & Stripes - £1 donation

Wake and Shake / Dance Off with special guests..

Children in Need QUIZ - with Quizmaster Toms

Doughnut Dangling - 50p

PRHA Sponsored run/hop/skip/jump..

and more events ..

WHEN & WHERE?

Richard Lander School

Friday 9th November

CONTACT:

Bikes - Mrs Madeley
Cakes - Mrs Knight
Quiz - Mrs Toms
Run - Mrs Hall
Other - Miss Wright



Proud Schools Partner

BBC Children in Need is not responsible for the organisation of this event or for the collection of the money.

DO YOUR THING

bbc.co.uk/pudsey



LANDER4UGANDA 2018— RECORDS BROKEN, MEMORIES MADE!

In July 2018, 65 students and 14 members of staff travelled to Uganda to visit our partner schools and to distribute funds raised throughout the previous year. This was to be a RLS record-breaking trip in so many ways, with more than double the amount of students and staff on the trip than ever before. Logistics meant that the team needed to be split into 2 groups - Red and Gold - and travel in rotation to 4 different working locations before all meeting up at the end, to celebrate the hard work, at Murchison Falls Safari Park.

L4U 2018 had proven to be superb fundraisers and had smashed all previous records with a grand total of £28,000 raised through sleepovers, bag packs, head shaves, hosting individual fundraising events, doing odd jobs for friends and family, selling treats in school...etc etc

Our local community were extremely supportive, with many businesses donating prizes to the online auction which raised nearly £2000 and Chacewater Bowling Club, with Aaron



Worgan, holding an all day event with food and karaoke which raised in excess of £1000! In addition, L4U 2018 collected fantastic donations—local football teams donated kit, B&Bs donated sheets, pharmacists donated bandages, businesses donated stationery, L4U families raided their cupboards and provided clothes, books and toys..

Parents also made a huge difference to both the fundraising effort and to helping with the mammoth task of packing over a ton of donations into 80 suitcases to the maximum weight allowable in the presence of each and every student - Miss Wright still thanks her lucky stars for the 'packing angels!'

The team departed Truro on 29th June, knowing that they had an opportunity



to make a very real difference to hundreds of Ugandan children and their wider community. Following a 24 hour journey, which was improved by Emirates' selection of films and steady stream of meals, the team arrived in Entebbe where they spend the next few days acclimatising and visiting a chimpanzee sanctuary on Ngamba Island. On day 3 everyone headed for the equator where the two teams enjoyed a final meal together before splitting up to concentrate on the working part of the trip. Over the next 2 and half weeks, having visited Bukomansimbi, Kamuzinda, Bujakko Island and Lowero schools, L4U achieved an impressive amount of work. Following their return to the UK many jobs were completed and the final list of work done includes: Extension and renovation of dormitories in 3 schools, painting exterior walls of both Kamuzinda primary school and Lowero schools, building new toilet blocks and washrooms in 4 schools—Bujakko, Kamuzinda, St Jude's Jasimu, the transformation of a derelict classroom into an equipped food and nutrition room in Kamuzinda, a classroom extension to Jasimu school, laying of a floor in the new school hall at Lowero and the digging of a new well at Bunjakko Island. In addition L4U tackled termite mounds, taught lessons, brightened up





classroom walls with murals and dug a fire pit. Food parcels and bras were distributed, along with sports kits and children's clothes, students hosted a sports day and a talent competition. School bags were decorated and distributed and around 1000 children benefitted from a goodbye party and feast!



All the staff on the trip agreed that the Richard Lander School students were superb ambassadors for our school, they worked incredibly hard; approaching all tasks with positivity and humour; and were a joy to be around. In the evenings, following a hard day's work, students played football and volleyball with their Ugandan counterparts, or enjoyed babysitting the resident toddlers. Lifelong friendships were made and birthday parties and leaving feasts were enjoyed by all.

Murchison Falls Safari Park where they drove across the prairie in open top Jeeps to see giraffes, lions, hippos and crocodiles in their natural habitat, before returning to the hotel to relax in the pool and enjoy the outstanding 'all you can eat' buffets.



