



RICHARD LANDER SCHOOL BULLETIN

16th December 2022

Message from the Headteacher

Dear Parents and Carers,

On behalf of the staff and governing body of Richard Lander School, we wish all our families a happy and healthy Christmas and New Year. It has been wonderful getting back to school life as normal this term and to see our children thriving both in and out of the classroom. The end of term Christmas Carol Service was perhaps the highlight of the term, which saw over 400 students perform at Truro Cathedral, watched by over 1,200 family members. To be able to share this sense of community was a real blessing and the perfect way to start our Christmas celebrations. We look forward to all our students returning in the new year and again, we wish all our families a happy and healthy Christmas and New Year.

Steve Mulcahy
Headteacher

Dates for your Diary

DECEMBER

Friday 16th December

Last day of Autumn Term
Non Uniform Day—Please bring a long-life item for the foodbank or £1 donation

School finishes at 1pm

Monday 19th December -

Monday 2nd January

CHRISTMAS BREAK

JANUARY

Tuesday 3rd January

First Day of Spring Term

Tuesday 3rd —Thursday 12th

January

Year 9 Progress Reviews

Thursday 12th January

Year 10 IT Controlled Assessment

Friday 6th January

Arts Award Bronze Moderation

Monday 9th January

School Health Drop In—Alcohol

Tuesday 10th January

CNAT Sports Studies R051/01

Wednesday 11th January

CNAT Business Studies R064/01

Thursday 12th January

U15 County Indoor Cricket
Tournament at Truro College

Year 9 Options Evening

Monday 16th December

Godrevy/Towan School Council
Meeting

Immunisation Day

Tuesday 17th January

A Level Maths Taster Day
Pentire/Rame School Council

Meeting

Wednesday 18th January

Year 10/11 School Council Meeting

Monday 23rd —Thursday 26th

January

Year 10 Progress Reviews

Tuesday 24th January

Law Talk—Years 9,10,11

Wednesday 25th January

18:00 Year 8 Paris Trip Parent
meeting—School Hall

Thursday 26th January

An Inspector Calls - Trip to Hall for
Cornwall—Years 10 and 11

Year 10 Parents Evening

Sunday 29th January

Gymnastics Competition—Bideford

Monday 30th January

BTEC Health and Social Care Exam

31st January/1st, 2nd, 3rd February

BTEC Engineering Exams

FEBRUARY

Wednesday 1st February

Year 9 SEN Finance Workshop

Carrick Dance

8:30—12:00 Rehearsals

18:30 Performance in Hall For
Cornwall

Monday 6th—Friday 10th February

National Apprenticeship Week

6th/7th/8th/9th/10th February

Business Studies Assessments

Monday 6th February

School Health Drop In—Disordered
Eating

Tuesday 7th February

Take Your Child to Work Day—
Years 7 & 8 at work with parents/
Carers. Employment activity in

school for those students that do
not go out with parents/carers

Spanish Theatre visit to Pool School

Friday 10th February

ASK Apprenticeship - Year 11



SERVICE OF NINE LESSONS AND CAROLS

On Monday Evening we held our Service of Nine Lessons and Carols in Truro Cathedral. Previously this was an annual event but due to coronavirus we have been unable to hold it for three years. It so was wonderful to be back in the cathedral listening to our students sing, with our families watching them.

The service began with our senior choir singing 'O Come, O Come Emmanuel' followed by Year 7 student, Hallie, singing a solo of the first verse of 'Once in Royal David's City' before the congregation joined in. These exquisite, haunting voices guided students carrying candles, down the central aisle of Truro Cathedral, the candlelight illuminating their lovely faces, until nearly 400 students were lined up at the front facing the congregation. It was the perfect beginning to a wonderful evening.

After the opening procession and prayer, students and staff read 9 bible lessons telling the story of the fall of humanity, the promise of the Messiah, and the birth of Jesus. Interspersed with these readings, our choirs and orchestras performed Christmas carols, hymns and choir anthems, beginning with the Carol of the Bells, performed by our Whole School Voices and Carol Orchestra, travelling through traditional and more modern compositions performed by the Soul Band, Junior Choir, Carol Orchestra and Brass Orchestra, before ending with O Holy Night, performed by Selected Voices and RLS Staff.

The evening was a truly varied and wonderful musical experience. The soloists, choirs and bands all played and sang





magnificently and we have been delighted to receive emails and messages from our families saying how much they enjoyed the evening.

