

WEEK 20: 23RD - 27TH FEBRUARY 2026



CARDREW COURT SCHOOL NEWSLETTER

Upcoming Events

2 March **Open classroom event**

3.30pm- 4.30pm

5 March **World Book Day**

Learners can come dressed as their favourite
book character

9 March **Parent Connect Coffee Morning**

10am - 11.30am

24 March **Careers Fair / Parents Evening**

3.30pm- 6pm

25 March **Parent and Child Chocolate workshop**

contact office@cardrewcourt.org if you would like more information

MAN DOWN

MAN DOWN UK IS A NON-PROFIT COMMUNITY INTEREST COMPANY FOUNDED IN CORNWALL, DEDICATED TO SUPPORTING MEN WITH MENTAL HEALTH CHALLENGES. WE RUN INFORMAL, PEER-LED TALKING GROUPS ACROSS THE UK, PROVIDING A SAFE, JUDGMENT-FREE SPACE FOR MEN TO SHARE THEIR STRUGGLES AND CONNECT WITH OTHERS WHO UNDERSTAND.

BY FOSTERING OPEN CONVERSATIONS, WE AIM TO BREAK THE STIGMA SURROUNDING MEN'S MENTAL HEALTH AND REDUCE THE NUMBER OF MALE SUICIDES. TOGETHER, WE CAN END THE SILENCE AND SAVE LIVES.



GROUPS MEET ALL OVER CORNWALL.

LINK: [HTTPS://MANDOWN.ORG/](https://mandown.org/)



Food Technology



👩🍳👩🍳 Gorse have been baking delicious bread rolls 🍞, while Verbena prepared a comforting macaroni cheese 🧀. Clover focused on developing their skills through Level 1 Home Cooking Skills 🍳, and Heather & Moss made a fresh and vibrant wild rice salad 🥗. Meanwhile, Fern have been building their confidence and independence by working on their Level 2 Home Cooking Skills 👩🍳🌟.



Next week learners will be making:

Recipe of the week!

Week Commencing 2nd March St Piran's day 5th March	
Gorse	St.Piran's Day - Pasty Making
Verbena	St.Piran's Day - Pasty Making
Clover	St.Piran's Day - Pasty Making
Heather & Moss	St.Piran's Day - Pasty Making
Fern	St.Piran's Day - Pasty Making

Macaroni Cheese

Ingredients


- 100g macaroni
- 100g Cheddar cheese
- 25g butter
- 25g plain flour
- 250ml semi-skimmed milk
- Black pepper

Equipment

- Two saucepans,
- Scales,
- Grater,
- Chopping board,
- Colander,
- Measuring jug,
- Wooden spoon,
- Whisk,
- Ovenproof dish

Method

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 – 12 minutes, until *al dente*.
2. Grate the cheese.
3. While the pasta is cooking, make the sauce: place the fat, flour and milk into a small saucepan; bring the sauce to a simmer, whisking all the time until it has thickened; stir in 75g of the grated cheese.
4. Preheat the grill.
5. Drain the boiling hot water away from the macaroni into a colander in the sink.
6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
7. Pour the macaroni into an oven-proof dish (or foil tray).
8. Place under a hot grill until the cheese is bubbling and golden brown.



Adapt the recipe
Try using a reduced fat Cheddar cheese to lower the fat content or use wholemeal pasta to increase the fibre.

Fern

A very warm welcome back to all Fern learners after the half term break. It has been wonderful to see such a positive attitude and strong start to the new half term.

24.2.26 Develop Writing Skills

This was my moment. The voices of the handlers and the barks of the dogs slowly blurred into a low hum as my world narrowed to just me, Lulu and the judge. They stood in the middle of the ring holding four ribbons with an array of colors among them. Their gaze scans the edges of the ring before their kind blue eyes lock into mine, their gaze is thoughtful almost like we're being considered for an award.

The way they were looking at me made my heart race and my thoughts spin faster than I could gather them...

This week, learners have worked hard across their core subjects. In English, they have been revisiting and refining key writing skills, focusing on improving technique in preparation for upcoming assessments. It has been fantastic to see learners thoughtfully crafting their written responses.

