



CARDREW COURT SCHOOL NEWSLETTER

Thank you, Reminders & Updates

Thank you

Thank you to the learners and parents that took part in the **Future Chef** Cornwall heat on Monday, to find out more check out the Foodtech page and our socials.

Thank you to **Healthy Cornwall** for the delivery of the parent and child workshops in Food held on Wednesday 12th November.

Thank you to everyone who supported the Odd Socks, Anti Bullying awareness on Friday.

Reminders

Monday 17th November 10am - 11.30am we have our **Parent Connect** coffee morning. We hope to see you for a cuppa and catch up. We have guest speaker from Truro and Penwith College attending to give an overview of Post 16, answering any questions you may have.

Updates

Learners have chosen Ice Skating at Eden for their end of term Christmas treat.

Cardrew's Got Talent (CGT) will be held on Tuesday 16th Dec at 2pm. Learner that wish to will be able to showcase talent and perform to their peers. We may even have a few staff performances also, watch this space!

Pumpkin Competition Winner

Huge congratulations to Mack, the winner of our Pumpkin Competition! Their pumpkin was a favourite. Thanks to everyone who joined in and showed off their carving skills!



Healthy
Cornwall





ANTI-BULLYING WEEK 2025

'POWER FOR GOOD'

Annually, this week is national 'Anti-Bullying Week' which culminates with 'Children In Need' today. Across the country, young people have been reflecting on this week's theme, considering how we can use our 'Power For Good'.

Our celebration of 'Odd Socks' representing all things Anti-Bullying Week can be seen below.



Creating environments of respect and kindness requires everyone to use their 'Power For Good'. As a **Rights Respecting School**, we want all our learners to feel empowered to speak up to bring about change - from playgrounds to parliaments, our homes to our phones, we all have a part to play to use our 'Power For Good'.

CCS ODD SOCKS





OUTDOOR ED

This half term we will be climbing! We are checking out The Tide climbing centre Padstow and getting to grips with the bouldering, top-roping and the auto-belay! Learners will be working towards their NICAS Level 1 which is a nationally recognised qualification!



Learners will tie the knots necessary to keep themselves safe when climbing, they will develop their communication skills and also be able to correctly identify the different routes on the climbing walls and the level of difficulty of each one.





Food Technology



★ CCS STAR BAKER:

Weekly cooking highlights:

It's been a fantastic first week back after half term, and our learners certainly did not disappoint! Gorse Class got things rolling with delicious herb and tomato swirls, filling the room with wonderful aromas. Verbena Class made tasty cheese and onion bread, while Clover Class impressed everyone with their savoury tarts. Heather Class took on a more advanced recipe, creating salmon and spinach parcels wrapped in delicate filo pastry – a real show of skills including skinning salmon. To finish the week on a sweet note, Fern Class baked a classic Victoria sponge, the perfect end to a busy and flavourful week!



Next week learners will be making:

Week Commencing 17th November

Gorse	Sausage, apple and sage rolls
Verbena	Iced Fingers
Clover	Sausage Rolls
Heather & Moss	Sausage Lattice
Fern	Chocolate and Beetroot Muffins

Leek & Potato Soup



butter

oil

600g leeks
trimmed and very finely sliced

3 medium potatoes
peeled and chopped

1.5 litres vegetable or chicken stock

150ml single cream



Fern

What a brilliant beginning to the new half term it's been for Fern Class! We have been so impressed with the enthusiasm, focus, and determination shown by every single pupil. From the very first day back, Fern Class have demonstrated outstanding self-motivation, independence, and diligence in their learning.

In particular, we'd like to celebrate the incredible effort everyone has put into revising and preparing for their upcoming mock exams. It's been wonderful to see learners taking ownership of their studies — setting personal goals, supporting each other, and practising exam tasks with real maturity and commitment.

Keep up the excellent work, Fern Class — your positive attitude and hard work are sure to pay off next week. We are so proud of all that you have achieved already this term!

A reminder of the dates and times of each exam are below. Thanks so much to our families for your continued support and good luck Year 11!

