



# RICHARD LANDER SCHOOL BULLETIN

## 24th February 2023

### Dates for your Diary

#### FEBRUARY

**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.

After School Matilda Rehearsal

**Friday 24th February**

Matilda Rehearsal - School Song  
U12 Boys Hockey Tournament at Penryn College

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

Year 10 GCSE Geography Visit to Iceland

**Monday 27th February**

Girls County Cup Football Fixture at Redruth School

#### MARCH

**Wednesday 1st March**

Matilda Band Rehearsal

World Book Day—All Year 7 with Year 9 Teachers

**Thursday 2nd March**

**STRIKE DAY—Disruption likely**

Whole School Photo

U12 Hockey Tournament at Truro School

After School Matilda Rehearsal

**Friday 3rd March**

U15 Netball Tournament at Bodmin College

Youth Regional Music Festival at Truro Methodist Church

10x Challenge Trade Stalls

**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

10x Challenge Trade Stalls

**Sunday 12th March**

School Showjumping Competition

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

Year 7 Progress Reviews

**Monday 13th March - Friday 17th March**

Science Week

**Tuesday 14th March**

Cornwall Music Festival at Truro Methodist Church

**Wednesday 15th March**

**STRIKE DAY—Disruption likely**

Women in Leadership

U12 Netball Tournament at Redruth School

**Thursday 16th March**

**STRIKE DAY—Disruption likely**

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

After School Matilda Rehearsal

**Friday 17th March**

Immunisation Day

10x Challenge Trade Stalls

Cornwall Music Festival at Truro Methodist Church

**Monday 20th March**

KS3 Art Workshop

Y11 GCSE Drama Component 3

Dress Rehearsal

**Tuesday 21st March**

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

Matilda Rehearsal P5

**Tuesday 21st March/**

**Wednesday 22nd March**

Year 10 Mock Interviews

**Tuesday 21st March—Friday 24th March**

GCSE History Trip to Berlin

**Thursday 23rd March**

Year 10 IT Controlled Assessment

Year 7 Parents Evening

**Friday 24th March**

Matilda Band Rehearsal

10x Challenge Trade Stalls

**Monday 27th March/Tuesday 28th March**

Y11 GCSE Drama Comp. 3 Exam

**Tuesday 28th March**

U13 County Rugby 7s Tournament at Penair School

**Wednesday 29th March**

Matilda Rehearsal

U13 Netball Tournament at Redruth School

**Wednesday 29th March - Friday 14th April**

India Trip

**Thursday 30th March**

Year 10 IT Controlled Assessment  
Year 7 Parents Evening

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

Years 10/11 Girls Football Fixture vs Truro School—Away

GCSE Music Composition Catch up  
Matilda Rehearsal After School

**Friday 31st March**

Last Day of Term—Non uniform

Year 11 PPE2 Results Day

#### APRIL

**Monday 3rd April—Friday 14th April**

**Easter Break**



## A GREAT FIRST HALF TO THE SPRING TERM

**T**hank you to everyone who has supported our last day before half term non uniform day in aid of Teenage Cancer Trust. We look forward to telling you how much you have raised in the next edition of the RLS Bulletin!

Thank you also to everyone who bought cake on the last day, the cake stall raised over £400! All monies raised from the cake sale went to Miss Payne’s mum’s London Marathon Crowdfunder for Bowel Cancer UK.

