

WEEK 22: 9TH -13TH MARCH 2026



CARDREW COURT SCHOOL NEWSLETTER

Updates and reminders

Updates and Reminders

September 2026 update

As per our Arbor email, we wanted to give you advance notice, to support preparation for adulthood, all learners will have a new class teacher from September 2026. Transition fortnight will start from Monday 29th June until the end of term 10th July 2026. Some learners will also move classrooms, we will confirm arrangements as soon as we are able. Please check you email junk if you have not received the email, thank you.

Parent Governor

A reminder that **John Holland is our active serving parent governor.**

Our governing board meet termly.

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 if you would like to book in or for more information

Thank you for completing our, **Parent /Carer Feedback survey.**

It is currently still live if you would like to feedback.

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

CCS Parent Survey March 2026



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CARDREW COURT SCHOOL NEWSLETTER

Thank you



Wendy Powell & Georgina Miller

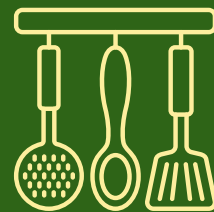
A graphic for International Women's Day 2026. On the left is a circular collage of many diverse women's faces in various colors and styles. The background is light pink with decorative leaf and branch motifs. The text is in a mix of pink and orange colors.

*International Women's
Day 2026*

**Thankyou to Wendy Powell of
Mutu and Georgina Miller,
International Free diver for joining
us this week and speaking to
learners as part of IWD 2026.
Your speeches were inspirational,
we are grateful for your time.**



Food Technology



Weekly Highlights:

It has been another busy and exciting time in the kitchen, with learners preparing a variety of tasty dishes and developing their cooking skills.

Gorse class made Lemon and Herb Fish Goujons.

Verbena class prepared a delicious Tuna Pasta Bake.

Clover class continued working on their Level 1 Home Cooking Skills, building confidence in the kitchen.

Heather & Moss classes made a flavourful Thai Green Vegetable Curry.

Fern learners continued progressing with their Level 2 Home Cooking Skills.

Well done to all learners for their hard work and enthusiasm!



next week

'MUST TRY'

Week Commencing 16th March

Gorse	Dough balls with garlic butter
Verbena	Vegetable Lasagne
Clover	Level 1 Home Cooking Skills
Heather & Moss	Potato Dauphinoise
Fern	Level 2 Home Cooking Skills

Thai Green Curry

Ingredients
 150ml coconut milk
 100ml chicken stock
 1 chicken breast
 1tbsp light brown sugar
 1tbsp fish sauce
 2 kaffir lime leaves
 65g bamboo shoots
 Bunch of Thai basil leaves
 ¼ red pepper
 Jasmine rice for serving
 2 tbsps green curry paste

Equipment
 Chopping board
 Sharp knife
 Saucepan
 Wooden spoon

Adaptations
 Create a flavoured green curry paste with additional lime leaves and shrimp paste.

1. Finely chop pepper and chicken breast
2. Bring 75ml coconut milk to a full boil then add the curry paste and cook over medium high heat, stirring frequently.
3. Keep cooking until the coconut oil starts to separate away from the paste as you can see in the image above.
4. Add the chicken thigh and mix it with the curry paste, then add the coconut milk, chicken stock, half of the fish sauce and sugar.
5. Twist and bruise lime leaves, tear them into chunks. Add them to the curry and simmer for 10 minutes.
6. Add the bamboo shoots and cook for 1-2 minutes.
7. Add the red peppers and Thai basil and stir just until wilted. Taste and adjust seasoning with more fish sauce as needed, then serve with jasmine rice!

Fern

It has been another busy and positive week for Fern learners, filled with exciting activities, thoughtful discussions, and focused preparation for the weeks ahead.

With mock exams beginning next week, learners have also been working hard completing practice papers and revision to help prepare themselves. Their focus and determination have been fantastic to see.

As part of Science Week, learners had great fun designing and making rockets, exploring scientific ideas through a hands-on activity. It was wonderful to see so much creativity and enthusiasm as learners tested out their designs.



This week also marked International Women's Day, and we were very pleased to welcome two guest speakers who shared their experiences and insights with the learners. The group listened attentively and showed great respect and interest, making the visit a very positive and inspiring experience.

