



RICHARD LANDER SCHOOL BULLETIN

8th December 2022

Dates for your Diary

DECEMBER

Friday 9th December

Christmas Carol Concert
Rehearsal—RLS

Y11 PPE1 Results Day

Primary Dance Competition

Monday 12th December

Final Christmas Carol Concert
Rehearsal at Truro Cathedral

School Health Drop In—Mental Health

Flu Vaccines for Years 7,8,9

Year 11 Careers Meetings

Yr 10 & 11 Girls Football Fixtures
Home

7pm Cathedral Christmas Carol Service

See below

Tuesday 13th December

GCSE Dance Exam—filmed

Eco Activists and DT Club—

Sustainable Christmas Fair

Wednesday 14th December

Cornwall Marine Academy -
Employability workshop

ARB Trip to Truro Bowl

Thursday 15th November

Visit to Falmouth University

Photography Department

International Lego League Training

GCSE Music Year 11 Performance

Exam

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

Friday 6th January

Arts Award Bronze Moderation

Monday 9th December

School Health Drop In—Alcohol

Thursday 12th January

Year 9 Options Evening

Monday 16th December

Godrevy/Towan School Council
Meeting

Tuesday 17th January

A Level Maths Taster Day

Pentire/Rame School Council
Meeting

Wednesday 18th January

Year 10/11 School Council Meeting

DT Club and RLS Eco Activists present...

SUSTAINABLE CHRISTMAS CRAFT FAIR

TUESDAY 13TH DECEMBER
LUNCHTIME / TUTOR
OUTSIDE ROOM 113

IF YOU WOULD LIKE TO SELL YOUR
OWN CRAFTS AT THE FAIR, PLEASE SEE
MRS BOASE OR MR SIDWELL

RICHARD LANDER
SCHOOL
PRESENTS

Service of Nine Lessons and Carols

TRURO
CATHEDRAL

MONDAY 12TH DECEMBER
7:00PM



CHRISTMAS AT RICHARD LANDER SCHOOL

Christmas preparations are well under way here at Richard Lander School. Christmas trees adorn our main reception, the medical office, student reception and tutor rooms. The tree in the LRSC has been decorated by students and they have made an advent calendar which a student is chosen to open each day. Look out for this Harry Potter themed Christmas tree in Mrs Morgans' Science laboratory!

Service of Nine Lessons and Carols

Over 400 students from Years 7 and 8, along with our wider school choirs and orchestra have been busy practising for the Service of Nine Lessons and Carols of this past month. The service will be held in Truro Cathedral on Monday night, from 7pm and will be an evening to remember with more students involved than ever before.

Creating a festive decoration which links to a book/poem/author!

7L1 thoroughly enjoyed an optional homework challenge this week in English. They were tasked with creating a festive decoration that linked to their favourite book/poem/author/quote and the results were amazing, as you can see from the pictures on the right. (Other Y7 classes will be taking part in this too) The winners were:

Most creative design: Beezy created a 'Christmas Pig' from J.K. Rowling's novel – she also filled the bauble with poetry from the novel!

Best English themed: Evalyn created a bauble inspired by her favourite festive novel 'Snow Foal'

Best handmade: Aaron used his dad's horse shoe to create a hanging decoration inspired by his favourite poem 'Stopping by Woods on a Snowy Evening'

Most impressive decoration: Sophie created an AMAZING array of hanging bottle decorations inspired by Alice in Wonderland

Sustainable Christmas Craft Fair

The Eco Activists and DT Club are preparing for their Sustainable Christmas Fair, which will take place next Tuesday lunchtime.



Task: Create a festive decoration linked to your favourite book/poem/author!



Plastic from shredded waste, generated by the bird feeder DT project, along with other plastic collected from around school, has been made into sheets and then vacuum formed into Frisbees, desk tidies and pots; or cut and bent into shapes to make phone holders and Christmas decorations. Small logs have become reindeers or hanging Christmas tree decorations and all products are looking fantastic! Bring your pocket money along and grab an ethical, bargain Christmas gift next Tuesday.



Food!

