



CARDREW COURT SCHOOL NEWSLETTER

THANK YOU

Thank you to our parents and carers for the support and communication you have given the school since we opened again this term.

We have had a really positive start to the term, working with and alongside you has ensured our learners have been able to get back to routine, meet new peers and continue bonds as well as engage with their learning.

We hope to see you at our Macmillan Coffee Morning next week, details below, and wish you a lovely weekend.

OUTDOOR ED NEXT WEEK

Please see individual class dojo's sent out detailing the plan for next week.

IMPORTANT REMINDERS

Please ensure you phone the school office on 01209 91 21 26 or email office@cardrewcourt.org if your child is absent from school on any given day.

Using these 2 methods only will ensure your message gets to the right person on time.

Please do not email Lyn directly, please use office@cardrewcourt.org only, thank you.

Please continue to inform your child's class teacher should you wish to, ensuring the above contact has been made also.

Thank you for your support with this.

UPCOMING EVENTS Parent Coffee morning

Monday 22nd September in the school Hall. Introduction to staff, informal get to know each other platform with a cuppa and biscuits. 10am -11am. Louise our SALT, Emma C and Laura our new AHT will be there to greet you.

Macmillan Coffee Morning; Friday 26th Sept

9.30am-10.30am Gorse Verbena and Moss classes.

10.45am -11.45am Heather, Clover and Fern classes. Cake Donations welcome, raffle cuppa and a catch up.

FOOD TECHNOLOGY



CLASS WEEKLY HIGHLIGHTS -

What a tasty week it's been in our school kitchen! Our amazing learners have been busy chopping, whisking, stirring and tasting their way through some delicious recipes. From rainbow fruit kebabs and fluffy meringues to scrambled eggs, veggie soup, and the ultimate treat - French toast with juicy fresh blueberries - everything looked and smelled incredible! A big well done to all our young chefs for cooking up such a storm this week!



NEXT WEEK,
LEARNERS WILL BE
MAKING -

INGREDIENT OF THE
FORTNIGHT - TOMATO



Week Commencing 22nd September

Gorse	Breakfast Muffins- Savoury
Verbena	Mini <u>Fritatta</u>
Clover	Poached Pears
Heather & Moss	Cherry Oat Bake
Fern	Potato and Leek Soup

We are celebrating the tomato — juicy, colourful, and bursting with flavour. From sauces and salads to snacks and soups, tomatoes can be used in so many delicious ways. Can you get creative at home and try using tomatoes in a new recipe? Don't forget to snap a picture of your creation and share it with us office@cardrewcourt.org

Your creations will feature in upcoming newsletters 😊

CCS Star Baker - Millie, Verbena class



CLOVER CLASS HIGHLIGHTS



This week, our students have started to look at the work of Banksy, the world-famous yet mysterious street artist. They've been exploring his unique style, bold use of stencils, and the thought-provoking messages behind his art.

Learners have been discussing how Banksy uses public spaces to make powerful statements about society, politics, and the environment. They've been encouraged to think about how art can inspire change, spark conversation, and challenge the way we see the world around us.

We're excited to see how their own creative projects will be influenced by this exploration in the coming weeks!



In RE we discussed what the Bible says about Jesus' life, his teachings, and the qualities that made him such an important figure for Christians. The children reflected on the ways Jesus is said to have inspired people through his actions, stories (parables), and miracles.

We also looked at how Jesus encouraged people to follow him and to convert to Christianity—for example, through his message of love, forgiveness, and hope. Learners considered how his kindness, courage, and care for others made people want to listen to him and share his message

A big well done to Clover for leading such a brilliant Outdoor Ed session in the swimming pool! Our learners really impressed us – some took part for the very first time, while others showed huge courage by trying to swim even though they felt a little nervous. With lots of smiles, encouragement, and determination, everyone gave it their best and made us all very proud. What a fantastic achievement!!!

****Reminders for Families****
Please bring a coat for wetter days!



MOSS CLASS HIGHLIGHTS

Another brilliant week in Moss!

