



Dates for your Diary

JANUARY

Friday 13th January

Primary Basketball Competition with RLS Sports Leaders

Monday 16th January

Godrevy/Towan School Council Meeting

Immunisation Day

Tuesday 17th January

U13 Cricket Tournament at Truro College

Pentire/Rame School Council Meeting

Wednesday 18th January

Year 10/11 School Council Meeting

Thursday 19th January

Years 7,8,9 Girls Football Fixtures vs Penair School—Home Years 10/11 Girls Hockey Fixtures vs Penair School—Home

Monday 23rd —Thursday 26th January

Year 10 Progress Reviews

Monday 23rd January

U15 Cricket Tournament at Truro College

Tuesday 24th January

Years 7,8,9 Girls Football Fixtures vs Truro High School—Home Years 10/11 Girls Hockey Fixtures vs Truro High School—Home Law Talk—Years 9,10,11

BTEC Music Activity

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
A Level Maths Taster Day in Plymouth

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

Friday 3rd —Saturday 4th February

Ten Tors Training

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**

Spanish Theatre visit to Pool School

Thursday 9th February

Years 7,8,9 Girls Football Fixtures vs Truro School—Away Years 10/11 Girls Hockey Fixtures vs Truro School—Away

Friday 10th February

ASK Apprenticeship - Year 11 Year 11 Graphics Exam

Monday 13th - Friday 17th February

HALF TERM BREAK

Monday 20th February - Friday 10th March

Year 11 Pre-Public Exams (PPE) 2
Monday 20th February - Friday

24th February

Year 8 French Trip to Paris

Thursday 23rd February

Years 7,8,9 Girls Hockey B Team Fixture—location TBC.

Tuesday 28th February—Friday 3rd March

Year 10 GCSE Geography Visit to Iceland



WELCOME BACK!

he spring term has got off to an excellent start with much to look forward to.

Year 9 Options Fair

Year 9 students are choosing their options and many of our students, along with parents and carers attended our options fair on Thursday this week where they discussed subject choices with staff, viewed textbooks and exam papers and looked at examples of student work from each subject. Mrs Bond's presentation offered advice on the best ways to make these difficult decisions!

We would also suggest the following steps to parents and carers:

- Read through the options booklet (emailed) and begin to discuss your child's preferences.
- Encourage your child to speak their class teacher in the subjects they are considering as an option at Key Stage 4.
- Complete the online options form by Friday 27th January 2023 (link emailed)

Duke of Edinburgh Awards Scheme

Over 150 students from Year 9 have signed up to the Duke of Edinburgh Bronze award this year and are very much looking forward to camping, walking, navigating, volunteering and developing skills as part of this. Over 75% of our Silver students have now completed their award and last week all of our Ark students who are in Year 9 or above also signed up for DofE!

Merits Superstars

Last term we awarded 1769 Bronze and Silver merits certificates to our hard working students!

The table right shows a staggering 97% of Year 7 have now received at

least one certificate along with almost three quarters of Year 11. It is fantastic to see how the new merit certificates are motivating students.



Year	Bronze 100 merits	Silver 200 merits
7	307	188
8	287	113
9	253	57
10	254	76
11	217	17

There are many ways to earn merits. The majority are awarded by class teachers and support staff but students can also qualify for automatic merits:

- Every student receives a merit for 100% attendance in a week
- 10 merits for 100% attendance in a term
- A merit for being a top ten merit earner in any given week
- CFCs a merit for every "celebration" earned
- BFLs 10 merits for every student in the top 10 percentile rank

Every merit earned counts toward the total number of trees we plant in Uganda and also counts towards your personal total, leading to awards: Bronze - 100 merits, Silver—200 merits, Gold—400 merits, Platinum—600 merits, Diamond—800 merits. And.. if you are in the top 10 in the weekly learning community tables your name will be added to a termly prize draw!





CAREERS & WORK EXPERIENCE UPDATE

e have a really exciting programme of careers events planned for our students this year and we need your help to deliver it!

