



# RICHARD LANDER SCHOOL BULLETIN

## 23rd February 2024

### Dates for your Diary

#### FEBRUARY

**Monday 19th February—Friday 8th March**

Year 11 PPE2

**Monday 26th February—Friday 1st March**

Year 10 Iceland Trip

**Monday 26th**

Year 10 Visit to Nancarrow Farm

Rehearsal for Mock Trial

Year 8 Art Workshop

U12s and U13s Girls Football game at St Ives School

KS4 Music - Bournemouth

Symphony Orchestra Concert at Truro Methodist Church

Langarth Skate Park Consultation

**Wednesday 28th**

KS4 Hockey Tournament at Penryn College

U14 Girls Rugby Festival at Mounts Bay School

Governor Meeting - Resources Committee (SFVS)

**Thursday 29th**

ARB Swimming at Truro College

#### MARCH

**Friday 1st**

Youth Regional Music Festival at Truro Methodist Church

ARB Visit to Youth Regional Music Festival

**Monday 4th—Friday 9th**

National Careers Week

**Monday 4th**

Year 10 Photography Visit to Geevor Tin Mine

**Tuesday 5th**

Marine & Sustainability Day

U12 Hockey Tournament at Truro School

Lego League - Preparation for competition

**Wednesday 6th**

WORLD BOOK DAY for Year 7 and Year 9 Helpers

Visit to Pall Aerospace and Industrial

County Rugby 7s Tournament at Redruth School

**Thursday 7th—Saturday 9th**

Gymnastics Competition - National Milano Finals at Fenton Manor, Stoke

ARB Swimming at Truro College

**Friday 8th**

Years 3/4 Multi Skills Festival with RLS Sports Leaders

Mock Trial at Truro Court

**Monday 11th—Friday 22nd**

Year 7 Progress Reviews

Year 11 Business Studies

Presentations in Conference Room

**Monday 11th - Friday 15th**

Science Week

**Monday 11th - Friday 15th**

Cornwall Music Festival - (Programme on page 2)

**Monday 11th - Friday 15th**

Neurodiversity Assemblies

**Monday 11th**

Year 7 Planetarium Day

Year 8 Art Workshop

**Tuesday 12th**

Imagination Unleashed at the Hall for Cornwall

Year 11 GCSE Drama Dress Run Through

**Wednesday 13th**

U14 County Rugby 7s Tournament at Camborne School

Year 10 GCSE Dance Mock Run Through

**Thursday 14th**

RNAS Culdrose International Lego League Regional Final

ARB Swimming at Truro College

Year 10 GCSE Dance Practical Exam

**Friday 15th**

RLS Science Fair

Years 3/4 5a-Side Football

Competition with RLS Sports Leaders

Pre-visit to King Edward Mine for

Cornwall School Mining Games

**Sunday 17th**

Gymnastics Competition at Kingley School, Bideford.

**Monday 18th**

Trip - Romeo and Juliet at Globe Theatre, London

**Wednesday 20th/Thursday 21st**

Year 10 Mock Interviews

Year 11—Whole Year Group Photo

**Thursday 21st**

15:30—18:30 Year 7 Parents Evening

ARB Swimming at Truro College

**Friday 22nd**

INSET DAY—No Students in School

**Monday 25th - Friday 29th**

Celebration Assemblies

**Monday 25th**

Plymouth A Level Maths Taster Day at Plymouth University

**Tuesday 26th**

Year 8 Marine and Sustainability Day

Wildworks Theatre Workshop for Year 9 Arts Awards Graduates

**Wednesday 27th**

Year 10 visit to Exeter College, Oxford

Full Governing Board Meeting

**Thursday 28th**

Last Day of Spring Term

Non-Uniform Day

Les Mis Rehearsal Drop Down Day

ARB Swimming at Truro College

**Good Friday 29th March—Sunday 14th April**

Easter Break

#### APRIL

**Monday 15th**

First Day of Summer Term

**Tuesday 16th**

Y8 Marine and Sustainability Day

**Friday 19th**

Lander4Uganda Murder Mystery Night



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### COMING UP - CORNWALL MUSIC FESTIVAL

We are really looking forward to the Cornwall Music Festival, which is happening the week after next.

It's always such a delight to take our musicians out on the road, and this is a brilliantly organised event that gives us an opportunity to connect with musicians from other schools.

#### Cornwall Music Festival 11th – 15th March 2024

##### Monday 11th March – Instrumental Solos

A few instrumental soloists are off to the festival with their parents to compete in some solo categories! We wish them good luck!

##### Tuesday 12th March – Musical Theatre Solos and Duets

Students who have been entered for this category will travel with Ms Foxon and Mr Gibbons by bus

The bus will leave RLS at 8.45am to get to Truro Methodist Church.