Learners also met with Kerry to begin putting the wheels in motion for organising the Year 11 Leavers' Celebrations. There was lots of excitement and great ideas shared, and we would like to give a special thank you to Seb from Moss for kindly agreeing to DJ for us on the night – we are already looking forward to the celebrations!

Prom night

To round off the week, learners also enjoyed some well-deserved down time, letting off a little steam with some energetic Just Dance sessions together.

Well done, Fern, for another great week – and the very best of luck to all learners as they begin their mocks next week!



- Year 11 final mock exams – Beginning Monday 16th March: A timetable and revision packs have been given to learners to take home. Please support them to engage in some revision as it is great practice for the summer!
- 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
- End of term: 1pm on Wednesday 1st April.



Clover Class



Weekly Highlights:



Linking to Article 2 of our Rights Respecting Schools work, learners also worked together to create an Inclusion Tree, sharing their views about discrimination and the importance of treating everyone fairly and with respect. 🌱 ✨



THANK YOU 😊

A huge thankyou from Em as donations continue to come in towards her bike ride - total now of £230.00 xx



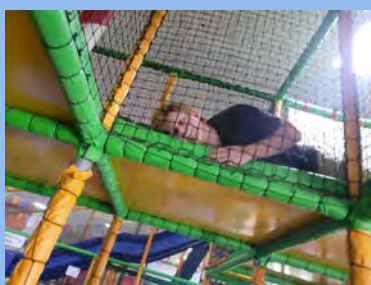
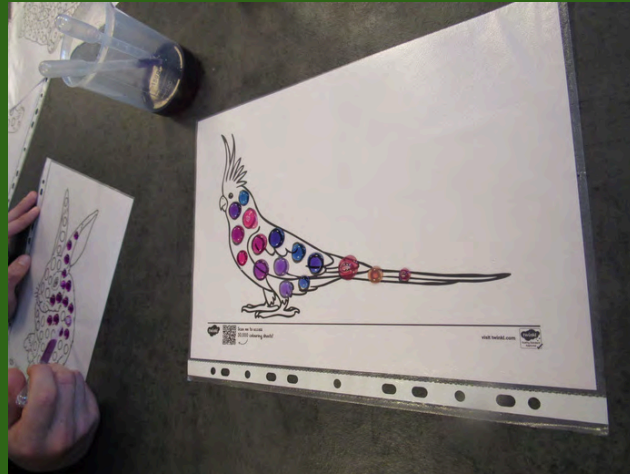
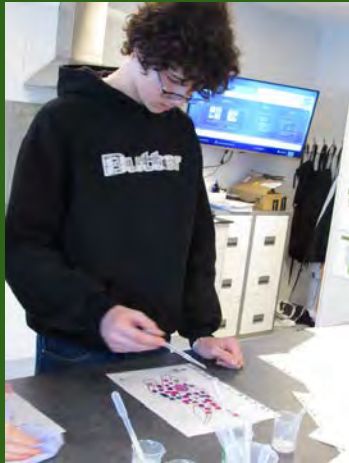
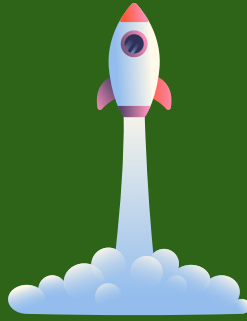
This week, as part of British Science Week, Clover learners had great fun designing and decorating their own rockets. They showed fantastic creativity and enthusiasm while learning about science in an engaging and hands-on way.



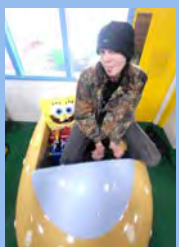
For Outdoor Education, and with a turn in the weather, learners enjoyed a trip to Raze the Roof, where they took part in soft play, VR, and laser tag. It was a great opportunity for them to stay active, have fun, and build positive relationships with one another.

MOSS CLASS HIGHLIGHTS

We have had a blast for Science Week in Moss thanks to Dani's amazing planning! We had great fun testing our 'Pop Rockets' and making predictions on how to improve them. Our findings proved that less water = bigger POP! Some learners also joined in with the red cabbage indicator art which was great fun 😊



Learners had a great time at Raze the Roof on Friday for Outdoor Ed - what a great way to end a busy week! 😊





VERBENA CLASS HIGHLIGHTS



Our learning on poetry continued this week when we looked at Acrostic poems.

