

WEEK 27: 11TH - 15TH MAY 2026



CARDREW COURT SCHOOL NEWSLETTER

Thank you, Updates and Reminders

Thank you for supporting 'wear it green', and our cake sale for mental health awareness day.

Well done, to the Ten Tors Team (Seb, Alfie, Emily, Leighton) and Zelda who all participated in the event last weekend.
You guys smashed it!

Updates and Reminders

16th June - Chris Brammel, Young People Cornwall has offered two of our learners the opportunity to join an interview panel for a new psychologist role- expressions of interest in an email to Laura.

Last day of term is next Friday 22nd May

A polite reminder that mixed nuts are not to be brought into school in any form. Thank you.

Careers



This week, some of our Year 10 learners have been taking part in an exciting and valuable work experience programme, giving them the opportunity to explore a wide range of careers and develop important workplace skills. Throughout the week, learners have demonstrated professionalism, enthusiasm, and maturity as they have worked alongside employers in industries including animal welfare, sailing, hospitality, and business. The experience has allowed learners to build confidence, strengthen communication and teamwork skills, and gain a deeper understanding of the world of work. We are incredibly proud of the positive feedback received from employers and grateful to all the organisations supporting our students during this important stage of their career journey.





Food Technology



Weekly Highlights:

This week learners from Gorse and Verbena worked to plan a range of delicious meals, showing great creativity, and growing confidence in the kitchen.

Clover created vegetable Samosas, full of flavour and beautifully presented. The learners showed excellent skills when preparing ingredients and following the recipe carefully, also the Air Fryer.

Heather and Moss classes continued developing their Level 1 Home Cooking Skills, practising important kitchen techniques and building their independence and confidence while cooking.

Fern learners made tasty savoury pinwheels, demonstrating fantastic effort and creativity while learning new preparation and baking skills.

Well done to all learners for another successful and enjoyable week of cooking!



next week

"MUST TRY"

Week Commencing 18th May La Fete des Voisins 29th May

Gorse	Prepare, <u>cook</u> and serve a main meal
Verbena	Prepare, <u>cook</u> and serve a main meal
Clover	Tarragon Chicken and Boulangere Potatoes
Heather & Moss	Level 1 Home Cooking Skills
Fern	Chicken Parmentier

Ingredients:-
 1 x 10ml spoon oil
 3 spring onions
 1 clove of garlic
 80g green beans
 1 small chicken breast
 2 x 15ml Thai green curry paste
 200ml coconut milk (reduced fat)
 1/2 lime
 Small bunch of coriander

Equipment list
 Two chopping boards
 Two knives
 Garlic press
 Frying pan
 Weighing scales
 Wooden spoon
 Can opener
 Juicer

Thai Green Curry



1. Prepare the vegetables, slice the spring onions, crush garlic clove. Cut the green beans in half.

On a red chopping board, and using a separate clean knife, cut the chicken into small chunks.

Fry the spring onions, garlic and chicken in the oil for 3-4 minutes.

When the chicken has turned 'white', stir in the green curry paste, followed by the sugar snap peas.



Pour in the coconut milk and simmer for 15 minutes.

Squeeze the lime and pour over the curry.

Tear the coriander and add to the curry.

Serve.

Adaptations

Use Quorn instead of chicken for vegetarians.
 Substitute the for green beans for sugar snap peas.

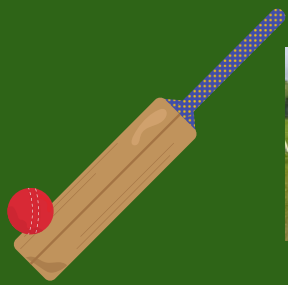


Fern

Fern has experienced a hectic week as their Year 11 examinations have officially begun. However, amidst all the hard work, they've also enjoyed some downtime during the times they were not sitting exams where they engaged in more cycling activities, baking & created and baked some pizza pinwheels!



Mondays' PE session with Adam featured a lively game of French Cricket in the garden area. It was not only enjoyable but also provided Fern learners with fresh air and ample exercise.



On Thursday, we celebrated 'Wear it Green Day,' encouraging both learners and staff to don something green in support of Mental Health awareness month. Additionally, we hosted a bake sale to fundraise for the school's wellbeing initiatives. The cakes were absolutely delightful, and the sale turned out to be a tremendous success!



Our wonderful Fern learners will be taking more of their GCSE exams next week, followed by a well-deserved week off for half-term. On Monday, they will be sitting for their second science exam which is Chemistry, and they have been actively engaging in their drop-down sessions with Dani to enhance their revision in preparation for this.



