



# RICHARD LANDER SCHOOL BULLETIN

## 10th March 2023

### Dates for your Diary

#### MARCH

**Thursday 9th March - Saturday**

**11th March**

Milano Team Gymnastics National Final—Fenton Manor, Stoke on Trent

**Sunday 12th March**

School Showjumping Competition

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

Year 7 Progress Reviews

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

Science Week

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

Business Studies Assessments

**Monday 13th March**

Matilda Rehearsal

Year 11 Whole Year Photo

**Tuesday 14th March**

Cornwall Music Festival at Truro

Methodist Church

Regional Hockey Tournament at Millfield School

Work Experience Employability Workshop

**Wednesday 15th March**

**STRIKE DAY—Disruption likely**

**Thursday 16th March**

**STRIKE DAY—Disruption likely**

**Friday 17th March**

Immunisation Day

10x Challenge Trade Stalls

Cornwall Music Festival at Truro

Methodist Church

Ark Transition Day—Truro College

**Monday 20th March**

KS3 Art Workshop

Y11 GCSE Drama Component 3

Dress Rehearsal

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

GCSE History Trip to Berlin

**Tuesday 21st March**

Years 7,8,9 Girls Hockey Fixture vs

Penryn - Home

Matilda Rehearsal

Year 10 Mock Interviews

**Wednesday 22nd March**

Year 10 Mock Interviews

**Thursday 23rd March**

Year 10 IT Controlled Assessment

Year 7 Parents Evening

U14 Rugby 7s Tournament at

Camborne School

**Friday 24th March**

U12 Netball Tournament at

Redruth School

Matilda Band Rehearsal

10x Challenge Trade Stalls

Ark Transition Day—Truro College

**Sunday 26th March**

Gymnastics Competition Bideford

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

**March**

Y11 GCSE Drama Comp. 3 Exam

**Tuesday 28th March**

U13 County Rugby 7s Tournament

at Penair School

Work Experience Employability

Workshop

**Wednesday 29th March**

Matilda Rehearsal

U13 Netball Tournament at

Redruth School

U15 Hockey Plate Match at Truro

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

Year 7 Rugby 7s Competition at

Pool Academy

Body Shop Wellbeing Event -

LGBTQ

GCSE Music Composition Catch up

Matilda Rehearsal After School

**Friday 31st March**

Last Day of Term—Non uniform

Year 11 PPE2 Results Day

Ark Transition Day—Truro College

Employability Workshop Trip to

Eureka Escape Room

Last Day of Term

#### APRIL

**Monday 3rd April—Friday 14th**

**April**

**Easter Break**

**Thursday 6th April / Friday 7th**

**April**

Textiles Easter Revision Session

**Monday 17th April**

First Day of Summer Term

School Health Zone—Drop In -

Exam Stress

**Tuesday 18th April**

Science Fair

Year 10 Employability Workshop

Matilda Rehearsal

**Wednesday 19th April**

Women in Leadership

**Thursday 20th April**

Matilda Rehearsal

**Friday 21st April**

Truro Crown Court Visit

Ark Transition to Truro College

Science Week Drop Down Day

**Friday 21st April - Sunday 23rd**

**April**

D of E Silver Practice on Bodmin

Moor

**Monday 24th April**

Matilda Rehearsal

Year 9 SEN Finance Workshop

3pm SEND Parent Connect Literacy

in the LRSC

**Tuesday 25th April**

Year 10 Employability Workshops

**Wednesday 26th April**

Junior Maths Challenge in the Main Hall

Stem IET Engineering Competition

At Penryn College

Jazz Performance and Workshop



## **MFL TRIP TO PARIS 2023**

The MFL Department were delighted to get the Year 8 Paris trip back running again this year after a 3 year gap due to Covid.

The Year 8 students had a fantastic first full day with a guided tour of the Stade de France, where they saw the stadium getting ready to host the Six Nations rugby game between France and Scotland. After a







leisurely, and very sunny, boat trip along the Seine, they then climbed to the second floor of the Eiffel Tower and enjoyed the amazing views of Paris in the sunshine.

The second day involved a trip to a French market where lots of French was spoken and souvenirs were bought. They then had a tour of the stunning Fontainebleau royal palace and finished off the day with even more shopping at a huge hypermarket.

The last full day was a Disney day and the students enjoyed the thrills of Disneyland Paris and the parade before heading home with lots of cuddly souvenirs in tow!

A huge thank you to all 44 Year 8 students for being so well behaved and making it a really enjoyable and memorable trip for all. Thank you to Mr Warner for these fantastic photos and the social media posts.

We will be advertising the Paris 2024 trip to current Year 7 students studying French soon, so watch this space!

**Mrs L Shine—Head of MFL**







## ICELAND 2023

**O**ur Year 10 Geographers have just returned from their trip to Iceland.

They had a fantastic time in the most visually dramatic of countries, visiting the divide between two continental plates, Seltun Hot Springs, Gullfoss Waterfall, Thingvellir National Park, Geysir, Hellisheidi Power Station, Perlan Planetarium and Rynisfjara (The Black Beach).

