



RICHARD LANDER SCHOOL BULLETIN

25th November 2021

Dates for your diary

Tuesday and Friday in November, December & January

Year 11 Meetings with Careers4U—
Email Mrs Grenfell for more
information.

NOVEMBER 2021

Friday 26th

Y11 Drama - Dress Rehearsal

GCSE Biology 2 Re-sit

Business Studies Assessment 2 10C/
BS1

Monday 29th

Covid 19 Vaccination Day for Years
8, 10, 11. Public Health England

Law Talk with Judge Carr

Year 11 Boys Football Team - ESFA

Nation Cup Football—5th Round at
Penryn College

Year 7 & 8 Netball Tournament at
Penryn College

Tuesday 30th

Lisa Glass Author Visit

Year 10 Boys Football Team—

National Cup Football Tournament
at Torquay Academy

DECEMBER 2021

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

Wednesday 8th

Christmas Lunch for students and
staff

Governors Meeting—FGB Termly

Thursday 9th

Nasal flu Immunisations

Y11B GCSE Drama Practical Exam

Mount Hawke Primary—Food Class

Friday 10th

Y11 PPE Results Day

Monday 13th

Flu & Covid-19 Vaccinations

Friday 17th—Last Day of Term

Monday 20th December - Monday

3rd January

CHRISTMAS BREAK

JANUARY 2022

Monday 3rd January

Bank Holiday

Tuesday 4th - Friday 14th

Year 9 Progress Reviews

Wednesday 12th

Cambridge National Business
Studies

Governors Meeting - FGB Data
Presentation

Thursday 13th

Year 9 Options Evening—Virtual

Monday 24th - Friday 4th

February

Year 10 Progress Reviews

Friday 21st

Visit to Royal Cornwall Museum

Monday 24th/Tuesday 25th

Carrick Dance—Senior and Advance
Training

Wednesday 26th

Governors Meeting - Students and
Curriculum

Thursday 27th

Year 10 Parents Evening

Thursday 27th/Friday 28th

Carrick Dance—Boys and Junior
Training

FEBRUARY 2022

Wednesday 2nd

Cornwall Schools Dance

Showcase—

Hall for Cornwall

Thursday 3rd

Drama Showcase—Hall for Cornwall

Friday 4th

Business Studies Assessment 3 10C/
BS1

Monday 7th—Friday 11th

National Apprenticeship Week

Monday 7th

BTEC Music Practice

Wednesday 9th

BTEC Tech Award Health and Social
Care

Wednesday 26th

Governors Meeting - Personnel

Friday 11th

BTEC Tech Award Engineering

Monday 21st - Friday 25th February

HALF TERM BREAK

Thursday 24th

Theatre Trip - 'We Will Rock You' -
Hall for Cornwall—Year 11 Music
Students

Monday 28th February - Friday 11th
March

Year 11 Pre Public Exams 2

MARCH 2022

Thursday 3rd

Songfest - virtual performance in
School Hall and Princess Pavilions
concert in the evening—details tbc.

Monday 7th - Friday 11th

National Careers Week

Tuesday 8th/Wednesday 9th/

Thursday 10th

Falmouth University Talk - Year 7

Monday 14th - Friday 18th

Cornwall Music Festival

Wednesday 16th

Governors Meeting - Finance and
General Purposes

Tuesday 22nd/Wednesday 23rd/

Thursday 24th

Year 11 Catering Assessments

Thursday 24th/Friday 25th

Theatre Trip - 'Everybody's Talking
About Jamie'— Hall for Cornwall

Monday 28th/Tuesday 29th

Y11 GCSE Drama Practical Exams

Wednesday 30th

Governors Meeting - FGB Termly



RLS WASTE LESS CANTEEN - THE LAUNCH

On Monday 15th November, Richard Lander School, in partnership with Autograph Catering who run our school canteen, launched our Waste Less Canteen initiative to reduce our school's single use waste to a minimum. All our rubbish is currently incinerated, creating CO2 emissions which cause global warming and climate change and whilst we know that incineration is preferable to landfill, we also know that reducing waste through reuse is much better than both. This was confirmed when our Eco Team visited the Cornwall energy recovery centre near St Dennis, in 2019. It was a really excellent, informative school trip and we are grateful to SUEZ for facilitating it.

