



CARDREW COURT SCHOOL NEWSLETTER

Thank you and Reminders

What a fantastic half term it has been.

Thank you to our school community, (learners, staff and parents) for the support, care and engagement that has been part of every week so far.

We have had lots to celebrate too; from our first Halloween themed silent disco, Gorse class participation in Cornwall School Games Ten Pin Bowling, 3 x year 10 learners getting into the Cornwall Future Chef finals, learners across all key stages helping out at this years open evening and much more!

Next half term we see our first ever mock exams week for our year 11 learners (parents have been emailed the details of this via Arbor) Future Chef finals, Cardew's Got Talent and Christmas Celebrations, alongside our academic curriculum and weekly enrichment opportunities as part of Food Tech and Outdoor Ed.

We hope you all have a lovely restful half term and look forward to seeing you again on Monday 10th November 2025.

Reminders

10-14th November is national Anti bullying week.

This years' theme is; **Power for Good**

As part of this we will celebrate **Odd Socks Day** and children in need on the same day, Friday 14th November 2025.

Learners will be able to show their support by wearing Odd socks.
We will also hold a special themed assembly.



OUTDOOR ED

What started as a few days of Orienteering resulted in a search for the weird and wonderful! From man made elaborate wood carvings to the crazy structures of different fungi from Mother Nature, Tehidy Woods has it all, and a few greedy squirrels to add to the mix!
Happy Half Term from Outdoor Ed!





Food Technology



Happy half-term, everyone! You've all worked so hard this term – you deserve a good rest and some cosy autumn fun. Enjoy your half-term break – take time to relax, recharge, and maybe share your pumpkin food creations with family and friends! 🎃

Here are two tasty recipes ideas:

🍪 Pumpkin Cookies

Mix 100g butter, 150g sugar, 1 egg, 100g pumpkin purée, 200g flour, 1 tsp cinnamon, and ½ tsp baking powder. Drop spoonfuls onto a tray and bake for about 10–12 minutes at 180°C until golden.

🎃 Pumpkin Soup

1 medium pumpkin (peeled and cubed)
1 onion (chopped)
2 garlic cloves (crushed)
750ml vegetable stock
A splash of cream or milk (optional)
Salt, pepper, and a pinch of nutmeg

Weekly cooking highlights:



Next week learners will be making:

Week Commencing 10th November	
Gorse	Herb & Tomato Swirls
Verbena	Cheese and Onion Round
Clover	Savoury Tarts
Heather & Moss	Salmon and Spinach Filo Parcels
Fern	Victoria Sponge



How to make the soup:

Sauté the onion and garlic in a little butter or oil. Add the pumpkin cubes and cook for a few minutes. Pour in the stock and simmer until the pumpkin is soft. Blend until smooth and stir in cream or milk if you like. Season to taste – and enjoy with warm bread!