This trip offered the opportunity to study an array of GCSE content. Students learned about geothermal energy production, plate tectonics, fluvial geomorphological features, spectacular waterfalls and glaciers and, for the first time since the geography department started this trip, students finally caught a glimpse of the Northern Lights!



The bleakness and magic of Iceland is best seen rather than described and Mr Williams was there to take these stunning images. A video of the trip, featuring amazing drone footage, has been uploaded to the RLS Facebook and Instagram pages.







**ICELAND 2023**







# WORLD BOOK DAY 2023

Year 7 enjoyed a fantastic World Book Day on 1st March when an exciting day had been planned by the Year 9 Subject Leaders along with the English department.

Students spent Period 1 with their timetabled teachers, working on designs of top hats, themed on their favourite books. There were many fabulous designs that were eye catching with great detail and use of colour, some had annotations indicating sound and special effects. Winners from each class were chosen by the Year 9 Media leaders who also chose whole school winners. Well done to all the class winners and whole school winners, Poppy and Seth.

After break, Year 7 attended workshops which were designed and run by Year 9 English leaders. Workshops included a comic based workshop, 'Show, not tell, to create a character' 'Heroes and Villains' a Shakespeare workshop complete with Hamlet's skull and 'Blind Date with a Book' and every Year 7 did 2 of these workshops.

It is always a delight to see the costumes Year 7 students come up with to represent characters from their favourite books. Our English teachers also go the extra mile on World Book Day and Mrs Astle always chooses the most impractical costume possible! We love this year's Narnia themed effort!

This year prizes were given for the best 2 costumes and the best recycled/homemade 2 costumes. All winners were chosen by our Year 9 Media leaders. Best fancy dress went to 'Madhatter' Riley, and runners up were Chloe, Bella and Layla. Best recycled/ hand made was awarded to Stanley, with Albert chosen as runner up.

Well done to everyone who took part in World Book Day!







## MFL UPDATE

### La journée mondiale du livre/El día mundial del libro (otherwise known as World Book Day!)

To celebrate World Book Day, KS3 classes in both French and Spanish were tasked with translating book titles from the target language into English using their dictionary skills to improve their vocabulary. Classes were also introduced to the intricacies of translation, were challenged to translate some Roald Dahl passages from the target languages into English and looked at the difficulties translators faced when translating the Harry Potter books.

This links in with the launch of The Anthea Bell Prize for Young Translators which is an annual competition run by Queen’s College, Oxford. This is the second year that our students have entered this prestigious competition and they have been tasked with translating a passage from a classic French or Spanish novel or poem into English.

World Book Day also saw the launch of our MFL library. The department have a wide range of reading material in both French and Spanish accessible to all year groups, ranging from cultural magazines to novels on the A level syllabus. Students will be using the MFL library in lessons to read authentic texts and improve their vocabulary as well as encouraging them to nurture a love of learning. Our KS4 students are welcome to borrow novels and texts that they might even study at A level if there were to continue with a language beyond GCSE.



## YEAR 10 & 11 STUDENTS: COULD YOU ACT AS A HOST?

This year, Richard Lander School is running an exchange trip with sixteen Year 10 students travelling to India during the Easter holidays. The students from India will be visiting our school for 6 nights between Monday 5<sup>th</sup> June and Sunday 11<sup>th</sup> June. We are looking for families of students in Year 10 or Year 11 to



act as hosts. This would involve a student from India staying with you for the duration of their visit, plus travelling to and from school with your child ready for the activities planned by the school.



**INDIA  
EXCHANGE  
2023**

We will complete a DBS check on all adults in the household that are over 18 years old. If you would like to get involved, or would like more information please e-mail Mrs Emma Bond.

[ebond@richardlander.cornwall.sch.uk](mailto:ebond@richardlander.cornwall.sch.uk)





## INTERNATIONAL LEGO LEAGUE

The RLS Lego League team travelled to RNAS Culdrose last week to compete in the International Lego League. LEGO League introduces science, technology, engineering, and mathematics (STEM) to children through fun, exciting hands-on learning. Participants gain real-world problem solving experience through a guided, global robotics program, helping today's students and teachers build a better future together.

The students carried out a 40 minute presentation, created a short film about renewable energy, and took the robot they built to show the judges their coding skills. The robot had to activate elements on the Lego map, collecting and distributing energy cells.

They worked so hard and walked away with a trophy for their 'innovation project' in which they had to design a new way of harnessing renewables!

Right, you see the RLS Lego League team with their trophy and their award winning 'innovation project' design. The team designed an offshore wind turbine, anchored to the sea bed using a geothermal telescope. The turbine would power a village like St Agnes. They considered how this could impact local sea life, and created a base structure to house an artificial kelp forest so that sea life would thrive

They really did Lander proud! Well done to you all!







## MUSIC FOR YOUTH FESTIVAL

**O**n Friday 3rd March, Miss Foxon and Mr Gibbons took the school orchestra and the jazz band to the Music for Youth festival, held at Truro Methodist Church.

Music for Youth is the UK’s largest youth music festival . It takes place between February and April in over 30 locations nationwide and welcomes around 30,000 young musicians to take part in performances across the UK.

The festival was a fantastic chance for our young musicians to perform and share their music, listen to performances from other groups, meet other musicians and gain expert advice from professional musicians and Music for Youth Music Mentors. Both the RLS Jazz Band and the school



orchestra received some really excellent feedback from the event.