So .. Since Monday 15th November, washables have been replacing disposables in the school canteen with tea plates, all cutlery, main meal pates , bowls and pasta pots already replaced, with salad pots and dessert pots soon to follow. (Pasta pots were a particular 'bugbear' as the canteen could sell up to 200 per day, and although they were labelled 'recyclable' they were always contaminated with food waste, so couldn't actually be recycled in school.

To launch the initiative, the Eco Team made a video to explain the rationale behind the canteen improvements and to show students how to use the new waste clearing systems. This video was shown to the whole school at 8:30am on Monday 15th, along with an address from Mr Webb – Assistant Headteacher. Since then Miss Wright, Mr Mulcahy and Mr Webb have helped out with the changeover at break time and lunchtime, along with RLS Duke of Edinburgh student volunteers and our great team of lunchtime supervisors and duty staff.

Our student body have been amazing at accepting the change, which inevitably comes at the cost of a small amount of inconvenience for them. The first 2 weeks have gone really well and the challenges, such as having quite a small canteen, have been managed. In just 2 weeks, thousands of items of single use waste have been avoided, with students still able to sit and enjoy their meal together, whether they are eating a packed lunch or school dinner.

Our school Eco Team has been working on this for some time, presenting to school Senior Leadership Team and school governors, along with meeting with managers from Cornwall Council, Mitie/Interserve & Autograph. The initiative would simply not have been possible without the support of our amazing governing body and the hard



**OUR CANTEEN WASTE IS
ALARMING!**



WE HAVE A PLAN..

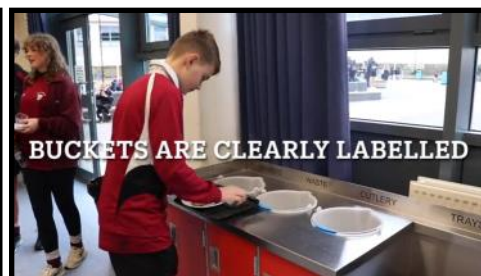
TO THIS ...





work of our canteen staff, in particular Sonia, our manager. Thank you all!

We look forward to introducing a new TerraCycle 'bin' next week which will allow our packed lunch students with crisp bags and chocolate biscuit wrappers to terracycle these. These initiatives along with Mrs Knight's used pen recycling, the DT department's milk bottle, gluestick, HDPE and PPE shredding and pressing, and the school recycling bins should really help to reduce our school's waste. If you are interested in joining the Eco Team, please speak to your Geography teacher or come along to a meeting. Meetings are held every Wednesday from 3pm—3:45pm. If you can't make the meetings but are interested in helping out during your lunchtimes, perhaps to work towards your Duke of Edinburgh Bronze Award, please see Miss Wright.



RICHARD LANDER YOUTH ACTIVISTS *HOUSING CRISIS IN CORNWALL*

The RLS Youth Activists petition on the housing crisis in Cornwall has been a great success. Students presented a really informative assembly to all of Key Stage 3 via 'Lander Talks' and then held a lunchtime stall during KS3/4 lunchtime to encourage students to sign their petition.

During the talk, students learned that to buy an average home in Cornwall, a purchaser would typically need 8.7 average salaries! This has resulted in 16,000 people seeking housing association accommodation with only 40 properties currently empty. RLS Youth Activists have been inspired by a referendum held in St Ives in 2016, which sought to reserve new houses for local residents. 80% voted in favour.

The RLS Youth Activist petition seeks to reduce and place a limit on the number of second homes in Cornwall, and to build truly affordable homes for the future. It will give our MPs an idea of the concerns of young people in Cornwall.