Cuddly

Acrobatic

Tenacious and terrifying

Softly purring



An acrostic poem is a type of poem where the first letters of each line spell out a word, name, or phrase vertically, often revealing the poem's theme or a hidden message.

Lots of other things have taken place this week.

We all enjoyed an assembly with a special speaker- a free diver who can hold her breath for SEVEN minutes!

Try timing 7 minutes on a stopwatch- see how long that really is!



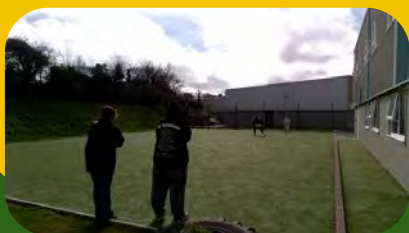
In maths we continued to look at fractions and moved on to addition and subtraction. Below is a top tip on adding fractions.

Like Denominators: When adding fractions with the same denominator, simply add the numerators and keep the denominator the same.

$$\frac{1}{5} + \frac{3}{5}$$

Both fractions have the same denominator (they are both 5).

Now the weather has changed and is a little less wet, some of us have enjoyed trying some sport at lunch. Cricket is one of our favourites.



A trip to Lanhydrock saw us using our map reading skills to find our way to a hidden swimming pool! We learned that it is useful to keep the map in the correct orientation to make it simpler to find your way.

LANHYDROCK HIGHER GARDEN



Heather class

At the end of last week, learners took part in a mask making workshop where they used a variety of materials and their own inspiration to showcase a personalised mask.



Outdoor Education:

On Monday, we were very lucky to enjoy some sun on Porthtowan beach. Heather took part in a beach clean and enjoyed games in the sun. A lovely day was had by all.



For Science this week learners dissected a lambs' heart and kidney. It was so amazing to see learners' courage to experience something new and develop their biology knowledge.

REMINDERS:

- Make sure to book an appointment for parents evening ready for 24th March.
- Don't forget to bring appropriate clothing/shoes for Outdoor Ed on Monday.

Well done Alfie!

Completed his work experience with Great Cornish Food Store, with glowing praise from the staff who have supported him in his time there.



Thank you learners for another great week.
Hope you all have a lovely weekend!



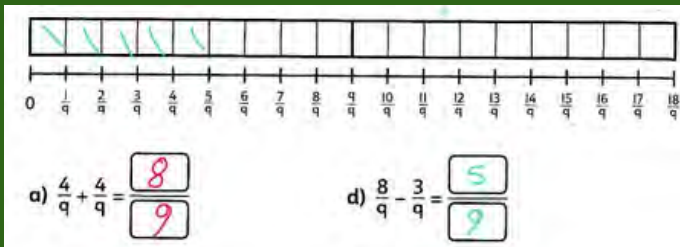
Gorse Class

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

We have had a fantastic time celebrating Science Week. Learners took part in science-inspired art by using red cabbage as a pH indicator, experimenting with colour changes to create vibrant patterns and designs. They also worked with Dani on a range of additional science-based activities, helping them explore scientific ideas through hands-on learning and creative investigation.



In Maths, learners have begun our new unit, Fractions B. They have been using visual models to support their understanding of how to add, subtract, and multiply fractions. This visual approach helps make complex fraction concepts clear, accessible, and easier to apply in different contexts.



In PSHE, we discussed the features of committed, stable, and healthy relationships, an important topic as learners begin their adolescent stage. The class reflected on communication, trust, respect, and boundaries, helping them understand what positive relationships look and feel like.

