



# RICHARD LANDER SCHOOL BULLETIN

## 27th January 2023

### Dates for your Diary

#### JANUARY

##### Sunday 29th January

Gymnastics Competition—Bideford

##### Monday 30th January

BTEC Health and Social Care xam

##### Tuesday 31st January

Hockey U13 Tournament at Truro School

ARK/SEN/PP Indoor Football

Tournament at RLS

Matilda Rehearsal P5

##### 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

Matilda Band Rehearsal P5

##### Thursday 2nd February

Girls Football Fixtures vs Penryn College Years 7/8/9

After School Matilda Rehearsal

##### Friday 3rd —Saturday 4th

##### February

Ten Tors Training

##### Friday 3rd February

Matilda Rehearsal - Drop Down Day 1

Year 7 & 8 Take Your Child to Work Assembly

##### 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

Matilda Band Rehearsal P2

##### 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

##### Thursday 9th February

Years 7,8,9 Girls Football Fixtures vs Truro School—Away

Years 10/11 Girls Hockey Fixtures vs Truro School—Away

After School Matilda Rehearsal

##### Friday 10th February

ASK Apprenticeship - Year 11

Year 11 Graphics Exam

Matilda Rehearsal - Revolting Children—P4/5

##### 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

##### Wednesday 22nd February

Matilda Rehearsal - P1

##### Thursday 23rd February

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

After School Matilda Rehearsal

##### Friday 24th February

Matilda Rehearsal - School Song

##### Tuesday 28th February—Friday 3rd March

Year 10 GCSE Geography Visit to Iceland

#### MARCH

##### Wednesday 1st March

Matilda Band Rehearsal

##### Thursday 2nd March

Whole School Photo

U12 Hockey Festival

After School Matilda Rehearsal

##### Friday 3rd March

U15 Netball Tournament at Bodmin College

Youth Regional Music Festival at Truro Methodist Church

##### Monday 6th March - Friday 10th March

National Careers Week

##### Monday 6th March

KS3 Art Workshop

School Health Drop In—Healthy relationships

Pentire/Towan School Council Meeting

##### Tuesday 7th March

Full Matilda Rehearsal—All Day

Year 10/11 School Council Meeting

##### Wednesday 8th March

International Lego League Regional Final

Rame/Godrevy School Council Meeting

##### Thursday 9th March

Years 7,8,9 Girls Hockey Fixture vs Penair - Home

After School Matilda Rehearsal

Year 11 Tempest Photos

##### Friday 10th March

Career Workshop for Year 9 FSM Students

Matilda Rehearsal - Miracle

##### Monday 13th March - Friday 23rd March

##### March

Year 7 Progress Reviews

##### Monday 13th March - Friday 17th March

##### March

Science Week

##### Wednesday 15th March

Women in Leadership

U12 Netball Tournament at Redruth School

##### Thursday 16th March

Years 7,8,9 Girls Hockey Fixture vs Truro High - Away

After School Matilda Rehearsal

##### Friday 17th March

Immunisation Day

##### Monday 20th March

KS3 Art Workshop



## MARTHA TO TRAVEL TO WASHINGTON D.C. TO INFORM U.S. CONGRESS ON TYPE 1 DIABETES

**M**artha Cross, Year 11 Deputy Head Student, is to travel to Washington, D.C. in June to meet face-to-face with some of the top decision-makers in the U.S. government to help members of Congress understand what life with Type 1 Diabetes is like and why research to fund life-changing therapies until a cure can be found is so critical.



Martha is undertaking this task as a representative of JDRF (Juvenile Diabetic Research Fund) and will be joined by around 160 other students, aged between 4 and 17, who all have one thing in common - they have inside information on Type 1 Diabetes. The 160 delegates are made up of 3 from each US state, along with 6 international representatives, of which Martha is one. Since 1999, JDRF

Children's Congress has been held every 2 years and has previously been attended by both presidents Barack Obama and Joe Biden! Martha heard about this opportunity through her work as a Youth Ambassador and applied via an application video.

