



# CARDREW COURT SCHOOL NEWSLETTER

## Happy New Year

What a first week back it has been! Not only due to the various different weather situations, but for the kindness, resilience and sheer determination our learners have demonstrated across the week that gave us more plan changes than we would have all liked!

I thank you all again for your support, effective communication, early pick ups, late drop offs and general patience.

I am happy to report the weather forecast for next week is much more favourable.

I hope you all have a restful weekend.

Kind regards  
Kerry Towers  
Headteacher



## Updates & Reminders

### Parent Connect, coffee morning **Monday 12<sup>th</sup> Jan 2026 from 10am**

We welcome Sara Bibb from Healthy Cornwall. She will be talking about tech and sleep - sharing her advice and guidance on how to manage healthy screentime for our young people and how to establish and support sleep routines alongside this. Sara will also be sharing the help and services available within Healthy Cornwall.

Everyone welcome.



# Food Technology



Weekly cooking highlights:

## Gorse Class

Gorse Class got off to a fantastic start in the kitchen, baking delicious cheese and chive scones. The wonderful smells were enjoyed by everyone, and learners showed great teamwork and enthusiasm throughout the session.

## Verbena Class

Verbena learners made tasty fruity flapjacks, carefully following recipes and developing their baking skills. The finished results were a big hit!

## Clover Class

Clover Class prepared a homemade tomato sauce to serve with pasta. Learners enjoyed learning about fresh ingredients and practising safe chopping and cooking techniques.

## Heather and Moss Classes

Heather and Moss learners took on the challenge of making pizza from scratch, from preparing the dough to adding their own toppings. Everyone worked hard and produced some impressive results.

## Fern Class

Fern learners continued working towards their Level 2 Home Cooking Skills qualification, building on their knowledge and confidence in the kitchen.



Next week learners will be making:

Week Commencing 12th January

Gorse	Scone Based Pizza
Verbena	Lemon Drizzle Cake
Clover	Pesto Sauce
Heather & Moss	Lasagne with roux sauce
Fern	Level 2 Home Cooking Skills

## Healthy Eating Tip!



Food = fuel → Balance your plate:  
Aim for colorful meals:  
vegetables, fruits, lean proteins,  
healthy fats, and whole grains.  
Skipping meals can make you  
tired, moody, and less focused at  
school.

# Fern

A warm welcome back to all our Year 11 Fern learners as we begin a new term. We would like to congratulate them on their excellent attitude right from the start – their focus and commitment have been impressive and set a positive tone for the weeks ahead.

This week has been all about settling back in and reflecting and reviewing the successful work we started last term:

In English, we have been reviewing and developing our reading skills based on your individual targets, and in such a short time we can already see the fantastic progress you are making through the quality of your responses. Your thoughtful engagement with unseen texts is really paying off.

In Maths, we have also been working hard to review and strengthen our skills using the IXL programme.

This consistent practice across both core subjects is visibly building the learners' confidence and it's great to see the determination they're showing.

REFLECT  
REVIEW  
DEVELOP



Learners have also made a great start on their collaborative PD project, where they are working together to create a healthy eating display. This project is a wonderful opportunity to develop teamwork skills while promoting positive lifestyle choices, and we are excited to see how it develops.



Keep up the excellent work, Year 11 Fern – we are proud of your efforts and look forward to seeing you continue to grow and succeed this term!



# Clover Class

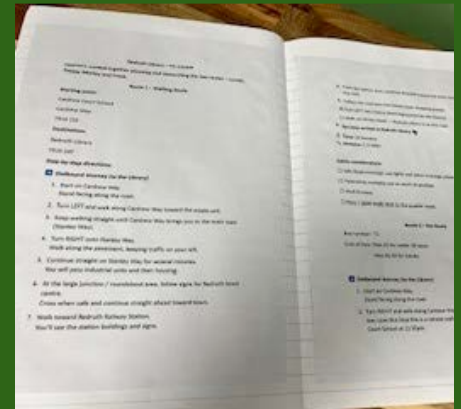
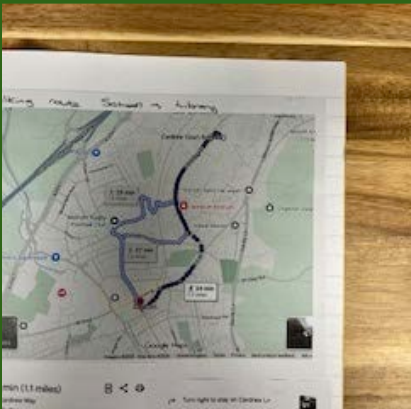
## Weekly Highlights:



Our first trip out this year took place on a beautiful, sunny winter's day to Poldice Valley, where learners enjoyed an exciting geo-caching adventure. Despite the icy paths, everyone embraced the crisp winter walk and made the most of the bright sunshine. The trip was perfectly rounded off with a well-earned hot chocolate at Bon Appétit, which was thoroughly enjoyed by all.