The team are really looking forward to January 21st when Cherilyn Mackrory, MP for Truro and Falmouth, will come into school to answer questions. If you are interested in joining the group, they always welcome new member and meet on Tuesdays 3—3:45pm, often with biscuits!





CHILDREN IN NEED BAKE OFF

On Monday 15th November and Friday 19th November, Richard Lander School's bakers went head to head to raise money for BBC Children in Need. On Monday - the challenge was to make 'cupcakes' and on Friday students brought in their 'Showstopper' cakes. Cakes were divided into labelled samples and sold to delighted students for 50p for a plate of 2-3 samples. All plates of cake sold out on both days of the competition, raising £77.50 on Monday and £94.50 on Friday; a grand total of £172!



Thank you to all of the students who entered the competition, you made the RLS community extremely happy whilst raising money for a very worthy charity. A special thank you to those students who baked and then





couldn't be in school but sent us in photographs of their incredible creations. The winners of the RLS Children in Need Bake Off were:

Round 1—Cupcakes—Jess Brown, Roxy Barnard & Lottie Etherington (joint)

Round 2—Showstopper Cake—Alana Menmuir, Holly Bennetts (joint)

In addition our non uniform collection raised £1253.08. Well done to everyone who took part and donated. Here are some of the local charities which have benefitted from Children in Need funding in the past 18 months.

Cornwall Music Service Trust: This project will provide music therapy to children who are seriously ill with chronic, complex and life threatening health issues. The sessions will help to increase self-esteem, improve emotional wellbeing and reduce isolation.





CLEAR: Emotional Trauma and Therapy Specialists: This project provides counselling for children who have witnessed or have been directly affected by abuse. The sessions will help them cope better with the effects of the trauma, help them manage their emotions and develop strategies to stay safe

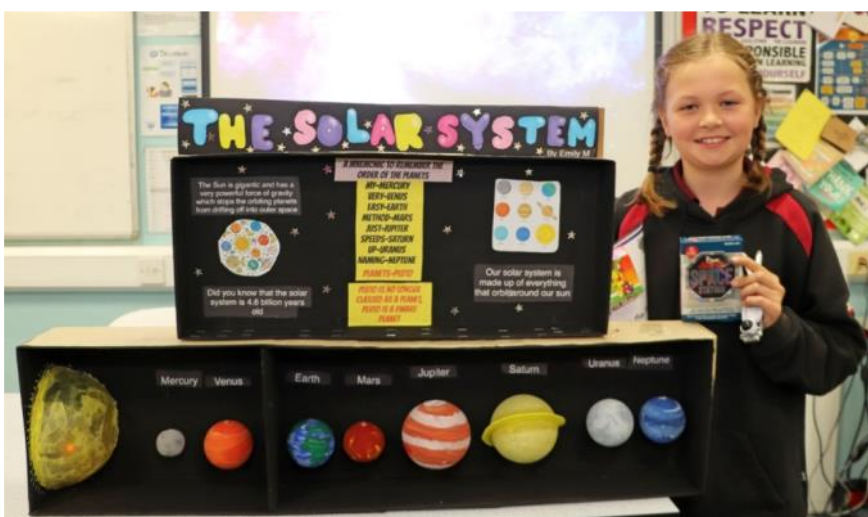
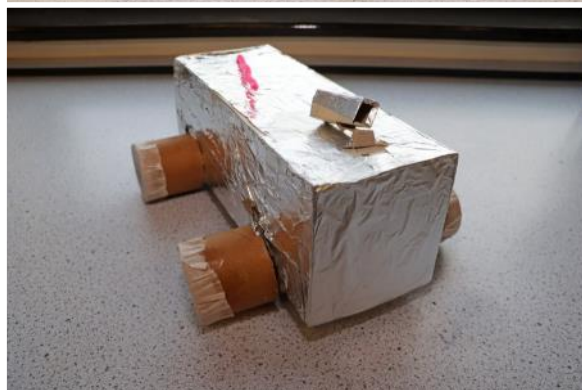
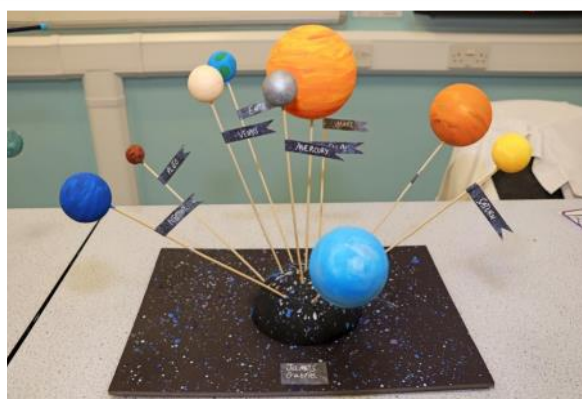
First Light South West Ltd: This project will deliver support services for children and young people experiencing domestic abuse. The services will reduce feelings of isolation, increase understanding healthy relationships improve self-esteem