JDRF's mission is to fund type 1 diabetes research to improve lives and to one day eradicate the condition for good. Martha's experience, knowledge and passion for improving the lives of people with T1D will make her an excellent delegate for JDRF. Martha was diagnosed with Type 1 Diabetes the day before her 4th birthday, having ended up in the High Dependency Unit following multiple misdiagnosis. Martha now travels to UCLH in London for diabetes appointments and has a great deal of knowledge about treatment development. When she was in Year 1, she became the second person in Cornwall to use an insulin pump and she is now using the Hybrid Closed Loop system (HCL) to manage her diabetes.

Martha is determined that knowledge of diabetes will be improved within the education system. The GCSE syllabus needs to be updated to reflect new treatments, some students still seem to believe that you get diabetes from eating 'too much chocolate' and sometimes teachers mistake blood sugar monitors for phones which aren't allowed in school and this can make monitoring very difficult for students. Martha is already supporting our younger diabetic students and is an amazing person to talk to, to get clarification about anything related to diabetes. We are really lucky to have Martha as a student at Richard Lander School and we look forward to hearing all about her visit to Washington D.C for the conference!

*Webale Thank you!*



### Recycling school uniform

As many of you will be aware, we have a supply of second hand school uniform and PE kit, which we usually have available for sale at school events. During the current pandemic, items of uniform are still available for sale, and can be collected by arrangement.

The proceeds from the sales go to our 'Lander4Uganda' fund, and currently support our existing projects, which directly benefit children and communities in Uganda. As well as the environmental benefits, this also helps by saving parents/carers money against the significant cost of new uniform.



	<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



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# **YEAR 7 MEDIEVAL CASTLES COMPETITION**

**T**his term our students have been learning about the Middle Ages and the power struggles that took place. William I began constructing castles as a way to crush rebellions from the Saxons and as time went on their construction changed from the Motte and Bailey to the Stone Keep, to the Concentric Castle. The castle competition has been running at Richard Lander school for at least 15 years. In that time we have had castles made from exceptional materials including sugar cubes, Shreddies, cake, gingerbread and even a castle made from felt. This year's castles continued that theme of ingenuity and creativity. There were numerous castles made from cake, one 3D printed castle, some made from wood, one with pieces of foliage foraged from a local walk. However, the main feature of the castles this year was that they were made from materials that could be sourced during the Christmas holidays and could be recycled.

The overall winners this year were chosen by members of the department and the History Subject Leaders. They were Ella G PCHi, Isaac B TBLu, Chloe C GJGi and Harley D TPCo. Well done to all of Year 7 for your fantastic castles and to these four students in particular.

*Ms H Rickatson - Head of History*





## Rotary **YOUNG WRITER** COMPETITION

**M**any students in Years 7-10 have been recently doing some extra-curricular English work to enter the Rotary Young Writer's competition 2023.

The theme of this year's competition was "Peace" and students had the option of creating a fictional story, a poem or a non-fiction piece of writing. Last year, the competition was won by Aoife Slade and we had lots of students receiving "Highly Commended". We are hoping that we will have even more success this year.

Look at this stunning example from Sophie Ayres – Year 7 (!) who has worked both in class and at home to produce very creative, very clever poem!

### Ecaep By Sophie Ayres

This world is without peace,  
Do not say,  
Battlefields and bombs do not exist,  
Soldiers and psychopaths are gone,  
We must think about what happens now,  
Murderers and thieves,  
Death and disease,  
With,  
Dictators destroying our freedom,  
There are no,  
Fair fights,  
Human rights,  
Instead we have,  
A world of depression,  
Not,  
Happiness,  
We are all dead anyway,  
It is not true that,  
We will all be happy someday.

Now read it from the bottom up.

## LGBTQ+ NEWS

We are working towards our Rainbow Flag Award which is a national quality assurance framework which focuses on positive LGBTQ+ inclusion and visibility. The award will help us identify and determine the most appropriate ways to achieve this.