The event time is – 9.30am-12.40pm

The bus will return from at 12.45pm and get back in time for lunch.

PLEASE BRING A COAT, WATERBOTTLE AND SNACK AND LEAVE YOUR BAGS IN YOUR LOCKER WHERE POSSIBLE

##### Wednesday 13th March – Popular Song Solos

Students who have been entered for this category will travel with Ms Foxon and Ms Wright by school minibus

They will leave RLS at 9am to get to Truro Methodist Church.

The event time is –9.55am-11am

The minibus will leave around 11am to get you back to school for around 1130am

PLEASE BRING A COAT, WATERBOTTLE AND SNACK AND LEAVE YOUR BAGS IN YOUR LOCKER WHERE POSSIBLE

##### Thursday 14th March - Choirs

Three school choirs (Y7 choir, who will combine with Y8 & Y9 choir, and Selected Voices) will travel with Miss Jones, Ms Foxon and Mr Gibbons for the choirs category.

The bus will leave at 10.30am to get to Truro Methodist Church.

The event time is 11.20-12noon

We will return to school at approximately. 12 noon and return to classes for about 12.30pm

PLEASE BRING A COAT, WATERBOTTLE AND SNACK AND LEAVE YOUR BAGS IN YOUR LOCKER WHERE POSSIBLE

##### Friday 15th March – Instrumental Ensembles

The School Orchestra, Soul Band, Samba Band and Les Miserable crew will travel with Miss Jones, Ms Foxon and Mr Gibbons for the choirs category. We will be out all day so please bring plenty of snacks!

The bus will leave RLS at 8.40am for Truro Methodist Church and the events are all day long! There will be a break in the day when you can have your lunch.

We will return to school at 2.45pm to get back for school buses for 3pm.

If you want to go home directly from music festival please make this known on the permissions forms.

**PLEASE BRING A COAT, WATERBOTTLE AND SNACK AND LUNCH AND LEAVE YOUR BAGS IN YOUR LOCKER WHERE POSSIBLE. If you receive Free School Meals we will bring you a pack up lunch.**





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### Take Your Child to Work Day

**O**n Tuesday 6th February, Year 7 students took part in 'Take Your Child To Work' day which saw them going to the workplaces of parents/carers and close family members to experience a day of employment in a wide range of different offices, industries and sectors.

We absolutely loved seeing the student and employee photos and hearing/reading about the exciting workplace experiences!

Students really got stuck into practical tasks like fixing the seats on an executive coach, along with complicated desk tasks with spreadsheets and in logo design.

Construction, boardroom meetings, designing, carpentry, technician work, groundwork... All made up the amazing variety which collectively Year 7 experienced. One student even drove a tractor, another drove a digger ...



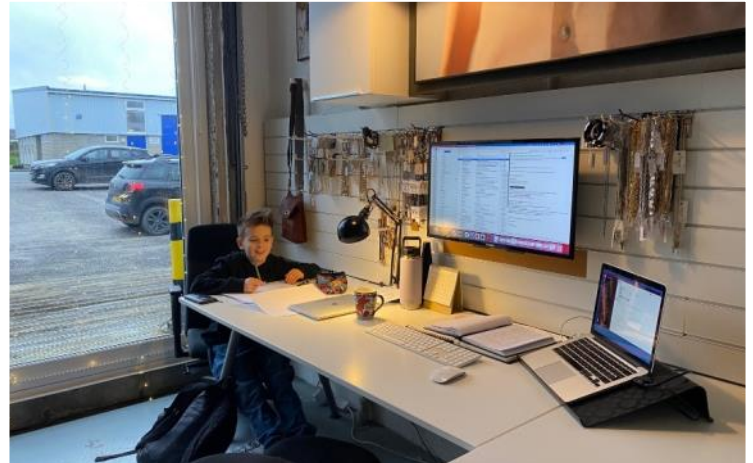


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Well done to each and every one of you, and thank you to all parents/carers/grandparents/employers for making this happen!

Of course, not every workplace can host students, and students in school had a great day too. They spent the morning completing a 'Tyre Challenge' where they had to come up with a product made out of discarded tyres. They then had the opportunity to interview a carousel of employers who came in to school to talk about their particular businesses and to





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give the students support on their presentation ideas.

Thank you to these amazing local people and businesses who ensured this was a special day for everyone at Richard Lander School and gave our in-school students such a range of expertise and career advice: Thank you Kirsty Carter - NHS, Verona Cocks - Solicitor, Lily Davis-Griffiths - Recruitment, Jen Massimino - TPC, Chris Weavill and Rona Noble - Hertzian, Keith Bennett - Ward Williams, Robert Wiltshire - Software Cornwall.