### Some reading below if you are interested in Miss Payne’s Mum’s story.

*My name is Claire Payne (Emilie’s Mum). I’m taking part in the London Marathon this April and have a charity place in aid of Bowel Cancer UK. This is a charity close to my heart, as my best friend, Karen, was diagnosed with Stage 4 bowel cancer 5 years’ ago & had to have the cancer removed from her bowel and a liver resection as well as chemo. Unfortunately last year the cancer returned in her lung, so she had to have a lung resection, as well as 6 months’ of chemo & unfortunately after having a PET scan the results were inconclusive, so she had to have another lung resection at the end of December. This operation was successfully carried out & Karen got the good news last week that no cancer was found in the histology report! Her husband, Steve, (they live 200 miles from us) has also gained a charity place for Bowel Cancer UK in the London Marathon & we are going to run together for Karen & raise money for this amazing charity, so that we can double the amount raised! Karen has already raised £750 during chemo by doing a sponsored swim last year! This spurred Steve & I on to raise money together by running in the London marathon this year.*

Please see my [JustGiving Page](http://www.justgiving.com/fundraising/ClairePayne14) for further details;



## MERITS SUPERSTARS

*Last half term was a merits bonanza with students loving the new certificates!*



Year	Bronze 100 merits	Silver 200 merits	Gold 300 merits
7	310	285	37
8	300	234	15
9	280	188	3
10	270	177	9
11	254	137	1

Here are the merits scores just before half term — and there have been many more earned since! Week 18 proved to be a very high earning week for students as every ‘celebration’ which was awarded in the ‘cause for celebration’ reports which went home to parents earned an extra merit. The table above shows a staggering 98% of Year 7 and Year 8 have now received at least one certificate with Year 9, Year 10 and Year 11 close behind.

The majority of merits 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 to 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.

### Merit Superstars - Week 19:

Congratulations to those students who topped the merit board for their communities in Week 19.

- William R (GRKn) in Godrevy
- Dylan P (PVDo) in Pentire



- Bobby C (RRRe) in Rame
- Jasmine F (TJWe) in Towan
- In Y10 Jasmine E (10RCAb) achieved the highest amount of merits
- In Y11 Thomas M (11RLWa) achieved the highest amount of merits

**Jasmine F (TJWe) scored the highest merits across the school last week with 32 merits, so well done to her!**

The following Tutor Groups achieved the highest amount of merits in their communities last week:

- Mr MacDonald's tutor group in Godrevy
- Mrs Downing's tutor group in Pentire
- Mr Brooker's tutor group in Rame
- Mr Webb's tutor group in Towan
- In Year 10 Ms Datson's tutor group achieved the most merits last week
- In Year 11 Mrs Winnan's tutor group achieved the most merits last week

**Well done to all students in these tutor groups!**

Congratulations to students in the following tutor groups. Your tutor groups were the highest attending in your community last week:

- Mr Mills's tutor group in Godrevy
- Miss Hill's tutor group in Pentire
- Miss Robertson's tutor group in Rame
- Miss Green's tutor group in Towan
- In Year 10 Miss Tadhunter's tutor group were the highest attending
- In Year 11 Miss Niles's tutor group were the highest attending

### Merit Superstars - Week 20:

Congratulations to those students who topped the merit board for their communities in Week 20.

- Owen B (GLSh) in Godrevy
- Fraser G (PLFd) in Pentire
- Sadie S (RRRe) in Rame
- Annabelle L (TACo) in Towan
- In Y10 Savanna V (10RCAs) achieved the highest amount of merits

• In Y11 Summer B (11RLWa) achieved the highest amount of merits

**Sadie S (RRRe) scored the highest merits across the school last week with 37 merits, so well done to her.**

The following Tutor Groups achieved the highest amount of merits in their communities last week:

- Mrs Knight's tutor group in Godrevy
- Miss Hill's tutor group in Pentire
- Miss Robertson's tutor group in Rame
- Mr Conrad's tutor group in Towan
- In Year 10 Mr Dilks's tutor group achieved the most merits last week

• In Year 11 Ms Watts's tutor group achieved the most merits last week

**Well done to all students in these tutor groups.**

All students who are in the top 10 in their communities for merits will go into the termly prizes draws on a weekly basis.