Lander 4 Uganda 2018 kept an extensive blog. If you would like to know more about what happened or if you are considering going on the trip in the future, please visit lander4uganda2018.wordpress.com or ask anyone from last year's team. There will also be an assembly this term and a video on the school website before Christmas.



At the end of the trip, the united team were rewarded with a trip to the

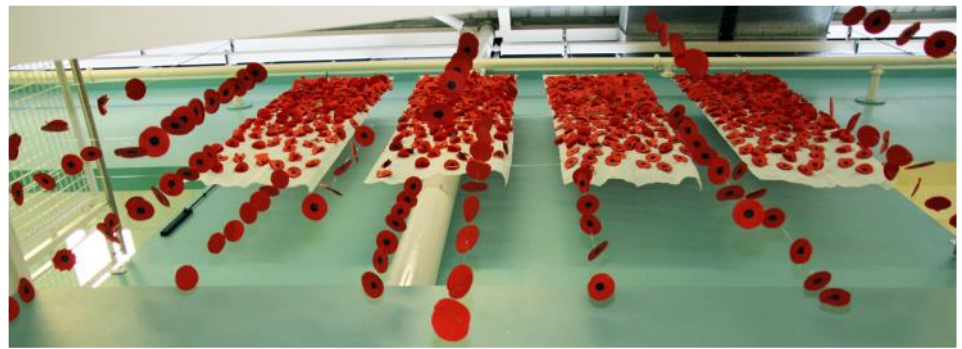




To commemorate Armistice Day and the end of the Great War, staff and students have been very busy creating a large scale display. Led by Mrs Downing (DT Textiles) and Mrs Rickatson (History), every Richard Lander School student was invited to make a paper poppy during tutor time in the week before half term. These were all gathered together, sorted into learning communities, and then glued onto 4 muslin banners or used to create strings of poppies.

Over half term the banners have been put up in one of the cut out areas of the first floor where they make a very moving display as the fabric gently blows in the breeze created by passing students. The strings of poppies have been suspended over the void so that the display is impressive from both the ground and the first floor.

Year 9 students have been studying



the Great War and have been creating model trenches and researching family history as part of their homework this term.

we will observe 2 minutes silence to remember and honour all those who fought in the Great War.

On Friday 9th November at 8:45 am,





CHILDREN IN NEED BAKE OFF ROUND 2 - CUP CAKES!

On the Thursday, Richard Lander's best bakers came into school bearing cup cakes for the second round of the Children in Need Bake Off.

Designs ranged from the psychedelic to intricate Pudsey portraits in an array of flavours including red velvet, chocolate, lemon and vanilla. At 1pm delighted students queued up to buy 2 tasters for 50p and vote on their favourite.

This is a 3 round event, organised by Mrs Knight with the final round; Grand Finale — a Children in Need CAKE - taking place on Friday 9th

November when Richard Lander School will also fundraise for Children in Need with a non uniform day and lots of fun activities—please see poster on page 1.

We can announce that the STAR BAKER from round two was actually the same person who won round one! BETSY ROBERTSON narrowly pipped the post over the other bakers once again with her amazing culinary skills. Well done Betsy!!! There was also lots of positive feedback for all of the

other entries.

A huge thank you and a Pudsey pat on the back to all our super bakers who took part in the second round of the Children in Need Bake Off!

Children in Need is such a worthy cause and has funded many organisations which our students benefit from including: Penhaligon's Friends, Young People Cornwall, Carefree Fostering Independence, WAVE Project, Children's Hospice South West and BF Adventure.

WE'RE RAISING MONEY FOR...
BBC Children in Need

This activity has been organised in support of BBC Children in Need. Please contact the organiser for further details.



Year 7 Castle Competition

Your homework project will be to produce a model of a Medieval castle. Class judging will take place in the weeks beginning 3rd and 10th Dec. There will be prizes for the best 3 castles in each teaching group and those castles will then go forward to be judged in the grand final on Friday 14th Dec 2018

Castles will be judged in your history lessons. Your teacher will give you the exact date for your class judging and it is important that this is written into your planner.

