



RICHARD LANDER SCHOOL BULLETIN

12th November 2021

Dates for your diary NOVEMBER

Monday 15th

Children in Need Bake Off
Round 1—Cupcakes

Monday 15th—Friday 19th

National Enterprise Week
GCSE Biology 1 Re-sit

Wednesday 17th

Visit to Kresen Kernow

Thursday 18th

Netball Fixture - RLS vs Penair

Friday 19th

Children in Need—Non Uniform—
£1 donation to Children in Need

Children in Need Bake Off
Round 2—Showstopper Cake

Truro City of Lights

Covid-19 Vaccinations

Saturday 20th

U16 County Netball Tournament

Monday 22nd

GCSE English Lit 2 Re-sit

Tuesday 23rd

Netball Fixture - RLS vs Mullion

Wednesday 24th

Governors Meeting - Policy

Thursday 25th

Mount Hawke Primary—Food Class

Friday 26th

Y11 Drama - Dress
Rehearsal

GCSE Biology 2 Re-sit

Business Studies

Assessment 2 10C/BS1

Monday 29th

Law Talk with Judge Carr

Tuesday 30th

Lisa Glass Author Visit

DECEMBER

Wednesday 1st

Christmas Lunch for
students

Thursday 2nd

Marine Engineering
Workshop with Sea
Cadets

Netball Fixture - RLS vs Falmouth

Friday 3rd

Mixed Year 11 County Hockey
Tournament

Tuesday 7th

Y11A GCSE Drama Practical Exam

Thursday 9th

Nasal flu Immunisations

Y11B GCSE Drama Practical Exam

Mount Hawke Primary—Food Class

Friday 10th

Y11 PPE Results Day



Richard Lander School Remembrance



WHEN YOU GO HOME,
TELL THEM OF US AND SAY,
FOR YOUR TOMORROW
WE GAVE OUR TODAY.
- John Maxwell Edmonds

Monday 13th

Flu & Covid-19 Vaccinations

Friday 17th—Last Day of Term

Monday 20th December - Monday
3rd January

CHRISTMAS BREAK

JANUARY

Monday 3rd January

Bank Holiday

Tuesday 4th - Friday 14th

Year 9 Progress Reviews

RLS WEARS IT PINK FOR BREAST CANCER NOW!

On Friday 22nd October, Richard Lander School celebrated 'Wear It Pink Day' for Breast Cancer Awareness.

We were so amazed with the turnout from the students, and were so excited to see what students chose to wear to raise awareness of this amazing cause.

Overall, we raised **£1813.59!!!** With students raising £1553.59 on the day and an additional £260 from online donations. We are so thankful to all of those who donated. Your money goes to the 'Breast Cancer Now' charity, where vital research can be funded to help people



affected by breast cancer, so they get to watch their children grow up and create a lifetime of memories with the people they love.

Mrs Astle is especially thankful to everybody who donated and to the students, as this cause is close to her



heart: *"Our Wear It Pink event raised a phenomenal amount of money last year and this year we've gone one better, - I couldn't be prouder! Thank you, thank you, thank you. Thank you all from the bottom of my heart."*

Report by Mia Ewart



SCHOOL SOLAR PANEL APPLICATION

The GREAT news is that there is currently a planning application on the Cornwall Council website to put 475 kW of solar panels (1400 panels) on our school's roof! A 475kw system will generate is nearly 120 times more energy than the average domestic system, and could provide the energy we need plus more to share with the community!

Check out the application here:

<https://planning.cornwall.gov.uk/online-applications/applicationDetails.do?keyVal=QTB282FG1XL00&activeTab=summary>

To see the plan go to the 'Documents' tab and click on the view icon by 'Drawing and Photos of Works'.

Fingers crossed this application goes through and our school can be powered with sunshine in the very near future!

Page 2 of 2

ENERGY
HUB



Figure 2 - Proposed plan (indicative, not to scale)



Figure 3 - Existing view from Richard Lander School entrance (looking north)

We have been following the progress of COP26 in school over the past 2 weeks. We have been looking at ways to improve our school's carbon footprint and to make sure that we are fully informed about the implications of global warming. Read about our efforts, large and small in this bulletin.





OLI RAISES OVER £1000 BY 'CYCLING UP EVEREST!'

On 24th October 2021, Year 11 student Oli Wade took on a truly remarkable challenge— He attempted to scale Everest on his bike by repeatedly cycling up and down Old Carnon Hill - which is a locally known very steep hill also seen on the Tour of Britain. This concept of 'Everesting' - picking a hill and riding up and down it until you reach the height of Mount Everest i.e. 8,848 meters - required Oli to cycle up Carnon Hill 260 times!!

Oli chose to do this to raise money for World Bicycle Relief, a charity which funds bikes for children in less developed countries, so they can cycle to school rather than face an epic walk each day.

Oli said: *'Being passionate about bikes, World Bicycle Relief is the perfect charity for me to fundraise for & I firmly believe that bikes have the ability to change lives for the better. I admire the work World Bicycle Relief do & want to contribute to their life changing actions.'*

Amazingly Oli completed his Everesting challenge in 14 hours & 30 mins & will be added to the Everesting Hall of Fame. He is potentially the youngest person to do it in under 24 hours in the world! He has totally smashed his fundraising target with over £1000 on his fundraising page, as well as in school cash donations. If you haven't donated yet, but would like to, you can use this link:

<https://worldbicyclereliefuk.enthuse.com/pf/oliverwade>

Oli - we salute you, you have done something which is both extremely impressive and compassionate, raising a huge amount of money for such a worthy cause!



Oliver Wade Everesting on a bicycle

ODD SOCKS DAY FOR ANTI BULLYING WEEK

Monday 15th November marks the start of Anti-Bullying week led by the anti-bullying Alliance. To mark the start of the week and raise awareness of the negative impact of bullying on young people, we are supporting the 'Odd Socks Day' where students and staff are invited to wear odd socks. There is no charge to students and the remainder of school uniform should be worn as normal.

<https://anti-bullyingalliance.org.uk/anti-bullying-week/odd-socks-day>



Monday 15th November
ODD SOCK DAY

Join us in wearing **odd socks** on Monday to launch the start of **Anti-Bullying week**.
Raise awareness of the negative impact of bullying on young people

There is no charge to students and the remainder of school uniform should be worn as normal



REMEMBRANCE AT RICHARD LANDER SCHOOL

This week on the 11th November, all staff and students took part in a 2 minute silence to honour the service and sacrifice of our Armed Forces, veterans and their families and to commemorate the anniversary of the armistice which marked the end of the First World War in 1918.

We reflected on the sacrifice made by those who serve to defend our democratic freedoms and way of life, whilst watching a presentation of images put together by Connor—Year 9. The presentation focussed on the poem 'For the Fallen'—Laurence Binyon and included images, from the First World War; some of which are pictured above. In the afternoon the poem was beautifully recited to the school by Lola and Ruby in Year 11.

During tutor time, our History trainee teacher, Miss Rail, worked with students to explain more about Remembrance. Miss Rail is passionate about social history, and taught us about the role in WW1 played by ordinary Cornish people. Approximately 6,300 Cornishmen lost their lives with Cornishwomen serving in the Woman's Land Army back at home. Year 11 students, Luke and Martha read excerpts from letters sent in 1915, by Thomas Harold Watts, who served in Drakes Battalion, Royal Naval Volunteer Reserve. Finally students were encouraged to discuss which colour poppy they would buy, their feelings on the sacrifice of servicemen and also to share ways of observing Remembrance which they had been part of.