Congratulations to students in the following tutor groups. Your tutor groups were the highest attending in your community last week:

- Miss Monnier's tutor group in Godrevy
- Mrs Downing's tutor group in Pentire
- Miss Robertson's tutor group in Rame
- Mr Conrad's tutor group in Towan
- In Year 10 Miss O'Connor's tutor group were the highest attending
- In Year 11 Miss Michell's tutor group were the highest attending

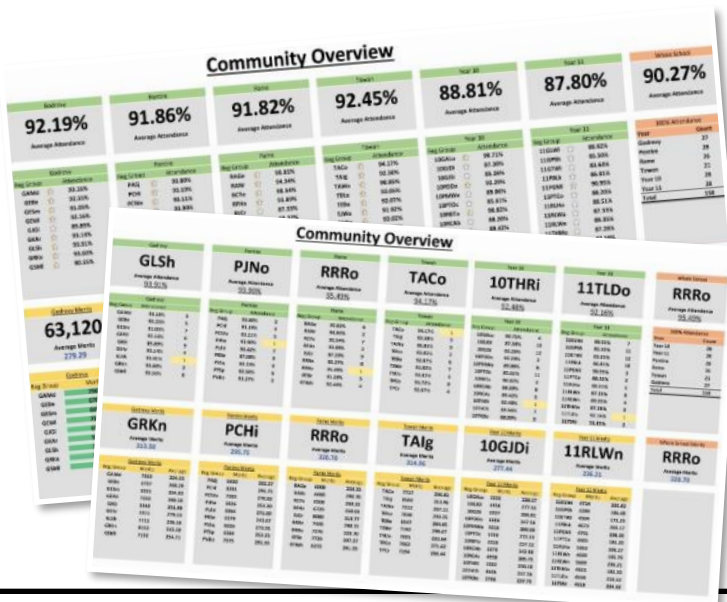
## NEW TUTOR TIME DASHBOARD

We have a fantastic new Tutor Time Dashboard where all statistics for student attendance and merits can be viewed live at any time!

As you can see, as of today, this academic year, a staggering 383,175 merits have been earned by RLS students, which is an average of 253.09 merits per student!

Towan are currently our highest performing learning community with Towan students averaging 286.28 merits so far this year.

Ms Robertson's tutor group is leading the school in both attendance and merits with an average attendance of 95.49% and 320.7 merits. Well done to everyone in RRRo.

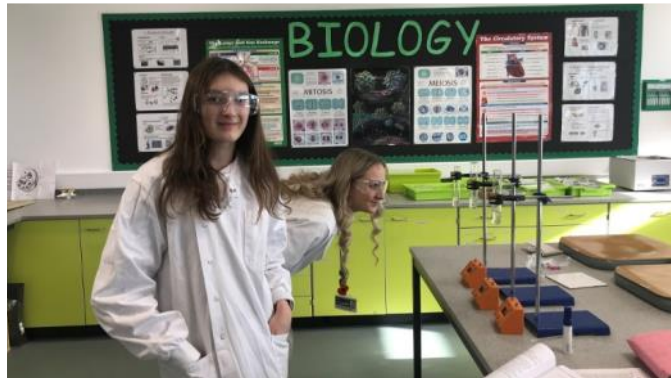




## TAKE YOUR CHILD TO WORK DAY

**Y**ear 7 & 8 students had a great day experiencing working life on Tuesday before half term with their parents or carers. We were delighted to receive lots of photographs and updates via email—here are some examples!

Theo worked at Valley Resorts where he helped staff test hot tubs, sweep patio decking, and his favourite thing... helping drive linen around in the golf buggy. Stan went to St Austell College where he learned joinery and carpentry skills. Jack spent the day at JMJ Designs - taking a delivery of a large industrial oven, and designing and painting his own stainless steel mugs. Bobby had an excellent day with Corbey Construction, working in the construction department of Truro and Penwith College where he built his own arch and then visiting the Morrish Homes





site in Newquay.

Freddie spent the day at TR2 Recruitment where he took part in their superhero campaign and came home with some awesome photographs!