This is me counselling and psychotherapy CIC: This project will provide 1:1 counselling support for children experiencing stress or trauma. These sessions will improve mental wellbeing and confidence and help build positive relationships

To find out more about how your money will be spent please visit the Children in Need website.

<https://www.bbcchildreninneed.co.uk/changing-lives/changing-lives-near-you/>





YEAR 7 SPACE COMPETITION

Here are some of the amazing Space competition entries from Mrs Abbotts' class. Students could choose between making a model or a poster. Well done to you all on this amazing work!

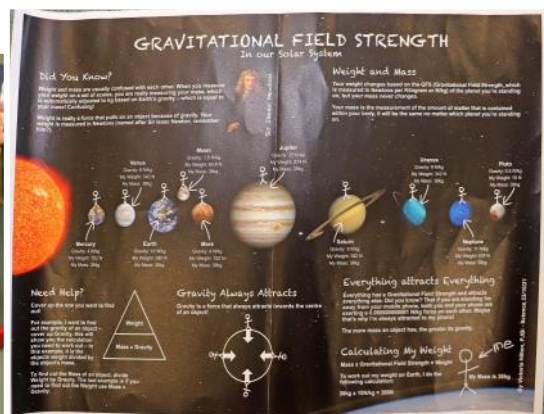
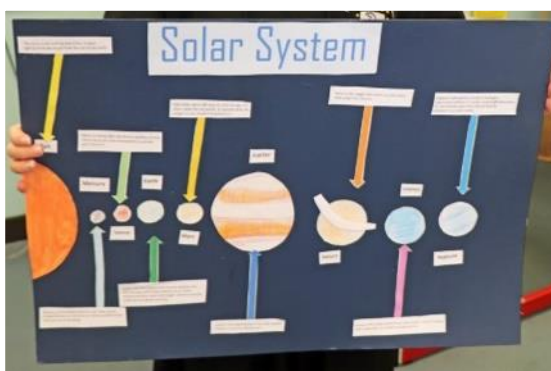
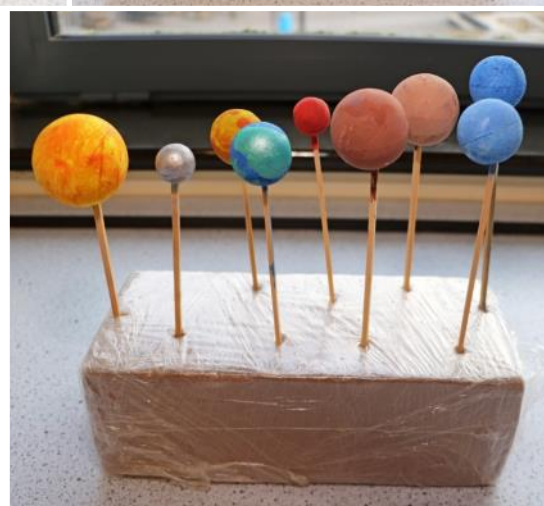
Model winners: 1st Emily M – The Solar System - top right

2nd Lucas J - TV showing the moon landing

3rd James G – The Solar system model; top left.