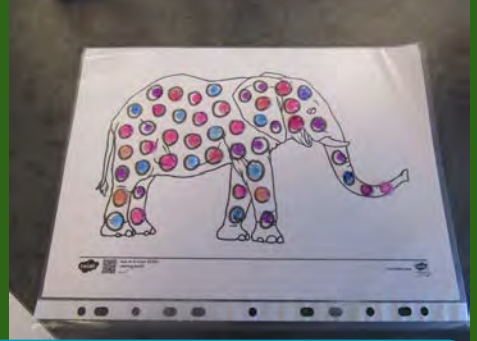
Qualities of healthy relationships		
Respect Freedom, individuality, respecting boundaries, equality	Communication Active listening, forgiveness, empathy, affection, gratitude, kind disagreement, clear communication, understanding	Safety Support, responsibility, commitment, trust, honesty, consistency

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

<https://padlet.com/MrTilley/gorse-class-wb-16-03-26-y2uza7fhkt5t8o0o?scrlybrkr=14963dad>

SCIENCE WEEK 2026

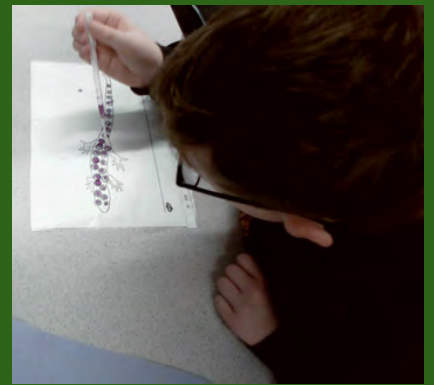
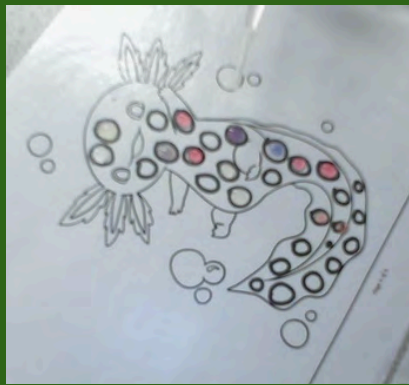
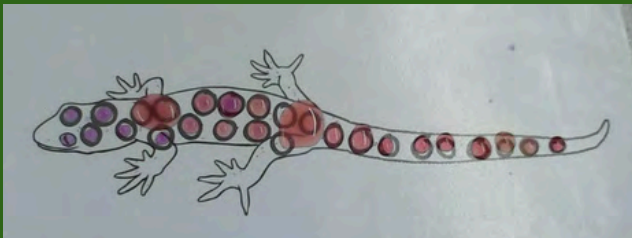
Learners have been very busy this week taking part in lots of Science experiments both in their Science lessons and at lunchtimes. A huge thank you to Dani for arranging so many great opportunities for learners to expand their minds and be curious!



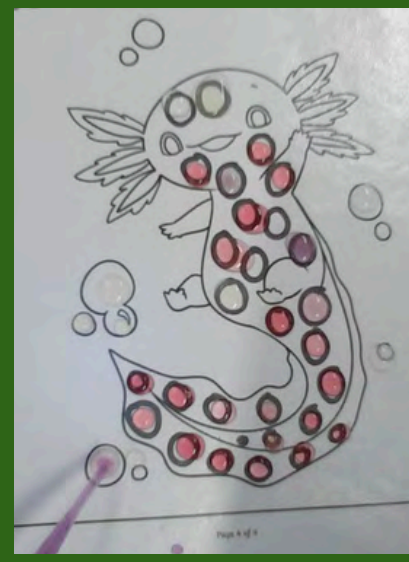
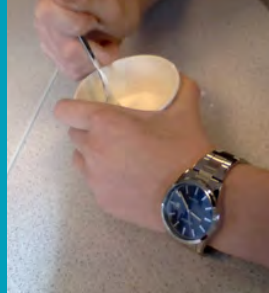
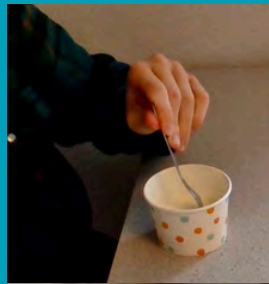
We used red cabbage, a natural indicator, to determine whether household substances were acidic or alkaline.