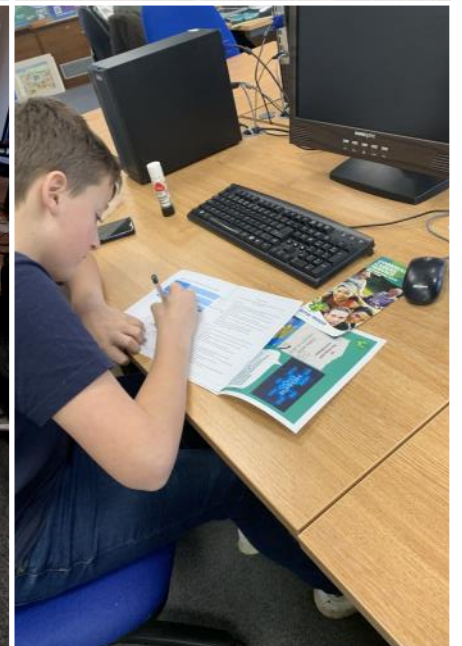
Aaron went to work with his Dad who is a blacksmith and farrier. He assisted apprentice, Kaan, in shoeing a horse and straightening out a shoe.

Roxy and Louie worked at Eden Flooring & Interiors. During the day they attended a site meeting with a member of the Mitie estates team, on site at Richard Lander School, to survey some flooring requirements!

William worked at a vets and thoroughly enjoyed watching the surgeries. Tassy had a great day with her dad, as an RNLI Beach Lifeguard for the day. She enjoyed checking over the lifeguard huts, doing some of the time trials for lifeguards - the beach run and pool swim - as well as enjoying a well-earned working lunch!

Molly had a great day at Rustic Cakes, Skye learned how to fix a double glazed door handle with Zane Spargo Windows, Alana worked at Crowdfunder in Newquay, Holly worked with her dad at Callywith College, Bethan learned how to upholster and particularly enjoyed analysing the accounts, Riley went down well with the little ones in a childcare setting, Ellis went on delivery with Royal Mail, Rory worked with Cornwall Carers Service





supporting unpaid and informal carers, Bradley learned about maintaining buildings: doing a fire test check, taking meter readings, moping the communal floor and mowing the grass. Lucas learned the art of painting and decorating, Holly worked at SmartCitizen and Ethan went to Cornwall Library's HQ!! Leo repaired some seriously damaged motor vehicles and Kit and Seth had a good day at Penhaligon's Friends where they were very helpful creating some examples of activities this awesome charity does with children and teenagers who are bereaved.



Well done to every student who went out to work on Tuesday, who tried something new and gained insight into a parent/carer's line of work! We are really proud of you all and we love hearing your conversations about your exciting day out. Thank you also to all the employers who offered our students a placement and to the parents who sent in photographs and tagged us on social media.

A special well done to the students pictured right and the other winners of workplace booklets prizes. You conducted interviews and produced really interesting, informed work!





## TAKE YOUR CHILD TO WORK DAY - IN SCHOOL EMPLOYERS Q&A

**N**ot every workplace is suitable for students, so Mrs Ford and Mrs Grenfell organised an in-school event for students without work experience placements. We welcomed 9 local employers into school and every child in school had the opportunity to ask them about their field of work in a round-robin Q&A event.

Thank you to these amazing local employers who gave up their day to provide an excellent Q&A event for the students. Well done to the students who came up with super questions, had great conversations and learned lots!