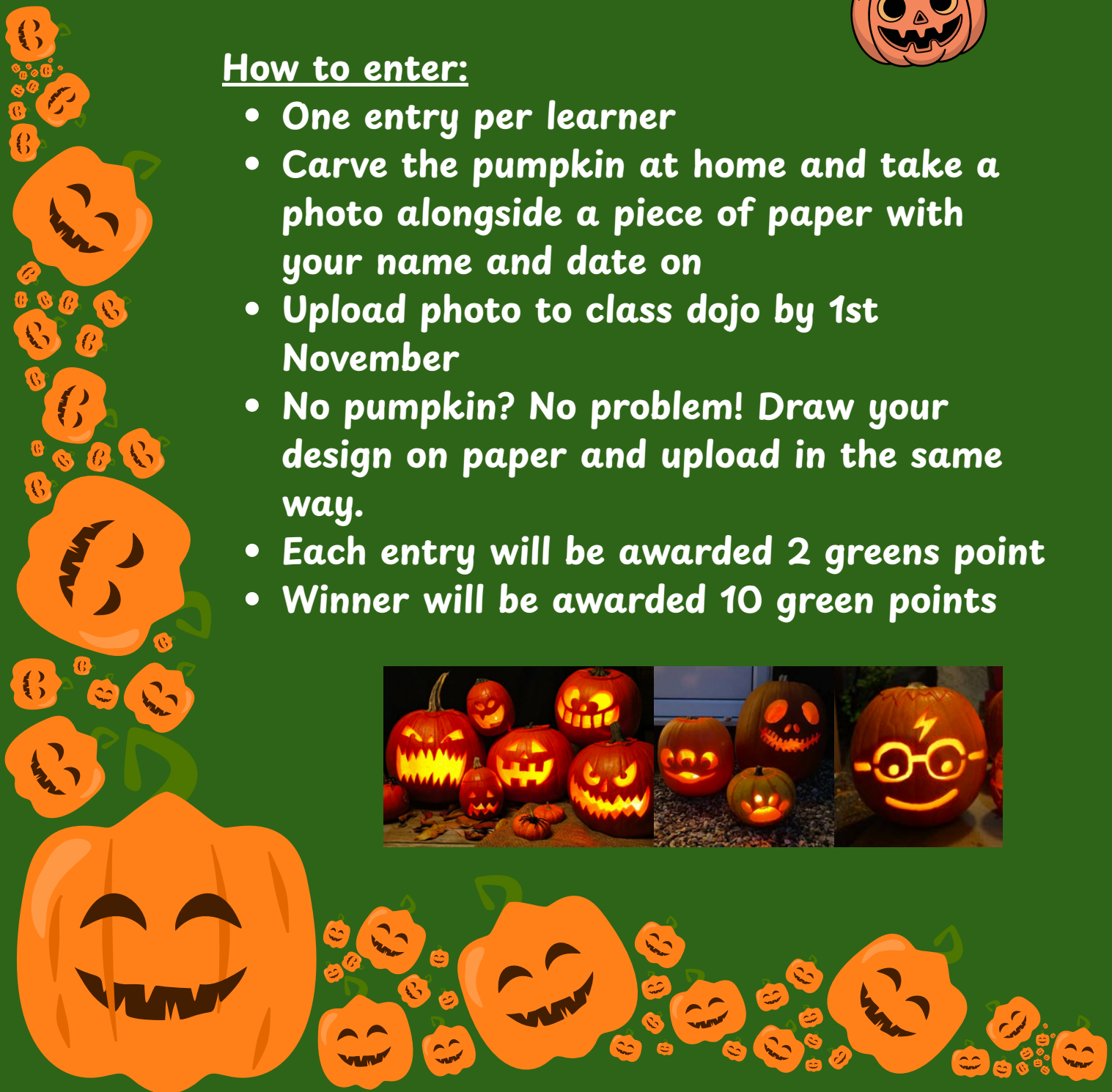


With Halloween just around the corner, why not take part in the Cardrew Court Pumpkin Carving Competition...



How to enter:

- One entry per learner
- Carve the pumpkin at home and take a photo alongside a piece of paper with your name and date on
- Upload photo to class dojo by 1st November
- No pumpkin? No problem! Draw your design on paper and upload in the same way.
- Each entry will be awarded 2 greens point
- Winner will be awarded 10 green points



Fern

It's been a fantastic, busy first half term of Year 11 for Team Fern. We are all so proud of how much the learners have grown even since the end of Year 10! Here are some of our highlights from this half term. Have a wonderful, restful half term break and we look forward to welcoming the learners back on November 10th.



CLOVER CLASS

Weekly Highlights:

As our first half term comes to an end, we wanted to take a moment to celebrate everything our learners have achieved over the past few weeks. It's been a busy and exciting time filled with learning, creativity, and teamwork!

This week our learners have:

- 🌲 Enjoyed an adventurous orienteering trip to the woods, building teamwork and map-reading skills.
- 💃 Danced the day away at our Silent Disco, showing off some brilliant moves and lots of smiles!
- 🎃 Got creative with pumpkin carving, producing some wonderfully spooky designs.
- ★ Supported our school community by helping out at Open Evening — we're so proud of their enthusiasm and maturity!



As we head into the half-term break, we want to wish everyone a wonderful, well-deserved rest.