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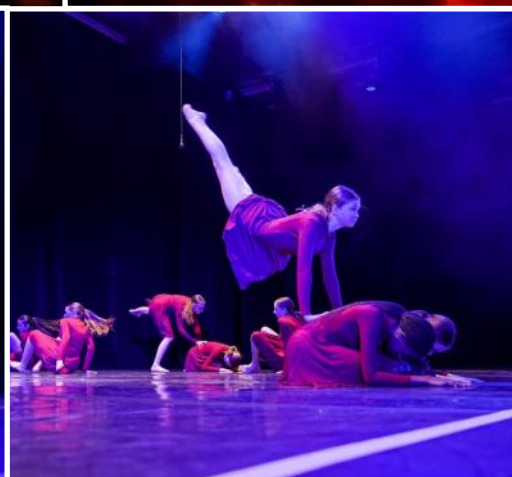
### Rewards Trip to the Eden Project

**R**LS students proved to be skating stars at the Eden Project earlier this month!

Participants were selected for this 'rewards trip' for being amongst the highest merit earners and students with the best attendance in school. They had a great day exploring the Biomes and The Core before taking to the ice.

70 students marvelled at the Infinity Blue smoke rings - this sculpture pays homage to cyanobacteria - among the worlds smallest living beings, known for developing oxygenic photosynthesis around 3 billion years ago. Students then headed over to the ice rink for an excellent end to a well-deserved day out! The staff also had an amazing day and thoroughly enjoyed their company.





## **Carrick Dance 2024 - 'Do Your Thing'**

Some things are better remembered in images than in words! Above are a small selection of the photos taken by professional photographer, Hugh Hastings, at the Carrick Dance Hall for Cornwall performance, last month.

This creative arts showcase was entitled 'Do Your Thing' and our KS3 and KS4 students all put on superb performances, showing great expression and talent.

These photos show their wonderful performances of 'Dream in Colour' and 'River' The whole gallery is available on the school website to view/download <https://www.richardlander.co.uk/2024/02/29/carrick-dance-2024/>



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### Primary Languages Day

*The Friday before last we had an INCROYABLE day with these bright sparks from Truro Learning Academy and Threemilestone School. They learned so much and many of them are also born teachers! Our RLS Language leaders were also fabulous mentors.*

*We can't wait to spend more time getting to know these students really soon!*







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## Paris Trip 2024

Last week, the bustling streets of Paris echoed with the laughter and excitement of Richard Lander School students as they embarked on an educational journey of cultural exploration, culinary delight and, of course, a theme park!

The adventure kicked off on day one as students set out from Truro, embarking on a journey across the English Channel via the Dover Calais ferry. Upon arrival, they were greeted by the majestic PGL Pink Chateau, their home away from home for the duration of the trip. After settling in, the students wasted no time, engaging in a spirited game of Ambush to wear them out before bedtime.

Day two dawned bright and early, with the promise of exploration filling the air. The students headed out on a guided tour of the legendary Stade de France which is currently being prepared for the Paris 2024 Olympic and Paralympic Games. They enjoyed stepping out onto the pitch, taking penalties, visiting the atmosphere filled changing rooms... Following this, they headed off on a scenic boat trip along the picturesque River Seine, soaking in panoramic views of iconic landmarks such as the Eiffel Tower, before heading to Montmartre, and the stunning Sacré-Cœur.





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As evening descended, French cuisine took centre stage as the students tried their hand at making traditional French crepes, perfecting the art of flipping these delicious morsels.

Day three brought another day of discovery as students explored a traditional French market, sampling local delicacies and practicing their language skills with friendly vendors. The adventure continued with a visit to the magnificent Fontainebleau, where students marvelled at the grandeur of this historic palace before indulging in a quintessentially French experience: a visit to the Hypermarché.

The evening brought a modern twist to the festivities with a silent disco, where students and staff danced the night away.

The excitement reached its peak on day four as students ventured into the magical world of Disneyland Paris. The day was filled with laughter, thrills, and enchantment.

The trip culminated in an evening quiz that put their knowledge to the test. The next morning it was time to bid adieu to enchanting Paris and head homeward.





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### Year 7 Medieval Castles History Competition - The Final

Over 300 castles have been brought to school over the past few weeks, where a whole lesson was dedicated to students talking about their castles and how they designed and made them. Three castles from each group were then selected to go through to the final round.

The designs you see here are examples of those which were selected by their classmates and teachers as the very best in their classes. And no wonder, because the attention to detail, historical accuracy and execution of design really is rather remarkable in this work. The standard was incredibly high this year and choosing just three from each class was very tough!