[We would love students to enter this competition to design this year's LGBTQ+ History Month badge and we are ready and willing to support however we can: Competition - Design the LGBTQ+ History Month Badge for 2023 - LGBTQ+ History Month \(lgbtplushistorymonth.co.uk\)](https://lgbtplushistorymonth.co.uk)

Our LGBTQ+ group meets on Thursday lunchtimes in 001. Everyone is welcome to come along for support, friendship and to find out more about LGBTQ+.

**Design the**  
Lesbian Gay Bisexual Trans +  
**History Month**  
**2023 Badge!**

Schools ©UT UK  
The LGBTQ+ Education Charity

Each year LGBTQ+ History Month sells badges to raise funds for our vital work making schools safe and inclusive for everyone. For the second year we are running a competition to all young people from primary school children to university students.

Our theme for 2023 is:  
**Art - Behind The Lens**

For a copy of the competition rules, go to:  
<https://lgbtplushistorymonth.co.uk/badge-comp/>

(The overall winner will see their design made into our official badge)

**Closing date for submissions:**  
Friday 31st March 2023

Judging will take place on 31st April 2023. There will be an overall winner selected from the winner in each of 3 categories: Primary age 5-11, Secondary age 11-16 and College/University age 16+.





## SEND UPDATES

Our SEND Team are available to support you and your child/ children. To get in touch our email: [send@richardlander.cornwall.sch.uk](mailto:send@richardlander.cornwall.sch.uk)

The Learning Resource and Support Centre (LRSC) offers some of our SEND students a base for learning

<https://www.richardlander.co.uk/personalised-curriculum/special-needs-education/>

Our Student(s) of the Week last week: Logan Vaughn and William McKenzie

Upcoming events are: SEND Parent\* Connect 21<sup>st</sup> February. We have two guest speakers joining us: Jayne Collins from Disabled Children Cornwall and Lisa Williams, SCIP worker. Topics to include: Empowering Parents, Support at home and at school, diagnosis information, Supporting Change in Partnership details, signposting to other agencies/ support, and finally a question and answer session.



## RRMC DEFIB TRAINER UNITS TO TRAIN STAFF AND STUDENTS TO SAVE LIVES

We were delighted to be presented with 4 defibrillator training units last week! These will be used to train staff and students to save lives, with the intention being that every member of staff and every student will complete the training. Mrs Chilcott and other staff have been trained to train other people how to use defibrillators using these training units.



The 4 units have been funded by Devon and Cornwall Police and the donation has been organised by the Ronnie Richards Memorial Charity (RRMC). The photo above shows some of our Head Students receiving the donation from West Cornwall LPA Commander, Superintendent Ian Thompson. Along with Paul and Liz Williams, co-founders of RRMC and RRMC Community CPR & AED Trainer and Cardiac Care & Counselling Officer Leon Hosking. Thank you all for this important donation.

The Ronnie Richards Memorial Charity (RRMC) is an organisation of dedicated unpaid volunteers in the protection and saving lives from sudden cardiac arrest (SCA). The charity

was established in memory of Liz's very close brother, Ronnie Richards.

For more information please visit: <https://www.rmc.life/>



## DISRUPTION DUE TO INDUSTRIAL ACTION—FEBRUARY/MARCH 2023

Dear Parents/Carers,

You may be aware from media coverage that the NEU have proposed up to 4 days of industrial action which will take place on the following dates:-

**1 February**

**2 March**

**15 March**

**16 March**

These days of industrial action are in response to a dispute between the NEU and the government over teachers' pay.

I am writing to parents/carers to give as much notice as possible that school based learning will likely be disrupted on these dates. This will likely mean year groups being required to remain at home and to study from online resources. School based learning will only be offered to specific year groups / vulnerable children or families where both parents are 'key workers'. Our guiding principle through this will be to do our best to provide education to all pupils whilst ensuring the safeguarding of pupils who are required to attend school on these dates.

For your information, most of our teaching staff are members of the NEU union.