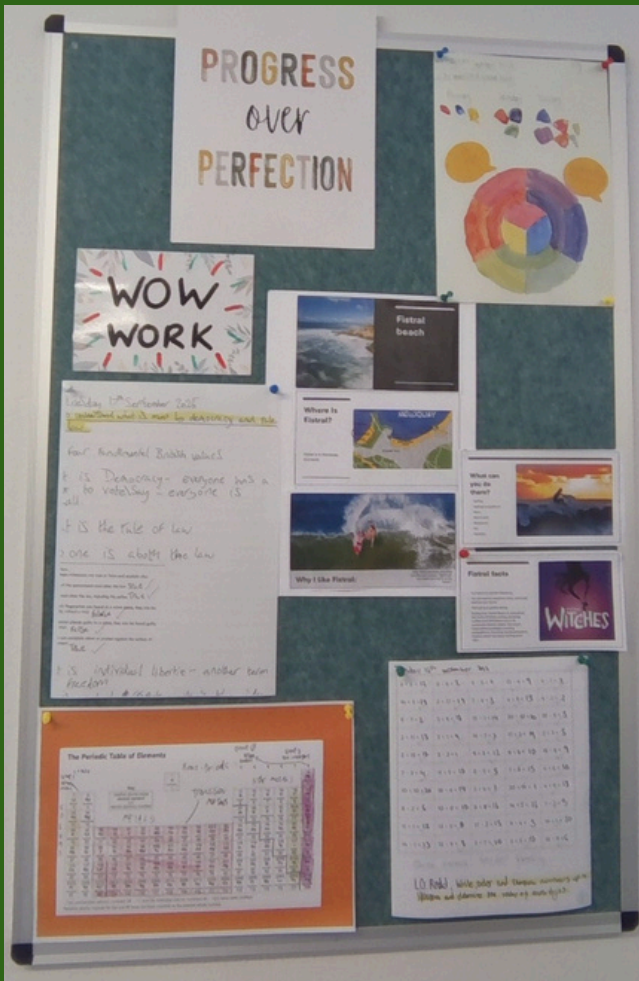
It has been a pleasure watching our learners explore new friendships and we have had many occasions throughout the week where we have enjoyed laughing together and settling into our lessons well.



On Monday, we made some amazing French toast in food tech. It was great to see our learners helping each other and enjoying their time in the kitchen.



To celebrate International Democracy Day, learners were asked to vote on a movie to watch together in class one afternoon. Moss decided on Star Wars: The Empire Strikes Back. This was enjoyed on Thursday afternoon along with some movie snacks.





VERBENA CLASS HIGHLIGHTS

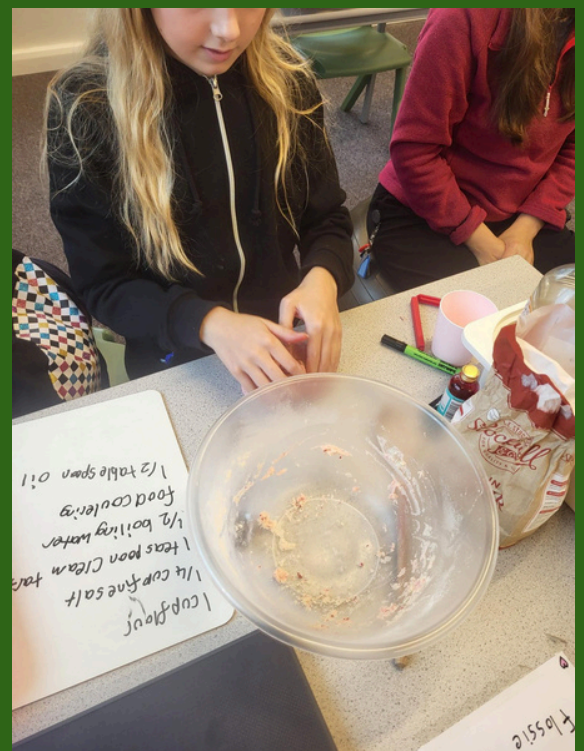


This week has been all about building relationships!
We have enjoyed getting to know each other more, with team building activities such as slime making, exploring the outdoor equipment, as well as the usual competitive game of table tennis!