In Humanities, learners have shown real creativity and pride in completing their Redruth photographic exhibitions. Their projects beautifully showcase local history and reflect the research, fieldwork, and effort they have invested. We look forward to sharing these final pieces more widely.



Looking ahead, we have an exciting and important few weeks coming up:

- Open House - Monday 2nd March from 3.30pm. All parents and learners are welcome as we showcase the fantastic work that's been happening so far this academic year.
- World Book Day – Thursday 5th March: Learners are warmly invited to celebrate the joy of reading by coming to school dressed as a favourite book character.
- 5th March - rescheduled Exams TEAMS for Year 11 parents
- International Women's Day: We are excited to be welcoming inspirational female speakers to talk to learners about their experiences and achievements across next week.
- Year 11 final mock exams – Beginning Monday 16th March: These mocks are a crucial preparation for the summer exams. Please continue to encourage revision and the use of Tassomai and IXL at home.
- Careers Fair and Parents' Evening – 24th March: An important opportunity to discuss progress, next steps, and future pathways.



Clover Class



Weekly Highlights:

Welcome back, Clover learners and families! We hope you all had a restful half term break and are feeling refreshed and ready for another exciting few weeks of learning. We are looking forward to a busy and fun-filled Spring Term 2.

On Tuesday Clover learners enjoyed a wonderful sunny walk around Pendennis Castle. The learners represented the school beautifully and loved exploring the historic grounds while making the most of the fresh sea air and sunshine.



We are now beginning preparations for World Book Day! We are excitedly decorating our classroom door as part of the celebrations.

We would love learners to join us in celebrating by coming to school in fancy dress on Thursday 5th March. Dressing up is completely optional, but we would love to see as many book-inspired costumes as possible!



We are looking forward to another brilliant half term in Clover Class! We are also looking forward to the Open Classroom Event and to seeing as many of you as possible on Monday 2nd March from 3:30 - 4:30pm 😊



Clover Class, part 2



What a truly wonderful and inspiring day it has been! Em cycled for an incredible six hours today, clocking up an amazing 67.5 miles as she continues preparing for her big bike ride from Land's End to John O'Groats over the Easter break. Her determination and dedication have been nothing short of inspiring. Meanwhile, our fantastic learners have been busy hosting a cake sale, raising a brilliant £111 in support of the National Autistic Society / as part of their PD Asdan. We are so proud of everyone involved – such a fantastic team effort for a truly meaningful cause!



MOSS CLASS HIGHLIGHTS



Open Classroom Event

We are looking forward to seeing as many Moss parents as possible on **Monday 2nd March from 3:30 - 4:30pm**. It is a great opportunity to chat to us, see our classroom and look at your child's books. Tea, coffee and biscuits will be available in Food Tech too 😊



PLEASE REMEMBER TO CONTACT DANI VIA DOJO TO BOOK YOUR PARENTS EVENING APPOINTMENT FOR TUESDAY 24TH MARCH

WORLD
**BOOK
DAY**

5 MARCH 2026

DON'T FORGET YOU CAN DRESS UP AS YOUR FAVOURITE CHARACTER OR JUST BRING IN YOUR FAVOURITE BOOK TO SHARE 😊



We popped to check out a new local farm shop and spent time discussing the benefits of shopping sustainably.



We have started to design our classroom door ready for World Book Day next Thursday... Can you guess what it's going to be?



REMINDER - Outdoor Ed this half term will be coastal walking. Learners will need to bring a waterproof coat and sensible footwear with them each week regardless of the weather. This is a good lesson in being prepared which is something we are encouraging across the school. Learners may choose to bring a change of footwear to change into before we leave for Outdoor Ed e.g.. walking boots or wellies.