LUNCHTIME AND AFTER SCHOOL CLUB BOOKLET

CLUB	TEACHER	WHEN	WHERE	WHO
HISTORY (week A only)	Mr BROOKER - 200 Mrs BRINDLEY - 203 Mr CRUXSON - 204 Ms RICKATSON - 205	3 - 4PM	ROOM 232	YEAR 11
PHOTOGRAPHY (week A only)	Ms DALBY	3 - 4PM	MUSIC DEPARTMENT	KS4
GCSE/BTEC MUSIC (week A only)	Miss JONES	3 - 4PM	Mrs BOASE ROOM 203 Mr WHIPP ROOM 202	YEAR 11
GEOGRAPHY (week B only)	Mrs BOASE / Mr WHIPP	3 - 4PM	ROOM 118	KS4
BUSINESS (week B only)	Mrs FORD	3:15 - 4:30PM	PE DEPARTMENT	INVITE ONLY
HETBALL	PE	3:15 - 4:30PM	PE DEPARTMENT	INVITE ONLY
COMPETITIVE GYMNASTICS	PE	3:15 - 4:30PM	PE DEPARTMENT	INVITE ONLY

CLUB	TEACHER	WHEN	WHERE	WHO
SPANISH FOR FUN	Ms BENNETT	1 - 1:30PM	ROOM 121	KS3
FRENCH FOR FUN	Ms BENNETT	1 - 1:30PM	ROOM 122	KS3
BASKETBALL	Mr STODDARD	1:15 - 1:57PM	SPORTSHALL	WEEK A YEAR 8 WEEK B 7 & 9
DODGEBALL	Ms HURWORTH	1:15 - 1:57PM	GYM	WEEK A 7 & 8 WEEK B YEAR 9
GIRLS FOOTBALL	Mr PARKER	1:15 - 1:57PM	ASTRO	KS3
DRAMA CLUB	Ms CHARLESTON	1:15 - 2PM	ROOM 130	YEAR 7
BOYS CHOIR	Miss JONES / Miss FOXON / Mr GIBBONS	1:30 - 2PM	MUSIC DEPARTMENT	ALL YEAR GROUPS

[A full list of lunchtime and after school clubs is now available on the school website here.](#)



From the 8th-12th November, we have enjoyed taking part in Global Entrepreneur Week in school. Global Entrepreneurship Week and Enterprise Week aim to empower blooming entrepreneurs and those who face systemic barriers to start and scale their own companies.

On Friday, Richard Lander students took part in an **Enterprise Quiz** during tutor time.

Every morning this week students have been shown **short films about young entrepreneurs who have turned a hobby or passion into a full time job.** Students have learned about siblings who make bath bombs, an entrepreneur who made a million by the time he was 16 through selling vintage clothes along with young business people making their livings through locker board and tie die companies.

Hopefully our students will have found inspiration & confidence by knowing that there are other young people turning their ideas into businesses.

Students now have a great opportunity to put this new found knowledge into practise!

10x CHALLENGE!

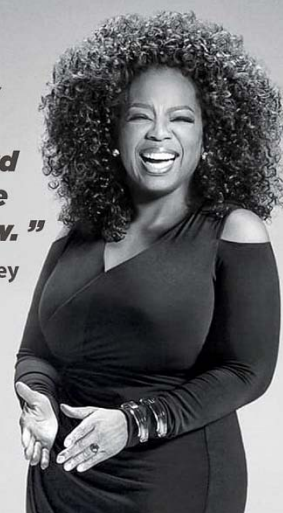
This week we have also launched the **'10X Challenge'** for KS3, which will be running after Christmas,

The 2022 10X Challenge is due to run from 28th February to 25th March. Over four weeks students will use a £10 pledge to get their student business ideas off the ground.

The 4 weeks of the Challenge are outlined below:

" The key is not to worry about being successful, but to instead work toward being significant -and the success will naturally follow. "

-Oprah Winfrey



Week 1: Here's £10! Students are given £10. Teams research and decide on a product or service to invest their £10 in.

Week 2: Getting started... Teams need to source materials or products, prepare sales pitches, and plan selling events.

Week 3:Keep it going.. Students get their product or service ready and promote their selling events.

Week 4: Payback and keep the profits: At end of the Challenge students decide how to donate their profit after repaying £10 pledge plus £1 legacy contribution to support the 10X bank.

There are also weekly competitions and national awards at the end of the competition for the most successful teams. For more information please see Mrs Ford.

Report by Mia Ewart.

10X CHALLENGE

Supported by **M & G**

YOUNG ENTERPRISE'S
10X CHALLENGE

The UK's
Biggest Free
Enterprise
Competition
for 11-18s

YOUNG enterprise
A Member of UK Worldwide

www.10XChallenge.org.uk

REGISTER NOW!

£10

WHAT'S 10X?

The 10X Challenge gives young people a £10 investment and 4 WEEKS to see what products or services they can sell to give them first-hand experience of what it's like to be an entrepreneur.

10X provides a highly interactive way for young people to develop **employability skills** and **career readiness**, using real money to make decisions to grow the starting amount.

Also available all year round is 10X DIY, which offers flexibility in delivery whether your students are in school or learning remotely.



YEAR 8 PROTEST POETRY

Another aspect of COP26 has been the protests we have seen on the streets of Glasgow. Year 8 have been writing protest poetry this term and we look forward to featuring some of the most impactful poems in future editions of RLS Bulletin. Here are 2 from Mrs Astle's class—powerful words we are sure you will agree.

I look at the world...
I look at the world,
And I see discrimination wherever I look
I hear the desperate screams of inequality wherever I go
And taste Injustice being forcefully shoved down my throat
This isn't something small or big or something to be taken for granted
This is an issue as common as dirt
and as colossal as the Eiffel tower
Yet you look at it with a mere glance
Like you don't actually care
Like it will always be stuck in this sinister world.

I look at the world,
And I feel oppression walking elegantly in the wind
releasing its misery and torment in the world
We're trapped in a perpetual maze with no exit
A Ferris wheel which spins to the end of eternity
The pain is inescapable
It doesn't stop
It never stops.

I look at the world,
And it looks back down on me
Black, white, brown
There all the same aren't they
Yet they couldn't be treated any more different
It's like we're helpless animals trapped in a cage
Desperate, hopeless, and full of hatred
Does our stupidity have no end?
Is rioting not sending a powerful enough message to you?
Even after hundreds of years this foolishness shows no sign of coming to an end
The biggest threat to humanity isn't climate change or plastic pollution,
It's ourselves...
By Afton Abraham

The change







Limping softly through the snow,
The ear-splitting yells and sounds of the busy city close by,
Bony Limbs dragging behind,
as she stumbles,
Falls,
It never used to be like this,
Now,
ever desperate to feed her starving cubs,
she races forward, then,
Bang!
the cars whizzing by,
the nauseating crunch of bones splitting,
a never-ending circle of excruciating pain,
the ravening hunger in the pit of her stomach,
still, she pushes on,
futile, hoping, longing,
reaching behind to drag the small cat of a snow leopard carcass,
left to deteriorate on the frozen ice.
Barely conscious she makes one last reach for the den,
Her cubs are in sight,
Lit up by the lights of the nearby city,
Innocently clawing at the snow,
Playfully bounding away as it lands on their heads,
Unaware of their future,
Their struggle to live,
So close yet so far,
She can't move,
she can't think...
In this world of change,
Only the toughest survive.