It has been great to welcome learners back into the classroom this term. As part of their PD ASDAN, learners have begun planning their routes to Redruth Library, choosing either to walk or travel by bus. They have been developing important independence skills by looking closely at timings, distances, fares, timetables, and key safety considerations along their journeys.



In Art, learners explored the work of Percy Wyndham Lewis, using his style as inspiration for their own creative pieces. This has resulted in some lovely artwork, showing strong engagement and creativity from the group.

We are really pleased with the enthusiasm and focus learners have shown across both practical life skills and creative learning.



# MOSS CLASS HIGHLIGHTS

It was great to see so many of our learners back in class this week after the winter break. We got stuck straight back in to learning and, as always, learners have shown great levels of resilience all round - Well done!



We welcomed our new teaching assistant Jo to Moss this week. She is a great addition to the team and we are looking forward to getting to know her better. So far, we know she loves surfing, music and art so she fits in with Moss very well!

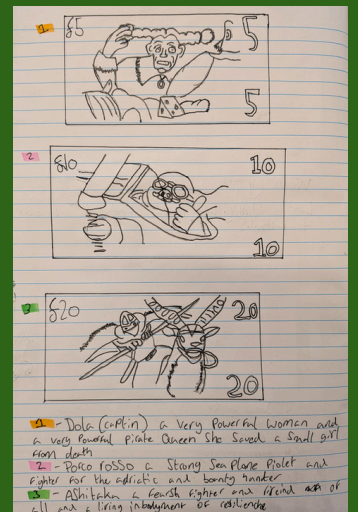
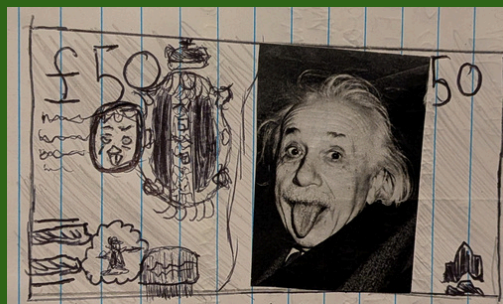
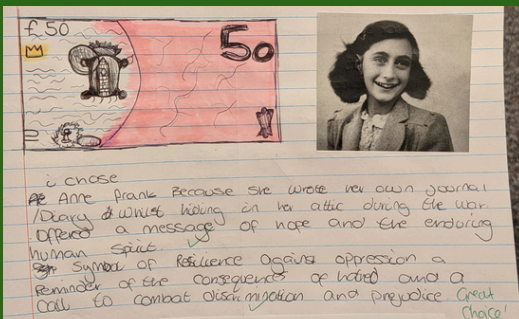


We made some delicious pizzas in Food Tech on Monday! Learners made the dough and sauce from scratch before choosing their own toppings. A great lesson 😊



In Art, learners used a range of media to begin creating a piece based around 'underwater'. It was exciting to see how the learners interpreted this in their own unique and individual ways.

In Humanities, learners designed their own bank notes after researching who currently features on British bank notes and why.





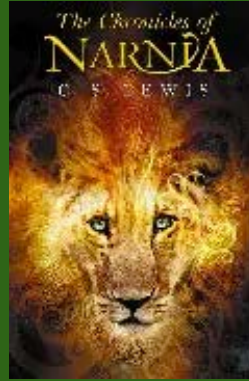
# VERBENA CLASS HIGHLIGHTS



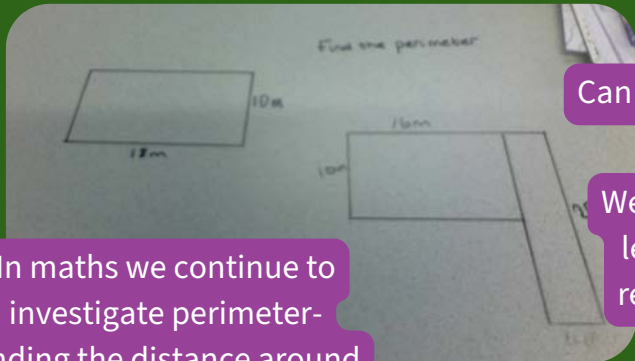
This week we started to explore Portal stories. If you're not sure what they are- here is the definition.