Thank you to Truro Cathedral for welcoming us and for being so supportive. Thank you to all the staff who helped out, in particular our superb RLS Music department and our musical instrument teachers who played alongside our students in the orchestra. Thank you for coming out on that icy night to support the event, ***thank you, most of all, to our 'stars of the show'; our students; who made us so proud and brought such a wonderful, traditional Christmas to us.***





SANTA EXTRAVAGANZA!



On Thursday 15th December 170 Santas arrived at Richard Lander School! Our last ever Santa Extravaganza (the stockpile of suits is now used up and we won't be buying anymore) saw students raising hundreds of pounds for Lander4Uganda and bringing festive cheer to the whole school. Having transformed themselves into Father Christmas, students practised Christmas carols, then went for a warming jog around school. They then took to the corridors and classrooms to deliver presents to their tutors and sing carols outside student reception. Choreographed by Mr Holloway, an uplifting performance of 'The 12 Days of Christmas' (complete

with actions) rang through the school before the tribe of Santa students headed back to the hall for a tasty 'snowball' (donut) or 'muddy puddle' (chocolate cookie.) Students took their Santa suits home, many choosing to wear them on the school buses (some were in better condition than others!) What a fun way to spend our last afternoon in school and we raised a whopping £860 for Lander4Uganda!! Thank you to everyone who supported our ultimate Santa Extravaganza!

We have many more Santa photos, please see Miss Wright if you want yours!




RLS SANTA EXTRAVAGANZA

Santa Extravaganza - Present delivering, carol singing, refreshments and entertainment.
 Festive fun for Years 7 to 9
 Thursday 15 December - Afternoon school
 Registration £5, including a Santa suit to keep, via ParentPay, registration confirmed on payment







MORE CHRISTMAS FUN AROUND SCHOOL

MFL Gingerbread House Competition

Look at these amazing gingerbread houses! They are all entries to our Languages Christmas Gingerbread House competition. Students had to follow a recipe in French or Spanish to bake gingerbread sheets and then make them into houses!

Our Languages subject leaders have completed their taste tests and awarded as follows:

- Wild Card- Emily for her advent calendar house
- Show Stopper- Jayden - a beautifully traditional house
- Taste Sensation - joint winners: Bella and Alana - wonderfully delicious entries
- Special Commendation- Lomay and Josie
- Staff- Mrs Boase and Mrs Hall

These must have taken hours to bake and build and are all things of beauty- Well done to all the creators and thank you again for supporting this festive competition.

The MFL Team.

Merry Christmas from The Ark Students

We love these 3D Father Christmas card, made by our Ark students with Art teacher, Mr Conrad



Staff Wellbeing —Rocky Road Christmas Puddings



Mrs Hume kindly hosted a Christmas staff wellbeing session last week making Rocky Road Christmas Puddings :)



raised for Lander4Uganda and for school projects. Well done to all the students involved.

More Christmas fun continued...

Hospitality and Catering - Yule Logs

Mrs Toms' Year 10 hospitality and catering students trying their hand at chocolate Yule logs. Perfect for the festive season! Well done to first, second and third place winners, as chosen by Mr Holloway!

Eco Activist Sustainable Christmas Fair

Our Eco Activists hosted a fantastic Sustainable Christmas Fair on Tuesday. The merchandise and sales team on the 'made from waste' Frisbee, desk tidy, phone stand & Christmas decorations stall did a fabulous job of selling, and the Lander4Uganda stall sold every tote bag and nearly every pair of earrings. Lots of money was

English Literature Christmas Decorations

Miss Slater Jones' 8R1P Class have been creating Christmas decorations inspired by books, quotes and poems.

- There have been some wonderful results -
- Most impressive decoration – Tess and Ellie
- Best Handmade decoration – Kensa
- Most creative – Maisie H and Molly K
- Best English themed – Saskia
- Honourable mention – Neve





RLS GIVING BACK

We have a fabulous culture of giving to others who are perhaps less fortunate than ourselves at Richard Lander School. We are a caring school.

Through non-uniform days, sleepovers, bake sales, coffee mornings, sponsored events and other random happenings, we always make sure our 'giving' events are something fun for everyone to look forward to. FUNdraising should be FUN after all!

Since September, we have been really busy, enjoying 'getting back to normal' in this aspect of school life and we have already raised a huge sum of money for worthy causes...

