



WEEK 21: 2ND-6TH MARCH 2026



# CARDREW COURT SCHOOL NEWSLETTER

## World Book Day 2026: Learners



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# CARDREW COURT SCHOOL NEWSLETTER

## Thank you, updates and reminders

**Thank you** for attending our open classroom event, it was so wonderful to see our learners so proud of their achievements.

### Updates and Reminders

Monday 9 March **Parent Connect Coffee Morning**  
10am - 11.30am, school hall, Barny from  
'Your Future Kernow' (formally Careers South West), as guest speaker

Tuesday 24 March **Careers Fair / Parents Evening**  
3.30pm- 6pm, all welcome to the careers fair, please book your  
parents evening slot with your child's class teacher

Wednesday 25 March **Parent and Child Chocolate workshop**  
contact [office@cardrewcourt.org](mailto:office@cardrewcourt.org) if you would like to book in or  
for more information

Our Spring Term, **Parent /Carer Feedback survey** is now live, we  
would appreciate if you could spare time to complete.

<https://forms.office.com/e/twQC57MnNi>

CCS Parent Survey March 2026





# Food Technology



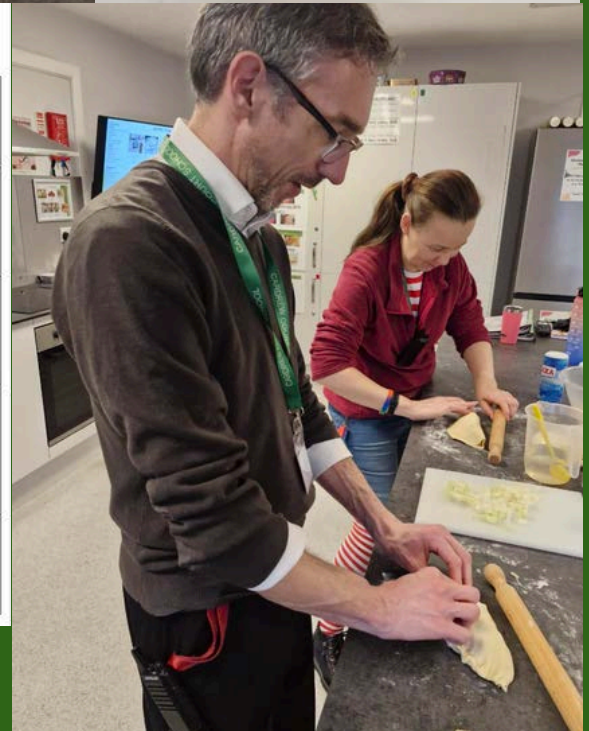
We have had a wonderful time in Food Tech this week with Gorse, Moss and Verbena classes celebrating St Piran's day with some traditional pasty making. Crimping skills were practiced and fun was had by all!

Some of the staff even managed their hand at crimping!



## Week Commencing 9th March

<b>Gorse</b>	Lemon and herb fish goujons
<b>Verbena</b>	Tuna Pasta Bake
<b>Clover</b>	Level 1 Home Cooking Skills
<b>Heather &amp; Moss</b>	Thai Green Vegetable Curry
<b>Fern</b>	Level 2 Home Cooking Skills



# Fern

This week, Fern learners have been introduced to IXL English, an exciting new platform that will support them in developing and consolidating their literacy skills. IXL provides personalised learning, meaning the tasks adapt to each learner's level and help them practise the specific skills they need to succeed. Alongside Tassomai, learners can now access both programmes at home, providing a great opportunity to begin chipping away at revision ahead of their upcoming accreditations. Just a few minutes each day can make a real difference, and we encourage parents to support learners in completing their daily goals where possible.

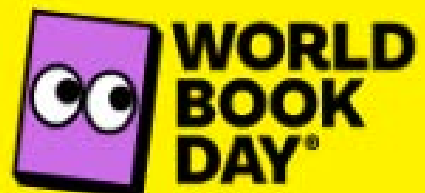
Learners also benefited from an inspiring careers talk this week. A big thank you to Mrs Brodie for taking the time to speak with the learners and give them valuable insight into the dedication and opportunities involved in the rewarding career of nursing.



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

- Next week is Science week and Dani has lots of exciting activities planned for learners to enjoy!
- 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. You should have received an email from Hayley inviting you to book your slot - please get in touch with her directly to arrange a meeting if you have not: [hknowles@cardrewcourt.org](mailto:hknowles@cardrewcourt.org)

Finally, a huge well done to all Fern learners for their fantastic efforts during our CCS World Book Day celebrations. Everyone looked amazing in their costumes, and the class worked together brilliantly to create a beautifully decorated classroom door to mark the occasion. The creativity, teamwork, and enthusiasm shown by the group made the day extra special. Well done, Fern, for another week of excellent effort and positive engagement!