This year we have seen a great range of materials being used – but some stand out castles include one made from concrete, one enormous Motte and Bailey sandcastle using materials found at the beach, a third from pieces of plumbing which were transformed with spray paint to resemble granite walls, and one made from materials we collect in school such as glue sticks and the plastic sheets our DT Eco Team produces.



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### Year 7 Medieval Castles History Competition - The Final (continued)

*Our three winners this year were: Emmie, Amelia and Kaitlyn. Our runners up were Towan and Freya!  
Thank you Year 7 for all your entries!*

*Ms Rickatson - Head of History*



Year 7 Castle Project



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### Truro Rotary - Youth Speaks RLS Debaters Through to Regional Final

**W**ell done to all of the students who took part in the National Youth Speaks Debating Competition held at Richard Lander School on Thursday.



We entered 2 intermediate and 1 senior team. Harry, Luke, Connor, Angus, Louis, Henry, Thomas and Fin - you were all tremendous, and you all went through to next round to be held in Camborne.

Thank you so much to Truro Rotary for running the competition! Thank you to Truro School and Truro High School for entering teams. We really enjoyed your speeches!





## LGBTQ+ History Month

February is LGBTQ+ History month and our LGBTQ+ students have been putting on assemblies for all learning communities to celebrate, educate and inform, as well as sharing the stories and contributions of LGBTQ+ people who are social influencers, sportspeople and celebrities, and are at the height of their careers, today. Check out some of the slides from their excellent and informative presentation.



The assembly helped us to remember that LGBTQ+ have had to struggle and fight for the rights they now have today and this is still not the case for many LGBTQ+ people around the world.

Importantly the presenters gave us hints on how to best support LGBTQ+ people in school

- **Stand up for the rights of others by being an ally and speak out when it is safe to do so.**
- **Use your voice to help make your school a safer more inclusive space for everyone**
- **Get involved this LGBTQ+ History Month and help your school**
- **Take an active role in educating yourself on the world around you**
- **Practice empathy and understanding to people from different backgrounds**



## What is LGBTQ+ History Month?

- LGBTQ+ History Month first took place in the UK in 2005 and it now **takes place in February every year!**
- **This month raises awareness on the impact that LGBTQ+ people have had on history** and recognise their achievements in shaping all of our lives today
- Celebrating LGBTQ+ History Month means learning about some of the amazing LGBTQ+ historical icons that have trail blazed through history and brought about changes that benefit us all.

## Why LGBTQ+ History Month is important?

- Today, LGBTQ+ people in the UK are able to live more openly than ever before.
- It is legal for them to:
  - Openly identify as LGBTQ+
  - Get married
  - Have families
  - Compete in sports
  - Access healthcare
  - Access careers such as politicians
  - Be served in establishments like restaurants and hotels



## Section 28

- In **1533 it was made illegal to be homosexual** on penalty of death. This was only **fully repealed** after 400+years in **1967**.
- In 1988 **Section 28** made it so that schools and local authorities could not openly support or talk about LGBTQ+ identities.
- This **wasn't repealed until 2003**.
- LGBTQ+ people did not receive full protections from discrimination until the introduction of the **Equality Act 2010**.



Equality Act 2010



## LGBTQ+ Awards

- The awards are to celebrate the achievements of individuals and organisations that lead the way in LGBTQ+ progress. The British LGBTQ+ Awards unites with anyone who helps stand up for the LGBTQ+ community.

- Winners in 2023 included:
  - Paloma Faith for LGBTQ+ Advocacy
  - Erasure's Andy Bell for Lifetime Achievement
  - Katherine Ryan for Celebrity Ally





**Lander4Uganda - FEBRUARY FUNDRAISING UPDATE**



**BINGO Night Raises £1200 for Uganda!**

**L**ander4Uganda Bingo Night was a huge success. Around 100 people came out for a night of games, amazing prizes, and laughter. Thank you to each and every one of you!

Our caller was Legs 11, Mr Holloway, who shared the stage with Mrs Knight's twins, who rather stole the show. Participants enjoyed Bingo, Play Your Cards Right, a raffle and auction, and walked away with hundreds of prizes... hampers, tickets to local attractions, gifts... Winners will be heading off to Flambards, Hall for Cornwall, Eureka Escape Room, chip shops and other fabulous local venues with their prize vouchers. Amazing hampers, pamper sets, sweets and gifts went home with our guests. Thank you so much to our kind and generous local businesses who donated to our prize pot!

We raised around £1200—which is incredible! All of this will be used to directly help our Ugandan partner schools through maintenance and building work, buying vital equipment and hosting events for the students there.