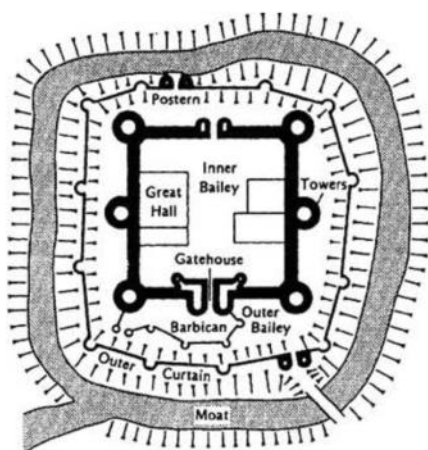
Judges will be looking for historical accuracy as well as imagination.

Ideas of materials to use could be - cardboard, paper, wood, metal, fabric, cake! - do discuss ideas with your history teacher

Maximum measurements of the castle base should be 50cm x 50cm



Good luck!





Richard Lander School. Healthy Lunchbox and Snack Policy

At Richard Lander School we aim to educate our students with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

Aims

To ensure children have a suitable lunchtime meal that sustains and prepares them for the afternoon learning.

To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.

To help children develop an understanding of healthy eating.

To promote the School Food Trust guidelines and national standards for healthier eating.

To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation.

Guidelines

The following guidelines for lunchbox contents comes from the statutory guidelines for school provided meals. This ensures equality of entitlement for all children.

The recommended contents of a healthy lunch box are:

A good portion of starchy food e.g. bread, crackers, pasta or rice salad.

Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable

A portion of milk or dairy food e.g. yoghurt.

A drink e.g. a small carton of milk, juice, squash or a bottle of water.

One small biscuit e.g. kit-kat, penguin, club, cake bar etc. – *This is equivalent to a school meal dessert*

PLEASE DO NOT SEND YOUR CHILD WITH NUTS OR FOOD CONTAINING NUTS AS WE HAVE A NUMBER OF CHILDREN WITH ALLERGIES

Packed lunches should not include:

Chocolate bars, or sweets

Fizzy drinks.

Hot food (due to health and safety guidelines)

Monitoring and evaluation:

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. However, if lunchbox contents regularly fall short of the expectations in this policy we will send a reminder home to parents. We want to work with parents to educate Richard Lander School students about healthy dietary choices so that they, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

Continued on next page..



Healthy snacks can include:

Fruit
Vegetables
Dried fruits
Cereal bars
Crackers

PLEASE DO NOT SEND YOUR CHILD WITH CRISPS OR CHOCOLATE OR SWEETS

Dissemination of the policy:

The policy will be available on the school's website and will be incorporated into the school prospectus, assemblies, web portal etc.

The school will use opportunities such as new parents meetings and Healthy Lifestyle weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including; teaching, pastoral, catering staff, will be informed of this policy and will support its implementation.

UPDATE: Richard Lander School is now officially the first secondary school in Cornwall to be 'Sugar Smart'! Thank you very much to Mr Bridger for all his hard work on student and staff well-being.



NEW SCHOOL UNIFORM SUPPLIER

As you are aware Trevaills will be closing their uniform shop on 10th November 2018, so only a few days left to grab yourself a bargain in their closing down sale.

Over the past few years we have worked hard to try to develop a school uniform which is smart and comfortable to wear, but also represents value for money for parents and carers. Many of the items within our existing uniform range were supplied to Trevaills by a company called Trutex. They offer us good quality clothes at a reasonable price which should stand the test of time.

For these reasons our uniform will

be supplied direct to you by Trutex after 10th November 2018. Some of the prices have changed, but only by very small amounts and on some items we have been able to provide parents with a cost reduction.

Over the next few weeks we will be signing off our area on their website to enable you to place orders on-line whenever is convenient to you and have it delivered to your home. Any orders over £50 will be delivered free of charge.