Our finest musicians will be out on the road next week too with over 80 students taking part in the Cornwall Music Festival; competing as soloists and group performers.

## YEAR 10 FISH HEROES TO COOK ALASKA PINK SALMON

**W**e are delighted to be one of 250 schools in the UK that have received Alaska pink salmon, courtesy of the Food Teachers Centre and Alaska Seafood UK - 10,000 salmon fillets were sent to schools and Richard Lander School was one of these lucky schools!

The donation of the salmon is part of the Fish Heroes project, which encourages young people to learn about, cook and taste fish. Pupils also learned about the health benefits of fish in the diet (did you know that we are all recommended to each 2 portions a week?) as well as aspects of sustainability.

Children in the UK eat just 84g of fish/fish products a week, of which only 21g is oily fish - way below recommendations.

Mrs Toms and Miss Barnett’s Year 10 Hospitality & Catering students will be learning new food skills which they will be able to use in the future.

As part of a practical lesson, students will make one of a choice of dishes ranging from salmon quiche, and breaded salmon goujons, to pan seared salmon and salmon & broccoli pasta bake. They will also taste the salmon dishes they have prepared. Watch this space for pictures of the final dishes that our Year 10’s create!

Perhaps, following this lesson, your child will be inspired and cook for you at home too? We would love to see some pictures if so!

If you want to find out more, go to:  
<https://foodteacherscentre.co.uk/fish-heroes/>  
<https://www.alaskaseafood.org>







# Richard Lander School Unsung Hero Awards

## 2023

\* This year at Richard Lander School we would like to honour your  
unsung heroes!

Anyone can receive a nomination, they don't have to be a member of the RLS community, but your nominations, and reason for the nomination must be with Mrs Toms by Tuesday 28th March for your nomination to count.

So if you have a teacher, friend, colleague, family member or other that you think deserves special recognition then email your nominations to Mrs Toms by the deadline, for your nominee to receive their certificate and possibly even a prize!

Email nominations to: [Ltoms@richardlander.cornwall.sch.uk](mailto:Ltoms@richardlander.cornwall.sch.uk)







## TEN TORS UPDATE

**O**ur Ten Tors team have been training hard at the weekends, supervised by Ten Tors leader Mr Cruxon, Robyn, Mr Sidwell, Mrs Downing and Miss Wright.

In February/March the team enjoyed 2 fantastic weekends on Dartmoor, hiking and wild camping in wonderful remote moorland. This enabled them to build their fitness, practise navigating, try out wild camping and demonstrate their understanding of the principle of 'leave no trace.'

Photos show the training in early March, which saw the team leave Meldon Reservoir carpark on Saturday morning and reach Cosdon Beacon on Sunday lunchtime having navigated around 35m of walking with full packs, and wild camped on Saturday night in a beautiful flat spot by the river. The team were regularly sent off to navigate with staff supervising remotely from nearby vantage points.

Well done to everyone who walked on Dartmoor over these weekends, you worked really well as a team and managed the terrain, heavy backpacks and navigation excellently.

There are two more training expeditions before the event and we hope to enter two teams of six students.







## INTERNATIONAL WOMEN'S DAY

**W**ednesday 8th March was International Women's Day, celebrated at Richard Lander School with the launch of Mrs Morgans' Women in STEM competition. Please see the posters, right, for details on how to enter.

This year's theme was #EbraceEquity. Whilst **equity** and **equality** are similar, they are certainly not the same. Equality means the same access to the resources and opportunities for everyone, whilst equity means that circumstances and differences are considered, and resources are handed out to benefit and fit the individual need. The graphic below shows a representation of equality on the left and equity on the right.



# Women in STEM

## KS3 Poster Competition 2023

To celebrate International Women's Day 2023, we are launching a KS3 Women in STEM poster competition.

**Deadline for entries: Friday 17<sup>th</sup> March**

**Please bring all entries to room 210 or the Science Base!**

### Women in STEM Poster Competition

Please create a poster all about a female scientist, mathematician, engineer or technician.

It can be someone from history, or someone making a difference right now!

The winning posters will go on display in room 210 and the top 5 participant posters will also win prizes!

Do your research and try to find someone out of the ordinary!!

Please bring all entries to room 210 or the Science Base before 3pm on Friday 17<sup>th</sup> March

## RLS PE & SCHOOL SPORT



### Who better to celebrate on International Women's Day than our GIRLS ACTIVE LEADERS?

These Year 9 students lead Girls Active sessions for students in Years 7 & 8; empowering them to enjoy exercise, stay healthy, make new friends and support one another. Pictured with Miss Martin.

**Girls Active club happens on Thursday lunchtime from 1:15-2:00pm, all welcome!**





## **RLS PE & SCHOOL SPORT**

### **GYMNASTICS UPDATE - RLS REACH THE MILANO TEAM GYMNASTICS NATIONAL FINAL**

**C**ongratulations to our amazing gymnasts who competed Milano Team Gymnastics Regional Final at Bideford last month. They did so well!