Poster Winners: 1st Victoria H – Gravitational Field Strength,

2nd Faith L-T – The Solar System poster, 3rd Sorcha K – The planets of the solar system information page.





Gifted linguists and budding translators were set the challenge to translate some poetry from French or Spanish into English to prepare for The Anthea Bell Prize for Young Translators, run by Queen's College, Oxford.



Well done to all students who accepted this challenge, you all did a great job and it was very difficult to pick the winners. These students won 1st place and were awarded certificates and prizes:

Year 8 French—Anabel L, Year 8 Spanish—Millie P
Year 9 French—Amelia W, Year 9 Spanish—Tabitha H
Year 10 French—Lauren M, Year 10 Spanish—Daniel H
Year 11 French—Gerran P

The next translation task will be set after Christmas. Please contact Mrs Shine if you are interested in getting involved.

DÍA DE LOS MUERTOS CELEBRATIONS

Students in Key Stage 3 celebrated the Day of the Dead this month in their lessons by learning more about this Mexican tradition and by creating their own Day of the Dead masks and skulls.

Izzy G in Year 9 explains:

On the 1st and 2nd of November Día de los Muertos is celebrated in Mexico and families create altars to remember their loved ones who have passed away. They decorate the altars with photos, flowers, candles and food and even have music and a party in the graveyards! People dress up and it is a very colourful and happy festival to celebrate the life of those no longer with us.





MODERN FOREIGN LANGUAGES GINGERBREAD HOUSE COMPETITION

[Did you know? Source: The Guardian 2018](#)

Then:

The tradition of decorated gingerbread houses began in Germany in the early 1800s, supposedly popularised after the not-so-Christmassy fairytale of Hansel and Gretel was published in 1812. The Grimms' original fairy tale includes the line: "When they came nearer they saw that the house was built of bread, and roofed with cakes, and the window was of transparent sugar." (In later versions it became gingerbread, rather than just bread.) Inspired by the story, German bakers began to craft small decorated houses from lebkuchen, spiced honey biscuits.

The origins of gingerbread are not precise. Ginger root was first cultivated in China around 5,000 years ago, and was thought to have medicinal and magical properties. When its usefulness as a preservative was discovered is unclear, but some food historians say that the first known recipe for gingerbread dates from around 2400 BC in Greece. Others trace its history to 992 AD, when Armenian monk Gregory of Nicopolis is thought to have taught Christian bakers in France how to make it. Later references include a gingerbread guild in Germany, probably formed in the 15th century to protect the rights of certain bakers. At around the same time, nuns in Sweden were baking gingerbread to ease indigestion.

Now:

The modern tradition of making gingerbread houses has become a family event at Christmas markets around the world.

The task:

You need to collect a recipe from the MFL base (from 1st December) in the language that you are studying. If you aren't studying a language, you have a choice of language! You then need to bake, construct, and decorate your house!

Be as imaginative as you like. The sky's the limit!

Prizes will be awarded under three categories:

Taste sensation

Showstopper

Wild card

Entries need to be in the MFL base by midday on Friday 10th December and prizes will be awarded on the following Monday. Houses need to be boxed and clearly labelled with your name, year group and tutor's name. You can work as a group on it, if you wish, and please include names of everybody who took part. It would be great if you could take photos of you making the house as well. We will put this all online to show off our starbakers!

For any queries, please email: EBennett@richardlander.cornwall.sch.uk





YEAR 7 HISTORY VISIT TO KRESEN KERNOW

Last week a group of year 7 students had the chance to explore the new Cornwall archive at Kresen Kernow. Students were given a behind the scenes tour and learnt all about the purpose of a records office as well as looking at some of the current exhibitions. They then spent some time looking at original documents related to Richard Lander. The students worked really well and were excellent ambassadors for the school. Thanks also to Mr Brooker for driving the mini bus!

Kresen Kernow is well worth visit for anyone interested in local or family history and details of their current exhibitions can be found here: <https://kresenkernow.org/events/>. The current exhibition treasures from Medieval Cornwall runs until January 22nd.