By Charlie Sisson



GCSE CHILD DEVELOPMENT - CONTRACEPTION SUPERHEROES!

We love these creative responses to the GCSE Child Development syllabus! Students were challenged to design 'Top Trump' style superhero cards to represent the different forms of contraception. Didn't they do an amazing job!

	strengths: protects against some cancers, is still effective despite vomiting and diarrhoea weaknesses: head aches, blood clots, raised blood pressure
	strengths: protects against cancers, doesn't interrupt sex weaknesses: only lasts 3 months, head aches, sore breasts, mood swings, irregular periods, weight gain
	strengths: is free at g.p surgery's, can be weakneses: effectiveness decreases after 72 hours, must be 16+ to purchase
	strengths: doesn't affect sex weaknesses: tender breasts, irregular periods, can be affected by other medications, has to be remembered
	strengths: lasts for 3 years weaknesses: some medications can make it ineffective, swelling/bruising after insertion, affects periods, doesn't protect against STI's
	strengths: protects against some STI's, reusable when washed, no side effects weaknesses: interrupts sex, difficulty with use, may cause cystitis

Mrs Condom

95% effective

advantages:

- most effective STI protection
- does not affect the future fertility of the woman
- don't require a prescription
- easy to get

disadvantages:

- interrupts sex
- more expensive than male ones

Isolam

advantages:

- helps protect against STI's
- widely available
- made responsibly once use once

disadvantages:

- doesn't interrupt sex
- can be pushed too far
- can be expensive

Contraceptive Patch

advantages:

- long term method of contraception
- stops ovulation
- stops sperm from reaching egg
- stops sperm from reaching egg
- stops sperm from reaching egg

disadvantages:

- some women get a rash
- some women get a rash
- some women get a rash

Birth control pill

advantages:

- can take when it's convenient
- can take when it's convenient
- can take when it's convenient

disadvantages:

- can take when it's convenient
- can take when it's convenient
- can take when it's convenient

Diaphragm or Cap

advantages:

- can protect against STI's
- reusable
- removed and washed

disadvantages:

- can cause irritation
- difficult to use properly
- not very reliable

Contraceptive Superheroes

Mr Condom (99% effective)

advantages:

- most effective STI protection
- doesn't affect the future fertility of the woman
- don't require a prescription
- easy to get

disadvantages:

- interrupts sex
- more expensive than male ones

Mr Condom King (99% effective)

advantages:

- most effective STI protection
- doesn't affect the future fertility of the woman
- don't require a prescription
- easy to get

disadvantages:

- interrupts sex
- more expensive than male ones

Mr Condom King (99% effective)

advantages:

- most effective STI protection
- doesn't affect the future fertility of the woman
- don't require a prescription
- easy to get

disadvantages:

- interrupts sex
- more expensive than male ones

Mr Condom King (99% effective)

advantages:

- most effective STI protection
- doesn't affect the future fertility of the woman
- don't require a prescription
- easy to get

disadvantages:

- interrupts sex
- more expensive than male ones

Coloret Pill

99.8% effective

advantages:

- only has to be taken three times a week
- the shot must be given every 3 months
- how often it needs to be given

disadvantages:

- can cause irritation
- difficult to use properly
- not very reliable

Peter Pill

99% effective

advantages:

- very common contraceptive
- not hard to get
- contains spermicide
- have to remember to use it every day

disadvantages:

- can cause irritation
- difficult to use properly
- not very reliable

Mr Mar

85% effective

advantages:

- can be used as a backup method
- doesn't require a prescription
- easy to get

disadvantages:

- can cause irritation
- difficult to use properly
- not very reliable

Captain

92-96% effective

advantages:

- can be used as a backup method
- doesn't require a prescription
- easy to get

disadvantages:

- can cause irritation
- difficult to use properly
- not very reliable

Mrs Condom

95% effective

advantages:

- most effective STI protection
- doesn't affect the future fertility of the woman
- don't require a prescription
- easy to get

disadvantages:

- interrupts sex
- more expensive than male ones



GET YOUR BAKE ON!



WHAT?

**Children in Need Bake Off
2 Rounds!**
Monday 15th Nov - Cupcakes
Friday 19th Nov - Showstopper

WHERE?

Richard Lander School

If you are taking part, please bring your entry in a named container. If you are buying cake, please bring 50p to buy 2/3 samples to judge! All funds to Children in Need.

WHEN?

Monday 15th November 2021
Friday 19th November 2021

**TOGETHER,
WE CAN**

BBC
**Children
in Need**



UPDATE FROM THE SCHOOL ECO TEAM

The Eco Team have been VERY busy. With COP26 putting the climate emergency in to the forefront of people's minds, the time is NOW to introduce positive change to school life. We are very excited about the solar panel planning application and the new DT plastic press and shredder and some Eco Team members spent this Wednesday's session sorting coloured styrene ready for shredding and pressing. Please see the next page for more about our amazing new plastic shredder!

Next week we look forward to the launch of our 95% Zero Waste Canteen. This is the culmination of over 2 years of work by the school Eco Team and has seen students putting the case for change to the school governors, RLS Senior Leadership Team, Autograph catering, Interserve and representatives from Cornwall Council. Following this there has been a lot of planning, purchasing and working with our wonderful canteen staff. Students have signed up to make an informational video to be shown to the whole school and to help supervise the changes during KS3 lunchtime. This counts towards their Duke of Edinburgh Bronze Award volunteering commitment.

Students have also carried out a set of environmental reviews around the school to identify further areas for improvement. These focus on things like energy consumption, waste and biodiversity and form an important part of our Eco Schools Green Flag application which we hope to achieve next year. In order to apply, we must have answered all of the compulsory Seven Step questions and have a total of 100 Eco-Schools Green Flag points. The 7 steps are: Eco-Committee, Environmental Review, Action Plan, Curriculum Links, Informing and Involving, Monitoring and Evaluation & Eco-Code.



Some of our older Eco Team members, who are now RLS Head Students, worked with Mr Whipp to present to the whole staff team during INSET last Thursday. They spoke on the importance of acting immediately to slow down runaway global warming and conducted a question and answer session which was much appreciated by the staff.

Next Thursday we are looking forward to meeting Eco Teams from other Cornish schools at the termly Eco-School Leaders meet. This is organised by Janine from Cornwall Council each term and held at a different location across Cornwall. This time it is at Newquay Orchards and we are really looking forward to getting out and about and visiting the orchard.

New members are always very welcome, ask a Geography teacher for more information or just come along to Mrs Boase's classroom on Wednesdays at 3pm!