#### **Team Results**

- RLS Under 13 Boys team won their regional final
- RLS Under 13 Mixed team came 2nd
- RLS Under 16 Girls finished 4th
- RLS Under 16 Mixed team won their event

#### **Individual Highlights**

- U13 Boys: 1st Mawgan, 3rd Fin
- U16 Boys: 1st Pen
- U16 Girls: 2nd Laila (Laila is in Year 8 but competed up

an age group and achieved an outstanding score of 15.85/16 on the vault!)

3rd Freya - who competed with an injury and still managed to achieve one of the top floor scores - 15.2/16!

Absolutely amazing results! Well done to you all! They qualified for the national finals which are being held this weekend in Stoke on Trent. Mrs Hurworth and the team are on their way there now as we write..

## **STUDENT SUCCESS - MAWGAN ROBERT-GILL**

**S**tar gymnast, Mawgan in TEBa, recently travelled to Florida to compete in an international gymnastics competition!

Mawgan thoroughly enjoyed the 12 day experience in which he had the opportunity to train and compete. He had a great, clean competition coming 6th overall and 3rd on high bar.

Check out RLS social media for an amazing video clip of Mawgan, competing on the parallel bars, exhibiting superb strength and control!

We are really lucky to have Mawgan in the school gymnastics team which has been going from strength to strength!







# RLS PE & SCHOOL SPORT

## U12 COUNTY HOCKEY TOURNAMENT - RLS THROUGH TO REGIONALS!

**W**e took 2 teams to the Under 12 County Hockey Tournament, hosted by Truro School. Both teams performed very well, finishing 2nd and 4th respectively in the round robin opening stage of the competition.

This meant that RLSB went in to the semi final against Truro High which they won 2-0! This meant that the team met hosts, Truro School, in the final... A tired RLS team were beaten 4-1 in the final but had a excellent day of hockey qualified for regionals next Monday!

Well done to all our Year 7 Hockey players and a massive thank you to Rosie in Year 8 who came along to coach the teams!

*Miss E Hurworth*



- **Try to drink at least a litre of fresh water every day**

- **Try to eat a well-balanced diet** - Our brain needs a lot of energy to function. Actually 20% of the nutrients we eat are used by our brain as energy. If some unhealthy food habits have started, it's not too late!



Start simple and do some research on areas you can improve like – drinking more water, reducing processed foods, eating more fruits and vegetables, staying away from saturated fats and added sugar! You can also visit a dietitian or nutritionist for extra help getting the balance right!



**RLS Health Matters**





## 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 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 were: **Tabetha** and **Logan**
-  Spring has entered the LRSC with some of our 'green fingered' students planting sunflowers, sweet peas, and some veg. Thank you **Chloe (Y11)**, **Emmie (Y8)**, **Olivia (Y7)** and **Tabetha (Y9)**



## FRIDAY 10TH MARCH - TECHOGNITION AND INTERNATIONAL DAY OF AWESOMENESS

Today is the annual occasion when we are invited to celebrate school and college technicians with many staff taking to social media to post photographs of themselves working at the varied challenges they face everyday.

From ensuring that equipment is safe and well cared for and maintaining industrial grade machinery to ensuring every kitchen surface is spotless so as to ensure no cross contamination or allergic reactions, shopping for and weighing out ingredients for 30, writing risk assessments, cutting 1400 pieces of wood so that a whole year group can make trinket boxes, organising the body parts freezer, doing a thermite demonstration, mixing the correct dilution of sulphuric acid, fixing a giant printer, taking photographs of school events, writing this bulletin, driving the minibus, loading the kiln, organising registers for school trips, making props and set for Matilda, managing the network, replacing screens, keyboards, motherboards, ensuring students can use the internet safely, purchasing... the list is extensive...

Today is also the International Day of Awesomeness and RLS technicians—YOU are awesome!

**#TECHOGNITION**  
Friday 10th March 2023

**SHOWCASING AND CELEBRATING SCHOOL AND COLLEGE TECHNICIANS**

Visit [www.techognition.org](http://www.techognition.org) to find out how to take part

PRIZES TO BE WON!

PHILIP HARRIS  
Explorers of science since 1817  
[www.philharris.co.uk](http://www.philharris.co.uk)

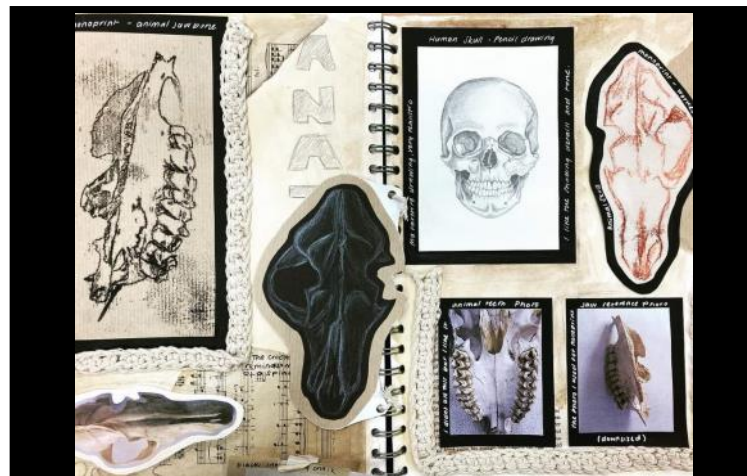
Se  
RLS Science Education  
Bringing science to education  
[www.science2education.co.uk](http://www.science2education.co.uk)