Well done to all our Lander4Uganda students who worked their socks off running the bar, selling raffle tickets, shifting furniture. You are all awesome! Thank you much to Mrs Downing who organised the event and Miss O'Connor who, it turns out, is a superb auctioneer.

**Watch out for the next L4U fundraisers on the school calendar: Murder Mystery Night—Friday 19th April, Lander4Uganda Quiz night—Date tbc. Online Auction. School Sleepover - postponed to May - exact date tbc.**





## Feeling The Love - Lander4Uganda Valentine's Disco and Roses!

*This month Lander4Uganda have been focussing on LOVE and FRIENDSHIP to help raise funds for our Ugandan partner schools.*

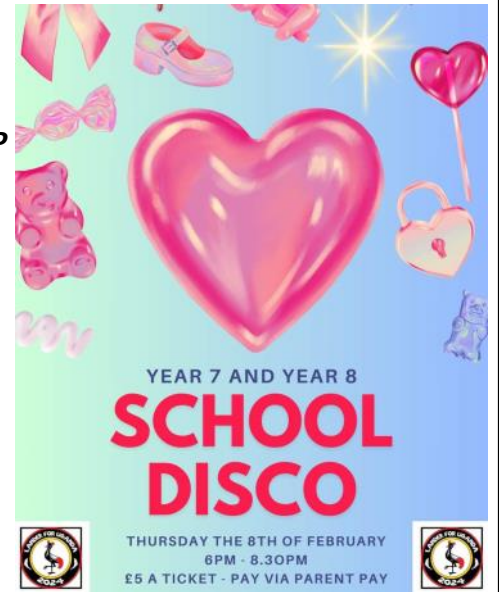
The combined DT & Eco Team worked with Mr Sidwell and Mrs Downing to create recycled paper roses which the team sold to students and staff in the week before half term. For just £1 customers could buy a rose with a tiny packet of Loveheart sweets and have it delivered to any tutor room or staff base of their choice. We were touched by how many students also took one home for their mum! With some students buying multiples this proved to be a 'feel good' lucrative fundraiser which earned in excess of £300.

Meanwhile Ms O'Connor and her team hosted a Valentine's disco which saw nearly 100 students dancing the night away, covering themselves in glitter, taking snaps in the photobooth, enjoying mocktails and hot dogs and generally having a really great time! This event raised over £600.

Our fundraiser of the month is Millie. At the end of each of the Carnon Downs Drama panto shows, which she also performed in, Millie collected for Lander4Uganda. Excellent work, Millie, and thank you to all the kind audience members who donated— we promise to spend money in the best, most effective way, which you will be able to follow on our blog. Here is Millie with her collecting bucket.

Every single penny Lander4Uganda raise goes directly to our Ugandan partner schools. When the Lander 2024 team visit in July—having fully funded their own tickets in entirely different ways – they will decide how best to spend this money. There will certainly be building and maintenance demands, along with a need for textbooks and we always use a portion of the money raised to bring celebration to the schools in the form of sports days and talent competitions.

**Watch out for the next L4U fundraisers on the school calendar: Murder Mystery Night— Friday 19th April, Lander4Uganda Quiz night—Date tbc. Online Auction. School Sleepover - postponed to May**







## Mingalaba—How learning a Modern Foreign Language Could Help You to Get Your Dream Job

**O**n Tuesday, 30 students went to Penryn College for a Mingalaba talk. Mingalaba are on a mission to teach and promote the learning of languages through football.



Founder, Steve Eadon, engaged students with his life story, from not wanting to take a language as a GCSE option in Year 9, to choosing a degree in German and Spanish at university, studying abroad, training as a community coach at Arsenal FC and becoming a community outreach worker for Arsenal FC; meeting numerous famous footballers along the way.

His message was clear. Learning modern foreign languages will take you places you might not have dared to dream of!

## Cornwall Marine Academy Sustainability Engineering & Boatbuilding Day

**Y**ear 8 students from Godrevy Learning Community enjoyed the first Cornwall Marine Academy Sustainability Engineering & Boatbuilding day in February. These days are being offered to students who choose to sign up as part of our careers programme.

It was an action pack day spent building structures in teams, reinventing household objects, designing the most sustainable school possible, bridge building and then finally designing a boat. Students thoroughly enjoyed the day. Thank you to Joe for making it so informative and fun and to Mrs Grenfell for making it happen!

Pentire, Towan and Rame will enjoy the same activities later in the term.





## ART AND TEXTILES UPDATE



Another amazing jar homework by Peter



More fantastic jar homework from Emily and Lilly



Just before the half term break our ARB students completed their animal inspired windsocks in DT Textiles lessons. Don't they look fantastic!



Lovely Michael Craig Martin inspired paintings by Year 8 students!