**ECO SCHOOLS MEETING
WEDNESDAY 3 - 3:45PM
ROOM 203**

AGENDA 10/11/21

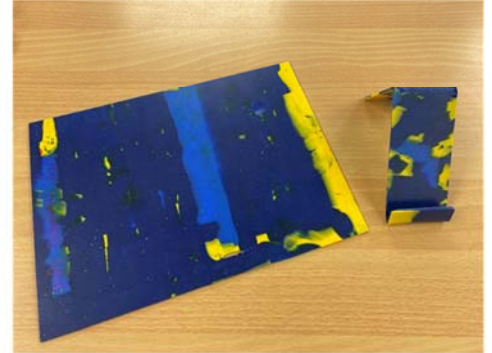
**CANTEEN LAUNCH NEXT WEEK -
WE NEED A VIDEO..
STAFF INSET UPDATE
DT PLASTIC RECYCLING COLLECTION
AOB**



DT DEPARTMENT - WASTE REDUCTION STRATEGY AND NEW PLASTIC PRESS

A circular system within Richard Lander School

Our Design Technology department have been thinking hard about how to minimise our school's impact on the planet. With 300 students in each year group designing and making new products every term, the potential for waste through offcuts, mistakes and unwanted finished products has always been high but this term a major new initiative towards sustainability has begun.



The DT department have always recycled metal and given wood offcuts to staff for kindling but plastic has proven to be an issue. Not wanting to dispose of plastic waste irresponsibly has led to a heap of styrene being stored in a container at the back of school whilst a solution was sought.

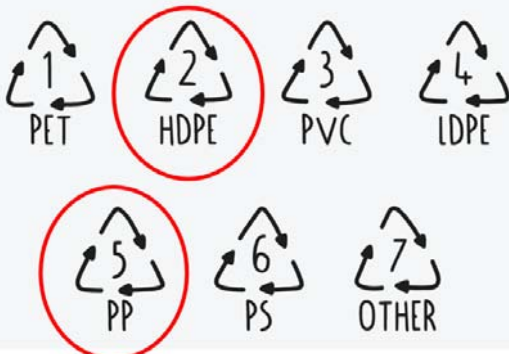
Richard Lander School has now purchased a plastic shredder (right) and press (above) which will enable us to recycle 2 of the most commonly used plastics and turn our waste into sheets of plastic which can be used in student projects! The Year 9 birdfeeder project below requires vacuum formed plastic to make the roof and feeding tray, and is a prime example of where these plastic sheets could be used. As well as using the offcuts from previous student projects, the plastic press is also able to press the plastic used in glue sticks and milk bottles; 2 items which we see around school a lot!



The blue and yellow sheet of plastic above left has been formed from styrene offcuts with a part of it being made into a mobile phone holder. Eco Team and Duke of Edinburgh students will be collecting milk bottles and glue sticks from classrooms and staff bases next week and we are really looking forward to seeing this waste made into something useful in the near future too.

We are sure you will agree this is a really positive change and we thank Mrs Knight and Mr Sidwell for all their hard work to make this happen.

This initiative comes alongside a

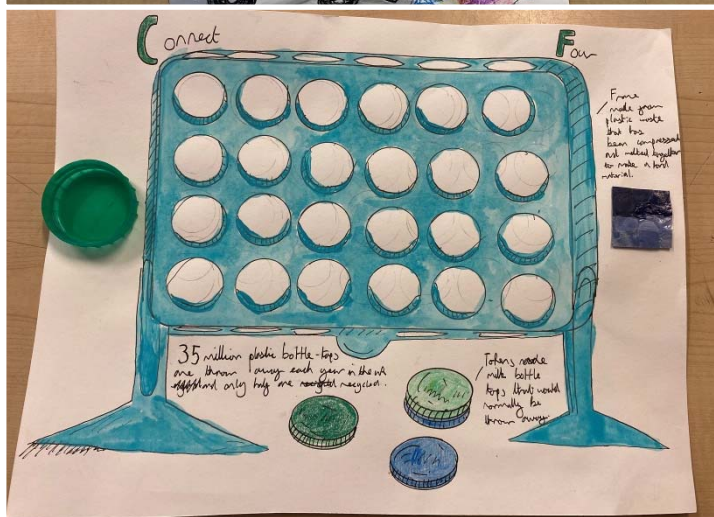




DESIGN VENTURA CHALLENGE

What's more, Year 7 & 8 students can also enter their designs on the Design Ventura website. There is a form for them to enter at home as it requires parent / guardian consent. Design Ventura will continue to announce winners fortnightly on social media until February 2022 here <https://ventura.designmuseum.org/design-ventura-mini-challenge/>

And below are some more excellent entries from Mrs Knight's Year 7 students. Top—A Garbage Gobbler which eats rubbish and crunches it into building blocks. Bottom—A Connect 4 game made from milk bottle tops.



design_ventura This week's winner of the [#DesignVentura](#) mini challenge is 'Keyboard Necklace' by Matilda from Richard Lander School. Matilda's design makes use of old keyboard letters to create your own customisable jewellery! 🖨️ ♻️ 💡 Chosen by our design volunteer Simon. Congratulations Matilda!



PENINSULA SURF COMPETITION REPORT

RLS took 16 students to the annual peninsular surf competition on Friday 8th October. The event was hosted by Global Surfers at Praa Sands, in blustery 3-4ft conditions! All surfers did really well despite the challenging waves; with six students getting into their age group final; namely Isaac Dakin, Arthur Randell, Finlay Lucas, Finley Donovan, Sunny Ingram and Ben Boddington. Massive congratulations to Arthur and Isaac who won their events!!! All finalists will now represent RLS at the Cornwall School Games in June.



Miss Meek

YEAR 9 NETBALL TEAM THROUGH TO THE REGIONALS

Congratulations to our Year 9 girls who came second in the County Netball Tournament, held before half term at Truro School. The team, who are coached by Miss Meek and Lucianne Stribley, have qualified for the regionals later in the year and are so excited about an over-night stay for this leg of the competition.

This is the 3rd time that we have had Netball regional representation in the past 5 or 6 years (as well as two hockey representations) - well done Lander! The results of their matches were as follows: RLS V Bude 14 – 2, RLS V Camborne 9 – 3, RLS V Truro High 5 – 3, RLS V Redruth 9 – 7, RLS V Sir James Smith 12 – 1, RLS V Penair 15 – 2. RLS V Truro School 0 – 16.

The team are Elsie Blake, Darcy Bailey, Tabitha Hayes, Leah Coleman, Mia Shipton, Mia Rogers, Milly McCheyne, Savanna Vincent, Bee Jackson & Amelia Tinn.

UPDATE FROM THE EQUESTRIAN TEAM

On Sunday 17th October the school equestrian team took part in the Cornwall Teams Showjumping competition. Our Novice team 'Lander Flyers' included Neve MacArthur, Grace Mynne, Flo Tait and Martha Tait and our Open team 'Lander Racers' included Ruby Chapman, Izaak Davis, Katie Andrew and Lexy Mitchell.

All riders competed brilliantly and represented the school really well. Many thanks to all parents and carers for your hard work enabling students to take part!





Ex-Students Tanya and Freya invite you to
be a part of our new group



RLS DIVERSITY MATTERS

Launching with a stall outside Student Reception on
Tuesday 16th November 1 - 2 pm
Then every **Tuesday lunchtime** in the **Staff Room**

EVERYONE
is welcome here



We aim to support all students with
diversity questions - bring your friends!