Thank you to **AWR Scaffold Contracting, Cormac, WWA Construction, Dynamo Health Care, J Martin Magician, Leanne Rayner Recruitment Consultant, Mark Lewin - catering.**



## TAKE YOUR CHILD TO WORK DAY - FACTS, FIGURES, FEEDBACK!

**T**ake Your Child to Work Day was a great success with around 85% of students who went to a parent's place of work reporting that they now know much more about the world of work and over 80% completing their log books with some great observations such as: *"(I learned) how much teamwork is key, how different jobs work and what being a boss looks like"* *"Work is hard"* *"You need loads of qualifications"* and *"(I learned) how to listen"*

Students in school who met with employers filled in feedback forms and reported that they particularly enjoyed: *'Seeing how hard you have to work to get qualifications and a job'* *'Learning what their day-to-day job is like'* *'Being able to talk to people from many different jobs.'* *'(finding out) more about other interesting jobs'* and *'Being able to ask questions rather than watching a bunch of people talking to a camera!'*

**And impressively at the end of the day, 100% of participating students could name at least 3 key employability skills!**



## **UPDATE FOR THE TEXTILES DEPARTMENT**

### **ECO ACTIVIST REPAIR PATCHES**

**E**co Activists have been making funky repair patches with Mrs Downing on Tuesday evenings! They started by screen-printing upholstery samples, reusing these beautiful pieces of luxurious material, and then moved on to using backing webbing and satin stitch to finish the patches on the sewing machines. Once they trimmed the patches look really great and would enhance and repair many items of clothing!



They will be made into cards and will be available to buy soon!

### **YEAR 10 GCSE WORK - INSPIRED BY SARAH BEETSON**

**Y**ear 10 GCSE Textiles students have been thoroughly inspired by the work of artist and illustrator Sarah Beetson and have produced some beautiful pieces, with incredible detail, using free arm sewing machine embroidery on a monoprint. Well done to Olive, Izzy, Thivinya and Alice on the super work pictured right!



### **GRACIE TO VISIT ALEXANDER MCQUEEN STUDIO**

**Y**ear 10 Textiles student, Gracie has been pursuing her ambition to be a fashion designer by attending the Falmouth University Fashion Designer Business Course on Saturdays. As a result of this she has earned a marvellous opportunity—Gracie will be designing and producing work, alongside students from universities all around the country, for a 'Biology' themed fashion show which will take place at Somerset House. As part of the design process Gracie will visit the Alexander McQueen studio in London, where she will meet their designers and work with them on her designs! There is also a possibility of a follow up show in Cornwall, and is if there is, we will be there!







## **CONGRATULATIONS TO OUR ARTS AWARD 2022 STUDENTS!**

**W**ell done to our Arts Award students who all passed when the moderator came into school earlier this year! Judging by the comments made, our moderator was most impressed with our student’s portfolios, describing them as

*“A very rich and inspiring set of portfolios evidencing the independent, well supported, development of new art skills and experiences across a broad range of platforms by these young people.”*

*“Beautifully crafted portfolios. A pleasure to see!”*

*“Overall fabulous work and an excellent foundation to continue to Silver and Gold if the school would introduce this in future. Well done!”*

We are sure these students will continue to enjoy and develop their passion for the creative arts and we look forward to following their work.

Meanwhile, there is a new cohort of 28 Year 9 students who are all busy at the start of their Arts Award journey..

Thank you to Mrs Nortje for coordinating Arts Award.



**RICHARD LANDER  
SUMMER SCHOOL**

**WILL BE BACK IN 2023!!  
MORE INFORMATION COMING SOON...**





## MODERN FOREIGN LANGUAGES



### Gingerbread House Competition

As Christmas approached, it felt like walking into a German market in the MFL department. We were flooded with a range of brilliant entries to the Gingerbread House Competition. Students had to demonstrate their culinary and linguistic skills by following a recipe in a foreign language. They were then judged according to their taste, appearance and originality. The judges were very impressed with the entries we received and thoroughly enjoyed sampling the various creations.

### Spring Competition - Easter Hat!

Over the next month we will also be launching our Spring competition in MFL – to design and make an Easter hat. It has to be inspired by Spanish or French culture but, other than that you have free reign! The deadline is Friday 31st March, so keep your eyes peeled for more information on how to enter.