The senior team are currently considering how best to steer student learning during this time and will communicate with parents once our plans have been formulated.

We recommend that parents/carers start to make alternative childcare arrangements for these dates.

In advance of this action, we do apologise for the potential disruption caused to you and to your child's education.

We are working closely with our staff union representatives to keep up to date with the situation, and we will inform parents/carers of our intended actions in due course.

Yours sincerely,

**Mr S Mulcahy**  
**Headteacher**

### JUST WATER PLEASE!

Please can we remind students that the only drink they should be bringing into school is water!

Limited availability has led to Prime sports drinks becoming a craze. However, there is no place for the drink in school and all energy drinks are also forbidden.

Drinking water is available from the school fountains so that you can refill your bottles and remain hydrated throughout the day. Drinking water will improve your physical wellbeing and concentration.





## CAREERS & WORK EXPERIENCE: QUALITY IN CAREERS STANDARD



**I**n January 2023 DfE updated its Statutory Guidance to schools on fulfilling their statutory duty and its guidance to FE Colleges:

The Guidance **“strongly recommends”** all secondary schools and colleges to work towards and achieve the national **Quality in Careers Standard**. Page 13 of the Guidance states:

*“Schools and colleges can gain formal accreditation of their careers programme through the Quality in Careers Standard – the single national quality award for careers education, information, advice and guidance.*

*The Standard is fully aligned to the Gatsby Benchmarks and incorporates Compass and Compass+ into its processes. The Standard seeks additional evidence of outcomes for students from the school or college careers programme. As the Standard is externally assessed by one of the Licensed Awarding Bodies, appointed by the Consortium, student voice is a key part of assessors’ evidence gathering on the impact the careers programme has had on students’ career-related learning. **We strongly recommend that all schools and colleges work towards the single national Quality in Careers Standard to support the development of their careers programme.***

Due to this guidance Richard Lander School with full support of Governors, has made the commitment to work towards this award to ensure that we are providing our students have the best careers programme to support them to be ‘the best they can be’

Information on our Careers Offer and Careers Policy is available on the school website:

<https://www.richardlander.co.uk/wp-content/uploads/2023/01/Annual-Careers-Offer-2022-23.docx.pdf>

<https://www.richardlander.co.uk/wp-content/uploads/2022/10/RLS-CEIAG-Policy-2022-2023.pdf>

If you would like any further information please contact Nikki Grenfell – [ngrenfell@richardlander.cornwall.sch.uk](mailto:ngrenfell@richardlander.cornwall.sch.uk)

## TAKE YOUR CHILD TO WORK DAY

Dear Parent/Guardian,

This year we would like to introduce an exciting opportunity for our Year 7 and Year 8 students.

On Tuesday 7th February 2023, we will be launching our ‘Take Your Child to Work Day’. On this day it is hoped students will be able to go to work with their parent/guardian, allowing students to gain an insight into a very different world and give them an experience and understanding of the real work environment.

For the day students will be given a work book of activities to do while observing the work place, focusing on the background of the business, job roles, qualifications required, skills needed, health and safety, work ethic, protocols, expectations, responsibilities etc.

Please could you complete the Microsoft form: <https://forms.office.com/e/pazd2bCfqV> by Friday 20th January. If your child is not participating please still complete up to and including question 5.

Once a placement has been identified, a letter will be sent to your employer to explain the scheme. We know that many employers are very keen to offer young people an opportunity to experience the world of work and we are grateful to these employers for the very active contribution to our learning community.

This opportunity is very much a chance for your child to observe the world of work, it is not expected that students will be taking part in any jobs or using any machinery during the day. Your employer will be advised to sign your child in as a visitor, who would be covered under the businesses public liability insurance as a visitor for the day.

It is understood not all students will be able to take part in this experience for a number of reasons including part time work, health and safety concerns, etc. For students unable to go to work with a parent or guardian they will be expected to attend school. It is hoped we will be able to hold a special session focusing on a range of employers/careers in school.