CORONAVIRUS UPDATE

Advice to All Parents - warn and inform
Letter sent home 4/11/21

We wish to inform you that we are noticing a rise in the number of confirmed cases of COVID-19 across the school and in particular in Years 9 and 10.

We know that you may find this concerning but we are continuing to monitor the situation and are working closely with Public Health. This letter is to inform you of the current situation and provide advice on how to support your child. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness.

The school continues to ensure confirmed cases of COVID-19 do not attend until the end of their self-isolation period but contact tracing within the school setting no longer takes place as standard. Instead, and in order to prevent avoidable spread in school, we encourage all pupils and staff to continue with the twice weekly LFD testing, to report all positive test results to us and to follow-up a positive result with a confirmatory PCR test.

Since there is an increase in cases in the school we would strongly encourage all students to ensure that they are completing a Lateral Flow Device test at least twice weekly. Completing regular LFD tests assists in identifying asymptomatic cases and ensures that students are not attending school and transmitting the disease unwittingly.

As you may know, nationally, close contacts of a COVID-19 case are recommended to get a PCR test. Therefore, in families that have a COVID-19 case, the other members of the family, including siblings, are advised by public health to get a PCR test even if they are well and **complete daily LFD tests**. Please be aware that this is not mandatory but is advised in order to detect COVID-19 cases earlier and therefore reduce spread. The person completing daily LFD's or getting a PCR test does not need to isolate, unless they have symptoms, or one of the tests comes back positive. If you have had COVID-19 in the past 90 days, then you should not get a PCR test, even if you are a contact, unless you develop new symptoms.

We would like to encourage all parents to consider taking up the offer of protection with two doses of the COVID vaccine (You can book through the NHS portal [Book or manage your coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk)) and consenting to your child having the COVID-19 vaccination, either at school on 8th November

(KS3), 19th November (KS4) or 13th December for those who have subsequently become eligible or are absent on their allocated day.

If you have any concerns about the vaccine then please find links to the NHS Kernow website which has some Frequently Asked Questions to help you.

[COVID-19 vaccine - Frequently asked questions - NHS Kernow CCG - NHS Kernow CCG](https://www.nhs.uk)

The school remains open and your child should continue to attend as normal if they remain well.

What to do if your child develops symptoms of COVID-19

If your child develops symptoms of COVID-19 at any time, however mild, the child must self-isolate along with any other household member who does not meet the exemption criteria. Book a PCR test for the person with symptoms (even if they have already taken a test).

Symptoms of COVID-19 are:

A new, continuous cough, and/or

A temperature, and/or

A loss of, or change to, sense of taste and/or smell.

You can book a test through <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

If the test is negative, your child can return to school/ Early Years setting once they are well and have been fever free (without the support of paracetamol or Calpol) for at least 24 hours.

If the test is positive only unvaccinated members of your household over the age of 18 years must self-isolate for 10 days from the date symptoms started. If other household members become unwell they need to extend their isolation period.

Those who are clinically extremely vulnerable should be supported to minimise their contact with other people in the household during this period, regardless of whether others have symptoms or not.

Further information is available at: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111. For most people, coronavirus (COVID-19) will be a mild illness.



Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

- Do
- wash your hands with soap and water often – do this for at least 20 seconds
 - use hand sanitiser gel if soap and water are not available
 - wash your hands as soon as you get home
 - cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
 - put used tissues in the bin immediately and wash your hands afterwards
 - Keep indoor spaces as well ventilated as possible – let the fresh air in, even if for a short period a day
 - Participate in twice weekly LFD testing following national guidelines (recommended for 11 years and over). We encourage you to log your results here: <https://www.gov.uk/log-test-site-covid19-results>

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

OTHER NEWS AROUND SCHOOL..

FORMAL SCHOOL CAROL SERVICE

It is with great disappointment that the school has taken the decision to cancel the planned school carol service at Truro Cathedral, as a result of continued high Covid infection rates amongst students and staff. The music department would like to thank all of the students who were working hard to take part under challenging circumstances.

SCHOOL STAFFING LEVELS

Alongside other schools nationally, Richard Lander has faced problems with staff absence largely connected with the Covid pandemic; this coupled with a lack of supply staff in the area has meant that covering absent teaching staff in particular is becoming increasingly difficult. The school is determined to remain open to all age groups unless absolutely essential and has cancelled non-essential staff meetings and training in order to prioritise illness cover and student opportunities such as fixtures. However, where classes are not able to be covered there may be

occasions over the next few weeks where some classes with absent teachers are directed to a group space such as the main hall and supervised by other available staff. Educational activities and videos will be provided and the school will endeavour to make sure any particular group is not repeatedly affected.

ODD SOCKS DAY

Monday 15th November marks the start of Anti-Bullying week led by the anti-bullying Alliance. To mark the start of the week and raise awareness of the negative impact of bullying on young people, we are supporting the 'Odd Socks Day' where students and staff are invited to wear odd socks. There is no charge to students and the remainder of school uniform should be worn as normal.

<https://anti-bullyingalliance.org.uk/anti-bullying-week/odd-socks-day>

CHILDREN IN NEED

The BBC Children in Need day has been supported by the school for many years. This year it is next week, on Friday 19th November. Students are invited to pay £1 to wear their own clothes on this day. All proceeds will go towards Children in Need. If your child does not wish to take part, they should wear school uniform as normal. <https://www.bbcchildreninneed.co.uk/> for details about Mrs Knight's Bake Off please see the poster on Page 2

YEAR 11 PPE EXAMS

The Year 11's have responded extremely well to their first formal set of exams since they were in Year 8. On the whole the students have arrived well prepared and organised with the right equipment, lining up and entering the exam hall superbly. The Year 11's will not be told their grades as their papers are marked by staff but instead will have an envelope opening results day on Friday 10th December. We are trying to recreate the feelings the Year 11's will get in August, the nerves, excitement, delight and occasionally the disappointment too.

YEAR 9 OPTIONS

As you are no doubt aware, your child is fast approaching a very important stage in their education as they prepare to pass from Key Stage 3 to Key Stage 4 next year. In January, Year 9 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. We have taken the decision to bring our Options Fair to you in a virtual format (no longer in person on Thursday 13th January). With numbers of Covid cases rising amongst both students and staff, we feel it is best to minimise larger gatherings where parents, students and staff would be mingling in close proximity. At the end of this term I will send parents the detailed options booklet, an introductory speech outlining the key features of the curriculum and the options process and an amazing interactive map with brief pitches videoed by every subject. We hope that this will give you a flavour of our usual evening and help you and your child to make an informed choice. Year 9 students will be sent an electronic options form to use to make their choices and this will need to be completed by January 28th please.

LITTLE WINS!

Finally ... as we have been following the developments at COP26 and working to make Richard Lander School more sustainable staff have been sharing some of their 'small wins.' We hope you find these supportive and uplifting..



WHERE DO THE DUFF BALLS GO?

Did you know that Richard Lander School PE Department 'donate' all of our duff balls (rugby, netball, football balls etc. that have gone flat or no



longer useable for PE lessons) to Wheal Oak Canine Creche. This doggy day care business, based in Helston is run by Miss Martin's dad and we are delighted to be able to see our waste equipment repurposed in this way.

MISS THOMAS SHARES HER LITTLE WIN.