Once their website is complete we will be sending home an e-mail with all the details of how to purchase your uniform in it. Since Trevaills were a very established supplier of our uniform they have built up stocks over many years. Trutex will be holding stock of our uniform, but it may take a few months to build up a stock profile which means that orders can be satisfied very quickly. Please bear with us in this transition period.

We will have a full set of all of the sizes of all of the items in the school should you wish your child to try something on before buying. Additionally, Trutex have agreed that all returns and subsequent re-supplies will be free of a carriage charge in case you do need to get a different size.

For parents or carers who are unable to take advantage of all the benefits of ordering on-line we will be making an order form available. Once you have completed the order form we will place the cost of your order on ParentPay and provide you with a bar coded letter to take to any shop which has the PayPoint facility. Once your order has been paid for we will place the order on your behalf with Trutex and either get it delivered to school for your child to bring home or delivered direct to your home address.



LANDER 4 UGANDA
presents it's very first

CLOTHES SWAP FUNDRAISER

Does your wardrobe need a clear out?

Are you in need of a new outfit?

Want to do your bit for the environment?

**Fancy a sociable couple of hours having
a drink, a chat and a laugh while you browse the
clothes rails?**

**Thursday 15th November 5.30 to 7.30pm
Richard Lander School Hall
Advance Tickets £5 from main reception
(Limited amount available)**





FREE Challenging Behaviour Support Group

**Do you find your child's behaviour difficult to manage?
Would some friendly support and advice be helpful?
Worried about ADHD, ADD, and ASD?
Want more help with behaviour?**

If you would like to be able to talk in confidence and meet other parents experiencing similar challenges, then do come along. Your child does not need to have a diagnosis or statement for you to attend this group

We are here to help and support you.

New County Hall, Truro 10am – 12pm

The group will take place at New County Hall, Treyew Road, Truro. TR1 3AY, there is parking on site

Rooms 2N:06

Friday 21st Sept 2018 (2N:04)
Friday 30th Nov 2018
Friday 25th Jan 2019
Friday 29th Mar 2019
Friday 24th May 2019
Friday 19th July 2019

At St. Dennis Family Hub 12:30 -2:30pm

You can access the Hub via the large School gates on Carne Hill then follow the path to your right. Parking is not available on site and you are advised to park on Hall Rd, PL26 8AY.

Main Room

Wednesday 17th Oct 2018
Wednesday 19th Dec 2018
Wednesday 27th Feb 2019
Wednesday 24th Apr 2019
Wednesday 19th June 2019

For more general information please contact:

**Sue Skillings: 01872 322277 | susan.skillings@cornwall.gov.uk
Or Lorna Searle: 07872 809577 | lorna.searle@cornwall.gov.uk**



**Free
course**

Living with parents

A one day workshop

Living with Parents is an evidence* based one day parallel group workshop adaptable to a wide range of parent/carers and young people aged 13-16 years.

The aim is to improve communication and relationships and reduce conflict within the home. The content of several group sessions are condensed into a single day with young people and their parents at the same venue, sometimes working as a single group, or separate groups and in pairs.

The programme:

- Interactive activities
- Structured activities
- Guided discussion
- Discussing effective communication
- Relationship building
- Boundary setting



10.00am – 3.00pm

Friday 30th November 2018

Lunch provided

Trelander Family Hub, Trelander Highway,
Truro. TR1 1PG

For more details and request form please
contact:

The Early Help Hub: 01872 322277
earlyhelphub@cornwall.gov.uk
www.cornwall.gov.uk/earlyhelphub



Are you 11 -15 years old?
Want to get fit and meet new people?

Come along to Circuit Training on
Wednesday nights.
Suitable for all levels of fitness.

ST AGNES SCOUT HUT
5.30-6.30pm or 6:45-7:45pm
£3 per session

Email alohacoastfitness@hotmail.com
or @alohacoastfitness on Instagram for
more details.