Support from local entrepreneurs, employers and business people makes all the difference to our students and we are really grateful to anyone who is kind enough to volunteer for one, or more, of our events. Please contact ngrenfell@richardlander.cornwall.sch.uk if you would like to know more or volunteer:)

Career Events 2022/23

7th February 2023: Y7 & Y8 Take Your Child to Work Day:

Employers will be invited to support in school activities with our Y7 & Y8 students who are unable to get out with parents/carers. These activities are likely to be challenges and round robin event supported by employers.

Week of 6th March: National Careers Week

Employers to come in and talk about their career pathway and skills linked to the 8 essential skills: Listening, Speaking, Problem Solving, Creativity, Staying Positive, Aiming High, Leadership & Teamwork. This will consist of talks with KS3 students.

Week of 6th March: Y10 Mock Interview Preparation

We are looking for employers to support our tutor programme around interview skills and techniques, this can be in person or supporting with resources. We would also be looking for a couple of employers that would possibly come and take part in an assembly about interviews.

15th March: Women in Leadership event

We are looking for women who have a leadership role within their company to come and talk with Y9 students who have leadership potential. More details will be available after Christmas.

21st & 22nd March Mock Interviews

We need a large selection of employers to interview nearly 300 Y10 students over two days. These interviews will be in 15 min slots /20mins slots, and will run from 8.40am – 3.00pm on both days. The timings will include a 5 min feedback on their interview. Students will have had preparation sessions for these interviews a few weeks before. We will also need employers that can support interviews with our SEND students.

26th May Subject Based Round Robin

For this event we are looking to be able to highlight the link between careers and the curriculum for our Y8 students. The planning for this day is to be confirmed.

Y7 Challenge

Date to be confirmed and flexible for students that have signed up. Looking for a company that would set a challenge for our Y7 students. Employer to launch a challenge in an assembly for students to come up with a product/service/solution and to be able to present their ideas at a school trade fair. Ideally this will be something sustainable. They will have 4-5 weeks to complete this challenge.

Work Experience

If you enjoy computing, Software Cornwall offer excellent work experience opportunities. Here is an update from them:

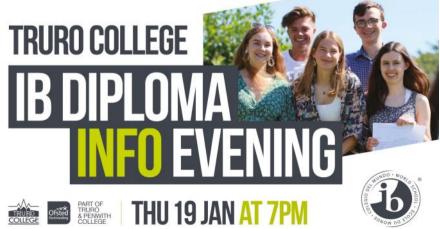
Work Experience News

2023 sees the launch of four new work experiences for Year 10 students. We have already been receiving applications from Year 10s searching for their work placements. In fact the applications for one of them, Web Development, have been closed. But there are still three others to consider.

The date of the Digital Marketing work experience has been changed to cater for more students. The date of this is now July 10th - 14th. So this will run alongside our Lorawan Environmental Monitoring. Then the following week there will be the Data Science and the Web Development weeks. It will be a busy end of term for the team but we know the students will gain a lot of knowledge and happy experiences from attending.

All the details and application forms are to be found on our website at:

www.softwarecornwall.org/work-experiences







@richardlanderschoolart on INSTAGRAM



Niya created a wonderful marbled insect at Art Club last night!

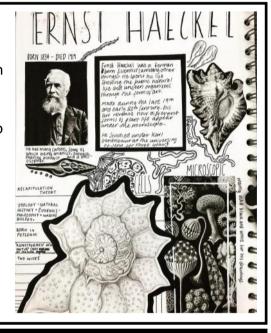




Lovely cynotypes by Mia!



Great mixed media work by Tegen #gcseart #gcseartwork #mixedmediaart Fantastic sketchbook page by Erin in Year 10 #gcseart #gcsesketchbo ok #gcseartwork









Miss Green's Year 10s created some lovely prints today #gcseart #gcseartwork #printing



RLS PE & SCHOOL SPORT

At the end of last term hundreds of students from across years 7-10 took part in Learning Community Rugby and Netball. As you can see from these tables, competitions were closely fought with Godrevy and Towan finishing in joint first place in the Netball and Towan finishing first in the Rugby, closely followed by Godrevy. There is still everything to play for, for all learning communities though, with other competitions this term and next term culminating in Sports Day. Well done to all the students who took part.

This term has got off to a flying start. Our RLS Sports Leaders supported a Primary Swimming Gala on Wednesday and a Primary Basketball Competition today.