Students have enjoyed their school canteen Christmas dinner and lots of our tutor groups have been collecting food items for the food bank through a reverse advent calendar initiative led by Miss Niles' tutor group. The last day of term is a non uniform day for the foodbank and we will collect even more!

The Ark host a Christmas Coffee Morning

The Ark hosted a wonderful Christmas Coffee Morning this week. There was a huge selection of cakes and





festive treats for sale and students ran maths estimation games to 'guess how many sweets in a jar' or 'guess the weight of a stocking.' The (newly invented) tombola raffle was also a massive hit - with presents, packets of biscuits and loo rolls up for grabs depending on your ticket colour and final digit. It was really lovely to welcome our families to The Ark and everyone seemed to have a really great time.



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

JUMBO TOBLERONE RAFFLE

TICKETS ON SALE FROM STUDENT RECEPTION 50p EACH

ALL PROCEEDS TO LANDER4UGANDA





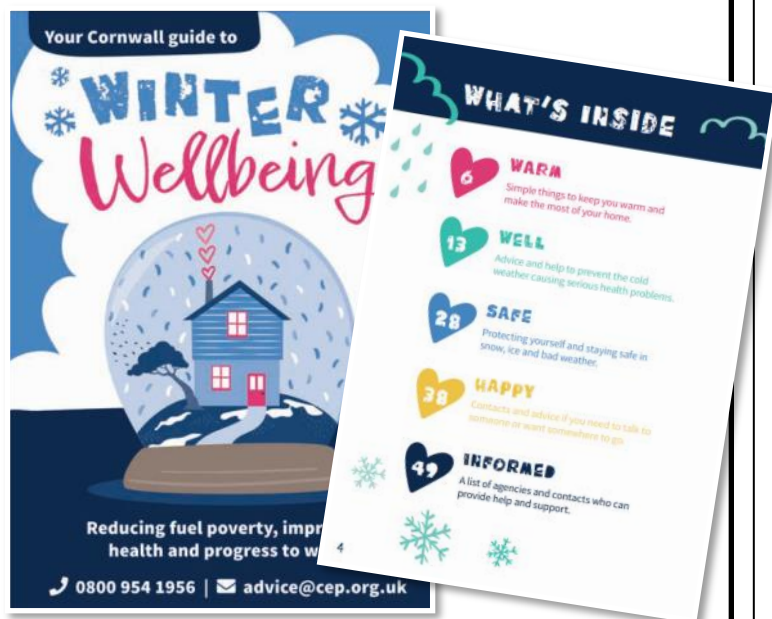
Until now, the vast majority of lessons have not been Christmas based, but next week festive fun will come to most classrooms. We also look forward to the Service of Nine Lessons and Carols, the RLS Santa Extravaganza, Sustainable Craft Fair, Giant Toblerone Raffle, end of year quiz, rewards assemblies..



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>





ANTI-BULLYING A DIFFERENT KIND OF TREE AT CHRISTMAS



PVDo have finished a different kind of tree which was started in response to this year's Anti-Bullying week. Each leaf holds an insight or message of support from a student. The tree is in the corridor outside 002 if you would like to pop down and read the messages.

PVDo have also decorated the inside of their tutor room with tinsel, put up their Christmas tree and enjoyed a few festive snacks!



Richard Lander Young Carers.

Drop in for information, support or just a chat.

We can support you when things are difficult. Advice in school, helping with Young Carer issues or putting you in touch with Kernow Young Carers - 01872 321486 for further support.

kernowyoungcarers@actionforchildren.org.uk

KS4 - Friday PM Tutor - Room 107

KS3 - Tuesday PM Tutor - LRSC

& a monthly meet up with Kernow Young Carers.



Ask your Tutor or speak to Miss Carran in the LRSC/Library





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..



**2240
PEOPLE
FED**

three-day emergency food supplies given to people in crisis last year



2009

Our Foodbank Opened here in TRURO Cornwall



1 IN 5

of the UK population live below the poverty line





YEAR 12 PRESENTATION EVENING 2022

On Thursday 24th November, the **Class of 2022** returned to Richard Lander School for one last occasion - Year 12 Presentation Evening. Students were awarded their GCSE certificates, along with any special awards they had been chosen for; and they also collected Art, Photography and Textiles coursework (our walls and cabinets are now looking a little bare!). For staff it was a great opportunity to catch up on our former students' news, because, when you are 16, quite a lot can change in just a few short months! We were also delighted to welcome back to school, Mrs Knowles and Mr Webb who are now working elsewhere.