- Children in Need** (non uniform day) - **£1235.31**
- Breast Cancer Now** (Wear it Pink day) - **£1636.21**
- Macmillan Coffee Morning** - **£659.10**
- Lander4Uganda** (Uniform Shop) - **£792.70**
- Lander4Uganda** (Santa Extravaganza) - **£860**
- Lander4Uganda** (Return of the Sleepover) - **£5527.20**
- Truro Foodbank** (total taken before the last day of term - this will increase considerably and, in addition, we will be donating around half a ton of food if previous years are anything to go by!!) - **£387.49**
- Dive Project** (non uniform) - **£1034.00**
- Movember** (This was entirely Mr Bridger's effort, doing 100 press ups every day in

November, but our community was so supportive following the appeal on school social media, so we are (perhaps cheekily) counting it!!) - **£430**

So a quick, desktop calculation from the bulletin editor brings that to a total of **£12,562.01!!!** SINCE the START OF TERM!!!

In addition we have worked to raise awareness through a Hello Yellow day - supporting mental health, Movember - men's cancers and mental health, Wear it Pink - breast cancer, People. Project Cornwall - homelessness and housing insecurity in Cornwall as well as our Eco Activists working tirelessly to make us a more sustainable organisation, which protects our planet for our students' futures.

All of this is extra-curricular— activity. Of course, our wonderful PD department, Student Support team and tutor programme also do a fabulous job of working with students and staff to increase knowledge and awareness of current issues.

Of course, we couldn't have done any of this without YOU, our incredible community, so THANK YOU so much for all your support and a Very Merry Christmas to you all!



£792.70!!

Webale Thank you! Webale Thank you!

LANDER4UGANDA UNIFORM SHOP
Contact: NGrenfell@richardlander.cornwall.sch.uk





A massive thank you to our local Food bank, Lush, Hotel Chocolat and The Body shop for their amazingly generous donations, all of which will be helping some of our disadvantaged students.



TRURO FOODBANK HELPS US TOO!

TODAY WE ARE COLLECTING DONATIONS FOR TRURO FOODBANK THROUGH A NON UNIFORM DAY.

TRURO FOODBANK ALSO SUPPORTS OUR FAMILIES. MISS TOMS (PUPIL PREMIUM MENTOR) AND MR MORGANS HAVE SPENT THIS WEEK HANDING OUR PARCELS FROM THE FOOD BANK TO THOSE IN NEED.

MISS TOMS HAS ALSO BEEN GIVING OUT GOODY BAGS TO SOME OF OUR STUDENTS. THANK YOU SO MUCH TO THE LOCAL BUSINESSES WHICH DONATED PRESENTS FOR THE GOODY BAGS!

RLS CHRISTMAS CHARITY APPEAL



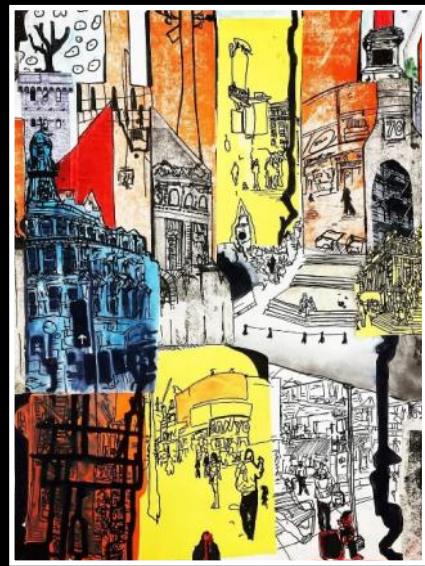
TRURO FOODBANK HELPING LOCAL PEOPLE IN CRISIS

It's time for our annual collection for the local foodbank! Some of our tutor groups have been taking part in a 'reverse advent calendar' and we have been collecting donations throughout December. We have already collected £387.49 and lots of amazing food donations!

The last day of term will be a non-uniform day (we will finish school at 1pm) and we are asking students to contribute one further food item or £1, all donations will go to the food bank. For more about Truro Foodbank's work read on..