Our **U15 Cricket Team** took part in a U15 County Indoor Cricket Tournament at the Cornwall Cricket Centre on Thursday and placed a respectable second.

RLS Boys Football teams played **Falmouth School** this week with the following results.

Year 7A: won 2 - 1 Year 7B: won 5-1 Year 8: drew 1-1 Year 9: won 5-1 Year 10: lost 1-5

Our **Year 10/11 Girls Football** team played in the **U16 Quarter Final** against **St Ives School** on Thursday. The result was a convincing 3-1 victory and the team are now through to the semi-finals.

As always our extra curricular school sports teams have busy schedules lined up for the next few month and we are all really looking forward to the longer days. Please see the following pages for details on girls and boys fixtures this term along with lunchtime and after school clubs. Unless stated otherwise, all students from the appropriate year group are very welcome to attend these clubs but you do need to make sure you are on the registers.





Learning Community Netball Results - December, 2022

	1	ear!	7	Y	ear	8	Y	ear	9	Ye	ar 1	0/11	Total	Pos
	Part.	Perf.	Total											
Godrevy	4	3	7	4	4	8	4	4	8	4	1	5	28	1st
Pentire	1	2	3	4	3	7	4	3	7	4	2	6	23	3 rd
Rame	4	1	5	4	1	5	4	1	5	3	3	6	21	4th
Towan	4	4	8	4	2	6	4	2	6	4	4	8	28	1st

(4 points for 1st place, 3 for 2nd place, 2 for 3rd place and 1 for last place,



Learning Community Rugby Results -December, 2022

	Y	ear	7	Y	ear	8	Y	ear	9	Y	ear	10	Total	Pos
	Part.	Perf.	Total											
Godrevy	4	4	8	3	3	6	2	1	3				17	2nd
Pentire	3	2	5	3	2	5	3	3	6				16	3rd
Rame	2	2	4	3	1	4	4	2	6				14	4th
Towan	3	2	5	4	4	8	3	4	7				20	1st

(4 points for 1st place, 3 for 2rd place, 2 for 3rd place and 1 for last place,





PE and School Sport <u>Lunchtime Clubs</u> – Spring Term 2023



Key Stage 3

Key Stage 4

	Key Stage	Timings	Lunch arrangements	Activity/Facility	Changing & Meet	Staff Membe
Monday	3	1.15-1.57	Students should have lunch at 1pm	Year 7&8 Girls Hockey/Astro.	Meet in the changing rooms.	DCA/LS
				Year 9 Basketball/Sportshall	No changing, meet in the sportshall.	IMI
				Dodgeball/Gym – Group 2&3 only	No changing, meet in the Gym	EHU
				HRF – Group 3 students only	No changing, meet in the HRF room	NST
Tuesday	3	1.15-1.57	Students should have lunch at 1pm	Year 8 Basketball/Sportshall	No changing, meet in the sportshall.	JWI
				Boys Hockey/Astro.	Meet in the changing rooms.	NST
				Girls Rugby/Fields	Meet and change in the changing rooms	RPR
				Benchball/Gymnasium	No changing, meet in the Gym	LMA
				Week A – Year 8 only		5-8000
				Week B – Year 9 only		
				HRF – Group 3 students only	No changing, meet in the HRF room	THA
Wednesday	4	1.03 – 1.45	Students should have lunch at 1.45	Girls Football/Astro.	Meet in the changing rooms.	RPR/TI
				Basketball/Sportshall	No changing, meet in the sportshall.	NST
				Week A – Year 10 only		
				Week B – Year 11 only		
				Dodgeball/Gymnasium	Meet in the changing rooms.	LMA/DI
				Week A – Year 10 only		
	-			Week B – Year 11 only		
Thursday	3	1.15-1.57	Students should have	Girls Active/Gym	No changing, meet in the Gym.	LMA
			lunch at 1pm	(Gp 2&3 girls only)		
				Girls Football/Astro.	Meet in the changing rooms.	RPR
				Year 7 Basketball/Sportshall	No changing, meet in the sportshall.	THA
Friday	4	1.03 - 1.45	Students should have lunch at 1.45	Mixed Hockey/Astro.	Meet in the changing rooms.	NST
				Volleyball/Gymnasium	No changing, meet in the Gym.	LMA
				Badminton/Sportshall	No changing, meet in the sportshall.	EHU
				Week A – Year 11 only		
				Week B – Year 10 only		

Clubs are open to both boys and girls unless otherwise stated. Students must be on the register for the club should they wish to attend.

