

#### **Dates for your Diary** April

#### Wednesday 2nd

Year 8 Marine & Sustainability Day Governors Meeting - FGB

ARB Visit to Supertramp, Bodmin

University of Oxford - Research Event

#### **Thursday 3rd**

**Sports Studies Leadership** 

**Assessment** 

**ARB Swimming** 

**ARB Rewards Trip** 

Friday 4th

#### Women in Leadership Day

Citizenship 4 Life event at Redruth Drapery

Last Day of Spring Term—Non Uniform Day for Lander4Uganda

### Saturday 5th—Monday 21st April EASTER BREAK

#### **Tuesday 22nd April**

**First Day of Summer Term** 

Sustainability Workshop at Penryn Campus

April 22nd/23rd May 2nd /6th

**Year 11 Textiles Exam** 

Wednesday 23rd

**BTEC Music Exam** 

**Business Studies Catch Up** 

**Eco Pioneers Challenge Day** 

Year 10 Mentoring Scheme

24th/25th/28th

**Year 11 French Speaking Exam** 

**Thursday 24th** 

**Drama Exam** 

Year 7 Parents Evening

Friday 25th

KS1 Striking and Fielding with RLS Sports Leaders

Friday 25th—Sunday 27th

**DofE Silver Practice Expedition** 

Monday 28th —Friday 11th May

**Year 8 Progress Reviews** 

**Year 10 Mock Exams** 

April 28th /29th/30th 1st /6th/7th

May

Year 11 Photography Exam April 29th May 2nd/8th

Year 11 Spanish Speaking Exam

Wednesday 30th

**County Tennis Tournament at** 

**Newquay Tretherras** 

Year 8 Marine & Sustainability Day

**Year 10 Mentoring Scheme** 

School Nurse Drop in

17:30 Berlin Parents Evening

17:30 Italy Parents Meeting

#### **MAY**

May 1st/6th/7th

Year 11 Art Exam

Friday 2nd

**ARB Visit to the Roseland Centre** 

Parliament Trip to London

Monday 5th May BANK HOLIDAY

Tuesday 6th May - Friday 27th

June

**YEAR 11 FINAL EXAMS** 

Tuesday 6th May - Friday 23rd

Year 10 Exams

Wednesday 7th

**Faraday IET Engineering Day** 

Year 10 Mentoring Scheme

Governors Meeting - Resources /

Thursday 8th May - 15th May

Art and Photography Exhibition of

Year 11 Work in the Main Hall

**Tuesday 13th May** 

**County Tennis Tournament in** 

**Boscawen Park** 

**Thursday 15th May** 

**Year 8 Parents Evening** 

Friday 16th May

Singer/Song Writer workshop with

**Ryan Jones** 

**Monday 19th May** 

**U13 County Tennis Tournament** 

Monday 19th May - Friday 23rd

Mav

French/Spanish Speaking Exams

**Thursday 22nd May** 

Heritage Art Workshop
ARB Residential Trip to The

**Roseland Centre** 

Monday 26th May - Friday 30th

May

**HALF TERM BREAK** 

#### **JUNE**

Monday 2nd June—Friday 22nd

June

**KS3 Exams** 

**Tuesday 3rd June** 

**Mixed County Tennis Tournament** 

at Boscawen Park

**Thursday 5th June** 

**6pm Venice Parents Meeting** 

Friday 6th June—Sunday 8th June

**DofE Silver Assessment** 

Monday 9th - Friday 12th

**Berlin Trip** 

Monday 9th - Friday 12th

**SEND Enhanced Transition Week** 

for Y6 students

**Monday 9th** 

**Celebration of Achievement at** 

Truro Cathedral

Tuesday 10th

**Uganda Rickshaw Challenge** 

**Thursday 12th** 

**AsOne Hub Composition Expo** 

Tuesday17th

Dress and Tech Rehearsal - Six The

Musical

17th /18th/19th/20th June

SIX The Musical—Performances—

**Evening and Matinee** 

Friday 20th

International Women in

**Engineering Day at Truro High** 

School

Monday 23rd

**Truro College Taster Day for Year** 

10 Uganda Students

**Tuesday 24th** 

**Sports Day** 

**Uganda Packing Day 1** 



### Lander4Uganda UPDATE-FUNdraising and Donations!

he Lander4Uganda Team are hard at work



fundraising for the building and maintenance projects they will undertake when they visit Uganda in June/July 2025. Students have been selling raffle tickets for a **Giant Easter Basket of Goodies and selling Easter Bunnies and Chicks with Cream Eggs** in school. Thank you to every student, parent, carers and member of staff who has supported these fundraising efforts!