Despite undeniable (and unprecedented) disruption to their education, these students achieved the best results we, as a school, have ever achieved! They were the first year group since 2019 to go through the full examination process and they absolutely smashed it.

The entire Class of 2022 should be applauded and, in addition, there are some students who deservedly received extra celebration.

2 students were chosen by each curriculum area to receive a **Subject Award**.

6 students were chosen to receive **Outstanding Personal Achievement** awards. These students were chosen by staff as they are already truly inspiration people! Freddie Hirst, Harry Hay, Emily Browning, Daisy Munns, Ruby Hammonds, Poppy Hendy. Well done to you all!

Other special Richard Lander School trophies awarded were:

Arya Easwaran was presented with the Arthur **Herbert award for Science**, for her excellence in this subject. This award was donated in remembrance of Arthur Herbert, former Head of Science at Richard Lander School.





Kirstin Todd, our best linguist, was presented with the **Oliver Beckerlegge award for Modern Foreign Language**, which is given by Dr Honor Aldred, in memory of her father Oliver Beckerlegge.

Head Student, Gerran achieved the **Outstanding Contribution Award** for his work in making Richard Lander School a better place over his 5 years here.

Emily Dutson received the **Outstanding Academic Achievement Award**. Not only did Emily get superb exam results, she is also the best Mathematician Mr Shepherd has ever taught. Even more amazingly, she somehow she managed to find the time to teach 7 other students GCSE Further Maths - and all of her students achieved Grade 9 in the subject!

contribution to the school whilst in these roles. They then rounded up the evening with parting speeches.

Thank you all for coming into school to collect your certificates and awards and say another goodbye to your teachers. Well done to you all and all the best in your current and future endeavours. Please stay in touch, we love to hear how you are getting on, and, when you find a job you love, if you are willing, our careers team get really excited about getting ex-students back in to school to inspire current students!

Photos from the night are on our Instagram and Facebook pages.

Our marvellous Head Students of 2021/2022 received **Head Teacher Awards** for their excellent service and





RETURN OF THE SCHOOL SLEEPOVER

On Friday 25th December, nearly 400 students took part in the Lander4Uganda 'Return of the Sleepover!'

Lander4Uganda have been running school sleepovers for many years to raise funds for our partner schools in rural Ugandan villages ... but this year's was by far our biggest.

It was a fantastic night and all who attended were fabulous company, great fun, enthusiastic party people who made the night what it was. The magic ingredients to make a school sleepover fun were all there—friendship, enjoying hobbies and activities with old friends and new, singing Karaoke with the Headteacher, channelling excess energy into Nerf Wars, basketball, dodgeball.. but perhaps not that much sleep was had...

Students loved getting creative with make up and nail polish, fancy dress, glitter stencils, mindful colouring, cookie baking and cake decorating. The Minecraft room was very busy all night, as was a brand new



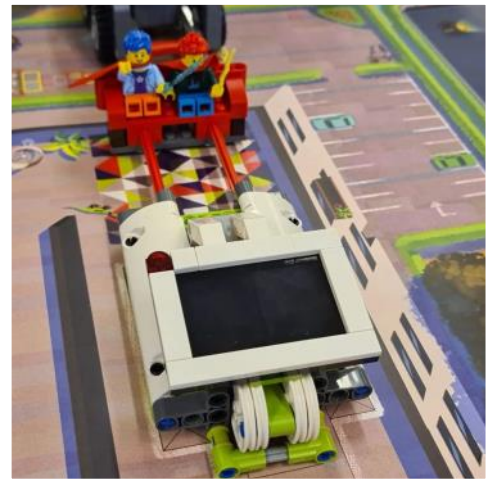
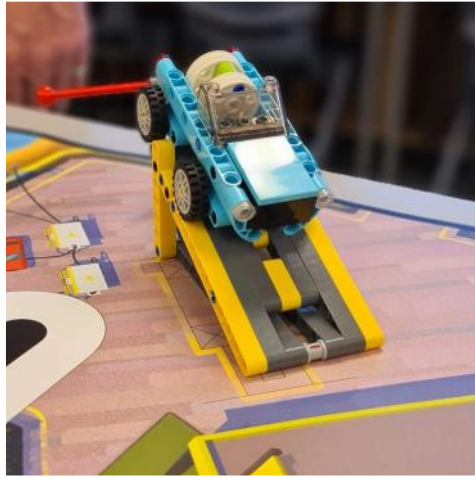