@richardlanderschoolart on INSTAGRAM



Street scene by Coralie. Great colour and detail

#gcseart
#gcseartwork
#studentartwork

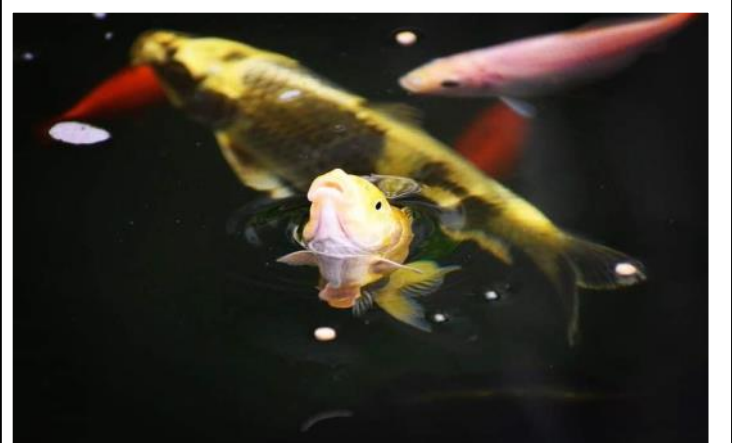


More fantastic things going on at KS3 Art Club today . Alternative Christmas cards using the gelli plate printing method.



Year 10 investigating wax resist today

#richardlanderschool
#waxresist
#gcseart



Well done to Kara- Jorja who has won the photography competition with this stunning photo



Some Year 11s in Miss Green's class have been working on these fabulous garments made out of maps
#gcseart #gcseartwork #studentartist



Scarlet fever and Strep A infections in children

Dear Parents & Carers,

You may have seen recent press coverage regarding scarlet fever and Strep A infections in children, so I am writing to make you aware of the symptoms of Strep A, and what to do should your child become unwell.

Scarlet fever is caused by bacteria called Group A streptococci (Strep A). The bacteria usually cause a mild infection that can be easily treated with antibiotics.

In very rare occasions, the bacteria can get into the bloodstream and cause an illness called invasive Group A strep (iGAS).

Deputy Director, UKHSA, said: "We are seeing a higher number of cases of Group A strep this year than usual. The bacteria usually cause a mild infection producing sore throats or scarlet fever that can be easily treated with antibiotics. In very rare circumstances, this bacteria can get into the bloodstream and cause serious illness – called invasive Group A strep (iGAS). This is still uncommon; however, it is important that parents are on the lookout for symptoms and see a doctor as quickly as possible so that their child can be treated and we can stop the infection from becoming serious".

Health officials are urging parents & carers to look out for symptoms of scarlet fever in children following the surge in cases driven by the recent increase in Strep A infections.

Prevention of Strep A

Good hand and respiratory hygiene are important for stopping the spread of many bugs. By teaching children how to wash their hands properly with soap for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell, they will be able to reduce the risk of picking up or reducing infections.

Signs and symptoms of scarlet fever

Scarlet fever is a common childhood infection caused by *Streptococcus pyogenes* or group A *Streptococcus* (GAS). It is not usually serious but should be treated with antibiotics to reduce the risk of complications (such as pneumonia) and spread to others. The early symptoms of scarlet fever include sore throat, headache, fever, nausea and vomiting. After 12 to 48 hours, the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present. Patients typically have

flushed cheeks and be pale around the mouth. This may be accompanied by a bright red 'strawberry' tongue.

Strep Throat

Strep throat is a bacterial infection in the throat and tonsils caused by bacteria called group A *Streptococcus* (GAS). It can make your throat feel sore and scratchy and can be spread by talking, coughing, or sneezing. The symptoms of strep throat include a sore throat accompanied by tender, swollen lymph glands, a sore throat that lasts longer than 48 hours, a fever, a sore throat accompanied by a rash.

It is possible to have many of these signs and symptoms but not have strep throat. The cause of these signs and symptoms could be a viral infection or some other illness. That's why a doctor generally tests specifically for strep throat.

Invasive Group A Strep (iGAS)

The same bacteria which cause scarlet fever can also cause a range of other types of infection such as skin infections (impetigo) and sore throat. In very rare cases, the bacteria can get into the bloodstream and cause an illness called invasive Group A strep (iGAS). Whilst still uncommon, there has been an increase in iGAS cases this year, particularly in children under 10 years old. It is very rare for children with scarlet fever to develop iGAS infection. Parents are advised to trust their judgement when their child is unwell; if their child seriously deteriorates, they should speak to their GP or call 111 for advice.

If a student develops symptoms of flu and Strep A during the school day and reports to the School Nurse or a First Aider, then their parent/carer will be contacted to collect their child. Please inform the school and if your child has a confirmed case of scarlet fever.

If your child has a confirmed case of scarlet fever, they will need to stay at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.

The advice contained in this letter has been forwarded to the school by the DfE and the LA, with the request that it is forwarded to parents.

Yours sincerely,
Mrs C Beech
Deputy Headteacher



Uniform

We are currently reviewing our school uniform for the 2023-24 academic year and beyond.