A PORTAL STORY IS A NARRATIVE THAT INVOLVES A CHARACTER JOURNEYING THROUGH A DOORWAY OR PORTAL TO A DIFFERENT PLACE OR TIME, OFTEN FILLED WITH MAGICAL ELEMENTS.

The Chronicles of Narnia and Alice in Wonderland are famous examples of portal stories.



In science , we are beginning to explore Light. To start the unit, we discussed what we already knew. It turns out, we already had a lot of scientific knowledge so we are looking forward to building on our understanding. Keep an eye on the newsletter for updates!



Can you find the missing lengths on these shapes?

We worked in pairs to work out the missing lengths on some puzzles. It required our reasoning skills to identify missing sides.

In maths we continue to investigate perimeter- finding the distance around the outside of a shape.



Dear Parent or Guardian,

I am pleased to tell you that we will be using a website called IXL in our classroom this year. IXL is a comprehensive learning program offering unlimited maths practice across thousands of skills—all of which are aligned to the national curriculum. One of the best things about IXL is that your child can access it from home, so you have a chance to see their progress!

To get your child started on your home computer, please follow these easy steps:

1. Go to <https://www.ixl.com/signin/caregiversout>
2. Enter your child's username and password and click "Sign in" (Note: If the username and password are not listed below, they will be provided separately.)

Username \_\_\_\_\_  
Password \_\_\_\_\_

3. Click on any skill to start learning!

IXL is designed to help your child learn at their own pace. The program is adaptive and will adjust based on your child's demonstrated understanding of the material. All of your child's results will be saved, so you can monitor their progress anytime by clicking on Analytics. For on-the-go practice, you can download IXL's free mobile apps for Apple, Android, or Kindle and sign in with your child's username and password.

I hope you'll encourage your child to use IXL regularly. Here's to a year of working together to make learning fun!

Sincerely,  
Vic Evans

We now have logins for IXL maths, an app that we use to practise our maths skills. This can also be accessed at home using the login details that we are going to bring home. Look out for this in our bags!



# Heather

Welcome back learners!! It has been great to see you all and get stuck into the spring term.



## Food Tech:

For our first week back, learners were excited to cook Pizza. We had a variety of shapes and flavours. Pizza success!



## Science:

To start our new Biology topic, Heather class have been finding out more about the functions of different blood vessels. This helped us later on in the week when we looked at the structure of the heart.

We have seen such resilient in our learners this week. Whilst adjusting to the early mornings and unpredictable weather, learners have earned themselves a very successful first week back.

## REMINDERS:

On Monday, learners will continue with geocaching in Outdoor Education so be sure to dress warm!



# Gorse Class

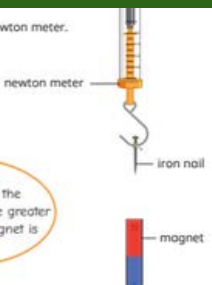
We've had a fantastic start to the new term with lots of exciting learning across our subjects!

In English, we've begun a new unit based on Northern Lights by Philip Pullman. The learners have been introduced to the fascinating world of the novel and are already exploring its themes and setting.

My character is: lord asriel

Evidence that they are a good character	Evidence that they are a bad character
<i>He stopped what he was doing, and looked at her as if for the first time. His daemon turned her great green leopard-eyes on her too</i>	<i>"I will break your arm first. How dare you come in here?"</i>
<i>Do as you are told and go to bed, and if you're a good girl I'll bring you back a walrus tusk with some Eskimo craving on it. Don't argue anymore or I shall be angry."</i>	<i>but Lord Asriel wouldn't stand for that. He had a hatred of priors and monks and nuns and being a high-handed man</i>
<i>You're not coming, child. Put it out of your head; the times are too dangerous. Not to look after himself, nor to give to the <u>options</u>; he took you to Jordan College and dared the law to undo it.</i>	<i>, and he was to be told, because all the anger in his nature had turned against her now..."</i>
	<i>eyes that seemed to flash and glitter with savage laughter. It was a face to be dominated by, or to fight never a face to patronize or pity.</i>

Mr Trent attaches an iron nail to a newton meter. He measures the force as he moves a magnet closer to the nail.



a) I think that the reading on the newton meter will be greater the closer the magnet is to the nail.