## ART AND TEXTILES UPDATE



Exquisite silk painting work from Year 10 GCSE Textiles Art students. This design development is inspired by coral and the artist Yellena James.



An example of the lovely work Y10 have produced recently based on the shapes of pebbles and the work of the artist Stacey Rees



Lovely edit of a cynotype by Lucy



More lovely bone studies from the Year 8 workshop yesterday



## **RLS PE & SCHOOL SPORT**



### **U13 County Hockey Tournament**

**E**arlier this month we took these 2 fabulous teams to an U13 County Hockey Tournament. The teams both played really well and finished 1st and 2nd in their pool. Richard Lander School went on to finish 3rd overall, just missing out in the semi-finals.

Well done to Ailsa, Sylvie, Libby, Trixie, Flora, Pip, Poppy, Halle, Breezy, Millie, Evelyn, Daisy, Erica, Bella, Sophie and Tassy.



### **A Bridge too far or a county too far, far away!**

**T**he National Cup journey for the U13s sadly came to an end with a loss to Kings School Dorset.

The boys had managed to get to the last 16 round of the National ESFA Cup, which is an impressive achievement in its own right, but succumbed to a Kings team which were very composed and self-assured.

To get to this point RLS had wins over, Pool 11-1, Camborne 3-1, Newquay Tretherras 5-1, Penryn 3-1, Torpoint 4-3 (Penalties) and Westfield Academy 4-3.

Well done boys. Thanks for the journey.

*Mr Parker*



## All RLS Gymnasts qualify for National Milano Finals!

**W**ell done to all the school gymnasts who competed in the South West Regional Milano Final, held at Kingsley School, Bideford, yesterday.

All students competed in vaulting, individual floor and group floor routines and were judged on their combined scores across all 3 events.

- U16 Boys team won
- U16 Mixed team won
- U16 Girls team came 2nd
- U13 Boys team won
- U13 Girls team came 2nd

A special shout out from Miss Hurworth to both U13 and U16 Girls teams, U16 Mixed team, Luke, Pen and Eli ... all of whom scored personal bests yesterday!

These are fantastic results which will see all 17 students competing in the National Milano Finals, to be held in Stoke on Trent at the beginning of March.

Our teams are: Mawgan, Luke, Fin, Pen, Amelie, Annabelle, Thea, Laila, Halle, Wilf, Stanley, Eli, Ella, Sophie & Niamh





*Our U16 Netball team at regional netball Bournemouth. For the first time ever, both our U16 and U14 Netball teams have qualified....not many schools manage that!!*



**U12 Netball Team - County Tournament**

*Congratulations to our U12 Netball team who played in a county tournament, held at Penair and Truro School.*

*They finished 4th overall and qualified for the next round!*

**U12/U14 Girls Football - County Cup Round 1 Success**

*Congratulations to both the U12 and U14 Girls Football teams for their wins over Camborne in the first round of the County Cup.*

*The U12 team (pictured below) won 2-1, having been 1-0 down, in what was a close and competitive game.*

*The U13s (pictured above) won convincingly, 6-1.*

*Well done to you all!*





## Experience of a Lifetime: Toby & Freddie Visit Sri Lanka

**D**uring February half-term, Year 10 students Toby and Freddie visited Sri Lanka as part of the Cornwall U15 Cricket squad.

In Sri Lanka they played in 6 cricket matches with both contributing well to the success enjoyed by their team. In addition to the cricket, they went on many excursions, fully experiencing the culture and traditions of this country.

The weather was unbelievably hot, with this bringing its own challenges throughout the tour.

This was a life-changing trip for the two boys and will certainly benefit their future lives both as cricketers and as young people in general.



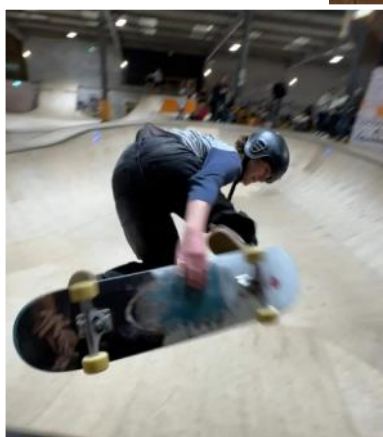
*Toby and Freddie would like to thank all those people who supported their fundraising efforts for the tour, in addition to the Cornwall Cricket Board, who made this amazing opportunity available.*

## Skateboarding Success - Thomas Erents

**I**n February, Thomas Erents took part in the Survival of the Sickest Skateboard GB competition at Mount Hawke Skatepark, coming 2nd in the U14's finals.

This is one of the four national skate hubs across the UK with a designated coaching programme for competition level skateboarding. Thomas also got to talk about this on BBC Radio Cornwall in an interview with his coach and other team members of the Mount Hawke Skateboard GB project.