Awesome  
International Day Of Awesomeness

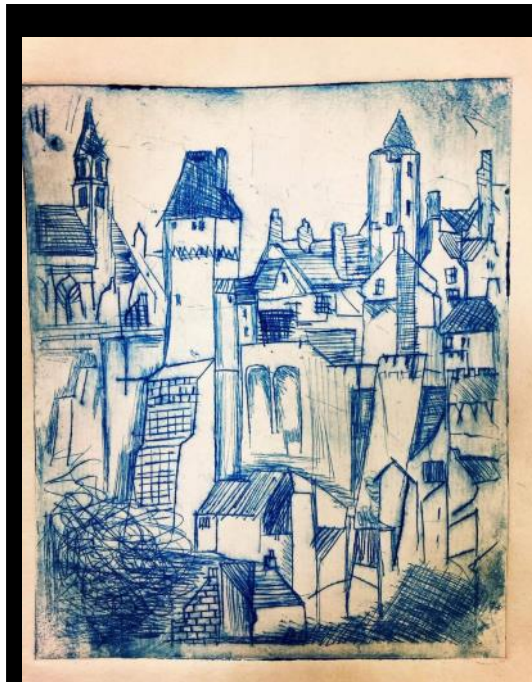




**@richardlanderschoolart on INSTAGRAM**



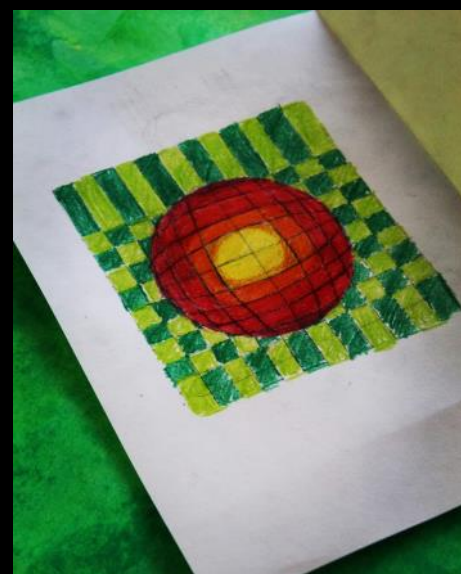
Lovely sketchbook pages by Erin for the Year 10 anatomy project



Lovely etching by Zach #gcseart



Miss Green's Year 10 group have been doing some fantastic work exploring textile techniques #gcseart



Some of our Year 8's were involved in an all day Art workshop today with Ms Miles learning all about colour theory and optical art . The pieces they designed will eventually adorn the school hall





## **ATTENDANCE: 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, in addition to our individual lesson registers. 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.

The school will meet with students whose attendance is below 95%, reviewing the barriers to good attendance and offering support strategies for improvement.

Our next round of student interviews will take place the W/C 20th March, all students within the 50%-85% attendance category will be asked to attend an attendance support meeting with a member of staff from either the Pastoral, Attendance or Senior Leadership Team. These meetings will take place in school time.

If you would like further information regarding the above, please contact your child's pastoral head of year.

*Mrs K Towers*

## **POSITIVE PARENTING BITESIZE (FORMERLY BEHAVIOURS THAT CHALLENGE) VIRTUAL/ ONLINE SUPPORT GROUP**

*Do you find your child's behaviour sometimes challenging?*

*Would some friendly support and advice be helpful?*

If you would like to be able to talk in confidence and meet other parents/carers experiencing similar challenges, then do come along on:

**Tuesday 21 March 12:30-2:30pm**

Guest speaker Tigger Pritchard about Autism and Neurodiversity

Interactive session including up to date information, questions and much more.

Microsoft Teams meeting

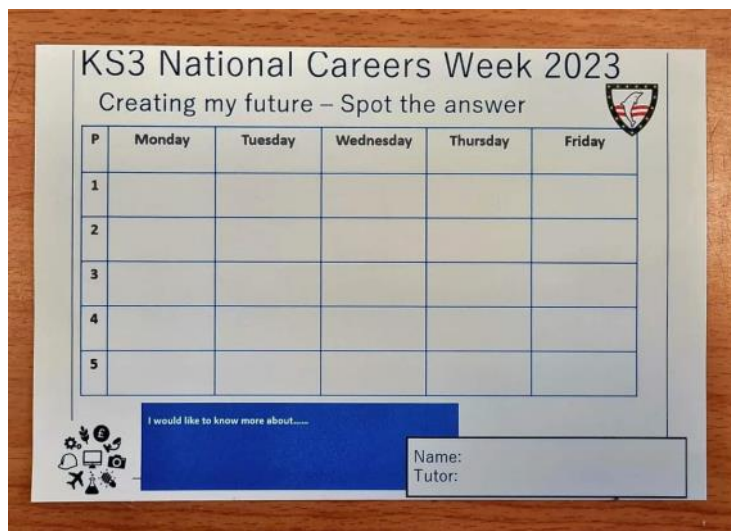
Join on your computer, mobile app or room device

<https://schools.cornwall.gov.uk/Article/130506>





## CAREERS AND Post 16 UPDATE



### NATIONAL CAREERS WEEK

Last week we celebrated National Careers Week. All KS3 students were given a bingo cards and every day 5 short, careers related video clips were shown with a question to answer about each clip.