### Mi Personalidad

This week we took 25 year 9 students to watch a Spanish theatre group. Mi Personalidad is a play that tackles issues such as our identity and making friends, and is performed entirely in Spanish! Here's what they had to say about it

*"It was an exciting and interactive show where we could answer questions, shout out words like 'Sí' or 'Hola', and challenge our knowledge of Spanish vocabulary. Overall it was a very enjoyable trip and a fun way of developing language skills".* Millie

*"There was lots of new vocabulary in this play but I think most of us figured it out through context. It was a great way to practise our listening skills and evening speaking as there was lots of audience interaction."* Ezekiel

**Make an Easter Hat**  
It has to be inspired by Spanish or French culture but you have free reign on design!  
**Deadline - Friday 31<sup>st</sup> March**

**Feliz Pascua**

*À JOYEUSES Pâques*

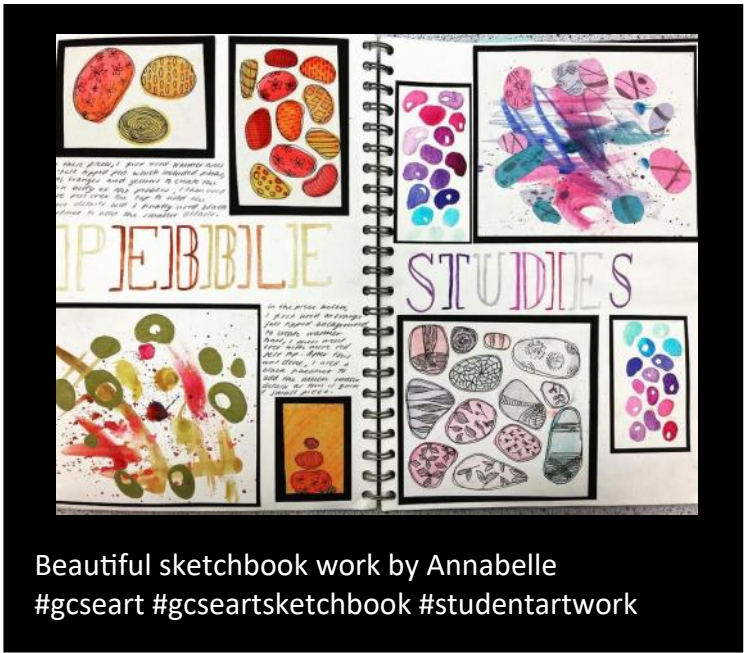
**COMPETITION TIME**



@richardlanderschoolart on INSTAGRAM



More experimentation in the darkroom today  
#gcsephotography #cameralessphotography



Beautiful sketchbook work by Annabelle  
#gcseart #gcseartsketchbook #studentartwork



More lovely Year 10 sketchbook work based on natural bundles that they created

#gcseartwork  
#gcsesketchbook  
#gcseart



More darkroom action with Year 10s learning about cynotypes #gcseartwork #gcseart



Thivinya has captured this Cornish scene brilliantly in her painting!



## **RLS PE & SCHOOL SPORT**

### **U16 GIRLS FOOTBALL TEAM - THE END OF AN ERA!**

**T**he U16 Girls Football team played Camborne in the semi-finals of the County Cup last week in what turned out to be their last competitive fixture as they narrowly lost 1-0.

Sadly this was the end of an era for a team that has been magnificent in their last four years at RLS, winning 18 games and losing only two in their 5 years at school! We thank them for their efforts and wish them the best of luck for future sporting endeavours.

They have been a huge asset and credit to the school!

These girls were:

Year 7 County Champions and 5-a-side Champions and Year 9 County Champions! Photos right...

Well done to you all!

*Mr Parker*



### **U13 COUNTY HOCKEY TOURNAMENT**

**O**ur U13 Hockey team travelled to Truro School for the County Tournament yesterday...

Results were:

Vs Truro School A lost 5-0

Vs Penrice won 7-0

Vs Camborne drew 0-0

Vs Pool won 4-0

Vs Mounts Bay won 2-1

Vs Truro School B won 2-1

Vs Helston won 4-0



These results saw the team through to the semi final, where after a very close match the score finished Penryn 1- RLS 0

We came 3rd overall out of 17 teams! A great result and excellent play and sportsmanship throughout the day.