Date and time	Exam	Exam
Monday 17 th November 9am	GCSE Maths non-calculator 2hr 30m	Functional Skills Maths non-calculator 1hr 15m
Tuesday 18 th November 9am	GCSE English Language Paper 1 2hr 35m	Functional Skills English Level 1 Reading 1hr 15m
Tuesday 18 th November 1pm	iGCSE Biology 1hr 15m	
Wednesday 19 th November 9am	GCSE Maths calculator 2hr 30m	Functional Skills Maths calculator 1hr 15m
Friday 21 st November 9am	iGCSE Chemistry 1hr 15m	Functional Skills English Level 1 Writing 1hr 15m

FutureChef 2025

On Monday 10th November, Emily, Seb and Tate went to St. Austell College to take part in the Local heat of the National FutureChef competition. We are so proud of them! The judges were extremely complimentary about their professionalism and high skills, as well as their hygiene during their preparation, cooking and serving of their dishes. Well done to all!



Healthy Cornwall workshops for families & learners.

Food Tech has been very busy this week, on Wednesday Healthy Cornwall leaders came into school and worked with parents and learners making one cup pancakes with a mixture of toppings. they also talked about how to check if an egg is fresh, difference between shell colours, budgeting with the ever rising food costs, easy and quick family recipes and many more top tips!

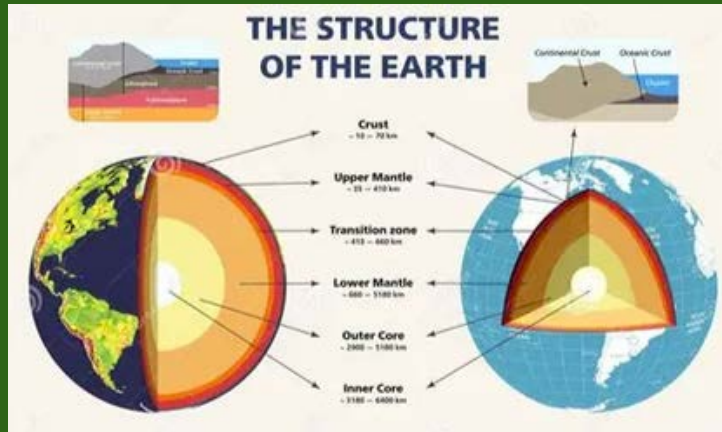
Thank you to those that supported the workshops and we are looking forward to holding another in the New Year!



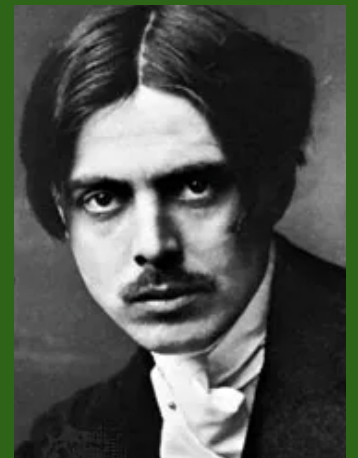
CLOVER CLASS

Weekly Highlights:

It's been a fantastic start to the new Autumn term. In Science, we began exploring the structure of the Earth. Learners have been discovering what lies beneath our feet – from the crust to the core – and discussing how these layers shape the world we live on.



In Art, learners were introduced to Vorticism, an exciting modern art movement full of energy and abstract forms. They also learned about Percy Wyndham Lewis, the artist and writer who helped found the movement.



Our focus in Geography turned to the Middle East – learning what it is and where it's located on the map. Learners explored its diverse landscapes, cultures, and significance in our world today.

To top it all off, learners had an introduction to climbing! For some, it was their very first time trying this exciting challenge. It was wonderful to see everyone facing their fears and supporting each other – what a brilliant way to begin the term!

Have an amazing weekend everyone!!
Em, Paula & Olly - Team Clover

MOSS CLASS HIGHLIGHTS

It has been great to see lots of our learners back in school this week, settling in well after our half term break. We spent some time in food tech making cookies together which was a fun way to start the week 😊



We have made use of the manipulatives in Maths this week to help us to visualise our addition and subtraction calculations. It was great to see the improvement in confidence of our learners once they realised they could use concrete resources to represent an abstract idea.

We are incredibly proud of our three learners who took part in the 'Future Chef' competition this week. They have worked so hard to prepare and perfect their dishes over recent weeks and their hard work certainly paid off. They all received wonderful compliments from the judges and we are very proud of them!