And with less than 10 students meetings until the team depart, there is a lot for the team to do! Students are independently organising events out of school including the **Car Boot Sale in St Agnes** detailed below, where you will find the Uganda staff team selling both Uganda crafts and a selection of the very best items from their spring clear outs! There is also an upcoming **Quiz Night in Mawnan Smith**—please watch school social media for more information on this and other events..

We are very much looking forward to the **Lap of Legends** which you can read all about on the next page!

We are also now collecting **donations** to take to Uganda. Each student takes 2 x 23kg suitcases which we fill to the max.

If you could spare any of the following, in very good, clean condition, please could you drop to Main Reception? WEBALE for all your incredible support, we couldn't do it without you!

- Unwanted Suitcases (large)
- Bras Quality used or new
- Knickers/Pants new
- T/shirts
- Football boots / football shirts / sports team kits
- Baby clothes
- Teenager/men's clothes
- School bags (light weight) good used or new
- Small school items:

Pencils, rulers, rubbers, sharpeners, colour pencils, colour chalk, writing books, drawing books, colouring books, paints and brushes, pens, story books...

- Small light weight toys No batteries please! –
   Cars, wooden trains set / toys, Lego, balls, dolls, jigsaws, craft items, card games..
- Other useful Items Footballs, netballs, rugby balls (deflated with pump)





### Lap of Legends for Lander4Uganda Join the Ultimate 24-Hour Relay Challenge!

ould you raise a team for this epic, upcoming, Lander4Uganda, fundraising event detailed below? We have 3 bands ready to play at the event, extra sports activities planned, a BBQ, the softest, flattest camping field in Cornwall... we just need YOU to sign up to take part!

• It will take place from noon on Friday 23rd May to noon on Saturday 24th May.

Teams of 10 people or more — made up of families, friends, businesses, and colleagues — will take turns walking or running around the school track over 24 hours. Whether you're

in it to push your endurance or simply enjoy a fun challenge with your team, this event is designed for everyone!

There will be a festival atmosphere, with live music, food and activities. All participants will be invited to camp on the school field.

We need at least one adult to take responsibility for each team, and all the children in it, for the entire 24h duration of the event.

Teams will need to set up their own fundraising page, although all promotional materials and sponsorship forms will be provided by the Lander4Uganda team.

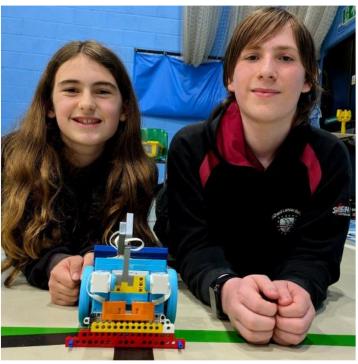


Questions? Ask Mrs Toms, Miss Wright or any member of the Uganda 2025 Team

If you're up for it... please fill in this online form at your earliest opportunity: <a href="https://forms.office.com/e/DVvdKQWTen">https://forms.office.com/e/DVvdKQWTen</a>







### Forces, Volcanoes & Floating Fruit at the RLS Science Fair

ast Friday, over 120 students took part in hosting our annual Science Fair!

With over 35 interactive stands, including scientific experiments such as chromatography and relative reactivity, using Lego to demonstrate earthquakes and Coca-Cola/bicarb to demonstrate volcanoes, magnets to demonstrate gravity and astrophysics, netball and football to demonstrate forces, lava lamps, floating fruit, a real heart and microscopes.... there was a real buzz of excitement in the sports hall.

As well as entertaining and educating our own KS3 we were delighted to welcome primary school students into school to part take in the fun, and our standholders were most impressed with their scientific knowledge and enthusiasm.

Well done to every RLS student who took part, you gave it your all at the event and clearly have bright future careers as scientists ahead of you! Thank you to Mr Hughes and Miss Williams for organising the event and huge thanks to Victoria, student photographer, for taking these fantastic pics—more overleaf!





















### **RICHARD LANDER SCHOOL BULLETIN**

### **3rd April 2025**

### **World Book Day 2025**

e love World Book Day at Richard Lander School and this year has been one of the best. Year 7 made a HUGE effort with their costumes, as did their Year 9 teachers! Left you see our worthy Year 7 winners with more of our Year 9 Subject Leader's favourite costumes on the next page.

Not to be outdone by the youngsters, our staff also transformed themselves.. The English team all dressed as characters from Shakespeare's works, including the cauldron from Macbeth! Elsewhere around school, the





Attendance team magicked their office into Hogwarts, Winnie-the-Pooh and Grandma/Wolf walked the corridors, and the MFL team surpassed themselves with their foreign language book themed costumes and competition to guess which books they had chosen.