Photo right by Leo Sharp @sharphoto and @skateboardgb



## RLS Equestrian Team Update

**V**ery well done to Milly, Jennifer and Martha who represented Richard Lander School at the NSEA arena eventing competition at Pontispool in Somerset.

They worked as a great team who channelled positivity, worked hard, and supported each other throughout the weekend.

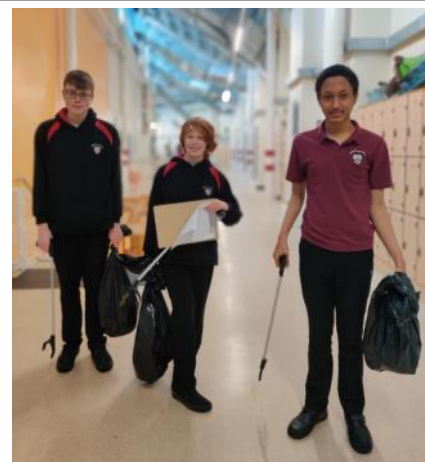
They are looking forward to the next opportunity to represent Richard Lander School sometime soon!





## RLS Eco Team Update

The Eco-Club completed a litter pick around the school courtyard planters on Tuesday. They collected around 150 individual pieces of litter with the most common item being the 'crisp packet' with over 50 found in just 30 minutes! Students predicted this area would be a litter 'hot spot' as they had seen litter being blown into the bushes previously and it is where students obviously have their break/lunch.



## Food Waste by Emily Blight, Daisy Goodwin and Elizabeth New – Year 8 Towan

There are so many ways food waste is harmful or even dangerous and one of them is it damages the environment. This happens because a proportion of food waste ends up in landfill where it rots and releases methane, adding to climate change and global warming. This can affect the air quality and our health as well. It's not just the food being wasted, all the resources that went into making it (energy, water, land etc) are wasted too.

Food waste doesn't just affect the environment it also affects you economically. The average cost of a food shop is £195. Per month, a fifth of the food will be thrown away meaning £39 will be wasted, and of that £35 worth of food will still be safe to eat. But you can stop these things happening by reusing leftovers to make a new meal:

Why not try...

*Leftover vegetable soup*

*Bubble and squeak-made from cooked potatoes and cabbage mixed together and fried salad*

*Bread and butter pudding*

***Or you could even use old, brown bananas to make **banana bread** – why not give this recipe a go!***

140g butter, softened, plus extra for the tin

140g caster sugar

2 large eggs, beaten

140g self-rising flour

1 tsp baking powder

2 very ripe bananas, mashed

50g icing sugar

Handful dried banana chips, for decoration

### Method

Heat oven to 180C/160C fan/gas 4.

Butter a 2lb loaf tin and line the base and sides with baking parchment.

Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.

Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas

Pour the mixture into the prepared tin and bake for about 50 mins, or until cooked through. Check the loaf at 5-min intervals from around 30-40 mins in the oven by testing it with a skewer (it should be able to be inserted and removed cleanly), as the time may vary depending on the shape of your loaf tin.

Cool in the tin for 10 mins, then remove to a wire rack.

Mix 50g icing sugar with 2-3 tsp water to make a runny icing.







# Richard Lander Eco Club

Working together towards 'Green Flag' status

## Join Us

### Growing a greener future



## Tuesday

## 15:00-16:00

## Room 204






**Richard Lander School**

**JOB VACANCY**  
**EXAM INVIGILATOR**

- YOU CAN PICK AND CHOOSE THE HOURS YOU WORK.
- THIS CAN WORK AROUND OTHER COMMITMENTS
- YOU DO NOT NEED TO BE AVAILABLE FOR EVERY SHIFT.
- FULL TRAINING WILL BE GIVEN.

## Vacancy - Exams Invigilators

Come and join our amazing team of exam invigilators!

- This can suit someone with another job, or a college/ university student, or a retired person.
- There are shifts throughout the year. The main times when we need exam invigilators are between October and June.

If you would like to apply or would like more information please email:

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

## From Truro Foodbank Social Media:



***"We're blown away by the generosity of Richard Lander School students who donated 488 kg of food***

*from their end of term "own clothes day" and tutor group reverse Advent calendar collections. And thank you to Mr Morgans and Ms Wright for delivering them to our store. That was a lot of food... This will make a huge difference to local people in food crisis. Thank you sooooo much."*

## English and Literacy Update

### 'First Chapters' - are a Big Hit with Students

Below are the First Chapters books students have been able to win so far this half term. Students read the first chapter during Tutor Time and then enter a lottery to win the book.

A great new initiative which has been thoroughly enjoyed by our students!