As parents / carers will be aware, our main school uniform is sourced through Trutex and our PE kit is sourced through Whirlwind Sports. This has been the case for a number of years and has supported the school well.

The issue of uniform has been discussed by our Student Council representatives recently. In this meeting, the overwhelming majority of students wished to retain the main school uniform as it is (branded burgundy polo shirt, branded black trousers/skirt/shorts, black shoes and either a branded jumper/cardigan/hoodie). The Student Council did not favour changing this basic uniform to a shirt/tie/blazer uniform.

If any parent would like to share their views on any aspect of our school uniform, please can they put their views in writing to:

Issues which parents may wish to comment on could include the following:

- Cost
- Value for money
- Online service
- Specific items of the main school or PE uniform

We are open to hearing the views of parents on this matter. Parents should communicate their responses via the following email address: enquiries@richardlander.cornwall.sch.uk

The school will report both the views of students and parents to the governing body in the spring term as we finalise uniform plans for the 2023-24 academic year.

S Mulcahy
Headteacher

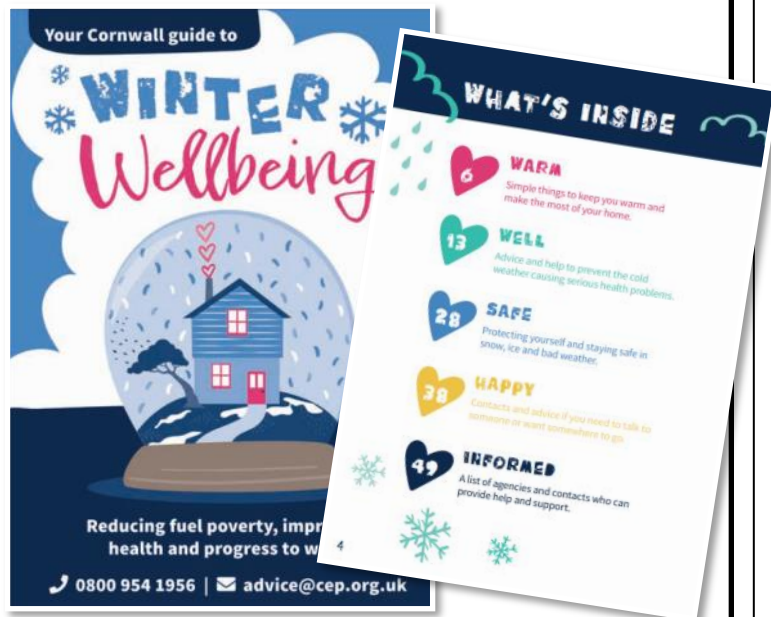


Armed Forces Families
 Liason/Contact member of staff
 Mr T Brooker.
 Students — room 200 or Humanities office any break or lunchtime .
 Parents/Guardians email - tbrooker@richardlander.cornwall.sch.uk

STAYING WELL THIS CHRISTMAS

Cornwall Council have produced a really useful **Winter Wellbeing guide**. 56 pages of signposting to financial support and local services, along with top tips which will help us to stay warm, well, safe, happy and informed. https://www.cornwall.gov.uk/media/gipdz4ng/winter-wellbeing_2021-22_a5-booklet_nov-22_web-final.pdf

Cornwall Services for Schools have launched their **Start Now Cornwall Connect Christmas Wellbeing Challenge!** The idea of the challenge is to provide children and young people with access to information about help and support over the Christmas break alongside ideas for coping skills / craft activities / competitions and some truly awful cracker jokes. <https://www.startnowcornwall.org.uk/xmas-wb-challenge23>



Your Cornwall guide to
WINTER Wellbeing
 Reducing fuel poverty, improving health and progress to work
 0800 954 1956 | advice@cep.org.uk

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A list of agencies and contacts who can provide help and support.



Road safety for teenagers

Road safety is everyone's responsibility

Teenagers are more at risk on the roads than they think.

Most teenagers don't realise that they are more likely to be killed or injured in a road collision than any other age group. Find out how to help your teenager stay safe.

Help protect your child

You should talk to your child and reinforce road safety messages to help keep them safe:

- Stress the need to concentrate and be careful at all times.
- Warn of the dangers of distractions – phones, wearing headphones or even chatting to friends while walking are big distractions.
- Keep talking about the dangers of traffic.
- Point out people who are endangering themselves.
- Encourage your teenager to practice judging the speed and distance of approaching vehicles on busy roads and identify safe gaps in the traffic.
- Stress that your child should never lose concentration and follow others blindly into dangerous situations.