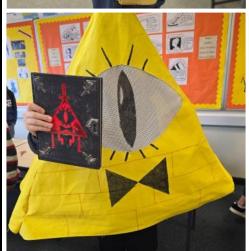




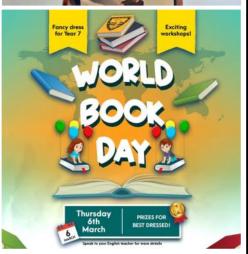














### **World Book Day continued**

The workshops, which were designed, prepared and delivered by Year 9 English Subject leaders, were engaging, fun, creative and educational; sharing their enthusiasm and love for literature. Year 7 students created puppets and fantasy creature, used Charades and Pictionary to represent characters, visited Alice in Dramaland, and took part in 'Maruins Magical Stories' and 'Page to Stage' workshops.

A further massive highlight of World Book Day was Mrs Toms' Bake Off!

Students were challenged to create their best book themed bakes and the standard of entries was phenomenal as you can see. Thank you to everyone who entered, you really inspired us all. Well done to the awesome winners, pictured right.













Well done to all the students who represented Richard Lander School at the Cornwall Music Festival. The week long event saw our students performing solo pieces, duets and in ensembles in the cello, violin, piano and singing categories, and everyone sounded wonderful and was an absolute credit to the school! Well over 100 students took part in the event and it was a very successful week for Richard Lander School. All students performed with such confidence and energy and we are so proud of all of our performers.

#### Congratulations to the following students:

Florence who achieved first place in the musical theatre vocal solo class, out of 18 amazing performances and was invited to perform in the prestigious Gala performance at the weekend.

Molly achieved first place in the 12 - 13 popular vocal solo class.

Hani achieved first place in the guitar solo class.

Lowen, Tom, Oliver, Beck and Flynn came first in the under 14 school rock/pop band class. Immy and Ella came first in the vocal duet class.







#### Cornwall Music Festival Round Up .. continued

Bella came first in the aged 14 - 15 vocal solo class.

Our amazing school orchestra also won their class with two contrasting pieces.

Our amazing Soul Band came first in their class with 90 marks. The adjudicator commented that their performances were full of energy and were stylish and effective.

On the final day, three of our choirs, Whole School Choir, Year 7 Choir and Selected Voices Choir competed in the Senior School Choir class. Selected Voices Choir achieved first place and were awarded the Canon Corfe Trophy. We are so proud of all of the students that have taken part in the festival this year!



















### Mock Trail Team Through to Regional Finals

Congratulations to our superb Mock Trial team who won the first round of the competition on Friday!

Competing against schools from as far away as Exeter, our team of barristers, witnesses, court officials and magistrates, played the part of both council for defence and prosecution in a mock case involving a football match and a weapon, which was held in Truro Magistrates Court.

This unparalleled exposure to the judicial system builds confidence, understanding and interest in the law, along with a high level (and pressure!) opportunity for critical analysis and on the spot thinking..

Students were well prepared and put in a truly excellent performance on the day. Mrs Madeley and Mr Gell were very proud indeed!

A huge added bonus was meeting Cornwall's County Sheriff and Lord Lieutenant, along with court officials, and learning all about their roles in the judicial system. Students also thoroughly enjoyed touring the prison cells.

Thank you so much to all the staff at Truro Magistrates Court who gave our students this opportunity.

So on to the Regional Finals... we wish the team the best of luck!





### Reflection on the Teacher Ambassador Programme at the Houses of Parliament

Attending the Teacher Ambassador
Programme at the Houses of Parliament was an enriching and inspiring experience that deepened my understanding of UK democracy and parliamentary processes.
Over 3 days (20–22 January 2025), I had the opportunity to engage with parliamentary officials, MPs, and Lords, gaining first-hand insight into how laws are made and how citizens can participate in democracy.



We were given tours of the House of Commons, House of Lords, and Speaker's Apartments, as well as witnessing the Speaker's Procession and having numerous Q+A sessions with people vital to the workings of Parliament. Meeting MPs, including Nusrat Ghani and Dave Robertson, provided invaluable insights into the daily responsibilities of elected representatives and the impact of the Petitions Committee in addressing public concerns. The opportunity to hear from the Lord Speaker, Rt Hon Lord McFall of Alcluith, as well as Baroness McIntosh of Hudnall and Baroness Young of Hornsey, further expanded my perspective on the evolving function and importance of the House of Lords. We also got to meet people who do so much behind the scenes, from doorkeepers to logistical support for MPs.