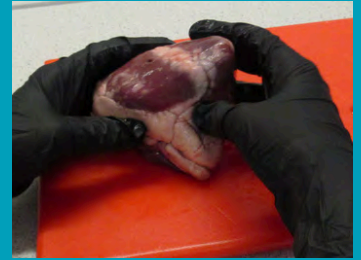
It was great to see learners getting involved, asking questions and making predictions based on their thoughts and findings 😊



Comparing qualities of Oobleck and quicksand in Clover



On Wednesday and Thursday, both learners and staff got stuck into heart dissections! It was brilliant to see the inquisitiveness and courage in the room - Well done 😊



Exploring Oobleck properties with Moss & Fern



BRITISH SCIENCE WEEK

6-15 March 2026



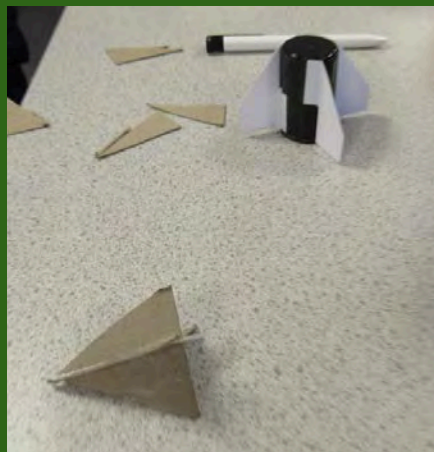
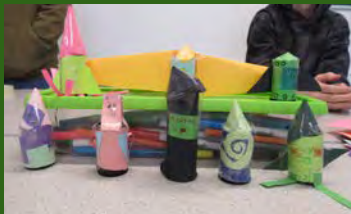
The theme for British Science Week 2026 is:

Curiosity: What's Your Question?

CURIOSITY BEGINS
THE MOMENT WE
DON'T KNOW
SOMETHING

'Pop Rockets' have been made across multiple Science lessons this week, sparking curiosity as learners experimented with different ratios of water to vitamin tablets to create the biggest POP!

The playground was filled with giggles of anticipation which was wonderful to witness 😊



Through our experiments, we established that less water and more vitamin tablets was the best combination for a bigger pop! 😊





Article of the Week

British Science Week



What is British Science Week?

British Science Week, run by the British Science Association and funded by UK Research and Innovation (UKRI), is a ten-day celebration of science, technology, engineering and maths, featuring entertaining and engaging events and activities across the UK for people of all ages.

<https://www.britishsienceweek.org/about-us/>

This links to:



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.



If you have been inspired by British Science Week and would like to develop your talent or ability further, click on the link below to find experiments you could try at home.



EXPERIMENTS AND INVESTIGATIONS FOR PRIMARY SCIENCE | RSC EDUCATION



CARDREW COURT SCHOOL

WOW & IDIOM

WEEK 22 W/C 16TH MARCH 2026

WORD OF THE WEEK



"strongly encourage or urge (someone) to do something".

"The teacher exhorted him to work hard".

"Police exhorted the crowd to remain calm".

Synonyms

urge, encourage.

IDIOM OF THE WEEK

Drag one's feet

"walk slowly and wearily or with difficulty."

Origin

"comes from the literal action of moving slowly by dragging your feet, symbolising a lack of willingness or enthusiasm to do something".

"The police are dragging their feet in investigating the case".

"I keep dragging my feet when it comes to cleaning my garage; it's such a daunting task".



COLLEAGUE OF THE WEEK:

LAUREN



Staff vote weekly in our Colleague of the Week draw

Thank you for all you do at Cardrew Court School



Alfie;
Heather class

Headteachers Awards



Seb;
Moss class

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.

SMILE

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.

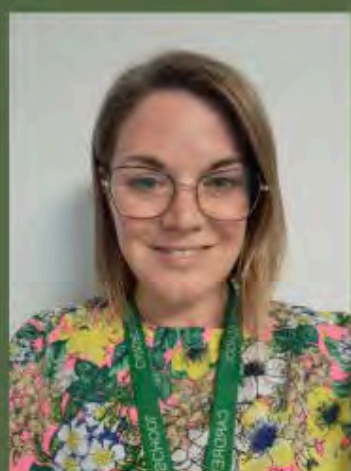


#WakeUpWednesday

The National College

BELONG. BELIEVE. ACHIEVE.

Our safeguarding motto is...
“If in doubt, speak out”



Kerry



Laura



Emma C



Lyn

Our school culture is.....

“If you see something, say something”

If you are worried about something or have concerns about another learner, or someone at home, please speak to or email a member of staff who will be happy to help you.

safeguarding@cardrewcourt.org