During our Food Tech lesson, some of the Fern learners prepared some impressively twisted pizzas that not only looked fantastic but also smelled amazing!





Clover Class



Weekly Highlights:

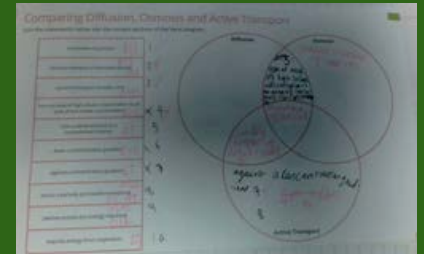
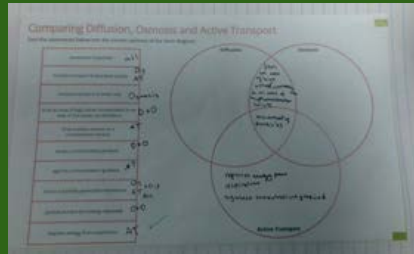


We are very proud to say that one of our learners who has previously not ever been able to ride a bicycle has now successfully learned the skill! She is very pleased with herself, and rightfully so.



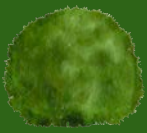
In Geography we are making our very own volcano as well as learning about the causes of eruptions and after effects relating to how humans are affected as well as environmental impact.

During Science, Clover learners have been learning all about comparing diffusion, osmosis and active transport. We have been doing several experiments to see if we get expected results and what patterns appear

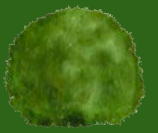


During Art lessons Clover have been making hand sculptures using wire and clay inspired by Eduardo Paolozzi





MOSS CLASS HIGHLIGHTS



Year 10 Humanities continued looking at Redruth 'now and then' this week. We took a trip to Tolgus Mill at Cornwall Gold to look at the old mining equipment and had fun panning for gold.



We had another exciting week welcoming back Leach Pottery.

This week we focused on creating traditional Japanese Ono cups, using a basic pinch pot technique. We also watch a brilliant demonstration on how to throw a pot on the pottery wheel.



We loved getting messy!

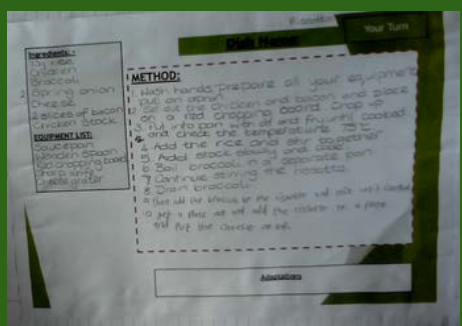
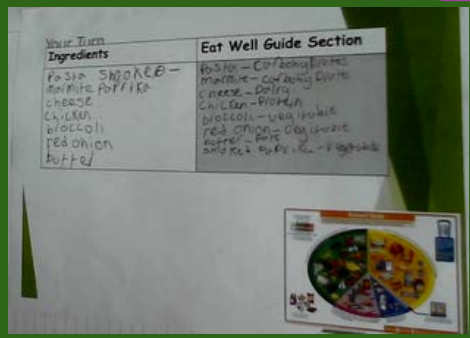
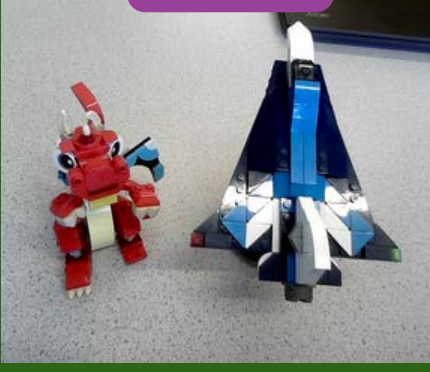