It was great to connect with almost 60 other teachers from all around the country. The programme was highly interactive, encouraging us as Teacher Ambassadors to reflect on how we can bring these experiences back to our classrooms. It concluded with a collaborative planning and a round-up session that encouraged us to translate our learning into actionable strategies for our schools, so that students see Parliament not as a distant institution but as a vital part of their lives and future.

This experience has strengthened my commitment to promoting political engagement among young people, and I look forward to sharing my learning. I am already organising a day trip to the Houses of Parliament, planning to organise a 'Learn with the Lords' event and will also organise some school-based activities to coincide with 'Parliament Week' in November.











n Tuesday 4th March, Mrs Grenfell, Mrs Griffiths, and Ms. Rickatson took a group of 23 Year 10 students to experience a day at Oxford University.

When they arrived, students spent some time in the lecture theatre, where they found out about the application process and heard from a student currently studying there. This was followed by a tour of Exeter College. Our students were able to eat lunch in the dining hall at Exeter College.

In the afternoon, students participated in Philosophy or Economics workshops. The Philosophy workshop took place on the grass in the sunny garden. The students got really involved in all the activities and asked brilliant questions!





### Lander Lego Legends take GRAMPS to the Cornwall FIRST Lego League competition

he Lander Lego Legends had a great day out at the Cornwall FIRST Lego League competition.

After months of preparation, the team headed to RNAS Culdrose to compete against 30 other schools in Robot Wars and Innovation Design where 'Gramps', the RLS designed, built, and programmed robot, took to the Lego League playing field to complete missions....

The Lander Lego Legends also shared their design of a catamaran equipped to clean up oil spills, with a panel of judges, who were very impressed with the Lego and cardboard models, Wen's animation and the whole team's engaging presentation.

In between competitive events, students and staff had a great time trying out VR, learning about hydrogen cells and how they could make air transport so much greener, playing the Google Gemini Lego Building Gameshow, building towers, boats and more ...

3 students were interviewed by ITV, and we all enjoyed watching them on the local news!

The icing on the cake was winning the Innovation trophy and being presented with it, along a great prize from the Google team!













### Safeguarding Update

Exam season is upon us.. And a recent Kooth update told us that: 85% of students in the UK experience exam anxiety, but did you know 71% of them don't seek any help to manage their stress?

We all know how hard it is to focus when stress takes over, especially during exams. Our students feel the same. The challenge is balancing their needs with your own responsibilities.

We invite student to register for a free Kooth webinar here: <a href="https://connect.kooth.com/kooth-klass-webinars">https://connect.kooth.com/kooth-klass-webinars</a>

### How can Kooth help?

Sometimes, your students might feel they can't share their stresses with anyone. They may not know who they can turn to, may not feel comfortable or simply don't know how. Kooth takes that pressure away. Anonymous, free and available whenever they need it.

With so many helpful features, your students can choose what support suits them. Kooth's goal-setting tool, for example, helps young people plan their revision, set manageable targets, and track their progress, giving them a sense of control when things feel overwhelming.



Join our free webinars for you to live stream in class: <u>Tips for managing exam</u> <u>stress and how Kooth can support you</u> for year 11 and 13 and <u>Coping with</u> <u>anxiety for pupils sitting SATs</u> for year 6.

Exams don't just impact students – of course you might feel the pressure too. Our upcoming **KoothTalks Exam Stress webinar** will explore practical ideas that you can add to your toolbox to support your students during exam season, with insights from mental health professionals.





### **SEND Update**

One of our assembly focuses this half term has been to promote inclusivity, neurodiversity, autism and respect. It was Neurodiversity Week last month and it is Autism Acceptance month in April.

Thank you to Mrs Hawke for these assemblies and reminding us that we all have the power to make a positive difference to someone's day by being understanding and kind.



### Safeguarding Update continued



Many of us have been watching Adolescence on Netflix and have found it gripping, but also disturbing and confusing.

Mrs Rippon, our DDSL, has found information on the hidden language of emoji and some tips on the best ways for parents to investigate and support.

Please remember that our Safeguarding team and our Student Support Team are always here to support you should you have any concerns and can offer advice, a listening ear and signposting.

Alternatively check out our Help Directory, available on the school website here. Adolescence - New Safeguarding Info

Netflix's Adolescence just pulled back the curtain on something every parent, educator, and mentor needs to know—the hidden language of emojis.