Mrs R Jarvis
History Department

Thanks to Alana and Kyra for also writing up a short account of the visit.

We started off the day by jumping into the minibus and driving over to Kresen Kernow. We had a tour around the premises and were given a behind the scenes look into the archives. Part of the building was previously a brewery - it's been renovated to become the archives. Birth records, family history, marriages and deaths etc. are stored in the archive, and they must be kept at a certain temperature to remain legible. We also looked at some maps, diary entries and pictures of Lander himself to give us more of an idea of who he was. We ate our snack soon enough, and began learning more about Richard Lander, the founder of our school. It was a great day, and most of us ended up writing poems, factfiles and stories on Richard. Some of us went to the café too! We ended off by jumping back into the minibus and heading back in time for the buses.

Kyra King Year 7

Last week, Wednesday 18th, Fourteen year 7 students took the bus journey to Kresen Kernow, to learn all about Richard Lander the explorer. Everyone there had a brilliant time leaning about the archives, and exploring the depths and secrets of Cornwall's biggest archive.

Alana Menmuir Year 7



CHASING WAVES JEWELLERY CELEBRATING RLS ENTREPRENEURS

This Week we celebrate Imogen in Year 8 and her business **Chasing Waves Jewellery**

*"Hi my name is Imogen, I'm in Year 9. A few months ago I started a small business called **Chasing Waves Jewellery** - I design and make handmade jewellery. I started off selling necklaces and have now begun making earrings and bead rings, and I hope to continue to create new pieces of jewellery. I make my jewellery*

out of glass and shells I collect on the beaches, and beads too. I love the process of designing new items, and turning my designs into pieces of jewellery. I have bought some tools that I use to shape, sand and smooth the glass. I really want my customers to love the jewellery they buy, so I can make jewellery to order – with the glass/shell/bead colour, and chain length of their choice (providing I have it available). I have set up an instagram page [@chasingwaves.jewellery](https://www.instagram.com/chasingwaves.jewellery) – please give me a follow, and message me if you see something you'd like to buy, or if you'd like to place an order! Thanks for reading, Imogen 😊"

10x CHALLENGE

Inspired by Imogen's story? Fancy having a go at setting up a business yourself? If so the 10x Challenge could be just what you are looking for..

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.

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.





U16 GIRLS FOOTBALL UPDATE

Girls football is proving as popular as ever at school; our U16 squad boasts a membership of over 20 girls. Our Richard Lander School teams are as impressive as ever too and our U16 team won 7-3 in the first round of the County Cup earlier this month.

Mr Parker



Well done to the RLS U16 Netball Tournament squad who got through the group stage on Monday 15th to represent RLS at the main tournament on Saturday 20th November.

They then played against the top teams in the county, finishing 6th overall. Excellent team work and play throughout. A credit to the school!

Miss Martin



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 ☺



YEAR 8 PROTEST POETRY

Year 8 have been writing protest poetry this term and we are featuring some of the most impactful poems in the RLS Bulletin. Here are 2 from Mrs Astle's class—powerful words we are sure you will agree.

Our Crisis

A world of fire
A world of death
A world burnt to its core
An impending crisis
And yet we do nothing
The people who supposedly lead us sit back
The problem everyone knows of and yet do nothing about it

Skys become hazed
air becomes dense
life becomes hard
Storms get stronger
Rains get louder
The Earth gets hotter

Time is short

Ocean's teeming
But not with fish
Forests grow
but not with trees
The day is warm
Even in winter
Grasslands are buzzing
But not with bees
The world is on its knees

Yet there is still hope
The ones who care
The ones who act
They think not just of them selves
Follow their lead
Because there is no planet B

Evan M

You play a game you like
But end up quitting and feel upset
That's how women feel
You eat a lot at a meal
But end up crying because of an invisible judge
That's how women feel
You dress in a skirt
But end up covering up uncomfortably
That's how women feel

Whether behind a screen

Or on the street

The words keep coming

A wonderful world

With wonderful people

Wonderful I think not

Try again

Toxic masculinity

Yes, that's a thing

Life's not a dream

You can't hide from the truth

Our world is sexist

Misogynist especially

Take Sarah Everard

A woman kidnapped, raped and murdered

By someone she was meant to trust

This is a real thing

Whether you like it or not

Lottie M



**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

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!**



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 :)



Armed Forces Families

Liaison/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

Try substituting
sugary, fizzy
drinks and sports
drinks for water.