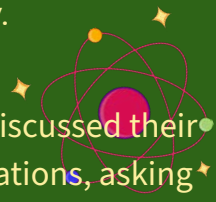


# Clover Class

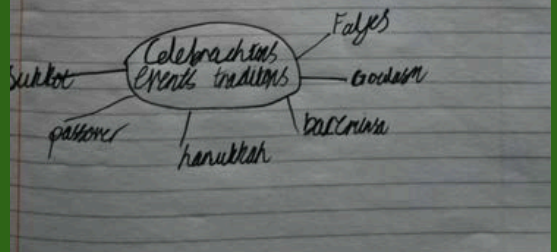
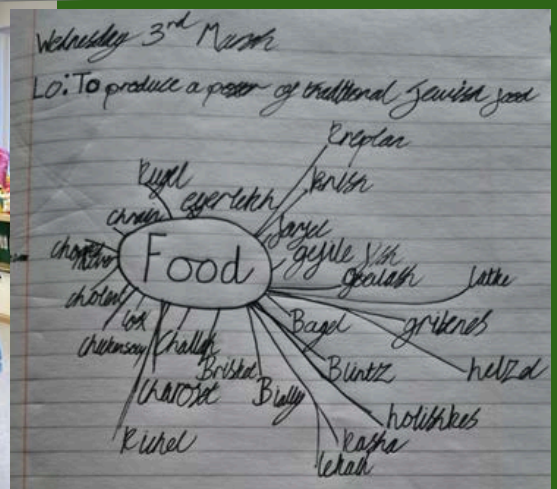
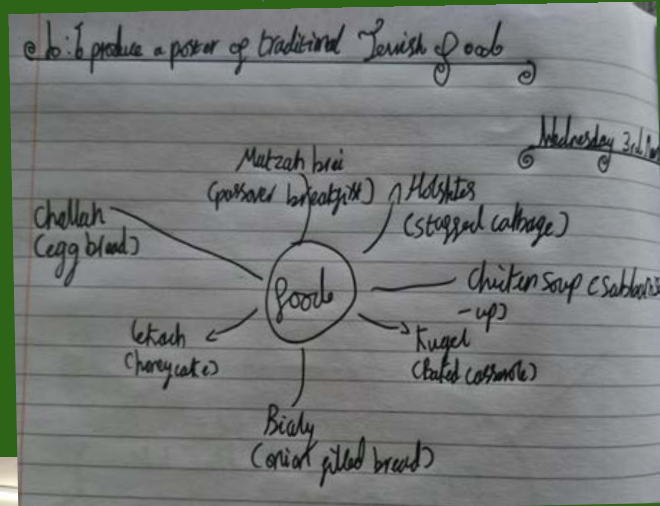


## Weekly Highlights:

This week in Clover class, learners have made an exciting start to their new Chemistry topic on Atoms. They explored what atoms are and why they are important in understanding the world around us. To begin the topic, the children researched key facts and created colourful information posters showing the structure of an atom, including protons, neutrons and electrons. We were very impressed with their enthusiasm and creativity.



In RE, we have been learning about Judaism. They explored traditional Jewish foods and discussed their meaning and significance. The class also looked at important Jewish traditions and celebrations, asking thoughtful questions and showing great respect throughout.



# MOSS CLASS HIGHLIGHTS



On Monday, we had our second Careers talk - this time from Community Matron Helen Brodie. It was great to hear about the different pathway options for nursing and it was amazing to see learners being so respectful throughout. Thank you Helen!

WORLD  
BOOK  
DAY

5 MARCH 2026



World Book Day was AMAZING! It was great to see so many smiles and lots of brilliant costumes 😊



# VERBENA CLASS HIGHLIGHTS



Our learning in computing is focussing on digital devices, how they communicate with each other and how they can be used responsibly.

Copilot Search

A digital device is an electronic device that processes, stores, communicates, or displays information in digital form, typically using binary code.

## How Secure Is My Password?

The #1 Password Strength Tool. Trusted and used by millions.



The first challenge of the unit was to investigate how secure a password is. We discovered that a safe password has a mix of letters, numbers and symbols.



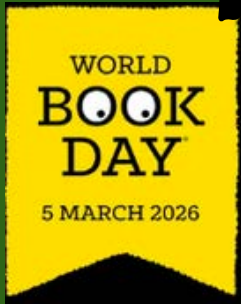
rd would be cracked  
instantly

More baking this week! This time it was chocolate biscuits.



We always continue to develop our relationships and teamwork. More UNO practise this week! Also, we used great teamwork when making pasties- everyone helped wash up!

# Heather Class



Our learners were treated to an indoor activity in this week's Outdoor Ed, enjoying a session at Raze-the-Roof. After which, we continued with our volunteering at a local primary school, supporting their learners develop their reading.

Well done to all of our learners, who took part in a visit from Royal Navy Careers, who led a cooking session with Year 10

## REMINDERS:

1. **Appropriate coat and footwear for Outdoor Ed.**
2. **Parent connect coffee morning is Monday 9<sup>th</sup> at 10am.**
3. **Parents to check emails as we have sent a CCS Parent Survey.**

Thank you to everyone who came and supported our Open Classroom event on Monday. Our learners really enjoyed the opportunity to show off their efforts.

# Gorse Class

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

To celebrate World Book Day, learners used Minecraft to design and build their own creative book covers. This digital approach allowed them to combine reading, imagination, and technology—bringing their favourite stories to life in a unique and engaging way.