Online, young people are communicating in ways that most adults completely miss. What looks innocent could have a much darker meaning. Here are some of the codes being used:

- Red Pill "I see the truth." Used in toxic male spaces to mean waking up to supposed hidden 'truths' about women and society, often linked to misogynistic ideologies.
- Blue Pill Represents those who are "blind to the truth" or still believe in mainstream views about relationships and gender dynamics.
- Dynamite Emoji An "exploding red pill," meaning someone is a radicalised incel.
- & Kidney Bean A symbol linked to incel culture, sometimes mocking women.
- 100 Emoji Tied to the "80/20 rule," the belief that 80% of women are only attracted to 20% of men.
- Black Hole Used to express depression, hopelessness, or being sucked into negative online spaces.
- 🍸 Tornado Represents chaos or feeling overwhelmed, sometimes used to indicate mental distress.
- ♣ Frog Emoji Associated with alt-right and extremist meme culture, often linked to Pepe the Frog, which has been co-opted by some toxic online groups.
- ¥ Eagle − A symbol of extreme nationalism, sometimes used in far-right online spaces.
- → Skull While often just slang for "that's funny" or "I'm dead (from laughing)," in certain groups, it can signal darker themes like nihilism or self-harm.
- ♥ ♥ ♥ ₩ Heart Colours Not just about love!
- = Love
- ) = Lust
- = "Are you interested?"
- = Interested but not in sex
- = Interested but not in sex
- = "You'll be okay"

So what should parents do?

- Get Curious, Not Combative Ask open-ended questions: "I saw something about emojis meaning different things. Have you heard of this?" Keep the conversation light.
- 2 Create a Judgment-Free Zone If your child feels like they'll be punished for opening up, they won't. Make it clear you're there to listen, not just lecture.
- 3 Decode Together Ask them to explain their digital world. What do different symbols mean? Who are the influencers they follow? Don't assume—ask.
- 4 Teach Critical Thinking Help them question online content. "Why do you think some groups push this idea? Who benefits?" Arm them with questions, not just rules.
- **5** Monitor Without Spying Open conversations work better than secret surveillance. Make checking in on their online spaces a normal part of parenting, not a crisis move.
- **6** Be Real About Manipulation Explain how toxic online groups groom young people by making them feel special, included, or like they have 'insider knowledge.'
- Build Their Offline Confidence The more they feel valued and confident in the real world, the less they'll seek validation in dangerous online spaces.

The digital world is evolving faster than most adults can keep up. But we don't have to be in the dark! #DecodeTheCode #ProtectThem

https://www.richardlander.co.uk/2025/01/rls-help-directory/











#### **Mock Interviews for All Year 10**

Ver 2 days in March, every Year 10 student had the opportunity to experience a 'mock interview' with a local employer.

The interview could last up to 15 minutes and is designed to give students the practise of a formal interview scenario along with a sheet of feedback and helpful suggestions on how to maximise their effectiveness at interview. It was great to hear the polite, respectful, articulate buzz of conversation coming from the school hall and to see student confidence grow.

Thank you so much to Mrs Grenfell for organising and to our amazing local businesses and colleges who have given so much of their time to give our students this opportunity! It was especially wonderful to see Ms Datson back in school to interview students after retiring last year.

Thank you Pall, Teaching Personnel, NHS, Jessica Vella-Templeton, Plymouth Argyle Trust, Long Term Teachers, Sekoya HR, Kehelland.Trust, Bishop Flemming, TSAP Travel, Cornwall Council, Shore Asset Finance, The Army, Whyfield, Truro College, Plymouth University, Serve Cornwall and Ms Datson - RLS Science Teacher alumni!





### Windrush Child Cross Curricular Challenge

Before half-term, Mrs Slater-Jones challenged her 7R1P class to create a piece of art based on a quote from the poem 'Windrush child' by John Agard.

Extra inspiration came from the pictures of the poem created by Illustrator Sophie Bass and we love what our students came up with!

Well done to the following students who submitted the winning pieces of art and thank you to all students for entering.

1st - Erica G 2nd – Torben 3rd – Esmae T



# And Processing Control of the Contro

### Mathematics Update—Pi Day and UKMT Challenge

ongratulations to these brilliant students who smashed the UKMT Maths Challenge in March. Miss Blake took the team to Penrice Academy, where they competed against elite mathematicians from other schools in Cornwall. The team did exceptionally well, and after a challenging 4 rounds against 9 schools, our team placed 2nd, just 1 point off the winners, who were Truro School.



Happy Belated Pi Day! Well done to all the students who entered the Pi

recital competition. Students could recite aloud or write on paper to enter, and we were super impressed by their memories and recall strategies. Thank you to Miss Blake and Mr Moulder for organising the competition, they hope you enjoyed your circular treats and stickers and well done to our winner Dylan. Mr Moulder's class also had the additional treat of using pizza to learn about how Pi relates diameter to circumference and area, before scoffing the pizza!