## Rotary Young Writer Competition Success

We entered 59 students in to the Rotary Young Writer Competition in total, across intermediate and senior and we are delighted to announce RLS students have been chosen as winners in both categories, as well as runner-up and 3rd place in intermediate.

*Results are as follows:*

### **Intermediate - Truro:**

- 1st – Alana Menmuir (Yr9)
- 2nd – Ysella Marsh (Yr9)
- 3rd – Daisy Hodgson (Yr8)

### **Senior – Truro:**

- 1st - Lauren Luscombe (Yr10)

These local winners will now go through to be judged at district level. We look forward to publishing a photograph of our winners, along with the winning story, after representatives from the Rotary have been in to school to present the awards.



# Fearless South West Session

## What is Fearless? Snitching and the Bystander Approach

**BOOK YOUR  
PLACE HERE**



**18th March 2024 @ 11am**

**With:**

**OLA**

**FEARLESS  
YOUTH PROJECTS  
COORDINATOR**

**Online Event**  
link provided after sign up





## Attendance: the top facts to know & share

MOMENTS MATTER, ATTENDANCE COUNTS.

### The link between attendance and attainment is clear:

- In 2018/19, **just 40% of persistently absent (PA) children in KS2 achieved expected KS2 standards**, compared with 84% of pupils who were regular attenders.
- And **36% of PA children in KS4 got 9 to 4 in their English and maths GCSEs**, also compared with 84% of regular attenders.<sup>1</sup>

### And it's never too late to benefit from good attendance:

- **More than half (54%) of pupils who were PA in Year 10 and then rarely absent in Year 11, passed at least 5 GCSEs**, compared to 36% of pupils who were persistently absent in both years.<sup>2</sup>

### But attendance is important for more than just attainment:

- Regular school attendance can facilitate **positive peer relationships**, which is a **protective factor for mental health and wellbeing**.<sup>3</sup>

1: The link between absence and attainment at KS2 and KS4. Academic year 2018/19 – Explore education statistics – GOV.UK ([explore-education-statistics.service.gov.uk](https://explore-education-statistics.service.gov.uk))

2: Missing Children, Missing Grades | Children's Commissioner for England ([childrenscommissioner.gov.uk](https://childrenscommissioner.gov.uk))

3: Mental Health and Attendance at School (Chapter 1) - Mental Health and Attendance at School ([cambridge.org](https://cambridge.org))



**A WORKSHOP FOR TIRED FAMILIES**  
presented by the Cornwall Mental Health Support Team

Sleep Wise – a short presentation by Hunrosa Sleep Consultants to help parents with sleep strategies for young people and families..



**Tuesday 12th March 2024**  
10:00 - 11:30 am  
Book [HERE](#)

OR



**Wednesday 13th March 2024**  
16:30 - 18:00 pm  
Book [HERE](#)



Mental Health Support Team (MHST)



**GO FURTHER** TRURO COLLEGE

**OPEN DAY** 10AM-1PM  
**SAT 02 MAR**

Focussed on excellence in education and student enrichment.



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COLLEGE



Funded by  
UK Government



**ChatHealth**  
Cornwall and the Isles of Scilly

# ChatHealth Young People 11-19

School Nursing messaging service for  
young people 11-19 years in Cornwall and Isles of Scilly

**TEXT** 07312 263 096



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and support



Together for Families



Council of the  
ISLES OF SCILLY

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We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts will not be seen outside working hours.** If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.



**Do you know someone going above and beyond to make things better?**

**Volunteers, great neighbours, carers, community groups or animals.**

**They all make a difference to our lives and now you can nominate your local hero for a Make a Difference Award 2024.**

**For details go to [bbc.co.uk/makeadifference](https://bbc.co.uk/makeadifference) where you can see full terms and conditions.**

**Nominations close Sunday 10 March, 11pm.**



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**YOUNG MEN'S PYDAR POP-UP**

*Every Wednesday from:*

**7/02 - 13/03**

**CHATS,  
FOOD & GAMES**

**FROM AGES 11-16**



# THREE SPIRES SINGERS & ORCHESTRA



James Anderson-Besant conductor

President: Petroc Trelawny

## *JS Bach* MASS IN B MINOR

Helena Moore soprano  
Alasdair Austin alto  
Jack Granby tenor  
Tom Butler bass

Saturday 23 March 2024 7.30 pm

## TRURO CATHEDRAL

TICKETS: £18 (Aisles), £20 (Gallery), £25 (Nave), including programme. 25 years and under: £1  
MINACK THEATRE 01736 810181 or [www.minack.com/other-venues](http://www.minack.com/other-venues)



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Cathedral by kind permission of the Chapter

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