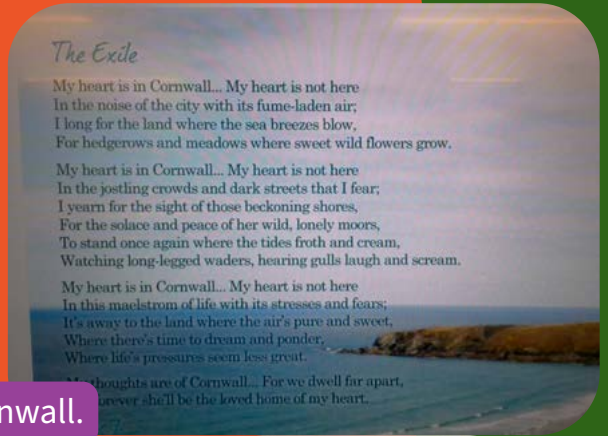
VERBENA CLASS HIGHLIGHTS



Our next focus in English is poetry. We are going to investigate different poems to discover what makes a good poem. Later we will be writing our own poetry.



Poems
Love/flirty
Hate/anger/frustration
Rap/Ren
Express any emotion
Changes in seasons
Special places/people



We went on to research poems about Cornwall.



Our creative skills were in use to make a special book themed door for World Book Day.



Copilot Search
Equivalent fractions are fractions that have the same value, even if their numerators and denominators are different.

Our focus in maths is equivalent fractions. We have started to investigate them using different resources in the classroom.



Outdoor Ed was really busy this week on our visit to Porthtowan. We completed a beach clean, played cricket and even learnt Semaphore with Adam!

Heather class



Welcome back Heather class!

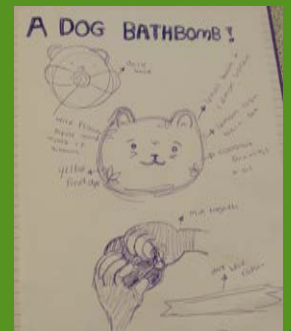
Can you guess the how Heather class have been decorating their door in preparation for world book day...



Food Technology.

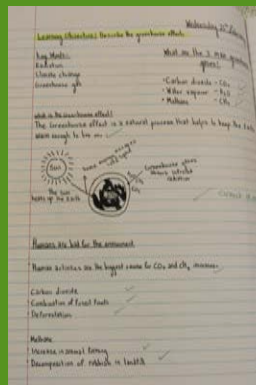
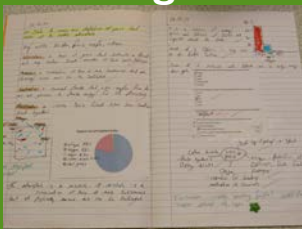
This week in food technology, learners used their cutting skills and produced a beautifully fragrant wild rice salad.

Learners have been contributing to their PD Asdan qualification this week by looking at environmentally friendly products. As this market grows, learners were asked to create their own environmentally friendly product.



Science:

Heather class started their new topic on greenhouse gases this week. Here are some pieces of work showcasing informative diagrams and notes.



REMINDERS:

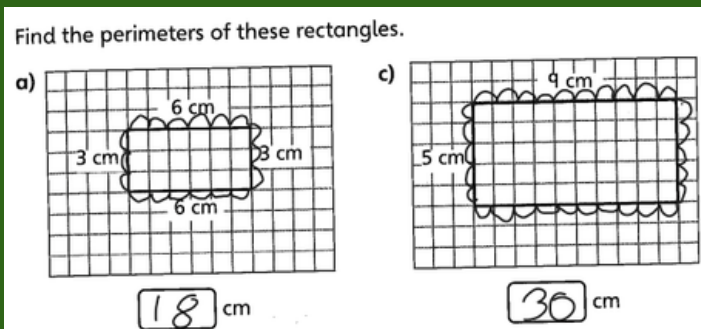
- Be sure to bring appropriate footwear and coat as we continue coastal walking on Monday.
- Friends/Family can visit our school- March 2nd.
- World Book Day- March 5th.

You have all had such an amazing first week back! It has been so lovely seeing you all. Thank you for all your hard work.