activity - Mr Sidwell's room of balancing challenges, where students were challenged to build a bridge - Leonardo Da Vinci style, no glue or fixings.. just lengths of wood.. or to see how many 'jenga' blocks they could balance on just one block, or to make a paper aeroplane.. Many students also watched the England vs USA World Cup match. (less said....)

A massive shout out to the awesome Lander4Uganda 2023 Year 10 students who were super helpful at organising activities but also brought the party atmosphere to the sleepover!

Thank you everyone for supporting this event!





FIRST LEGO LEAGUE

We have a new after school club this year— Lego League club meets on a Wednesday evening.

Miss O'Connor has signed up for the First Lego League Challenge - a friendly competition for teams of students ages 9-16. Teams engage in research, problem-solving, coding and engineering - building and programming a LEGO robot that navigates the missions of a robot game.

Countries from all over the world take part in this challenge, and participants learn that friendly competition and mutual gain are not separate goals, and that helping one another is the foundation of teamwork. They learn to embrace the FIRST Lego League core values of Gracious Professionalism and 'Coopertition'

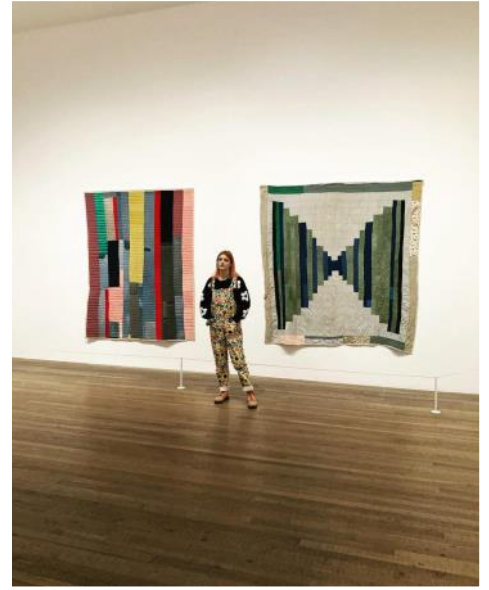
Our RLS Lego League students, received an exciting delivery of bricks earlier this term and have spent the last 4 weeks building components for their sustainable world. Above you see a wind turbine

producing energy barrels, which can be used to power an electric car, a TV set etc.. The orange hand is used to 'high 5' an opponent at the start of every round of the competition to encourage good sportsmanship.

Every component must be manipulated by a programmed robot to complete a task during the competition which will take place at RNAS Culdrose in March.

Students have done a fantastic job of building.. In 2023 they will start programming the robot..





CREATIVE ARTS AND TEXTILES CHRISTMAS TRIPS TO LONDON

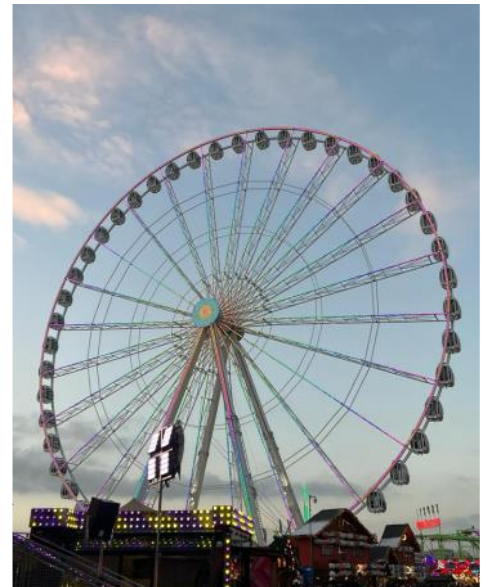
On Friday 2nd December, many of our GCSE Art, Photography, Music, Drama and Textiles students visited London.