Any further questions please contact me at the school – [ngrenfell@richardlander.cornwall.sch.uk](mailto:ngrenfell@richardlander.cornwall.sch.uk)

Kind Regards

Nikki Grenfell  
Careers & Work Experience coordinator





@richardlanderschoolart on INSTAGRAM

Wow! Fantastic bold work by Year 7 who have been learning about Matisse



Tom and Theo, ex RLS GCSE Art students now studying A Level Art at Truro College have won prestigious RBA star student awards. Each year RBA holds a national competition for aspiring young artists across the country. What an achievement and so great to see these young artists progress. Well done!



Year 9 have been doing some lovely studies for the shanty house project #studentartwork





## RLS PE & SCHOOL SPORT

### CORNWALL SCHOOLS CROSS COUNTRY CHAMPIONSHIP 2023

**O**n Saturday 14th January nine of our students took part in the Cornwall Schools Cross Country Championship held at Newquay Sports Centre. In wet, windy and very muddy conditions all our students performed brilliantly against the top Cross Country runners in Cornwall.

Our students who competed included a few athletes who are members of Athletics clubs but also some students who are predominantly games players who wanted to challenge themselves at this 'gruelling' event.

Here are the results for the day:

**Minor Boys - Year 7:** Xavier - 3rd, Bobby - 7th

**Minor Girls - Year 7:** Evalyn - 11th

**Junior Boys - Year 8 & 9 Boys:** Tom - 9th, Jowan - 21st, Sennan - 29th

**Junior Girls - Year 8 & 9 Girls:** Janie - 4th

**Inter/Senior Boys - Year 10, 11 and 6th Form:** Findlay - 8th, Jacob - 15th

In addition it was great to see ex-students Maisy Luke and Luke Mills running so well, both representing Truro and Penwith College.

Many of our athletes completed availability forms to possibly represent Cornwall at the South-West Championships in Bristol in early February. Congratulations to all our students who took part in this event.

### COOSE TRANNACK CROSS COUNTRY

There is another cross country competition on Saturday 11th March at Trannack CP School in Helston. The Secondary School Event for U13 & U16 is 2400m and starts at 09:35am (staggered start for each age group)

As a school we don't enter this but students can enter as individuals. Should you want any information about this then please see Mr Stoddard.



### FOOTBALL UPDATE

Well done to our **Year 7 and 8 Girls Football** teams who played Truro High School last night. It was great to see girls from both schools playing excellent football and exhibiting great sportswomanship.

The Year 8 girls drew 1-1 against Truro High whilst the Year 7s won 1-0 and are through to the second round of the County Cup!

Thank you Truro High for visiting and well done to all our footballers!

Last week, 6 Richard Lander School **Boys Football** teams travelled to Helston School for friendly fixtures.

After a fantastic evening of football the results were:

Year 7A - won 4-3

Year 7B - drew 2-2.

Year 7C - won 12-2

Year 8 - lost 2-1

Year 9 - drew 1-1

Year 10 - drew - 3-3

Well done to all the boys who represented the school so well. Thank you for the games, Helston School.

**Hundreds of boys from all year groups enjoyed football training in the sunshine earlier this week!** After a day working hard at school, finishing the day playing football with your friends will support your physical

and mental wellbeing and help you to sleep better. Harry, George and Ben are in Year 11 and they know that exercise is one of the best ways to cope with exam stress too. Well done to all the students who turn up for training and matches every week.







## **RLS PE & SCHOOL SPORT**

### **GIRLS HOCKEY**

**T**he photo above shows the RLS Year 10/11 Hockey

team at golden hour after their match earlier this week.

The team won 3-1 against Truro High School with goals scored by Mia, Megan and Esme. Well done to all on an excellent performance! Thank you for visiting Truro High School.

## **MATILDA UPDATE!**

**R**ehearsals are full steam ahead with the cast working on 'When I Grow Up' today! Here is the cast receiving their Matilda t-shirts at rehearsal, after school, last week!







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