#### **RLS Health Fair**

In March we hosted a Health Fair for all our students. Students were given lesson time to visit the stalls to learn about safety, health and wellbeing. It was a really fun and informative event where students could talk to a school nurse about developing a healthy lifestyle, learn all about immunisations from Kernow Health, make a fingerprint keyring while talking to officers from Devon and Cornwall Police, talk to Steve from Intercom Trust about exploring being LGBTQ+, learn about how Penhaligon's Friends support bereaved children, try the Beer Goggle Challenge, whilst reflecting on the dangers of intoxication with Healthy Cornwall, try resuscitation with St John's Ambulance, learn about VapeANON and learn how to stay safe in the ocean with RNLI lifeguards!

Thank you so much to all our visitors who made this such a great day and to Mrs Downing for organising! Thank you to Kernow Health, Penhaligon's Friends, Healthy Cornwall Intercom Trust, RNLI, Devon and Cornwall Police and St Johns Ambulance.







### **RLS PE & SCHOOL SPORT**



#### **Year 7 Cornwall Rugby 7s Champions**

antastic news from last week as our Year 7 Boys Rugby Team were crowned County Champions at Pool Academy, only a week after the Year 8 boys team won their own respective county title!

With 17 school from around Cornwall attending the tournament, Richard Lander finished their group stage in second place to progress to the quarter finals, where they met a very well prepared Penryn College side.

Despite going two tries down early on, they fought back to win and progress to the semi-finals, where they met another very well organised team in Truro School. Lander showed a great blend of pace and power to overcome their local rivals and secure a spot in the final, where they faced Mounts Bay Academy.

In a tense final, scores were tied 3-3 going into the final play of the game, with the clock gone dead. Then.. Lander moved the ball wide from a scrum, and Harrison dived in at the corner to take the win and secure the title!

This was a massive team effort by all 12 students in the squad, who showed superb character and sportsmanship throughout the day. Notable mentions should go to Otis, who score over 20 tries during the day, and George, who showed amazing running skills to score a number of standout tries.

Mr Williamson



### **U15 Girls Indoor County Cricket Final**

n the 10th February, our Lander Girls qualified for the County Finals day ending top two in the table after a day of small matches.

So on the 6th of March, they went up against Penair, Poltair, Mts Bay & Liskeard, who also qualified in the 1st round. We knew the competition was going to be very strong, as the girls had spotted some very quick bowling and some technical batting going ahead.

Our first match was against Mts Bay, it was very tight but, Lander ended up winning by 3 runs ending on 89-86.

Second match was against Poltair. We batted first getting a score of 89 again. We knew we were going to have to bowl well to keep the score down. Tassy, Molly, Evalyn & Lottie did a fantastic job, only bowling 4 wides in the whole innings. The match ended with Poltair on a tie with 89 runs too.

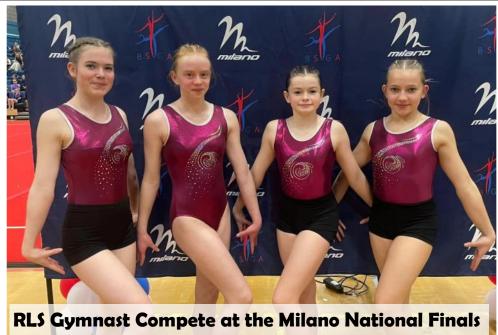
Third match we faced Penair. Penair had beaten us in the first round, so we knew it was going to be a tough match. Penair chose to bat first, and we bowled very accurately, picking up 3 wickets in the first 2 overs.

We were chasing 60 runs, and going into our last over with the bat, it was tight on 54. After some great shots, the match ended for us with a tight win with 63 runs.

Finally coming into our last match against Liskeard, we batted our strongest innings of the day successfully getting a big 106 runs. The pressure was on with our bowlers, but everyone managed to keep them to 86 runs.

Lander girls were incredibly the whole day and now look forward to Regionals in Bristol on May 7th.







and talent.

And they performed really well at the event... We are delighted to tell you that our RLS U16 Girls came 9th in the whole country, our RLS U16 Boys came 5th, and our RLS

U13 Girls team came 13th!

Ongratulations to our amazing gymnasts who competed in the **Milano National Finals** in March! It's an incredible achievement to qualify for the nationals and testimony to these students' dedication

Well done to you all! Thank you to Miss Hurworth and Mrs Cook for taking you to the event and to your parents/carers for all their support.



uge congratulations to our U15 Netball Team who competed in the Regional Netball State Finals in Paignton and put in a truly epic performance!