The Creative Arts students left Cornwall at 5am to make the most of their day in London and, on arrival, their first stop was the Tate Modern where GCSE Art and Photography students were able to experience a diverse and thought provoking range of artwork through the mediums of sculpture, paintings, installations, video and conceptual pieces.

The second half of the Creative Arts trip to London visited the Royal Albert Hall. Music and Drama students learnt about this iconic performance space and were even able to sit in the royal box.

All Creative Arts students then met in Covent Garden for some shopping and to soak up the Christmas atmosphere. It was then dinner time and time to head to the theatre to see Matilda. Matilda was amazing and started to get everyone very excited for very our own school production of Matilda next May!

Our GCSE Textiles students enjoyed an equally early start to their day and reached London in good time. Their first stop was the V&A - the world's largest museum of applied arts, decorative arts and design. The museum has constantly evolved in its collecting and public interpretation of art and design. Its





collections span 5,000 years of human creativity in virtually every medium and is housed in one of the finest groups of Victorian and modern buildings in Britain. Students feasted their eyes on everything from ancient Chinese ceramics to iconic fashion.

After enjoying the V&A, students walked to Harrods to admire the Christmas windows, but not the price tags.. before heading to Hyde Park Winter Wonderland for some Christmassy fun on fairground rides, in the arctic lodges, markets and Bavarian village.



Have you noticed these portraits around school? Homelessness and housing insecurity in Cornwall - Raising awareness and challenging stereotypes with People. Project Cornwall

We are proud to be part of the outdoor exhibition organised by People. Project Cornwall. People. Project Cornwall is a collaboration between charity St Petrocs and the people of Cornwall brought to life by the portraits of social documentary photographer Gavan Goulder and community arts organisation Street Draw 24

People. reminds us we are all people and all people deserve homes. It also aims to confront the stigma that stereotypes of “the homeless” create, and the shame these can lead to which can prevent people seeking the help they need.

We join many other organisations and individuals, around Cornwall, such as the Eden Project, Falmouth Poly, Krowji & Truro Cathedral, in displaying these amazing portraits and using their wall space to raise awareness of this critical issue.

May everyone have a warm, dry, safe home to return to at the end of the day.



RLS SPORTS REPORT

RLS Vs Oak Tree School - Dodgeball and Basketball

On Wednesday 7th December 2022, a team of intrepid Dodgeball and Basketball players from RLS ventured to Oak Tree School for a series of fixtures. RLS won all three dodgeball matches. RLS then won the Basketball 4-6 in a thrilling encounter to retain the trophy. Well done to all the players involved and thank you to all the staff who made this fixture possible.

*Mr J Bridger
Head of Godrevy
PE Teacher*

IN THE LAST THREE MONTHS
THE L4UNIFORM SHOP HAS RAISED...

£792.70!!

Webale Thank you! Webale Thank you!



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



LANDER4UGANDA UNIFORM SHOP

As many of you will be aware, we have a supply of second hand school uniform and PE kit, which we sell to raise funds for our Ugandan partner schools.

As well as the environmental benefits, this also helps by saving parents/carers money against the significant cost of new uniform. We are always very grateful for donations of clean uniform in good condition. Please see the next slides for our prices and news and contact Mrs Grenfell on the email below if you would like to purchase uniform.

On special offer until Christmas!

Jumpers & Cardigans - Only £5!
Polo shirts - 3 for £10!



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



	<u>Our price</u>	<u>Retail price</u>
Rugby tops	£10	£30.99
Sports teeshirts	£5	£11.99
Sports shorts (boys)	£7	£16.49
Skorts (girls)	£7	£19.99
Sports socks	£2.50	£6.59
Hoodies	£10	£30.44
Polo Shirts	£4	£9.73 - £11.68
Skirts	£5	£16.22 - £22.06
Trousers (boys)	£5	£15.14 - £20.77
Trousers (girls)	£5	£15.14 - £20.76
Cardigan/Jumper	£7	£17.30 - £20.77
Shorts (unisex)	£6	£18.39 - £22.71

Prices are discretionary depending on condition.
All proceeds to Lander4Uganda.
Cash only.