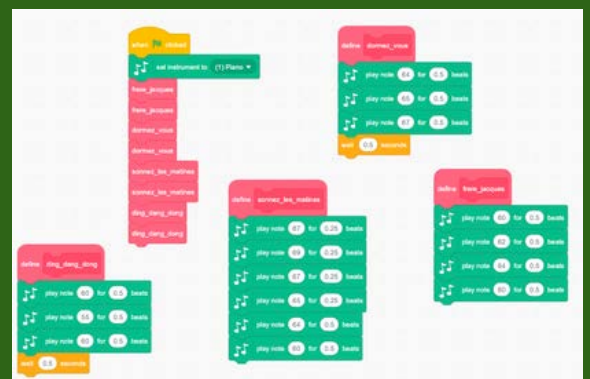
Is Eva correct? yes

Explain your answer.

There is a bigger magnetic force when the nail is moved closer to the magnet, so the reading on the newton meter will be higher.

In Science, our new topic is Magnetism. Learners have been investigating magnetic forces and discovering how magnets interact with different materials.

In Computing, we've started a unit on Programming Essentials. The class has been using Scratch to create music by coding the piece Frere Jacques, combining creativity with coding skills.



We're looking forward to building on these foundations and seeing the amazing work the children produce!

Click the link below to see the timetable for next week.

<https://padlet.com/MrTilley/gorse-class-wb-12-01-26-y2uza7fhkt5t8o0o>



# Article of the Week

## World Braille Day



World Braille Day was on 4th January and is a day to raise awareness of the importance of braille in helping blind and partially sighted people communicate.

According to the Royal National Institute of Blind People (RNIB) there are around 20,000 braille users in the UK.

<https://www.bbc.co.uk/newsround/55234828>

This links to articles:



### WATCH THIS VIDEO ON THE SOCIAL MODEL OF DISABILITY.

**AT CARDREW COURT SCHOOL WE AIM TO BE ORGANISED TO PROVIDE MORE INDEPENDENCE, ACCESSIBILITY AND OPPORTUNITY TO PEOPLE WITH A DISABILITY.**



CARDREW COURT SCHOOL  
**WOW & IDIOM**  
WEEK 15 W/C 12<sup>TH</sup> JAN 2026

**WORD OF THE WEEK**

**Hobnob**  
**verb**

*to spend time in a friendly way with someone, especially a famous, wealthy or influential person.*

**Examples:**

*"He loved to hobnob with the rich and famous.*

*"Peter finds work as a stuntman's human airbag and gets the chance to hobnob with famous celebrities".*

**Synonyms**

*associate, mix, fraternize.*

**IDIOM OF THE WEEK**

**Change of heart**

a shift in someone's feelings, opinions or intentions about something or someone, often leading to a different course of action.

**Origin**

The exact origin is uncertain however, its meaning consistently refers to a shift in one's feelings, opinions or intentions, stemming from the long-held symbolic association of the heart .

*"She was going to sell her house but had a change of heart at the last minute".*

*"At first Mum said we couldn't go, but she had a change of heart".*



**COLLEAGUE OF THE WEEK: EMMA C**

Staff vote weekly in our Colleague of the Week draw

Thank you for all you do at Cardrew Court School



# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

### 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

### 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

### 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

### 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

### 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

### 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

### 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

### 8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

### 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

### 10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently; so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

## Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>



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**PARENT CARERS CORNWALL HAVE A VERY USER FRIENDLY WEBSITE WITH A NEURODIVERSITY HUB OFFERING LOTS OF SUPPORT AND TIPS. THE LINK IS [HTTPS://PARENTCARERSCORNWALL.ORG.UK/](https://parentcarerscornwall.org.uk/)**

**PARENT CARERS CORNWALL OFFER A WIDE RANGE OF WORKSHOPS, IN JANUARY THEY ARE OFFERING.**

**THE LINK TO BOOK IS :**

**[HTTPS://PARENTCARERSCORNWALL.ORG.UK/UPCOMING-EVENTS/](https://parentcarerscornwall.org.uk/upcoming-events/)**

<b>Introduction to Sensory Processing and the Impact on a Child's Functioning</b>	<b>16<sup>TH</sup> JANUARY</b>	<b>NEWQUAY</b>
<b>Nearly Neurodivergent-Children</b>	<b>21<sup>ST</sup> JANUARY</b>	<b>ST. AUSTELL</b>
<b>Introduction to Sensory Processing and the Impact on a Child's Functioning</b>	<b>21<sup>ST</sup> JANUARY</b>	<b>PENZANCE</b>
<b>UNDERSTANDING WHOLE BODY REGULATION TO SUPPORT YOUR CHILD'S FUNCTIONING</b>	<b>30<sup>TH</sup> JANUARY</b>	<b>NEWQUAY</b>