Please help us to keep students safe on the roads. As the nights draw in, road safety is an area of concern. We have been talking about this in school assemblies but please can parents/carers also have a conversation with their children about being visible on the roads (especially if riding a bike or scooter) and make sure that they understand the highway code and how to travel safely to and from school. More information on next page.



Road safety is everyone's responsibility

Road safety for teenagers

2



Cycling

It is a good idea to:

- ▶ Buy and encourage your teenager to wear a cycle helmet, and something fluorescent and reflective to improve their visibility.
- ▶ Encourage your child never to take lifts on the back of a friend's bike.
- ▶ Ask your child never to listen to music while they are cycling.
- ▶ Make sure your child knows that cyclists must obey all traffic signs and traffic light signals.
- ▶ Encourage your child to complete a Bikeability course. For more information email: highways@southwark.gov.uk



Bus safety

Your teenagers probably take the bus to school and back all the time, maybe even every day. In fact, they're probably so used to it, they do it without paying much attention. But not paying attention could cost them their lives. It only takes a moment's lapse of concentration to cause death or serious injury.

So your children should always expect the unexpected and never take risks going to and from the bus or crossing roads nearby. You should re-remind them:

- ▶ Just because they're not small children does not mean they should not use the Green Cross Code.
- ▶ Just because their friends are chatting doesn't mean it's safe for them.
- ▶ Most school bus related collisions happen to pupils before they get to or after they leave the bus.

Reinforce their skills

Talking to your teenager often about road safety will keep it fresh in their minds. You could ask your child where the risks are on their route, for example hidden entrances, or play games guessing what speed cars are travelling.

You could also talk about the routes your child takes regularly, and ask questions about what is on the route to see if they take notice of their environment.

Peace of mind

For your peace of mind, have routines that you can both stick to. You could try discussing the following points and finding an answer for each of them:

- ▶ What will they do if they miss a bus home?
- ▶ Do they have a mobile (fully charged), or know who a safe stranger is?
- ▶ What should your teenager do if they have to stay behind at school.



We are incredibly excited that Chartwells has been chosen as the caterer for the school your child attends and we can't wait to get going.

Chartwells is one of the UK's largest education sector caterers. We cultivate a love of fantastic food through exceptional catering services, brought to life by passionate, value-driven teams. Every day, we connect thousands of pupils and students across the UK to wholesome food and memorable moments, with school food catering that inspires healthy, sustainable behaviours.

We believe that the key to fuelling young minds comes from understanding both what they need and what they enjoy, which is why we develop nutritious and delicious food that students love, alongside helping to ensure a healthy body and mind. We're committed to making nutritional food accessible to every student, which is a core value of our fantastic teams across every school we work in. We create menus that are delicious, seasonal, and healthy, using carefully selected ingredients that we know students love to reduce waste and build a more sustainable world for our future generations.

We have added new dishes to the menu, while also retaining the current dishes that the students we're serving know and love. All menus meet the nutritional guidance outlined in the School Food Standards.

Our team are at the very heart of everything we do. All current employees working in the school kitchen and catering team have been offered a role within the new contract.

Our focus is to invest in the local community and provide enriching experiences. Part of this focus sees us deliver our award-winning Beyond the Chartwells Kitchen workshops, which are focused around five core themes: Nutrition and Health, Cooking and Food, Mental Wellbeing, Sports and Exercise, and Sustainability.

The safety of every student we serve is paramount. That's why we operate an industry-leading allergens process, clearly signposting the presence of allergens in every item on our menu. This gives students managing allergens the ability to make decisions with absolute confidence.

You can learn more about Chartwells here – <https://www.chartwells.co.uk/>

CHARTWELLS

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*Prom Dresses and Suit
Donations Please*

Do you have a prom dress or suit sat in your wardrobe waiting to be dusted off and given the chance to go to the prom again? And want to do something good for the planet too?

Please spread the word and thank you for your kindness in advance of any donations of prom dress, suits, shirts or shoes.

Mrs Downing



**Ages
5-16**



Christmas 2022

Fun activities for everyone from circus skills to multisports. Every session includes a healthy meal for all children.

Activities are taking place across Cornwall during the Christmas holidays, from 19th -23rd December.

- Activities available for children aged 5 - 16 •
- Free places for ALL children eligible for benefits related free school meals •

For more information:

 <https://www.activecornwall.org/t2m-holiday-programme/>
 Time2Move.HolidayProgramme@cornwall.gov.uk
 01872 323335