**COURSES & CAREERS
ADVICE EVENT**

SAT 10 NOV
10AM - 12PM

CAMBORNE, NEWQUAY, ST AUSTELL AND SALTASH CAMPUSES



Truro College Open Evening

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

Thu 06 Dec

5pm - 8pm





Penwith College Open Day

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

Sat 24 Nov

10am-3pm



**COURSES & CAREERS
ADVICE EVENT
SAT 24 NOV
10AM - 12PM**

ROSEWARNE AND STOKE CLIMSLAND CAMPUSES



10/09/18 – version 3



GIRLS' NETBALL & HOCKEY FIXTURES AUTUMN TERM 2018

Sept	Wed 19 th	Away	Yrs 7, 8, 9, 10 and 11 Netball	v	Pool
Sept	Wed 26 th	Millfield	National Schools Swimming Relay Championships		
Sept	Thurs 27 th	Home	Yrs 7, 8, 9, 10 and 11 Netball	v	Camborne
Sept	Fri 28 th	Praa Sands	Peninsula Partnership Surf Comp.		
Oct	Thurs 4 th	Home	Yrs 7, 8, 9, 10 and 11 Netball	v	Redruth
Oct	Sat 6 th	Away	U14 County Netball Tournament		Bodmin
Oct	Thurs 11 th	Home	U16 County Hockey Tournament		9am start
Oct	Tues 16 th	Home	U14 County Hockey Tournament		9am start
Oct	Thurs 18 th	Away	Yrs 7, 8, 9, 10 and 11 Netball	v	Helston

HALF TERM

Nov	Thurs 1 st	Away	Yrs 7, 8, 9, 10 and 11 Netball	v	Penryn
Nov	Tues 6 th	Home	Yrs 7, 8, 9, 10 and 11 Netball	v	Truro High
Nov	Tues 13 th	TBC	Netball 'B' Qualifier for Sec. School Games		
Nov	Thurs 15 th	Away	Yrs 7, 8, 9, 10 and 11 Netball	v	Truro Sch
Nov	Sat 17 th	Away	U16 County Netball Tournament		Truro School
Nov	Thurs 22 nd	Home	Yrs 7, 8, 9, 10 and 11 Netball	v	Penair
Nov	Fri 23 rd	TBC	Swimming Gala for Sec. School Games		
Nov	Thurs 29 th	Away	Yrs 7, 8, 9, 10 and 11 Netball	v	Mullion
Dec	Thurs 6 th	Home	Yrs 7, 8, 9, 10 and 11 Netball	v	Falmouth
Dec	Tues 11 th	Home	Girls Active Primary Sports Events		3.30pm



Rugby Fixture List

Fixtures 2018/19

VENUE	DATE	SCHOOL	YEARS PLAYING
September			
A	Tuesday 18 th	Helston	Y7 Y8 Y9 Y10 Y11
H	Thursday 27 th	Mullion	Y7 Y8 Y9 Y10 Y11
October			
H	Thursday 4 th	Pool	Y7 Y8 Y9 Y10 Y11
Penrice	Wednesday 10 th	Under 13 Cornwall Schools Festival	Y8
A	Thursday 11 th	Camborne	Y7 Y8 Y9 Y10 Y11
H	Tuesday 16 th	Newquay Tretherras	Y7 Y8 Y9 Y10 Y11
H	Thursday 18 th	Falmouth	Y7 Y8 Y9 Y10 Y11
November			
H	Thursday 1 st	Penryn	Y7 Y8 Y9 Y10 Y11
H	Friday 2 nd	Under 12 West Cornwall Festival	Y7
A	Wednesday 7 th	Truro	Y7 Y8 Y9 Y10 Y11
H	Thursday 15 th	Redruth	Y7 Y8 Y9 Y10 Y11
A	Thursday 22 nd	Penair	Y7 Y8 Y9 Y10 Y11
Schools 7s Competition			
Venue	Date	Year group	
Pool	28 th March	Year 7	
Penair	3 rd April	Year 8	
Pool	26 th March	Year 9	
Redruth	13 th March	Year 10	
Newquay	3 rd October	Year 11	