The girls won all 3 of their group matches; playing against Bakewell -14-2, Corfe Hills -14-7 & Wellsway - 7-1.

Progressing on to the top tier, our RLS team faced

Churston Grammar, and we suffered our only loss of the entire day.

... This meant we went on to a 3rd v 4th place play-off match, where we came away with a massive win against Bakewell - 9-2 - which saw our U15 Lander team ending the day in 3rd place

Our Lander girls played so well and did everyone proud to come **3rd out of the 340 state schools** that entered the competition!!! Well done to you all!





### Year 8 Rugby Sevens County Champions

On Wednesday 19th March our Year 8 Rugby Sevens team travelled to Penair School for the annual tournament. The team were is confident mood after an excellent 13 a side season and their runners-up position at last years tournament.

In the group stages, comfortable wins against Poltair and Camborne were followed by a tight 4 all draw with Penryn College. Powerful and aggressive running, combined with tenacious tackling and creative passing meant the team finished winners of this group stage.

This led to a quarter final against Helston, who put the team under great pressure with the RLS team showing great resilience to come out on top. The game of the day followed against an excellent Truro School team who had defeated RLS in last years final. This was a 'ding dong' affair with boys teams playing at great speed and commitment to every tackle. Once again, the RLS team kept going and came back on 2 occasions to finally win this thrilling game. 5 tries to 4.

By this stage, fatigue was a major factor, with the team having given so much throughout the day. However, one more push was required, a final against a physical Mounts Bay side. RLS took an early lead, but poor tackling allowed Mounts Bay back into the game. This was the story of the first half, but the second half saw the RLS team pull away from their opponents, finally winning 6 tries to 2.

This was an outstanding effort by all 12 players, and they should be hugely proud of being Year 8 Rugby Sevens County Champions.

The standard of Rugby at this tournament was outstanding, and there is a clear challenge ahead for RLS in the years to come, with many extremely talented teams snapping at their heels.

Thanks, as always, to Mr Jefferies and Miss Shrosbree, who have helped to coach this team.



#### **Great Result for Year 7 Netball**

Our Year 7 Girls Netball team took part in their area county tournament at Redruth School and finished second overall.

The girls have worked incredibly hard this year and have been committed and eager to learn, which showed on court. Throughout the day, they played 12 matches and only lost one, with some outstanding results in their group.

The girls played with passion and determination all day, and it was amazing to see them achieving the success they deserve. I am eager to see what these girls can achieve in the coming years as they are a really talented group of students and an absolute pleasure to coach!

Star Players of the Day - Esme, Harriet, Ella

Miss Tonkin

### Star Students - Ava and Dylan Cornwall County Swimming Champions

Congratulations to Year 8 students Ava and Dylan who won the 1500m and 800m Cornwall County Swimming Events!

After 4 weeks of seemingly non-stop swimming through

January and February they both went on to become the 14 year old, all round, age group champions!

This is an amazing achievement! Well done to you both!!





# RLS PE & SCHOOL SPORT





#### **Learning Community Benchball**

Rey Stage 3 Girls have been enjoying Learning Community Benchball this week! This Learning Community sport is open to students in Year 7,8 & 9 from sets 2 and 3 only, with RLS Year 9 Sports Leaders officiating all games. All matches have been very well attended, fiercely fought and everyone has had a great time.

Learning Community Benchball, along with Learning Community Rugby, Football, Netball... and of course Sports Day contribute to the sought after end of year Learning Community Sports Trophy. This all also adds to merits, attendance, improvement awards and other Learning Community competitions to decide the over all winning Learning Community for the academic year. Who will take the 2024/2025 titles? Godrevy? Pentire? Rame? or Towan?

### **RLS Showjumping Team Update**

W ell done to our RLS Showjumping Team who competed at Pendarves Equestrian Centre this weekend with some great results!

Our Novice Team of Jess, Imogen, Jennifer and Megan placed 2nd and our Open Team, Mille (2 horses) and Martha placed 5th overall, taking 2nd place in 'Tackles and Turnout.'





Individually Jess took 3rd place in the 60/65 category and in the 95/1m, Millie placed 2nd on Hazelrock Symphony and 3rd on Midnight Design! Megan also came 2nd individually in the 60/65 category.

### Girls Footballers Through to County Cup Final

Congratulations to our County Cup Finalist Girls Football Team, who qualified yesterday evening after winning the semi-final vs. Penair, 4-0

It was a great match, with superb sportswomanship, and Penair holding Lander to a 1-0 lead for the first half of the match, following Daisy's early goal. The second half saw Lander come out with renewed vigour, leading to 3 more goals from Trixie, Edie, and Tassy, including a textbook set piece

Penair never gave up and their goalkeeper made many excellent saves.