*Miss Martin*



**RLS PE & SCHOOL SPORT**

**RLS SPORTS LEADERS HOST PRIMARY CROSS COUNTRY EVENT**

**R**LS Sports Leader 'hounds' Elsie and Jake were chased by 300+ students from our primary schools in a cross country event on Friday before the half term break! Other Sports Leaders helped out by recording times, encouraging runners, awarding medals and helping to organise the event.

It was fabulous to welcome St Agnes ACE Academy, Mount Hawke Academy, Mithian School, Cusgarne School, Threemilestone School, Truro School, Chacewater School and Blackwater School. All the students ran so well, there were no signs of Friday



afternoon fatigue, everyone put in a great effort, and it was lovely to see glowing healthy faces.

Well done to the RLS Sports Leaders who were excellent ambassadors for the school. Thank you Mithian School for these lovely photos of some of your medal winners!





On Tuesday 8<sup>th</sup> February, 20 RLS girls attended a West Cornwall U14 Rugby Festival @ Mts Bay school. Lots of screams, big hits and giggles was had by all!

## RLS PE & SCHOOL SPORT



## MATILDA UPDATE!

**M**atilda rehearsals are heating up! 18 students helped with set building yesterday; creating gates for the 'School Song' scene, then Mr McGregor assembled the gates this morning and the cast used them in rehearsal today!

The School Song happens where the young children get to the school gates for the first time, and the older ones warn them of the Trunchbull's tyrannical ways....





## SAFER INTERNET DAY

Tuesday 7th February was Safer Internet Day & this year's themes were 'Together for a better internet' and 'Want to talk about it? Making space for conversations about life online' From gaming and chat, TikTok to Twitter, streaming and video, ChatGTP and other AI chatbots ... young people are living in and shaping their interactive online entertainment spaces.

Safer Internet Day is about putting children and young people's voices at the heart of decisions to shape the online safety support that they receive.



There is some excellent advice on the NSPCC website about starting conversations about life online, how to talk about difficult topics and what to do if your child has said something worrying.

- Be positive and open minded about the internet
- Talk early and often
- Create a safe space for conversations
- Keep it relevant
- Be proactive

Please remember that Student Support and our IT Support team are also always on hand to help too!

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/want-to-talk-about-it-making-space-for-conversations-about-life-online/>

<https://www.childnet.com/safer-internet-day/>

## CHILDREN'S MENTAL HEALTH WEEK

The week before half term was Children's Mental Health Week and the theme was "Let's Connect"

*'Let's connect is about making meaningful connections with others. People thrive in communities and at Richard Lander School we all have our own community that we are a part of. For me, that's Towan! These connections are vital for the wellbeing of ourselves and those around us. When we have healthy connections, to our family, friends and those around us, this can support our mental health and our wellbeing. For children's mental health week this year, we are encouraging people to connect with others in healthy, rewarding and meaningful ways.'*

*Tutors have been sent a number of resources to use during tutor sessions this week. These include a range of videos and activities to complete with students. One of my favourites is exchanging postcards. This is where students look at what connection means to them. They create a postcard with someone else, each designing a half of a postcard before swapping with someone else. This allows students to think about what connection means to them, before looking at what that means to the other person as well. This could be togetherness, religion, faith, the natural world. The postcards are put into a swap pile, so that someone else can take another and connect a new image created by person two, to the image already created by the first person. This will show that whilst connection can mean something personal and different to each of us, we can celebrate that even with our differences, we are all connected.'*

**Mrs Toms - Head of Towan**



Place2Be launched Children's Mental Health week in 2015 and their team of experts develop resources to help us to explore mental health and wellbeing with children and young people around us. Head over to [childrensmentalhealthweek.org.uk](http://childrensmentalhealthweek.org.uk) to check out their excellent ideas, activities, news articles..