Students could hand their completed cards to go into a prize draw! We will announce the winners soon...

One of our favourite clips has been made by RLS alumni, Beth who is now a Photography teacher in Southampton. It's really great to learn about our students' 'lives after Lander'

### WORK EXPERIENCE REMINDER - YEAR 10

Work experience will take place during the week of 17th July 2023 and ALL students are expected to have a placement for this week..

The deadline for getting paperwork completed for work experience is fast approaching. All paperwork needs to be completed and handed/mailed to [ngrenfell@richardlander.cornwall.sch.uk](mailto:ngrenfell@richardlander.cornwall.sch.uk) by 26th May 2023.

If your child is still looking for a placement, they can use the following sites:

<https://cornwall.learnaboutwork.net/> students will need a PIN number to access this and should have it written in their planner, if you need this PIN number please do not hesitate to contact me on the above email address.

<https://www.cornwall.gov.uk/schools-and-education/education-business-partnership-ebp/work-experience/>

### EMPLOYABILITY WORKSHOP— YEAR 10

Some of our Y10 students have been taking part in employability workshops to support with confidence, communication, teambuilding, problem solving and creativity. Here they are having a great time. (photos are here : \\richardlander.internal\Shared Files\Image Library\Staff only\Events 2023\3. March - Y10 Employability workshops)

### MOCK INTERVIEWS - YEAR 10

Y10 students will be taking part in 'mock interviews' on Tuesday 21st March ('P' population) and Wednesday 22nd March ('Q' population).

These interviews will be with a selection of around 17 different employers. Each student will have a 20 minute time slot, this will involve a 10 minute interview and then time for some written feedback. Students will know their time slot at the beginning of next week. The interviews will take place in the drama studios & the main hall, so all students will be interviewed individually in a group environment.

Students may not be interviewed by an employer within a sector that they are interested in, but the day should give students an idea of what it is like to speak with an employer and be able to talk about their skills, interests and aspirations.

This will prepare them for interviews for work experience , summer jobs and their college interview next year.

We are allowing students to wear their own clothes so that they feel comfortable having their interview. However we are expecting clothing to be suitable for a 'standard' interview. Students can wear suits, dresses, smart casual clothing, we do not wish to see any crop tops, ripped jeans, t-shirts with inappropriate slogans - we need them to realise that this is NOT a non-school uniform day, it is an interview day. We do not expect parents to go out and purchase new clothes just for this day, students can also wear their smart school uniform.

Any questions please contact Nikki Grenfell: [ngrenfell@richardlander.cornwall.sch.uk](mailto:ngrenfell@richardlander.cornwall.sch.uk)





# CAREERS AND Post 16 UPDATE - YEAR 11 COLLEGE OPEN EVENTS



## PENWITH COLLEGE

# OPEN MORNING

# SAT 18 MAR

10AM TO 1PM

**FIND OUT MORE AT [TRURO-PENWITH.AC.UK](http://TRURO-PENWITH.AC.UK)**

Meet the tutors | Tour the campus | Explore your options



PART OF  
TRURO  
& PENWITH  
COLLEGE

*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**  
Sat 1 Apr 10am - 12pm

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

**Duchy College Stoke Climland**  
Wed 22 Mar 5pm - 7pm

**Duchy College Rosewarne**  
Sat 25 Mar 10am - 12pm  
Thu 18 May 5pm - 7pm

**Falmouth Marine School  
(includes taster)**  
Sat 11 Mar 10am - 12pm

**The Plymouth Engineering Skills Centre**  
Sat 25 Mar 10am - 12pm

### TASTER EVENTS FOR SCHOOL LEAVERS & UNIVERSITY COURSES

**Bicton College**  
Thu 6 Apr 10am - 2pm  
Wed 31 May 9am - 3.30pm

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

**Duchy College Stoke Climland**  
Thu 6 Apr 10am - 2pm  
Tue 30 May 9am - 3.30pm

**Duchy College Rosewarne**  
Thu 6 Apr 10am - 2pm  
Tue 30 May 9am - 3.30pm

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

### CORNWALL COLLEGE UNIVERSITY CENTRE OPEN DAYS

**Eden Project**  
Sat 17 Jun 11am - 1pm

**Newquay**  
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 Climland Family Fun Day**

### 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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Please recycle

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## Easter Egg Raffle



Tickets on sale from  
Student Reception from  
Monday 20 March

Extra Large  
Easter Eggs  
to be won!

50p Per  
Ticket

All proceeds to  
Lander4Uganda



### 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

à JOYEUSES  
Pâques

COMPETITION  
TIME

Feliz  
Pascua







**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





## TIME2MOVE EASTER HOLIDAY PROGRAMME

Active Cornwall have just launched the Easter Time2Move Holiday Programme which aims to support families during the school holidays to ensure children have access to fun activities, healthy food and physical activity and to address those particular challenges for some families because of increased costs such as food, childcare and reduced income.