Whilst getting to know each other, we have begun to recap our knowledge on place value. Exploring the value of digits and making sense of larger numbers.

A couple of learners have also been practising their instructional writing skills for tips on how to make the perfect playdough!

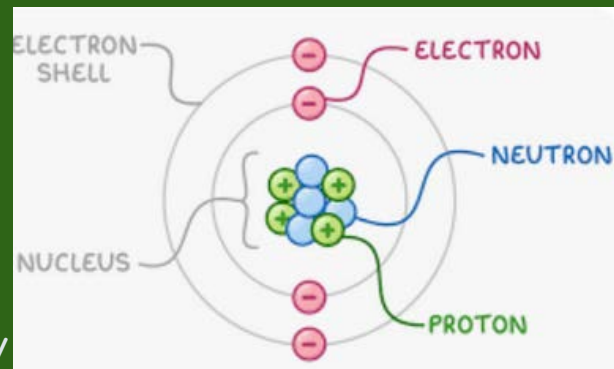


Well done Verbena, what a fantastic week! It's been incredible to watch you all start to grow with confidence!

Fern

What a fantastic week it's been here at Fern! We have been so impressed with the positive attitude to learning shown by our learners as they dive headfirst into their Year 11 curriculum. The energy, commitment, and curiosity on display have been second to none – it's a joy to see.

A special mention goes to those learners who have embraced their new Science studies with such enthusiasm. Whether stepping into BTEC or GCSE pathways, the transition has been brilliant. Huge thanks to our new GCSE science teacher, Dani, whose engaging lessons on ionic bonding and the Periodic Table have really sparked interest and built confidence.



LifeSkills
Created with  **BARCLAYS**

Over in PD, learners have been using Barclays Life Skills resources to develop their number handling skills, with this week's focus on payslips. It's been wonderful to see them explore how wages and deductions work in the real world of employment – a truly valuable skill.

Outdoor Ed also deserves a big shoutout. While Dave was away on a course, Lesley and Claire did a fantastic job "holding the fort." They led engaging team-building activities, including the ever-popular logic challenge of getting the fox, chicken, and grain safely across the river – which had everyone thinking, laughing, and working together brilliantly.



Another fantastic week for Team Fern – well done, everyone!

Heather

Heather class were lucky enough to start their week at Newperran Sands this week. It was great for learners to have some time outside of the classroom doing something fun. There are some lovely friendships blossoming in Heather class. Despite the weather warning, we saw some sun which was a lovely end to a fantastic day.



We recapped some of our science learning on plant cells and animal cells. Learners have been looking back at the functions of each cell structure. This was helpful when starting to look at specialised cells. Learners have been making some amazing cell models using playdough and slime.

CELL TYPES

Cells come in many shapes and sizes, depending on their specialized functions within tissues. Speed of cell division also varies. It is most rapid in epithelial (covering and lining) cells, which

Epithelial cells
These cells form skin, cover most organs, and line hollow cavities. The cells shown here are from the top surface of the intestinal tract.

Smooth muscle cell
The large, elongated, spindle-like cells of smooth muscle are known as muscle fibres. The shape allows for contraction by means of sliding strands of protein inside.

Photoreceptor cell
A cone cell is a type of light-sensitive cell that is found in the retina of the eye. Cone cells are activated by bright light and are responsible for colour perception.

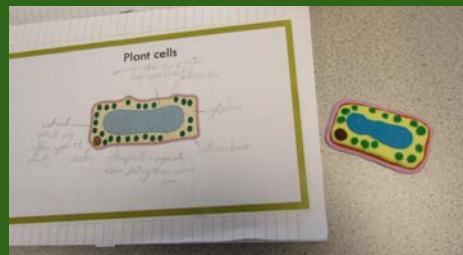
Nerve cell
Each cell has a configuration of short extensions (dendrites) to receive nerve signals, and a long "wire" (axon) to send signals to other cells.