And here is another little win from Miss Thomas. She has been using the same piece of tin foil for her sandwich all week. It doesn't always have to be daunting or complicated. Doing your bit can just start with using less stuff, buying less stuff and burning less stuff!



**BREAKFAST CLUB
IS BACK!**

Autograph
FED BY ENTHUSIASM

**RLS Breakfast Club
Every School Day
8.00 - 8.30 am**



Croissant / Banana Muffin / Flapjack - 85p

Buttered Crumpet - 40p

Bacon Roll - £1

Fruit and Yoghurt - £1

Fresh fruit and drinks also available

prices subject to change in response to shortages



Armed Forces Families

Liason/Contact member of staff
Mr T Brooker.

Students — room 200 or Humanities
office any break or lunchtime .

Parents/Guardians email -

tbrooker@richardlander.cornwall.sch.uk



Since September we have really enjoyed getting to know our Year 7 students. They are a fantastic bunch of bright, kind & resilient students and we are delighted to have them all as part of our community. It's great to hear about their hobbies and interests.



WELL DONE DAISY

Congratulations to **Daisy** in Year 7 who has just passed her Grade 5 Musical Theatre exam with a merit. Daisy

also performs in local shows with amateur dramatic societies! We really hope to see Daisy on the Richard Lander School stage for our next school production.

STANLEY'S CHICKENS COMMEMORATE THE FALLEN

Year 7 Stanley 's family own a farm business. They have commemorated the fallen this Remembrance Day in a special way. We have no idea how they persuaded their chickens to form this perfect heart!



IF YOU HAVE ANY EMPTY PUREE TUBES PLEASE COULD YOU SEND THEM IN...IF YOU CUT PRE CUT THE TOPS AND BOTTOMS OF THAT WOULD BE A HUGE HELP 😊



UPDATE FROM THE WELLBEING TEAM THE CONNECT CARD FOR 10 – 16 YEAR OLDS

Did you know?

That YP can claim a free wellbeing kit using their Connect Card? The kit includes tangles / poppers; stationery; positive affirmations and more. And, did you also know?

That we are working with Tempo Time Credits to enable young people who get involved to earn Time Credits which they can exchange for things like Cinema Tickets; Tickets to see the Cornish Pirates play; DVDs from Cornish Libraries and more.

Time Credits can be earned for helping review Connect; contributing ideas / content as well wellbeing stuff in school – e.g. being wellbeing ambassadors; peer supporters or taking part in one our Youth in Mind projects....

R U Connected?

Get your free Connect Card

startnowcornwall.org.uk
hskyouth

Richard Lander School has ordered Connect Cards which can be picked up from Miss Angilley.
Stay in Touch: [Join the Hub](#) / [Subscribe to the Newsletter](#)

Kernow Connect – Young People's Support Services

Action for Children's Kernow Connect provides a range of universal, targeted and specialist services to Young People aged 11-19 and those up to 25 with SEND in Cornwall. [Read more here](#)

Action for Children are developing their Engagement Strategy and are wanting to consult with Young People regarding this. They have set up a *virtual Participation Workshop for Young People on Friday 19th November 4.30pm-5.30pm*.

JOIN OUR PARTICIPATION STRATEGY WORKSHOP

A strategy for the whole of Action for Children on how we engage with children and young people is being put together, to ensure children and young people have lots of opportunities to express themselves, feel heard and be actively involved in decisions that affect them. What better way to do this than to ask the experts... YOU!

Join Sarah and Frankie, on our virtual Participation workshop and as a thank you for your time, they will be offering everyone who attends a gift voucher.

If you would like to get involved, please reserve your place by scanning our QR code and completing the form attached. There are 15 limited spaces available so secure your place today!

15 SPACES AVAILABLE
SECURE YOUR PLACE TODAY!

GET A FREE GIFT VOUCHER WHEN YOU ATTEND

FRIDAY 19th NOVEMBER
4.30PM - 5.30PM

Open to all Young People aged 11-19 (up to 25 with SEND)

SCAN OUR QR CODE:

Action for Children



HALLOWEEN BAKE OFF!

Well done to all the students who entered Mrs Jones's Halloween baking competition! Here are some examples of creativity, expressed in delicious & spooky fun, guaranteed to make you feel peckish...a selection of bite size treat entries... ..and some of the showstopper bakes where students chose to create one single piece of edible Halloween art.

Choosing winners was extremely difficult due to the high standard of entries but, after consultation with our Food teachers , the winners are:

In first place... Lucy H, Year 8, with her amazing giant spider cake! *Middle right*. In second place... Charlie D, Year 7, with her spooky graveyard pastry delight and chocolate cupcakes! *Middle left and top middle*. In third place.. Isabella K, Year 10, with her cute cat cake! *Top left*. And for best fancy dress... Alana M, Year 7, who themed her bake to her outfit. *Top right*.



JOIN US @
FALMOUTH MARINE SCHOOL

**OPEN
EVENT**

SAT 20 NOV 10AM - 12PM

falmouthmarineschool.ac.uk/
events



#thecareercollege



JOIN US @
CORNWALL COLLEGE
CAMBORNE, ST AUSTELL & NEWQUAY

**OPEN
EVENT**

THU 25 NOV 5PM - 7PM

cornwall.ac.uk/events



#thecareercollege



Students enjoyed The Great Big Lesson for Climate and Nature which was hosted live from COP26 last week. It was delivered by AimHi Earth, Nature4Climate, with support from Cambridge Zero and the Eden Project.

The lesson aimed to empower students to put nature first, be Nature Positive and always ask the question “Yes, but what’s the impact on nature?”

It encouraged students to ask the following questions and then sought to answer some of them during the lesson.

What does it mean to “win” in nature? Can you think of any examples?

Why is soil so critical in the fight against climate change?

Why is living in a world of monocultures bad for our planet and ourselves?

What are some of the individual changes we can start to make for the health of our planet, it’s biodiversity and ourselves?

If you had 100 acres of land, what would you do with it to help our planet?

[If you missed the live session you can watch the full lesson on YouTube here! We’d recommend it!](#)





Sustrans in Scotland have a range of COP26 school resources and session plans based on 20 minute neighbourhoods.

www.sustrans.org.uk/our-blog/projects/2021/scotland/eop26-schools-resource

GREEN JOURNEYS TO TACKLE CLIMATE CHANGE



See Cornwall Council's www.y7cornwall.co.uk to bring together ideas and get young people talking about sustainability to their friends, teachers and leaders in their communities.



A community of educators empowering students to take climate action

Check out the brilliant website www.transform-our-world.org for loads of free climate action resources, access to the Youth Summit in November and programmes focusing on a wide range of environmental issues, including CO2, Air Quality, Plastics and a Young Climate Warriors challenge.



Other great resources to support you around COP26

Sustrans Air Quality lessons <https://www.youtube.com/playlist?list=PL5fRA-WbPmiy9-jpTOuO-anmd6YDV4WhZ>

Sustrans Active Travel Toolkit www.cornwall.gov.uk/activetravel

Cornwall Council's Carbon Neutral page <https://letstalk.cornwall.gov.uk/carbon-neutral-cornwall>

CC's Carbon Neutral Challenge www.cornwall.gov.uk/environment/climate-emergency/the-carbon-neutral-challenge



GREEN JOURNEYS TO TACKLE CLIMATE CHANGE Making the school run kinder to the planet



Explain to your school community

- Let them know that you're taking action to tackle climate change and air quality issues
- Write & publicise a 'no idling' policy for staff, parents and visitors to the school, including deliveries and public transport
- Get pupils to design posters and banners to promote clean air zones around the school gates



Set up a car-free day

- Let parents and pupils know
- Get your Eco-council involved
- Incentivise Active Travel with house points, golden time etc.
- Consider a **regular, incentivised Active Travel day** <https://tinyurl.com/rf3r8p8n>
- Include fun activities to get children on board

Activities to enthuse pupils on the day e.g.