## 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.







WORLD  
**BOOK  
DAY**<sup>®</sup>

**Wednesday 1st  
March 2023**

**RLS Year 7 to  
Celebrate  
World Book Day  
a day early!**

**A World Book Day  
Quiz!**

**Fun, creative  
workshops run by  
Year 9 students!**

**Book Character  
Costume  
Competition  
Prizes to be won!**



# LET'S TALK TEENAGERS

## Dates:

- Tuesday 21st February, 7pm
- Tuesday 28th February, 7pm
- Tuesday 7th March, 7pm

## Free support sessions for parents and carers



Have you got teenagers? Join us online for a chat about some of the challenges young people are facing today, and find out what tools you can use to support them.



We'll be running weekly 90 minute twilight sessions covering topics such as:

- **drugs and alcohol**
- **body image**
- **safety online**
- **mental health**
- **social risks**
- **peer pressure**



Visit [cornwall/teenagers](https://www.cornwall.gov.uk/teenagers) to find out more about each session and book your free place.



**SAFER CORNWALL**

Kernow Salwa



# PENWITH COLLEGE

# OPEN MORNING

# SAT 18 MAR

10AM  
TO  
1PM

**FIND OUT MORE AT [TRURO-PENWITH.AC.UK](https://truro-penwith.ac.uk)**

Meet the tutors | Tour the campus | Explore your options



PART OF  
TRURO  
& PENWITH  
COLLEGE



# TRURO COLLEGE

# OPEN MORNING

# SAT 04 MAR

10AM  
TO  
1PM

**FIND OUT MORE AT [TRURO-PENWITH.AC.UK](https://truro-penwith.ac.uk)**

Meet the tutors | Tour the campus | Explore your options



PART OF  
TRURO  
& PENWITH  
COLLEGE



**AWARD WINNING  
APPRENTICESHIPS**

**A&P™**



JOIN US AT OUR  
**CAREERS  
EVENT**  
ON THURSDAY 16TH  
MARCH | 5PM-9PM  
AT THE NATIONAL  
MARITIME MUSEUM  
FALMOUTH

**EARN AS YOU LEARN  
AND SOLVE THE ENGINEERING  
CHALLENGES OF TOMORROW**



ENGINEERING



WELDING



FINANCE



PROCUREMENT



HEALTH &  
SAFETY



**Just 4 Kids**  
Performing Arts

Book your child's place:  
[www.bookwhen.com/just4kids](http://www.bookwhen.com/just4kids)

## HOLIDAY WORKSHOPS

Discover the joy of singing, dancing and acting!

**FOR AGES 7-11 YEARS**

### GREATEST SHOWMAN



TUESDAY  
4TH APRIL  
9:30AM-3:30PM  
£30

### MATILDA



TUESDAY  
11TH APRIL  
9:30AM-3:30PM  
£30

**FOR AGES 4-7 YEARS**

### FROZEN



WEDNESDAY  
5TH APRIL  
9:30AM-12:30PM  
£15

### ENCANTO



WEDNESDAY  
12TH APRIL  
9:30AM-12:30PM  
£15

All workshops are held at:  
Redannick Theatre,  
Redannick Lane,  
Truro, TR1 2JP

07534900377  
[j4kperformingarts@yahoo.com](mailto:j4kperformingarts@yahoo.com)  
[www.just4kidsuk.com](http://www.just4kidsuk.com)



Cornwall Air Ambulance 



750M SWIM



1.5KM SUP



5KM RUN

# SWIM • SUP • RUN CHALLENGE

PROUD  SPONSORS

Sunday, 23 April 2023  
Siblyback Lake, Liskeard

**Sign up today and take part as an individual or a team!**

[cornwallairambulancetrust.org/alternative-triathlon](http://cornwallairambulancetrust.org/alternative-triathlon)