RLS Health Matters



AUTUMN / WINTER 2021 MENU

W/C MONTH 01/11,22/11,13/12,17/01,07/02, 07/03,28/03					
WEEK 1	MONDAY GREEK	TUESDAY ARGENTINA	WEDNESDAY BRITISH	THURSDAY CHINESE	FRIDAY GLOBAL
	Vegetable and Cheese Filo Parcel	Chimichurri Chicken and Rainbow Slaw (Chimichurri – green herb and chilli sauce)	Roast Turkey with Stuffing and Gravy	"Build your Own" Noodle Bar Base: Veggie Noodles or Oriental Rice	Battered Fish Fillet
	Vegetable and Chickpea Flatbread VE	Mixed Bean Empanada VE	Lentil, Courgette and Spinach Roast with Gravy VE	Add your Choice of Topping: Stir-Fried Chicken or Stir-Fried Veggie Mince VE	Roasted Vegetable Pizza (Vegan Option available on request)
	Add On's and Sides:				
	Herby New Potatoes Tzatziki Roasted Mediterranean Vegetables	Fluffy Rice Chimichurri Sauce Sweetcorn and Pepper Salad	Crispy Roasted Potatoes Cauliflower Cheese Honey Roast Carrots	Stir-Fried Broccoli Asian Style Slaw	Chips Baked Beans Peas

W/C MONTH 08/11,29/11,03/01, 24/01, 21/02, 14/03, 04/04					
WEEK 2	MONDAY INDIAN	TUESDAY ITALIAN	WEDNESDAY BRITISH	THURSDAY U.S.A	FRIDAY BRITISH
	Creamy Quorn Korma	Beef Lasagne	Roast Chicken with Stuffing and Gravy	"Build Your Own" Burger Bar Base: Burger Bun, Lettuce, Slice of Tomato	Battered Fish Fillet
	Sweet Potato and Chickpea Balti VE	Vegetable Spaghetti Bolognese VE	Veggie Sausages with Gravy VE	Choose your filling: Beef Burger or Veggie Burger VE	Vegetable and Bean Pasty VE
	Add On's and Sides:				
	Fluffy Rice, Naan Bread Mint & Cucumber Raita Spiced Carrots	Garlic Bread Roasted Vegetable Salad Green Beans	Roast Potatoes Carrot Bakes Cabbage	Cheese, Crispy Onion, Bacon Capun Wedges, Crunchy Coleslaw Corn on the Cob	Chips, Fluffy Rice Baked Beans Mushy Peas

W/C MONTH 15/11, 06/12,10/01,31/01,28/02, 21/03					
WEEK 3	MONDAY GLOBAL	TUESDAY ITALIAN	WEDNESDAY BRITISH	THURSDAY MEXICAN	FRIDAY BRITISH
	Vegetable Chilli VE	Beef Spaghetti Bolognese	Chicken and Vegetable Pie	"Build Your Own" Burrito Bowl Base: Savoury Rice or Spicy Mexican Rice	Salmon Fishcakes or Battered Fish Fillet
	Cauliflower Cheese Croquettes with Gravy	Pasta Arrabiata (Tomato and Chilli) VE	Veggie Mince and Onion Pie VE	Add your choice of Topping: Pulled Beef or Smokey Beans VE	Veggie Hot Dog VE
	Add On's and Sides:				
	Mashed Potato, Fluffy Rice Carrots Broccoli	Garlic Bread Tomato and Cucumber Salad Roasted Mediterranean Vegetables	Creamy Mashed Potato Cabbage Roast Carrots	Fajita Style Peppers and Onions Cheese, Tomato Salsa, Sour Cream Sweetcorn	Chips Baked Beans Garden Peas

Autograph

Our Menu Supports Meat Free Monday!
A great way to support healthy eating and reduce climate change!