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



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



Message for parents and carers regarding attendance and term-time absence requests:

Our Vision for Attendance

We want our students to 'be the best they can be' by attending school regularly and punctually. Richard Lander School deems 'good' attendance to be above 96%.

Regular attendance and excellent punctuality are the foundations for academic achievement and personal development. They help students fully access their education and wider opportunities offered by the school. Attendance and punctuality are also linked to students' well-being and safety.

We are committed to ensuring that all students benefit from the opportunities available at Richard Lander School. Our expectation is that students arrive on time and attend school regularly.

Parents/carers have responsibility for ensuring that their children attend school punctually and regularly so they can benefit from a valuable education.

The school has a legal responsibility for maintaining school registers and taking the register twice a day. The school also has a responsibility for reporting absence to the Local Authority.

The school also has a safeguarding responsibility and this links to good punctuality and attendance.

The school will communicate attendance matters to parents via text, telephone, email, and letter as well as through the school website.

Holiday absence in term time

The school will not approve term time holiday absence except in exceptional circumstances and only with the approval of an Assistant Headteacher (KS3 &4). Exceptional holiday requests should be made in writing to the school using the official term-time absence request form that can be found on our school website. All requests for absence must be on this official form.

Each case will be considered individually and the decision communicated to the parents in writing. Further information and guidance can be found in our Attendance Policy on the school website.

Conor McDonagh
Assistant Headteacher KS4

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



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

Compass House, Guildford Street, Chertsey, Surrey KT16 9BQ
T: +44 (0)1932 573000 W: Chartwells.co.uk

A MEMBER OF COMPASS GROUP PLC

Registered office: Parklands Court, 24 Parklands, Birmingham Great Park, Rubery, Birmingham, United Kingdom B45 9PZ
Registered in England, Registered Number 2272248, VAT Number 4664777/01



TRURO COLLEGE



**IB DIPLOMA
INFO EVENING**



PART OF
TRURO
& PENWITH
COLLEGE

THU 19 JAN AT 7PM



TRURO COLLEGE



OPEN EVENING

THU 12 JAN 5PM TO 8PM

FIND OUT MORE AT TRURO-PENWITH.AC.UK

Meet the tutors | Tour the campus | Explore your options



PART OF
TRURO
& PENWITH
COLLEGE



*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





Kernow Connect

Support services for young people aged 11-19 and up to 25 with SEND in Cornwall



Connect café

When Every Thursday 4pm -5:30pm

Where Pengelly Hall, Threemilestone Community Centre, Pengelly Way, Threemilestone, TR3 6GD

Do you need somewhere to hang out with your friends after school? Why not meet your mates at the Connect Cafe every Thursday. Jump off the bus and grab a coffee whilst spending the whole time relaxing and hanging out with mates.

Web: services.actionforchildren.org.uk/kernow-connect
Phone: 01872 321486
Email: kernow.connect@actionforchildren.org.uk

 Kernow Connect
 @KernowConnectAFC



JOIN US @ OUR OPEN & TASTER EVENTS



#thecareercollege

THE CORNWALL COLLEGE GROUP



Don't miss your chance to get all the information you need to make a decision about your future.

Your chance to:

- See world-class facilities
- Explore career pathways
- Discover more about our unique field trips
- Hear from expert lecturers
- Tour the campuses
- Get advice on filling in your application form
- Receive transport and finance information
- Apply for apprenticeship jobs

0330 123 2523

[cornwall.ac.uk/
events](http://cornwall.ac.uk/events)



OPEN EVENTS FOR SCHOOL LEAVERS & UNIVERSITY COURSES

Bicton College
 Tue 20 Sep 5.30pm - 7.30pm
 Sat 21 Jan 10am - 12pm
 Sat 1 Apr 10am - 12pm