In Science, we explored how models of the solar system have changed throughout history. Learners investigated the ideas of early astronomers such as Ptolemy and his geocentric model, Copernicus and his heliocentric theory, and how scientific thinking has evolved as new evidence and observations have become available.

In 1610, Galileo improved the telescope.

In 1687, Isaac Newton published his theory of gravity.

b) Explain why most people now agree with Copernicus.

because they now had a way to prove that copemicuys was right and isaac now had an idea of gravity

As part of our careers learning, learners enjoyed inspiring talks from a local community matron, who shared insight into life within the NHS, and from representatives of the Royal Navy, who discussed a wide range of roles, skills, and opportunities available within the service. These sessions helped broaden learners' understanding of possible future pathways.



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

<https://padlet.com/MrTilley/gorse-class-wb-09-03-26-k3124yb8r60gtmpm>

# OUTDOOR ED



It appears that Spring has finally sprung. The daffodils are out and the sun has made an appearance, albeit a brief one!

As a result, we hit the beach for the middle part of the week. We have been parking up at Gwithian and walking round the Godrevy headland to check out the resting seal colony.



We rounded the week off with a walk around Malpas headland from Boscawen to St Clement.

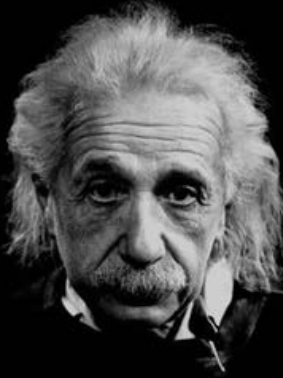


# AN INTRODUCTION TO SCIENCE WEEK 2026

**BRITISH SCIENCE WEEK**  
6-15 March 2026



"I am neither clever nor especially gifted. I am only very, very curious."  
-Albert Einstein



The theme for British Science Week 2026 is:

**Curiosity: What's Your Question?**



CURIOSITY BEGINS  
THE MOMENT WE  
DON'T KNOW  
SOMETHING



THANK YOU DANI FOR A FANTASTIC, INTERACTIVE ASSEMBLY INTRODUCING SCIENCE WEEK! IT WAS AMAZING TO SEE SO MANY LEARNERS GETTING INVOLVED IN GROUP DISCUSSIONS, SHARING THEIR QUESTIONS AND MAKING PREDICTIONS FOR YOUR EXPERIMENT.

WE ARE LOOKING FORWARD TO WHAT IS IN STORE NEXT WEEK! 😊





# Article of the Week International Women's Day



## What is International Women's Day

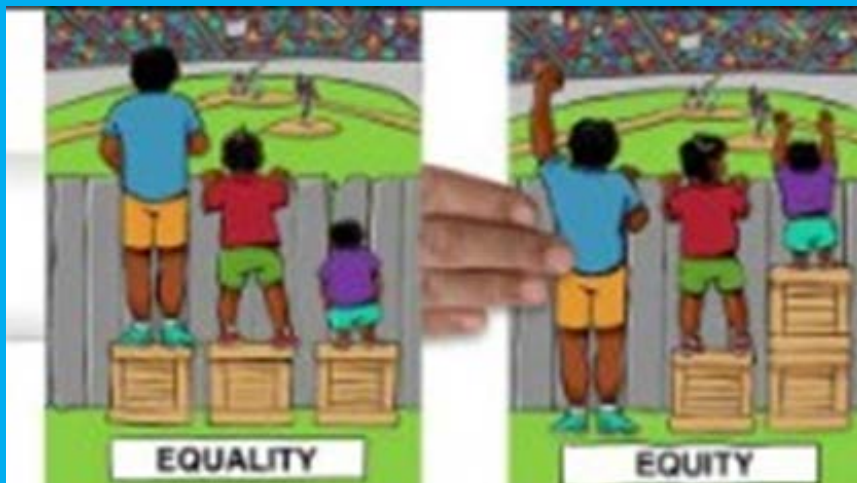
International Women's Day (IWD) is celebrated on 8 March. It is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

This links to:



### Article 2 – Non-discrimination

The Convention applies to every child without discrimination.



What is the difference between equality and equity?

How can we work towards gender equity as a school, and as a local, national and global community?

CARDREW COURT SCHOOL  
**WOW & IDIOM**  
WEEK 21 W/C 2<sup>ND</sup> MARCH 2026

**WORD OF THE WEEK**

**Cataclysm**



*"a large-scale and violent event in the natural world".*

*"The cataclysm of the First World War".*

*"One writer described it as resembling a geological cataclysm".*

**Synonyms**

disaster, catastrophe.

**IDIOM OF THE WEEK**

**A dime a dozen**

"Informal - North American English, very common and of no particular value."

**Origin**

"Originated in the US, likely in the 19th Century, as a literal pricing phrase for cheap, abundant goods like eggs, meaning you could buy twelve (a dozen) for just 10 cents (a dime);

it evolved to mean something common, plentiful and therefore has little value".

"Those cheap plastic toys are a dime a dozen at any discount store".



**COLLEAGUE OF THE WEEK: IAN E**

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

## 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.