Well done to every player on the pitch with special mention to the three Y9 students who played their debut match for Lander.

Well done to Daisy M, a very worthy Woman of the Match, chosen by Penair and the Penair goalkeeper, chosen by Lander.





### Creative Arts Update Artist of the Week

Every week the Art department choose an Artist of the Week. Their work is shared on the digital signage around school, here in the bulletin and on school social media. Thank you to these students for brightening March with their marvellous work.





Top Right W/C 10th March 2025 - Luzelle -Year 9
Congratulations to Luzelle in Y9 for being Artist of the Week.

This is in response to a current competition in response to the theme of 'Reimagined - what world would you like to live in?' Luzelle has produced an amazing piece that is so beautifully conceived and drawn. She says about her piece that she envisions a heaven like world where peace, joy and harmony surround everywhere. Her piece certainly evokes all of this!





#### Right W/C 17th March 2025 - Alannah G - Year 10

Well done to artist of the week: Alannah in Year 10 who has created her own imaginary fantasy world painting. A peaceful place to escape to! Lovely use of colours and technical application.

Above Left W/C 24th March 2025 - Sophie H - Year 9

Congratulations to artist of the week Sophie in Year 10 who has



created a fantastic photograph of her world. What an amazing view!

Bottom Left **W/C 31st March 2025 - Mali- Year 7**Congratulations to our artist of the week: Mali in Year 7 who came first place in the recent Du Maurier Fowey Literary Festival Competition for Young Writers and Artists. The art judges were so impressed by the standard and variety of the work our students submitted. Quite incredible!

Mali's work is in response to the theme of Making Waves and her lovely painting demonstrates a creative response to this. Beautifully painted for a student of her age!





Wednesdays 9th and 16th April 10.00am - 3.30pm

Easter Decorations £1.00

Site Entry FREE

Craft activities FREE

Badge Making £1,00

Egg NatureTrail FREE

Pop up café serving drinks,

### snacks and cakes.

Join us for a fun-filled day celebrating spring, learning about eggs and who lays them. We invite you to bring a picnic to enjoy in our

beautiful grounds.

Well behaved dogs on leads welcome

U18's must be accompanied by an adult

Rehelland Trust, 01209613153

on Google maps





### RICHARD LANDER SCHOOL BULLETIN

















### Still I Rise IWN's Youth of Colour **Empowerment Project**





A transformative 6 week prorgamme to support and uplift young people of colour in Cornwall. For children and young people of colour aged 10 - 18 yrs who want to:





ז Gain the tools to navigate racial experiences with confidence 🔭



🔭 Explore and embrace their identity with pride 🦮 🦖 Step into their full power and thrive 🦖





💬 Ready to Rise? Sign up Today! 🦾

























KNOTS & SPLICES
HARBOUR TOUR
SAFETY & RADIO
FREE ENTRY



TUESDAY 8TH APRIL 10AM NEWLYN TR18 5HW



Saturday 21 June 2025 © RAF St Mawgan, Newquay Sign up today! www.chsw.org.uk/rainbow

Raising vital funds for babies, children and young people with life-limiting conditions

Register early for up to 30% discount







### THREE SPIRES SINGERS & ORCHESTRA



lames Anderson-Besant conductor

President: Petroc Trelawny

### JS Bach ST MATTHEW

# PASSION

Sumei Bao-Smith soprano

Alasdair Austin countertenor

Archie Inns tenor

Ambrose Connolly baritone

Gopal Kambo Evangelist

Darren Jeffery Christus

Saturday 5 April 2025 7.00 pm

— PLEASE NOTE THE START TIME

### TRURO CATHEDRAL



TICKETS: £18 (Aisles), £20 (Gallery), £25 (Nave), including programme.

MINACK THEATRE 01736 810181 or www.minack.com/other-venues

25 years and under: £1



Truro Cathedral by kind permission of the Chapter Find us on Facebook, X and Bluesky www.threespiressingers.org.uk







### Sail away this summer, free

Aged 15 to 18 and living in Cornwall?

How about a 10-day adventure at sea, no experience needed?

Helen Mary R (57ft) leaves Fowey on Saturday 26 July - destination unknown - returning on Monday 4 August. You'll learn how to rig sails, tie knots, navigate at sea and steer. And hopefully have the time of your life. And if you're one of the 10 young people selected there's nothing to pay, thanks to our generous sponsors.

To apply, scan the QR code. Or go to Morvargh Sailing Project at

https://sailadventure.co.uk/voyages/voyage/RoselandYouthSailingTrust2025





Registered Charity No. 1164283