Cornwall College campuses in: Camborne & St Austell
 Thu 29 Sep 5pm - 7pm
 Thu 9 Feb 5pm - 7pm
 Thu 4 May 5pm - 7pm

Duchy College Stoke Climsland
 Wed 21 Sep 5pm - 7pm
 Sat 28 Jan 10am - 12pm
 Wed 22 Mar 5pm - 7pm

Duchy College Rosewarne
 Thu 22 Sep 5pm - 7pm
 Tue 8 Nov 5pm - 7pm
 Sat 21 Jan 10am - 12pm
 Sat 25 Mar 10am - 12pm
 Thu 18 May 5pm - 7pm

Falmouth Marine School (includes taster)
 Sat 1 Oct 10am - 12pm
 Sat 28 Jan 10am - 12pm
 Sat 11 Mar 10am - 12pm

TASTER EVENTS FOR SCHOOL LEAVERS & UNIVERSITY COURSES

Bicton College
 Wed 26 Oct 9am - 3.30pm
 Mon 13 Feb 9am - 3.30pm
 Thu 6 Apr 10am - 2pm*
 Wed 31 May 9am - 3.30pm

Cornwall College campuses in: Camborne & St Austell
 Thu 27 Oct 9am - 3.30pm
 Thu 23 Feb 9am - 3.30pm
 Thu 6 Apr 9am - 3.30pm*

Duchy College Stoke Climsland
 Tue 25 Oct 9am - 3.30pm
 Tue 14 Feb 9am - 3.30pm
 Thu 6 Apr 10am - 2pm*
 Tue 30 May 9am - 3.30pm

Duchy College Rosewarne
 Mon 24 Oct 9am - 3.30pm
 Mon 13 Feb 9am - 3.30pm
 Thu 6 Apr 10am - 2pm*
 Tue 30 May 9am - 3.30pm

Falmouth Marine School
 Sat 1 Oct 10am - 12pm
 Sat 28 Jan 10am - 12pm
 Sat 11 Mar 10am - 12pm
 Thu 6 Apr 10am - 2pm*

* HE Taster event only

CORNWALL COLLEGE UNIVERSITY CENTRE OPEN DAYS

Eden Project
 Sat 15 Oct 11am - 1pm
 Sat 4 Feb 11am - 1pm
 Sat 17 Jun 11am - 1pm

Newquay
 Sat 12 Nov 11am - 1pm
 Sat 4 Mar 11am - 1pm
 Sat 24 Jun 11am - 1pm

FAMILY FUN DAYS

Bicton College Spring Fayre
 Sun 19 Mar

Duchy College Rosewarne Family Fun Day
 Sun 21 May

Duchy College Stoke Climsland Family Fun Day
 Sun 25 Jun

APPRENTICESHIP EVENT

Apprenticeship Jobs Fair
 Cornwall College campuses in: Camborne & St Austell
 Thu 4 May 5pm - 7pm

Please visit our website before attending one of our events to check if it is taking place virtually or in person. We will adhere to the latest government guidelines at each event. The safety of our students, staff and visitors is our top priority.



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**COME &
SEE DISCOVER
MORE OF WHAT
YOU LOVE**

TRURO COLLEGE OPEN EVENTS

Sat 05 Nov 2022 Open Day 10am - 3pm

Thu 12 Jan 2023 Open Evening 5pm - 8pm

Thu 19 Jan 2023 IB Info Evening 7pm

Sat 04 Mar 2023 Open Morning 10am - 1pm

Thu 04 May 2023 Open Evening 5pm - 8pm



**DISCOVER MORE
ONLINE
[TRURO-PENWITH.AC.UK](https://truro-penwith.ac.uk)**



Carrick Breeze and Winds

Carrick Breeze and Winds - county ensemble, meets once a week, performs termly concerts, all wind, brass and percussion players welcome

Term time: Monday at Truro High School for Girls

Breeze - 5.30-6.40pm Grade 1-5

Winds - 6.20-7.40pm Grade 5 +



Hear Music.
Learn Music.
Play Music.

CMST.co.uk

For more information contact:
swhomersley@cornwallmusicservicetrust.org