Gorse Class

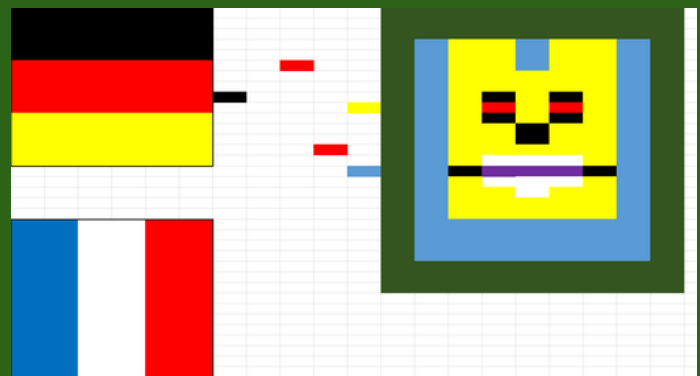
We have enjoyed a thoughtful and engaging week of learning in Gorse Class.

In English, we have begun the half term with a brand-new focus text: *Arthur, High King of Britain* by Michael Morpurgo. Learners have been exploring the story's themes, characters, and legendary atmosphere as they prepare to write their own "beat the monster" narrative later in the unit.



Our new Maths topic is length and perimeter. Learners have started measuring, comparing, and calculating perimeter, and we will link this learning to real-life situations—such as working out the boundary of a garden, deciding how much fencing would be needed, or measuring distances in everyday spaces. This helps learners see how these skills are used beyond the classroom.

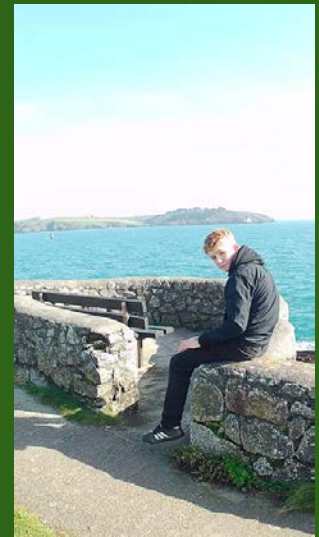
In Computing, learners have started a new unit on spreadsheets. To introduce the features of Excel, they kicked off with "cell bingo" and created pixel-style artwork, helping them develop confidence with cells, formatting, and digital creativity.



Here is a link to a padlet timetable to see what learning lies ahead next week.

<https://padlet.com/MrTilley/gorse-class-wb-09-02-26-y2uza7fhkt5t8o0o>

OUTDOOR ED



FINALLY WE HAVE HAD A BREAK IN THE WEATHER, ALBEIT A VERY BRIEF ONE!!

TO TAKE FULL ADVANTAGE OF IT, WE HEADED OUT ON THE COAST PATH AT VARIOUS POINTS AROUND THE LOCAL AREA. HEATHER CLASS WALKED 3 MILES FROM MYLOR BRIDGE PAST RESTRONGUET CREEK, CLOVER AND FERN CLASSES EXPLORED THE OLD FORTS AT THE END OF PENDENNIS POINT AS PART OF THEIR 3 MILES, AND MOSS CLASS SMASHED A SOGGY 3.5 MILES FROM GWITHIAN TO GODREVVY WITH A QUICK STOP TO SEE THE SEALS.



GORSE AND VERBENA CLASSES HIT THE BEACH AT PORTHTOWAN FOR SOME TEAM GAMES AND A SPOT OF BEACH CLEANING.





Article of the Week

World Book Day

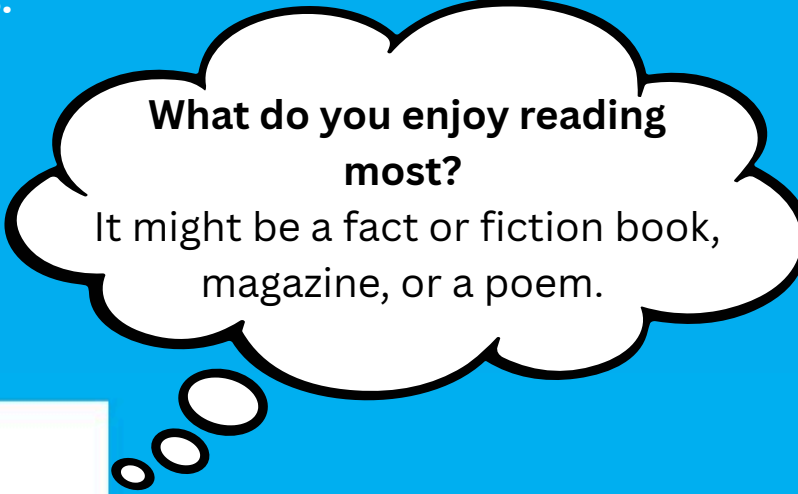


What is World Book Day?