LOOK OUT FOR THE **VE** SYMBOL
ON OUR MENU FOR SOME TASTY
VEGAN OPTIONS.

AUTUMN / WINTER 2021 MENU

Desserts

WEEK 1

W/C MONTH 01/11,22/11,13/12,17/01,07/02, 07/03,28/03					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Apple Crumble and Custard (50% Fruit)	Pineapple Muffin (Custard optional)	Chocolate Shortbread 	Banana Cake and Custard (50% Fruit)	Raisin Oaty Cookie 

WEEK 2

W/C MONTH 08/11,29/11,03/01, 24/01, 21/02, 14/03/ 04/04					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Crunchy Orange Drizzle Cookie VE	Peach Crunch Crumble and Custard (50% Fruit)	Banana and Toffee Muffin (Custard optional)	Pear and Chocolate Sponge with Chocolate Sauce (50% Fruit)	Apple Flapjack VE

WEEK 3

W/C MONTH 15/11, 06/12,10/01,31/01,28/02, 21/03					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Danish Apple Cake with Custard (50% Fruit)	Pineapple Cake with Custard (50% Fruit)	Fruity Flapjack VE	Vanilla Muffin (Custard optional)	Chewy Chocolate Cookie

Autograph



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

Young Writers Mentorship Scheme

The Writers' Block Young Writers Mentorship Scheme is now open for applications!



THE WRITERS' BLOCK

Are you a writer aged 11-16 years?

We have an incredible opportunity for you! Our Young Writers Mentorship Scheme is now open and we are looking for the next novelist, journalist, spoken word artist, poet, or other writer out there! Six lucky applicants will receive FREE access to 9 monthly creative writing workshops, including online sessions and live masterclasses with published writers, along with 1-1 creative writing mentoring and a chance to share your work.

To apply send your responses to the following bullet points to
polly.roberts@keap.org.uk

- What are your ambitions as a writer?
- How do you think you would benefit from partaking in this scheme?
- Send us a sample of some writing that you are proud of.
- Include your name, age, address, and a contact phone number

The Young Writers Mentorship Scheme will run from January – October 2022. We can't wait to hear from you!
Deadline for applications midday 10th December 2021
Successful applicants will hear back by 21st December 2021

[For more information click here](#)



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-WbPmly9-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!



DROP-IN SUPPORT HUBS

FROM SEPTEMBER 6TH

HUB TIMETABLE

AREA	DAY/TIME	ADDRESS
Penzance	Mondays 3:30-5:30pm	Lescudjack Centre, Penzance, TR18 3PE
Redruth	Tuesdays 3:30-5:30pm	Hideaway 77, Redruth, TR15 2BL
Truro	Mondays 3:30-5:30pm Fridays 3:30-5:30pm	Zebs, The Leats, TR1 3AG
St Austell	Mondays 3:30-5:30pm Thursdays 3:30-5:30pm	The House, St Austell, PL25 4DB
Liskeard	Wednesdays 3:30-5:30pm	Liskerrett Centre, Liskeard, PL14 4AP
Newquay	Wednesdays 3:30-5:30pm	Newquay Youth Centre TR7 2RG

A SAFE PLACE FOR CHILDREN AND YOUNG PEOPLE WHO ARE FEELING DOWN AND/OR STRUGGLING WITH THEIR EMOTIONS.

YPC will provide open access drop in sessions through the Autumn. These sessions will be run by trained workers who will help young people aged 11-25 who are struggling with their thoughts and feelings. They will provide information and advice and will support them to access services as needed.

We will continue to have guest organisations in attendance over the coming term, please get in touch to find out where and when.

Contact: 01872 222447 | 07422 505646 | camille.smith@ypc.org.uk





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





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