Our air dried succulent garden grew during Therapies this week 😊



VERBENA CLASS HIGHLIGHTS



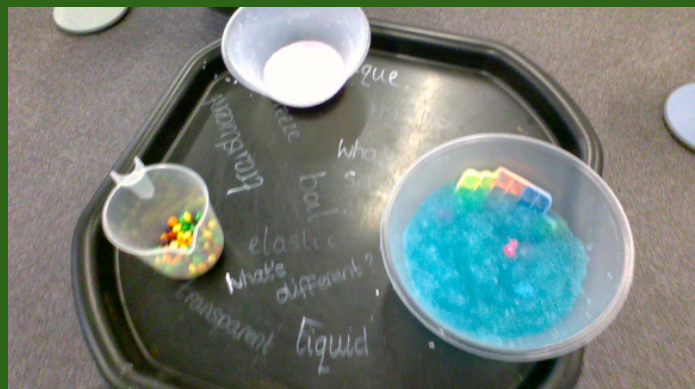
Verbena had a visit from Healthy Cornwall who led a cooking session with us. We learned a trick how to spot if an egg has gone off!

Then we followed a recipe to make pancakes. We had a choice of different fillings to add. It was an ideal opportunity to use the skills we have learnt so far.



To make UNO even more exciting, we worked as a team to create our own special playing cards. We had discussions on what the special cards should do and if they would make the game even more interesting.

In science we are investigating solids, liquids and gasses. We are looking at different materials and deciding how to classify them, definitely not eating any of the Skittles!



Heather

Learners started their week with outdoor education learning at Tide, the climbing centre in Padstow. It was wonderful to see learners participate in different climbing challenges. What a lovely way to start the term.



Learners have dived straight into food technology this week by showcasing their independence and making salmon and spinach filo parcels. The filo pastry required intricate layering and folding which learners executed well. They look delicious!



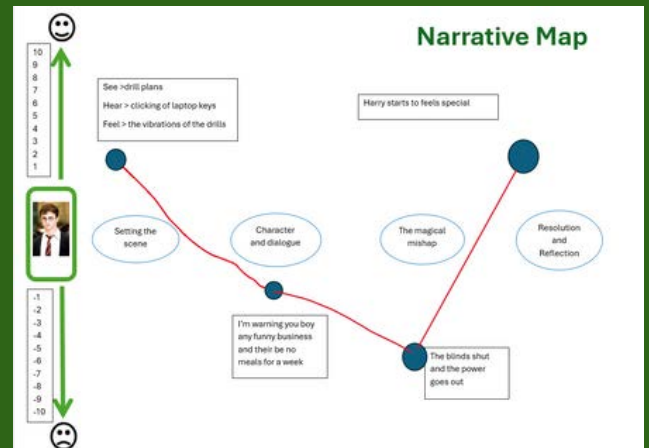
Heather class have achieved so much in their first week back! Hope you all have a lovely weekend and we will see you all on Monday for climbing.



Gorse Class

We've had a busy and creative time filled with imagination, colour, and a touch of festive excitement.

In English, we've been planning an extra chapter to follow on from Chapter 2: The Vanishing Glass, imagining what other magical mishappenings might occur next. The learners have shown fantastic creativity and flair in developing their ideas.



In Art, we have completed our beautiful painted sculptures inspired by Barbara Hepworth and have now begun our new unit — Drawing with Scissors — where we're exploring the bold, colourful world of Henri Matisse.

We've also started our next Personal Development topic: a Christmas-themed mini-enterprise project! The class is brimming with festive spirit as we plan, design, and prepare items to make and sell in time for the holidays.

Please click the link to complete our market research survey



GORSE CLASS MARKET RESEARCH - FILL OUT FORM

Well done, Gorse Class, for all your hard work and enthusiasm this week — keep it up!

Click the link below to see what's happening next week.