Red blood cell
The red cell (erythrocyte) is a bag of oxygen-carrying haemoglobin molecules. Its double-dished (biconcave) shape allows for rapid, maximal oxygen absorption.

Sperm cell
Each sperm has a head that carries the paternal set of genetic material, and a long, whip-like tail which propels it towards the egg.

Adipose (fat) cell
The main adipose cells, adipocytes, are bulky and crammed with droplets of fat (lipids), which store energy in case the diet cannot meet requirements.

Ovum (egg) cell
These giant cells contain the maternal complement of genetic material, and energy resources for the first cell divisions that shape the early embryo.



Thank you learners for making this week super fun and always trying your absolute best. Hope you all have a lovely weekend and a chance to rest.

Weather for this weekend:

Sat 20 Sep	Sun 21 Sep
 16° 10°	 15° 8°



Gorse Class

As we settle into our second week of the new term, it has been brilliant to see the children building on their routines and showing great focus in their learning. They are already working with enthusiasm and curiosity, and we are so pleased with the effort and positive attitude they are bringing to every lesson.

In Maths, we have been exploring place value up to 1,000,000. The children have been learning how to read, write, and compare large numbers, as well as representing them in different ways. They have worked really hard to build their confidence with digits in the millions and enjoyed some challenging problem-solving activities to test their understanding.

TTh	Th	H	T	O
8	5	0	1	3

What does the digit 5 represent? 5 thousands

What does the digit 1 represent? 1 tens ✓

What does the digit 8 represent? 80 thousand ✓

What is the digit in the 100s position? 0 ✓

Sentence 1 – What do you see? (shape, colour, size)

- A rusty, isolated, egg-shaped water tower looked over the town.

Sentence 2 – What can you hear?

- -It was a unnatural water noise with murky twisted green colour.

In English, our focus has been on the book *The Water Tower*. The story has inspired us to think carefully about how to create atmosphere in our writing. The children have been drafting spooky setting descriptions, choosing powerful adjectives and descriptive phrases to make their writing more vivid and eerie. We were very impressed with the creativity and imagination shown!

In Art, we had a fantastic opportunity to visit Tate St Ives. The children were introduced to the work of Barbara Hepworth and explored how she used shapes, textures, and space in her sculptures. They were curious and reflective. This has given us lots of inspiration for our own creative projects back in class.



Please tap/click the Padlet link below to see what's coming up in the week ahead.

Thankyou 😊

<https://padlet.com/MrTilley/gorse-class-wb-22-09-25-y2uza7fhkt5t8o0o>



Article of the Week

The International Day of Peace (“Peace Day”) is observed around the world each year on 21st September. Established in 1981 by unanimous United Nations resolution at the General Assembly, it has been declared as a day devoted to **“commemorating and strengthening the ideals of peace both within and among all nations and peoples.”**

Peace Day provides a globally shared date for all humanity to commit to peace above all differences and to contribute to building a culture of peace.

LINKED UNCRC ARTICLES

Many articles of the CRC relate to this week’s theme but the activities link, in particular, to the following articles:

Article 38 (war and armed conflicts)

Governments must not allow children under the age of 15 to take part in war or join the armed forces. Governments must do everything they can to protect and care for children affected by war and armed conflict.

Article 39 (recovery from trauma and reintegration)

Children who have experienced neglect, abuse, exploitation, torture or who are victims of war must receive special support to help them recover their health, dignity, self-respect and social life.



UNICEF have published guidance for parents to help support and comfort children when addressing this difficult subject as when conflict or war makes the headlines, it can cause feelings such as fear, sadness, anger and anxiety wherever you live. Click / tap the link below to check it out.

<https://www.unicef.org/parenting/child-care/how-talk-your-children-about-conflict-and-war>

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College