- Scooter obstacle course
- Free time walking/running/scooting/cycling
- Bling your bike/scooter (ensure decorations won't affect handling or tangle in moving parts)
- Have a non-uniform 'dress green & blue for the planet' day
- Run a 'bike breakfast' or 'scooter snacks', with edible treats for pupils who walk, scoot or cycle to school that day

Inspire your pupils with classroom sessions

(lesson plans & videos available)

- Air quality <https://tinyurl.com/e24stkam>
- Exercise for wellbeing Children's Mental Health Week sessions: <http://tiny.cc/6xi8tz> (5 days of activities)
- Persuasive writing and more! <https://bigpedal.org.uk/resources/primary>

Set up a Park & Stride

<https://tinyurl.com/4fvbv3aj>

- Identify safe parking +/- 10 mins walk from school; get permission to use nearby space, inform parents
- Consider a mass Park & Stride on your car-free day



Active Travel Toolkit

<https://www.cornwall.gov.uk/activetravel>

- Info to share with parents on cycle and scooter safety, bike maintenance etc.
- Useful tips for schools

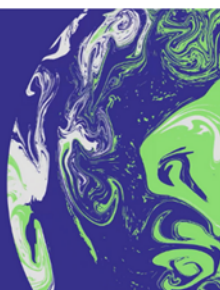


For more info on promoting Active Travel, see www.sustrans.org.uk/for-professionals/education/how-schools-can-promote-an-active-school-run
Sustrans is the charity making it easier for people to walk and cycle. Join us on our journey. www.sustrans.org.uk

31 OCT - 12 NOV 2021
GLASGOW

COP26

IN PARTNERSHIP WITH ITALY



We have been following the progress of COP26 in school over the past 2 weeks, looking at ways to improve our school's carbon footprint and to make sure that we are fully informed about the implications of global warming. Sustrans are an amazing national organisation and our local representatives are so helpful in providing advice and encouragement on making the school run kinder to the planet. Watch out for their Dr Bike sessions where you can get your bike serviced for free!



ZEBS REACH WELLBEING GROUP

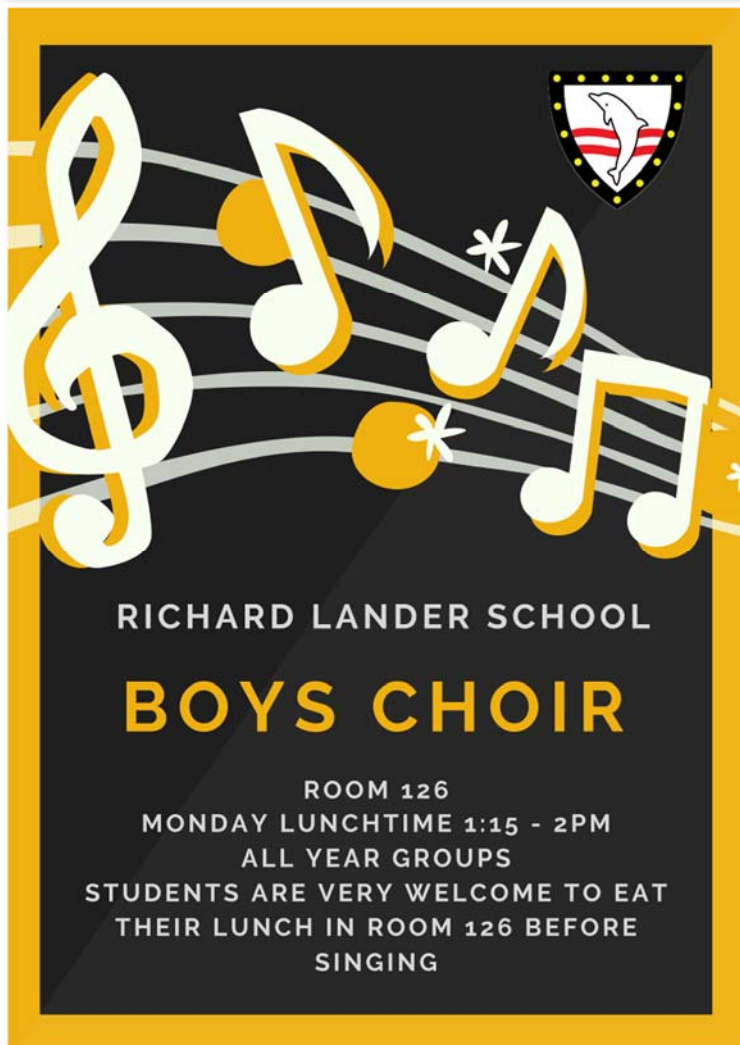
SCAN THE QR
CODE FOR ALL
THE LATEST
INFO FROM
ZEBS



EMPOWERING YOUNG PEOPLE TO MAKE POSITIVE CHOICES
BY MIXING EMOTIONAL WELLBEING WITH PHYSICAL ACTIVITY. FOR AGES 13-16!

THIS GROUP OFFERS YOUNG PEOPLE A SAFE
SPACE TO EXPLORE A RANGE OF CURRENT
TOPICS, WITH SUPPORT AND GUIDANCE
ALONGSIDE LEARNING SKILLS IN
NON-CONTACT BOXING.

RUNS EVERY TUESDAY 4-5:30PM AT ZEBS
YOUTH CENTRE.
TO GET INVOLVED, MAKE A REFERRAL OR
FIND OUT MORE CONTACT
KERRYD@YPC.ORG.UK OR CALL 07791666186



RICHARD LANDER SCHOOL
BOYS CHOIR
ROOM 126
MONDAY LUNCHTIME 1:15 - 2PM
ALL YEAR GROUPS
STUDENTS ARE VERY WELCOME TO EAT
THEIR LUNCH IN ROOM 126 BEFORE
SINGING



We meet 3-3.45 pm after school on Tuesdays in 205.
We discuss issues Cornish youth feel passionate about
- this term we are focusing on homelessness.
Making petitions and contacting our local MPs—we
help to provide political voices for the youth of RLS.
Free biscuits for members :)