Have a spook-tacular Halloween and a safe, sparkling Bonfire Night! 🎆🌟

We can't wait to see everyone back, refreshed and ready for another great half term ahead.

Em, Paula & Olly - Team Clover

MOSS CLASS HIGHLIGHTS

What a fantastic first half term it has been! We have seen new friendships form, personalities shine and barriers overcome. We are so immensely proud of our learners and are looking forward to seeing what is in store for us next half term!



On Monday, our learners got busy in the kitchen making a delicious full English breakfast. It was great to see them overcoming challenges as they cooked.



We got in the Halloween spirit on Tuesday afternoon and carved pumpkins together. Some of us also went to join in with the school silent disco which was good fun 😊



Another fantastic art lesson to finish off the half term. Learners created a piece inspired by our focus artists using something that brings them joy.



Have a great half term break!

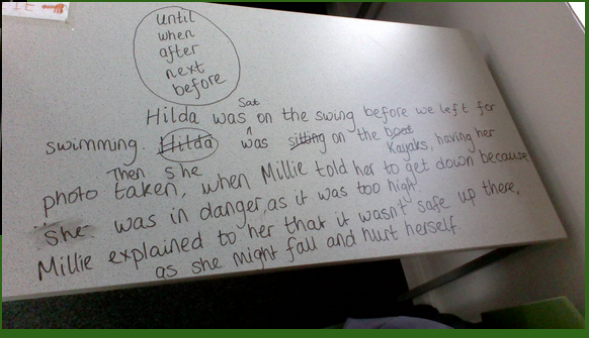
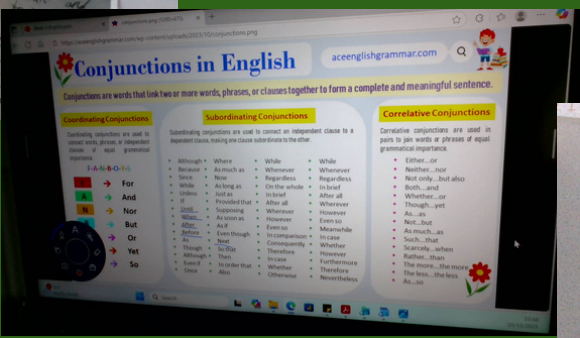
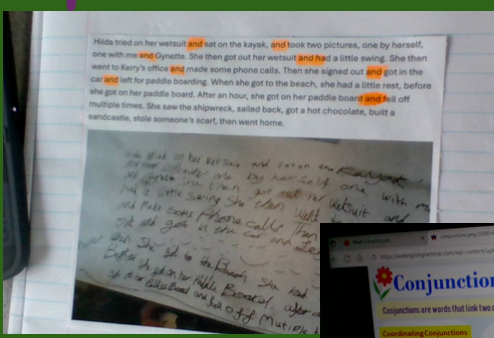




VERBENA CLASS HIGHLIGHTS



Hilda's adventures continued into this week. We started to edit the stories we had already written, adding conjunctions to replace 'and'. Writing on the table helped us to easily edit our work.



We continued our art in the style of Kehinde Wiley. He often uses floral backgrounds in his compositions so we experimented with drawing flowers to include in our own work.

Our speech and language skills were put to the test as some of us tried to teach other chess.



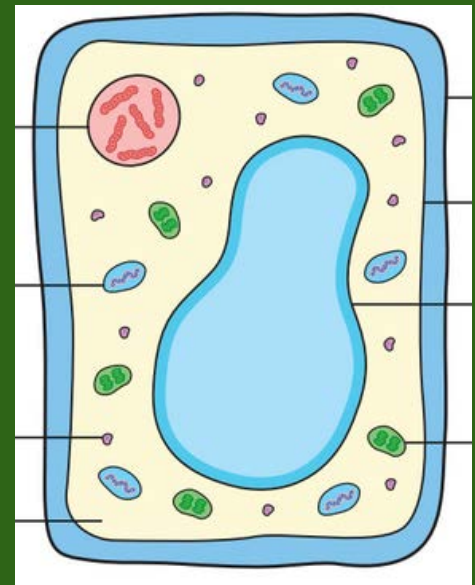
As a Halloween treat, we decorated spider biscuits. We had to use follow instructions accurately to create some spooky food!