It brings together providers across Cornwall who put on a wide range of diverse activities that are fully funded for those eligible for benefits related free school meals but available to all children aged 5 to 16.

Easter activities will run from April 3rd to the 7th and the 10th to the 14th and all children that attend will receive a healthy meal.

Children eligible for benefits related free school meals can access a unique code to access the provision free of charge. This can be accessed via a simple look up system and professionals can also refer children on to the programme to access it free by emailing [Time2Move.HolidayProgramme@cornwall.gov.uk](mailto:Time2Move.HolidayProgramme@cornwall.gov.uk)

To ensure the programme is as fully inclusive as possible Active Cornwall have partnered up with Parent Carers Cornwall (PCC) to support children with SEND needs.

For more information on the Time2Move Holiday Programme call 01872 323335 or

email [Time2Move.HolidayProgramme@cornwall.gov.uk](mailto:Time2Move.HolidayProgramme@cornwall.gov.uk) or visit Time2Move Holiday Programme – Active Cornwall to see what provision is available close to you.

## NEWQUAY SURF CLUB OFFER FREE SURF LESSONS FOR LOCAL GIRLS

Every year Newbury Women's Surf Club sponsors places to attend regular surf club activities for the year on a Wednesday or Friday afternoon.

We are looking for referrals from the local area who meet the below criteria:

- Young Women- Age 7 - 16
- Able to swim 50m
- Never surfed before or unable to access surfing regularly
- Would benefit from taking part in regular outdoor activity with a group of young women in the same age group
- From a low-income or single-parent family or in the local community care system
- Able to take part in activities 5-6 pm on Wednesday or Friday in Newquay
- Able to take part in activities between March and October 2023

For more information and to register your interest please contact [women@newquaysurf.club](mailto:women@newquaysurf.club)

**Cornwall Childrens Clothes Bank**

**Our next "Click and Collect" Event is ...**  
**... on Thursday 9<sup>th</sup> March**  
**from 9:30am to 12:30pm**  
**at All Saints Church, Highertown, Truro. TR1 3LD.**

**Packs of winter clothes for children**  
**from new born to 16 years**  
**Also some shoes, coats, generic**  
**school uniform & maternity clothes**

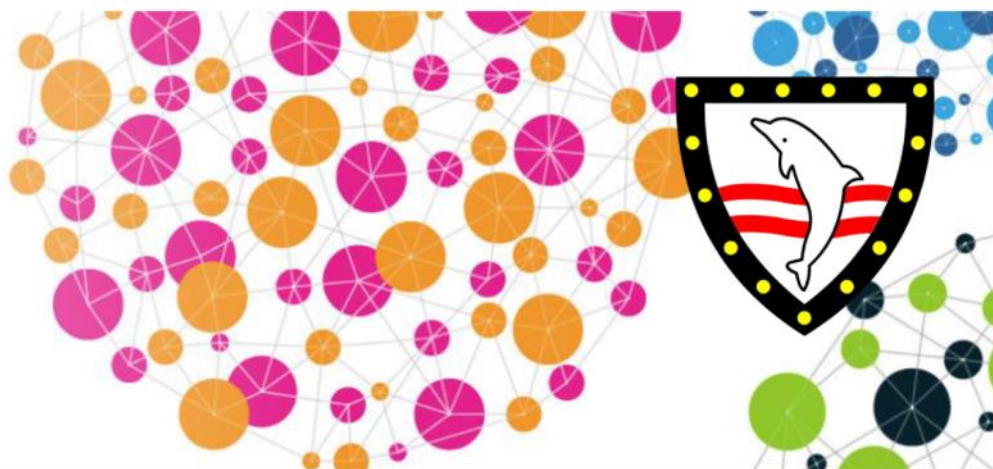
**To book an appointment:**  
**Message us @ CCCB Events**  
**Email: [cornwallchildrensclothesbank@gmail.com](mailto:cornwallchildrensclothesbank@gmail.com)**

**Please don't forget to bring a bag when you come**





**British  
Science  
Week  
2023**



# **RLS SCIENCE FAIR**

**Tuesday 18<sup>th</sup> April - Sports Hall**

**Entries close Monday 27<sup>th</sup> March**

Entries open to years 7-10 (split into KS3 & KS4 if sufficient entries).  
Teams of up to 4 members.

Each team will have a table as their stand to present their models and ideas, this could be a 3D model or invention! The science week theme this year is **CONNECTIONS**. Extra points for including this!

Each entry will be awarded points for their learning community for taking part. This year the fair will be held in the sports hall and local primary schools will be visiting your stand throughout the day. Please make your stands as interactive as possible!

**Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place by our judges, as well as extra points for your community**

**Entry forms can be collected from the science base or Mrs Cornish in**





# VAPING AND E-CIGARETTES THE FACTS



MOST CHILDREN AND YOUNG PEOPLE

## DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

**VAPES ARE  
NOT HARMLESS.**

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.