JUMBO TOBLERONE RAFFLE

**TICKETS ON SALE FROM
STUDENT RECEPTION
50p EACH**

ALL PROCEEDS TO LANDER4UGANDA



40
YEARS

THREE SPIRES SINGERS & ORCHESTRA

PRESIDENT: PETROC TRELAWNY



CORNWALL GIRLS' CHOIR & CORNWALL BOYS' CHOIR

Christopher Gray conductor

Poulenc GLORIA

Rachel Nicholls soprano

Ravel PIANO CONCERTO in G

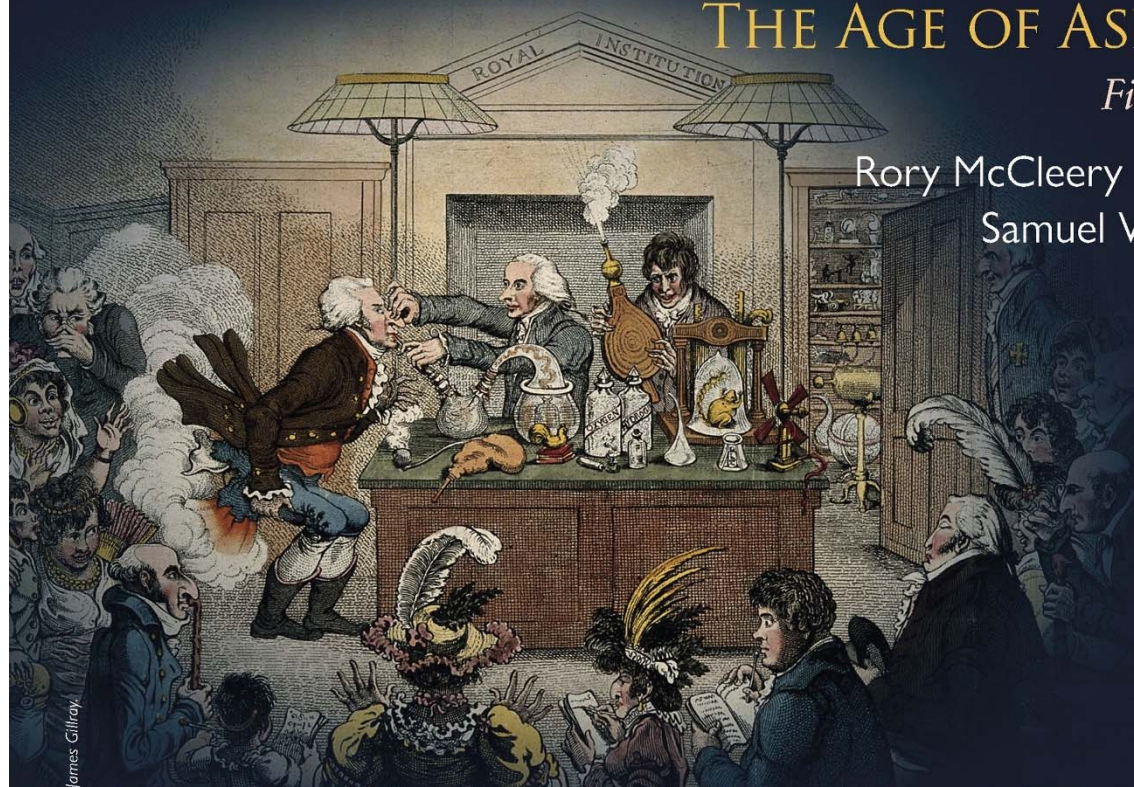
Cordelia Williams piano

Graham Fitkin HUMPHRY DAVY
THE AGE OF ASPIRATION

First performance

Rory McCleery countertenor

Samuel West narrator



Saturday 20 & Sunday 21 November 2021 7.30pm

TRURO CATHEDRAL



TICKETS: £18, £20, £25, including programme Free on the door to 18 and under

CORNISH RIVIERA BOX OFFICE 01726 879500 or www.crbo.co.uk



Truro
Cathedral

by kind permission of the Chapter

The Graham Fitkin commission is supported by

The D'Oyly Carte Charitable Trust | The Golsongott Foundation | Hinrichsen Foundation | The Leche Trust | PRS Foundation's The Open Fund | The Radcliffe Trust



The D'Oyly Carte Charitable Trust



THE GOLSONGOTT FOUNDATION



HINRICHSEN
FOUNDATION



THE
LECHE
TRUST



PRS
Foundation



THE RADCLIFFE TRUST



ST AGNES PARISH YOUTH GROUPS

TUES

ST AGNES MMI
8-12 YEARS 5-6:45 PM- 13+
7-8:30PM

BLACKWATER

8-12 years 5-6:45pm 13+ 7-8:30pm

WEDS

MOUNT HAWKE
8-12 YEARS 5-7pm

THURS

for more info please contact dan on 07774950282
or email daniel.wildman@ypc.org.uk

GAMES, ACTIVITIES AND TRIPS

SAFE PLACE FOR YOUNG PEOPLE

YOUTH ISSUE SESSIONS



Made with PosterMyWall.com

FB: @pypstagnesparish





Cornwall Music Education Hub

FREE 6 WEEK ONLINE MUSIC PRODUCTION BEGINNER COURSE

STARTING ON WEDNESDAY 10th NOVEMBER 2021

4PM - 5PM Via ZOOM REMOTE CLASSROOM

OPEN TO ALL 12+ YEAR OLD STUDENTS

Supported using public funding by



ARTS COUNCIL
ENGLAND



Cornwall Music Education Hub

FREE 6 WEEK ONLINE MUSIC PRODUCTION INTERMEDIATE COURSE

STARTING ON FRIDAY 12th NOVEMBER 2021

4PM - 5PM Via ZOOM REMOTE CLASSROOM

OPEN TO ALL 8 YEAR OLD + STUDENTS

Supported using public funding by



ARTS COUNCIL
ENGLAND





JOIN US @ OUR OPEN EVENTS

Bicton College

Sat 20 Nov 10am - 12pm
Sat 5 Feb 10am - 12pm
Sat 26 Mar 10am - 12pm

Falmouth Marine School

Sat 20 Nov 10am - 12pm
Sat 5 Feb 10am - 12pm
Sat 26 Mar 10am - 12pm

Cornwall College

campuses in:

**Camborne, St Austell &
Newquay**

Thu 25 Nov 5pm - 7pm
Tue 8 Feb 5pm - 7pm
Thu 19 May 5pm - 7pm

Apprenticeship Jobs Fair

Cornwall College

Camborne & St Austell

Thu 19 May 5pm - 7pm

Duchy College

Stoke Climsland &

Rosewarne campuses

Sat 27 Nov 10am - 12pm
Sat 29 Jan 10am - 12pm
Sat 19 Mar 10am - 12pm
(Stoke Climsland)



Register for more info visit cornwall.ac.uk/events-and-tasters

#thecareercollege

THE CORNWALL COLLEGE GROUP





TRURO & PENWITH COLLEGE



OPEN EVENTS

MEET THE STAFF _ TOUR THE CAMPUS _ EXPLORE YOUR OPTIONS

TRURO COLLEGE

Sat 06 Nov 2021 **Open Day** 10am - 3pm
Thu 02 Dec 2021 **Open Evening** 5pm - 8pm
Thu 06 Jan 2022 **Open Evening** 5pm - 8pm
Thu 13 Jan 2022 **IB Info Evening** 7pm
Sat 05 Mar 2022 **Open Morning** 10am - 1pm
Thu 05 May 2022 **Open Evening** 5pm - 8pm

PENWITH COLLEGE

Sat 27 Nov 2021 **Open Day** 10am - 3pm
Thu 20 Jan 2022 **Open Evening** 5pm - 8pm
Sat 19 Feb 2022 **Open Morning** 10am - 1pm
Thu 12 May 2022 **Open Evening** 5pm - 8pm

Discover more online:
truro-penwith.ac.uk/openevents