Gorse Class

Gorse Class have had a fantastic half term!

In English, we have been busy completing our persuasive leaflets about saving water – everyone worked hard to share creative and thoughtful ideas.



In Science, we explored the fascinating structure of plant cells, learning about the different parts and their functions.

A big thank you to the Gorse Class members who helped during our school Open Evening – your support and enthusiasm were greatly appreciated!

As we head into the break, please remember to stay safe while enjoying Halloween and Bonfire Night festivities. We look forward to welcoming everyone back, refreshed and ready for more learning, on Monday 10th November.



Article of the Week United Nations Day



What is it?

Friday 24th October is United Nations Day.

2025 marks the UN's 80th anniversary.

The United Nations is the most universal international organisation, making it truly global in reach. By promoting peace, human rights and social progress, including access to healthcare and education, the United Nations has improved the lives of people around the world, creating better living standards for all.

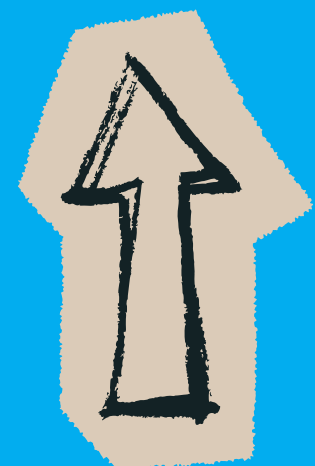
<https://www.un.org/en/observances/un-day>

This links to Articles 2, 12, 29 and 42 of the UNCRC.



Test your knowledge of
The UN by completing
the quiz on the following
link

Quiz



CARDREW COURT SCHOOL
WOW & IDIOM
WEEK 8 W/C 10TH NOVEMBER 2025

WORD OF THE WEEK

Polymath

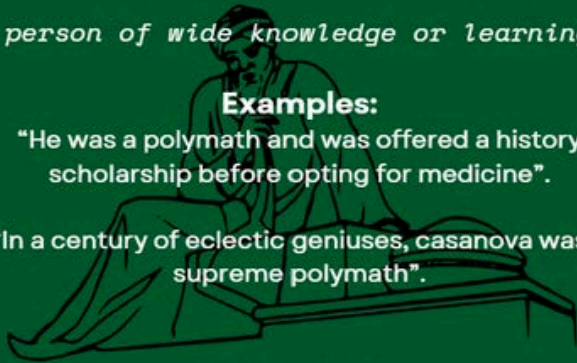
noun

a person of wide knowledge or learning.

Examples:

"He was a polymath and was offered a history scholarship before opting for medicine".

"In a century of eclectic geniuses, casanova was a supreme polymath".



Synonyms

genius, virtuoso, intellect, wizard.

IDIOM OF THE WEEK

Bite the bullet

to decide to do something difficult or unpleasant that one has been putting off or hesitating over.

Origin

likely comes from two military practices: soldiers chewing on a bullet to cope with pain during surgery without anaesthesia or to remain silent during corporal punishment.

How to use it?

"I hate public speaking but I have to bite the bullet and give the presentation to my team".

"She decided to bite the bullet and finally ask her boss for a payrise".

COLLEAGUE OF THE WEEK: LAURA

Staff vote weekly in our Colleague of the Week draw

Thank you for all you do at Cardrew Court School



UPCOMING EVENTS

On Wednesday 12th November we are lucky to have Healthy Cornwall joining us for the day, offering workshops for families and learners in KS3
Food Tech!

If you would like to take part please contact Lyn on office@cardewcourt.org to book a slot for you and your child.

Gorse 9.00-10.30

Verbena 10.45-12.15

Clover 1.00-2.30

If you would like to book a place, please email Lyn at office@cardewcourt.org



Home - Healthy Cornwall

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

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 Penistone Grammar School.



#WakeUpWednesday

The National College