### HARMFUL FOR THE ENVIRONMENT.

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

## DON'T BE DUPED!

# DON'T SMOKE? DON'T START TO VAPE.

[smokefreesheffield.org](http://smokefreesheffield.org)  
[talktofrank.com](http://talktofrank.com)

**ash.**  
action on smoking and health

 Smokefree  
Sheffield





# **VAPING AND E-CIGARETTES: THE FACTS FOR PARENTS AND CARERS**



This leaflet is to support parents and carers to have conversations with their children about vaping.





## WHAT IS VAPING?

Vaping is the use of an electronic device to inhale vapour derived from a heated liquid. The main ingredients are vegetable glycerine and propylene glycol, but most e-liquids also contain nicotine, which must be no more than 2% or 2mg per ml, as well as small amounts of flavourings and sweeteners.

## SMOKING VS VAPING

Smoking is much more harmful than vaping. Tobacco smoke contains carbon monoxide and tar, a sticky soup of around 250 toxic chemicals, 69 of which are known to be carcinogenic, causing disease, disability, and early death.

## HOWEVER, VAPES ARE NOT HARMLESS

Short-term effects can include:

- coughing
- headaches
- dizziness, and
- sore throats.

Long-term effects are, as yet, unknown.

## WHAT ARE THE CONCERNS WITH VAPING AND CHILDREN AND YOUNG PEOPLE?

Most children and young people don't vape or smoke. However, in 2022 the number of 11-17-year-olds in Great Britain currently using vapes rose to 7% compared to 4% in 2020. Whilst this increase is concerning, it is important to note that most vaping is experimental, with regular vaping mainly confined to children who currently smoke or have done in the past.

The increase in youth vaping has coincided with the arrival on the UK market of a new category of cheap and attractive disposable vapes that have proven particularly popular with children and young people and have been promoted extensively on social media. We are working hard nationally and locally to address these issues.

## HOW DO VAPES HELP SMOKERS QUIT?

Like nicotine patches and gum, vapes containing nicotine are a useful aid to quitting as they deal with the cravings smokers get when they try to stop. Nicotine vapes are proven effective and have become the most popular quitting aid for smokers in recent years. However, vapes are not recommended for non-smokers, particularly children.





## **THE LAW AND VAPING**

Vapes and vaping products containing nicotine, like tobacco, are age restricted. It's illegal to sell them to under 18s, and for adults to buy them on their behalf.

If you know of anyone who does sell vapes or tobacco illegally, you can report them to trading standards through the Citizens Advice online portal:

[citizensadvice.org.uk/consumer](https://citizensadvice.org.uk/consumer)

Advertising of all tobacco products is illegal, but if you see advertising for vapes that you feel is trying to encourage children and young people to try vaping, you can report it to the Advertising Standards Authority:

[asa.org.uk](https://asa.org.uk)

For more information about vapes and stopping smoking, visit the Smokefree Sheffield website:

[smokefreesheffield.org](https://smokefreesheffield.org)

Children and Young people can find out more information on vaping on the FRANK website:

[talktofrank.com/drug/vapes](https://talktofrank.com/drug/vapes)

Or read the ASH Briefing:

[ash.org.uk/uploads/ASH-brief-for-local-authorities-on-youth-vaping.pdf](https://ash.org.uk/uploads/ASH-brief-for-local-authorities-on-youth-vaping.pdf)



**OUR ADVICE TO CHILDREN AND YOUNG PEOPLE IS:  
DON'T SMOKE? DON'T START TO VAPE.**





## HAVING CONVERSATIONS WITH YOUR CHILD ABOUT VAPING?

### **Find the right moment**

when you see someone vaping, walk past a vape shop or see advertisements.

**Ask questions** what do they think about vaping? Do they know people who vape? Why do they think people vape?

**Listen to them** learn from them, but also use your knowledge to help them understand the facts and that vapes are not harmless.

**Talk about your expectations** explain your concerns and tell them why you don't want them to vape or smoke and to make clear that although neither are recommended, smoking is the far greater risk.

**Let them know that you care about them** explain that those who knowingly sell vapes to under 18s don't care who they sell to and they are just interested in making money

**Talk about the different reasons why children may vape** give examples such as wanting to fit in, curiosity, stress. Talk through effective ways to respond if they ever feel pressured to try it and practise responding together.

**If your child is vaping** try to understand why they are vaping by asking questions like "What do you enjoy about vaping?" Or "How does vaping make you feel?". Understanding this might help you to understand their needs and discuss other ways to meet those needs.





**'Sprint For Seals' 3km family fun run is back on Sunday 14th May 2023!**



Join us for a hilly 3km run around our beautiful site at the Cornish Seal Sanctuary to raise money for our new seal pools

**£15 entry per participant** (includes exclusive t-shirt and medal plus day entry to the Sanctuary)

And, don't forget, our top three fundraisers will each receive a special prize, too!



**Cornish Seal Sanctuary, Gweek, TR12 6UG**

**Registration from 8.30am  
Race from 9am - 10am**

**For more information call: 01326 221361**

Limited places available, book your tickets on our website now!

To register your interest, please email: [leanne.webb@sealifetrust.com](mailto:leanne.webb@sealifetrust.com)



- Cornish Seal Sanctuary
- [sealsanctuary.sealifetrust.org](http://sealsanctuary.sealifetrust.org)
- @cornishsealsanctuary

Kindly sponsored by







**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)