World Book Day was created by UNESCO on 23 April 1995 as a worldwide celebration of books and reading.

In countries around the world it is celebrated on the anniversary of that date, but in the UK it is generally marked on the first Thursday of March.

Spending just 10 minutes a day reading and sharing stories can make a crucial difference to your future success and is fun for all involved. That's why World Book Day continues to encourage children and young people to read for pleasure through its work with authors, illustrators, publishers, bookshops and libraries.



What do you enjoy reading most?

It might be a fact or fiction book, magazine, or a poem.

LINKED ARTICLES

This week's activities link to the following articles:

- **Article 17 (access to information from the media)** - Every child has the right to reliable information from a variety of sources, and governments should encourage the media to provide information that children can understand. Governments must help protect children from materials that could harm them.
- **Article 29 (goals of education)** - Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures and the environment.
- **Article 31 (leisure, play and culture)** - Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.



CARDREW COURT SCHOOL
WOW & IDIOM
WEEK 21 W/C 2ND MARCH 2026

WORD OF THE WEEK

Petulant

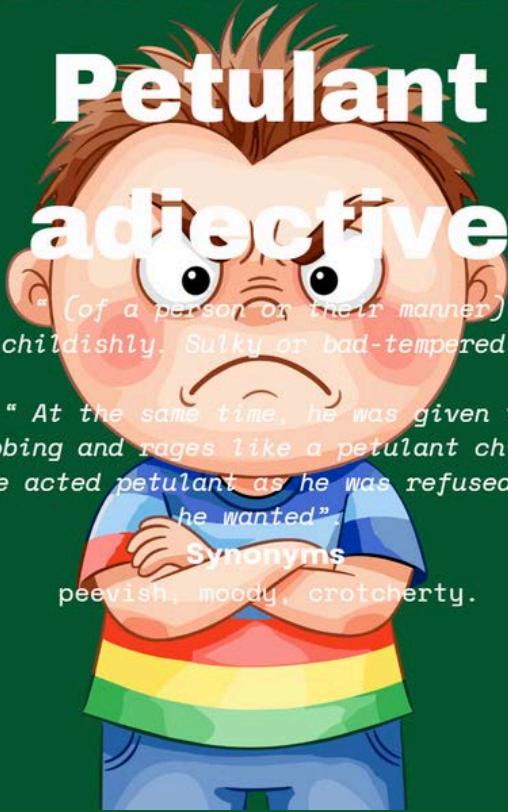
adjective

"(of a person or their manner) childish. Sulky or bad-tempered".

"At the same time, he was given to sobbing and rages like a petulant child".
"he acted petulant as he was refused what he wanted"

Synonyms

peevish, moody, crotcherty.



IDIOM OF THE WEEK

Cut Corners

"do something perfunctorily so as to save time or money".

Origin

"Originates from the literal act of taking a shortcut across a corner instead of following a designated path or road".

"There were concerns that airport security staff under pressure might be tempted to cut corners".

"Will speeding up nurses' training lead to improved patient care, or is it simply cutting corners?".



COLLEAGUE OF THE WEEK: EMMA M

Staff vote weekly in our Colleague of the Week draw

Thank you for all you do at Cardrew Court School



What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



nationalcollege.com



@thenatcollege



/thenationalcollege

KEHELLAND COLLEGE

OPEN DAY

THURSDAY
2ND APRIL


10:30-2:30
DROP IN
SESSIONS

Secure your space via
Eventbrite!

Simply scan the QR code,
click on 'book now' or
contact us.

ON THE DAY YOU CAN ENJOY:

-  Tours of our beautiful 16-acre site
-  Horticulture & outdoor education activities
-  Meeting with our current learners
-  Exciting scavenger hunts
-  Fun team building games
-  FREE parking
-  Light refreshments
-  Drop in style sessions to suit your schedule

 [BOOK NOW](#)



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Adult
Education