<https://padlet.com/MrTilley/gorse-class-wb-17-11-25-y2uza7fhkt5t8o0o>



Article of the Week

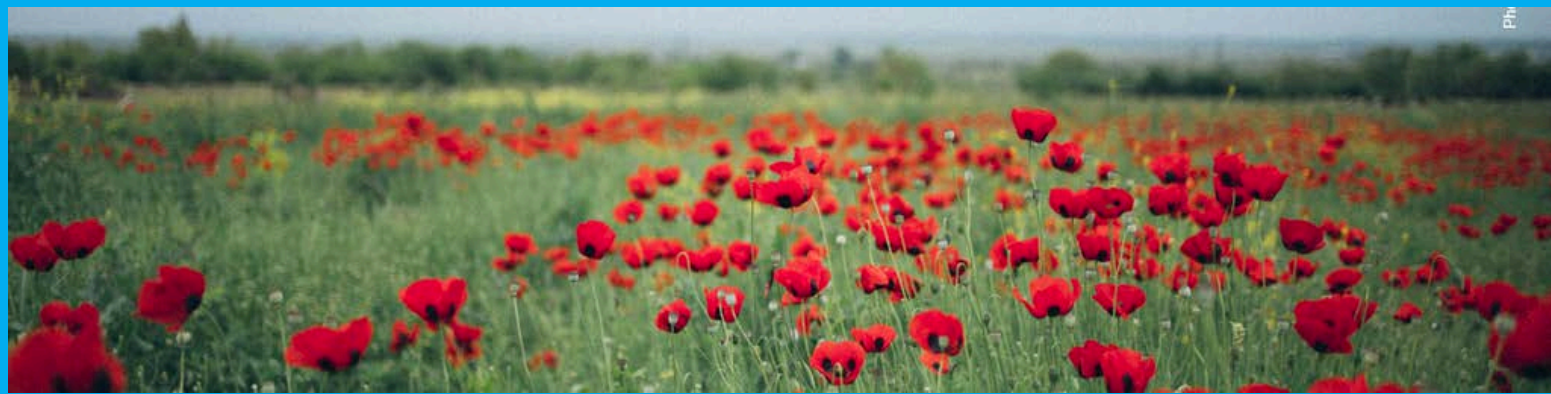
Remembrance



What is it?

Tuesday 11th November was Remembrance Day. Every year people across the UK come together to remember those who have died in wars across the world. Remembrance Day marks the day World War One ended - at the eleventh hour of the eleventh day of the eleventh month, in 1918. It is also known as Armistice Day.

<https://www.bbc.co.uk/newsround/articles/cn51g5dw35no>



Remembrance & Article 38

Remembrance unites people of all faiths, cultures and backgrounds in honouring those who defend our democratic freedom and way of life.

The UK has a long tradition of marking Armistice Day, calling to mind the moment when fighting ceased at the end of the First World War, at 11.00am on the 11th November 1918.



Article 38

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 conflicts.

CARDREW COURT SCHOOL
WOW & IDIOM
WEEK 9 W/C 17TH NOVEMBER 2025

WORD OF THE WEEK

Plangent
adjective

(of a sound) loud and resonant, with a mournful tone..

Examples:

"There is a haunting plangency in the cello's deep notes that fills the concert hall".

"Her voice carried a subtle plangency, a deep resonance that spoke of unspoken sadness".

Synonyms

mournful, reverberance, sonority.

IDIOM OF THE WEEK

Bone to pick



to have a grievance, complaint, or contentious issue that you want to discuss and settle with them.

Origin

Originated in the 16th century and comes from the image of a dog gnawing at a bone to get every last bit of meat, implying a prolonged and possibly difficult task of resolving an issue .

"I have a bone to pick with you, I heard how you criticised me at the meeting yesterday".

"I have a bone to pick with you about the chores you didn't do this week".

COLLEAGUE OF THE WEEK: KATE

Staff vote weekly in our Colleague of the Week draw

Thank you for all you do at Cardrew Court School



Community Updates

Redruth resident survey 2025

The Redruth Resident Survey has been developed to guide the Town Council's activities and priorities over the next five years. Your feedback will directly shape our five-year Strategic Plan and help ensure it reflects the needs and aspirations of our community.

The survey explores how residents use and experience the town, including your views on accessing local services, community life, and financial wellbeing. Your insights will help the Council understand what's working well and where improvements are needed.

While some services and decisions are the responsibility of Cornwall Council, Redruth Town Council can lobby and advocate on your behalf where it cannot provide services directly.

It's really important that this survey is representative and includes the voices of all residents.

Your voice matters. Whether you've lived in Redruth for a short time or for generations, your experiences, concerns, and ideas are invaluable.

Click the link to take part: <https://redruthtowncouncil.qualtrics.com/.../SV...>

Paper copies of the survey are available to collect from [Redruth Library & Information Service](#), Redruth Civic Centre, Alma Place, Redruth, TR15 2AT.

If you have any questions or need any help to take part, please contact us:
survey@redruth-tc.gov.uk
01209210038



WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE, NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KTCVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>