PE and School Sport

After-school Clubs - Spring 23



Key Stage 3

Key Stage 4

Key Stage 3 & 4

	Year group	Timings	Activity	Facility	Staff Member
Monday	Years 7 & 8	3.15 – 4.15	Netball Week A – Year 8 Week B – Year 7	Sportshall	LST
Tuesday	Years 7, 9, 10 and 11	3.15 – 4.15	Football	Fields	RPR, JWI, NST, THA
	Year 9, 10 & 11	3.15 – 4.15	Hockey	Astro.	LMA/LST
Wednesday	Year 8	3.15 – 4.15	Football	Fields	JBR
, i	Year 7	3.15 - 4.15	Hockey	Astro.	DME
	Years 7 - 11	3.15 – 4.15	Gymnastics (Competition only)	Gym	EHU
Thursday	Years 7-11	3.15 – 6 (Depending on venue and travel)	Football fixtures (Boys & Girls) and Girls Hockey Fixtures	Schools Fields/Courts	All PE staff
Friday	Years 7-11	3.15 – 4.15	Gymnastics (Competition only)	Gym	EHU





GIRLS FIXTURES SPRING TERM 2023



Date	Activity	Yr group	School	Venue	STAFF
Thurs 12 th Jan	FOOTBALL	7/8	Pool	AWAY	LMA
					1.07
Tues 17 th Jan	CRICKET	U13	Various	Truro College	LST
Thurs 19 th Jan	HOCKEY	10/11	Penair	HOME	DCA, DME
Thurs 19 th Jan	FOOTBALL	7 & 8/9	Penair	НОМЕ	LMA, LST
Mon 23 rd Jan	CRICKET	U15	Various	Truro College	LST
Tues 24th Jan	HOCKEY	10/11	Truro High	HOME	DCA, DME
Tues 24th Jan	FOOTBALL	7/8/9	Truro High	НОМЕ	LMA, LST
South Control of the State of t	20 20 20 20 20 20 20 20 20 20 20 20 20 2				Marie Wood Marie
Tues 31 st Jan	HOCKEY Tournament	U13	Various	TS/THS	LMA
Thurs 2 nd Feb	FOOTBALL	7 & 8/9	Penryn	AWAY	LMA, LST
Thurs 9 th Feb	HOCKEY	10/11	Truro School	AWAY	DCA, DME
Thurs 9 th Feb	FOOTBALL				LMA, LST
Thurs 9 Feb	FOOTBALL	7/8/9	Truro School	AWAY	LIVIA, LOT
		HALF TE			
Wed 22 nd Feb	HOCKEY Tournament	U15	Various	Penryn	DME
Fri 23 rd Feb	Hockey B Team	7,8,9	Various	TBC	TBC
	I pro-				
Thurs 2 nd Mar	Hockey Festival	U12	Various	TS/TBC	DME
Fri 3 rd Mar	Netball Tournament	U15	Various	Bodmin	LST & EHU
Thurs 9 th Mar	HOCKEY	7,8,9	Penair	HOME	LMA, DCA
		- /-/-			LST, DME
Wed 15 th Mar	Netball Tournament	U12	Various	Redruth	DME
Thurs 16 th Mar	HOCKEY	7,8,9	Truro High	AWAY	DME, LMA, LST, DCA
Tues 21 st Mar	HOCKEY	7,8,9	Penryn	HOME	DME, LMA,
Wed 29 th Mar	Netball Tournament	U13	Various	Redruth	LST & DCA
Thurs 30 th Mar	HOCKEY	7,8,9	Truro School	AWAY	DCA, DME



Football Fixture List

Spring term 2023

VENUE	DATE	SCHOOL	YEARS PLAYING (to be confirmed)
JANUARY			(Control of the control of the contr
Α	Tuesday 10 th	Falmouth	Y7 Y8 Y9 Y10
Α	Thursday 19 th	Helston	Y7 Y8 Y9 Y10
Н	Thursday 26 th	Mullion	Y7 Y8 Y9 Y10
FEBRUAR	Υ		
Н	Thursday 2 nd	Pool	Y7 Y8 Y9 Y10
Н	Thursday 9 th	Penryn	Y7 Y8 Y9 Y10 Y11
Α	Thursday 23 rd	Penair	Y7 Y8 Y9 Y10 Y11
MARCH			
Α	Thursday 2 nd	Camborne	Y7 Y8 Y9 Y10
Α	Wednesday 8 th	Truro	Y7 Y8 Y9 Y10 Y11
Н	Thursday 16 th	Redruth	Y7 Y8 Y9 Y10
Н	Thursday 30 th	Newquay Tretherras	Y7 Y8 Y9 Y10 Y11

Training nights:

Tuesday 3pm – 4.20pm: Yrs 7, 9, 10 + 11

Wednesday 3pm - 4.20pm: Yr 8

County cup competitions:

Yrs 7, 8, 9 and 10 are all entered into the competitions this term.

Learning community football:

Week of March 20th - 24th



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

Thank you to the parents who have given us feedback on school uniform. Hopefully the responses below will be helpful:

Ordering the correct size

Student Support has a stock of school uniform in all sizes. Students can come into Student Support to try on school uniform to make it easier for parents/carers to order the correct size. During the school day, Student Support staff will assist or alternatively parents/carers can email school to arrange a time to come in if they would rather supervise themselves.

enquiries@richardlander.cornwall.sch.uk

Clean, pre-loved, good quality, uniform cheaper! The Lander4Uganda uniform shop is a great way to get uniform, in excellent, clean condition, at a fraction of the price of buying new. Please see the pricelist right and email Mrs Grenfell directly if you would like to purchase. The Uniform shop is often open at school events/parents evenings too.



	Our price	Retail price
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.











Should I keep my

child off school?



Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics



but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek





Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit https://qrco.de/minfec.



Dear Parent(s) / Carer(s),

Re: Increase in scarlet fever

We are writing to inform you of a recent national and local increase in notifications of scarlet fever to the UK Health Security Agency (UKHSA), above seasonal expected levels.

We would like to take this opportunity to remind you of the signs, symptoms and the actions to be taken if you think that you or your child might have scarlet fever.

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 red 'strawberry' tongue.

If you think you, or your child, might have scarlet fever:

- contact your GP or NHS 111 as soon as possible
- make sure that you or your child take(s) the full course of any antibiotics
 prescribed. Although you or your child will feel better soon after starting the
 course of antibiotics, you must complete the course to ensure that you do not
 carry the bacteria in your throat after you have recovered
- stay at home, away from nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection

You can help stop the spread of infection through frequent hand washing and by not sharing eating utensils, clothes, bedding and towels. All contaminated tissues should be disposed of immediately.

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 very 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.

As a parent, you should trust your own judgement.

Contact NHS 111 or your GP if:

- · your child is getting worse
- · your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- · your child is very tired or irritable

Call 999 or go to A&E if:

- your child is having difficulty breathing you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- · your child's skin, tongue or lips are blue
- · your child is floppy and will not wake up or stay awake

Stop the spread

During periods of high incidence of scarlet fever, there may also be an increase in outbreaks in schools, nurseries and other childcare settings. Children and adults with suspected scarlet fever should stay off nursery / school / work until **24 hours** after the start of appropriate antibiotic treatment. Good hygiene practice such as hand washing remains the most important step in preventing and controlling spread of infection.

Yours sincerely,

Dr Chaam Klinger

South West Health Protection Team

Resources

NHS - Scarlet Fever

Scarlet fever: symptoms, diagnosis and treatment

Health protection in education and childcare settings

Hand hygiene resources for schools



Threemilestone Amateur Dramatic Society Presents

The Sword in the Stone 2 The Sequel - The Panto

Written & Directed By Gary Smith



2nd-4th February 2023 At Threemilestone Community Centre 7.30pm with a 2.30pm Sat Matinee

Tickets £8.00 Adults £6.00 Children

Available from Threemilestone Spar on 07812 668647, 07811 253820 or on the door







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