VERBENA CLASS HIGHLIGHTS

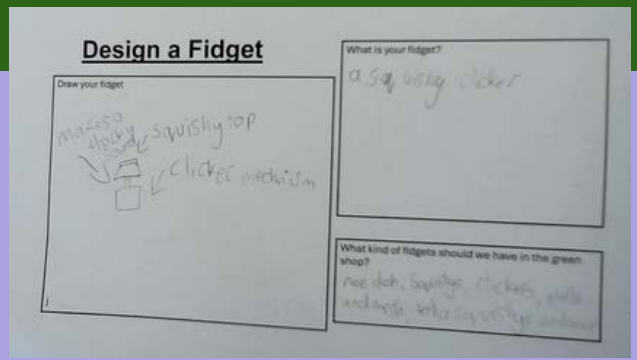
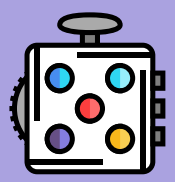
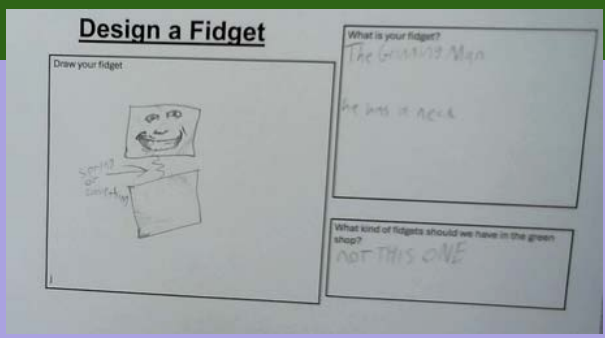


We have been lucky to test out some of the 3 in 1 Lego kits this weeks in school - building a variety of models.

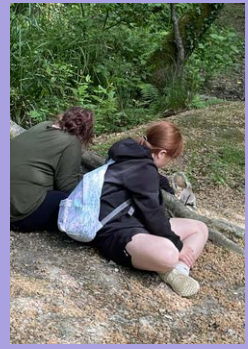
This week in Food Tech we planned our healthy diet meals for next week. There were lots of lovely choices thata we are looking forward to cooking next week



As part of Mental Health Day we designed our own fidgets



If you go down to the woods this week - you'll see Verbena class - we have been enjoying building dens in the Oak Wood at Tehidy Park. We found lots of sticks to make an 'A frame' shelter. Verbena Class also successfully tracked Gynette through the wood following a trail of marshmallows. On our way back to the carpark we looked for different animal trails and made friends with a variety of animals who enjoyed eating the sunflower seeds we had brought with us.



Heather Class

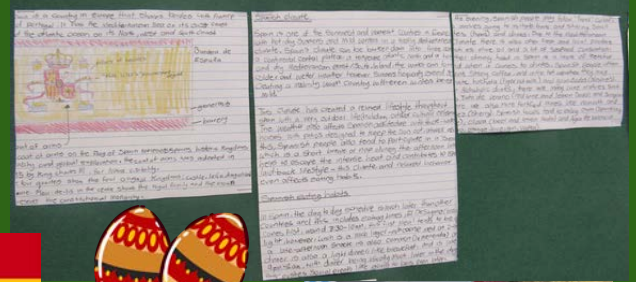
CHOOSE kindness



This week our learners have taken part in Learner Voice, an opportunity to share their views on how we can continue to improve our school. Learners spoke thoughtfully about their experiences, highlighting what they enjoy and suggesting ideas for positive change. It was fantastic to see so many students engaging confidently, listening to one another, and contributing constructive feedback to further improve our school.



In Personal Development, we have been creating fact files about Spain, exploring its culture, geography, traditions, and famous landmarks. Learners enjoyed researching new information and presenting their findings creatively.



In Food Technology, learners have been creating their own culinary dishes, applying their skills in planning, preparation, and cooking. They have explored different ingredients and techniques, showing creativity and confidence in the kitchen. The results have been both imaginative and well-presented.



yum!



As part of our PSHE cross-curricular learning, we have been focusing on Mental Health Awareness Month, May and discussing the importance of wellbeing and support. On Friday, learners took part in a thoughtful assembly that encouraged positive conversations around mental health and self-care.

Gorse Class

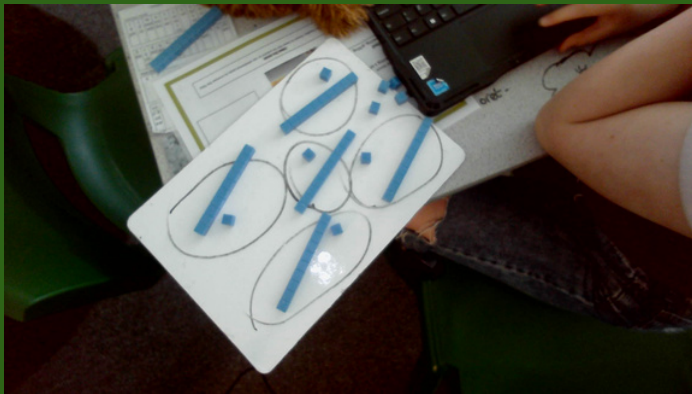
This week, learners in Gorse Class have enjoyed a thoughtful and engaging week of learning.

This week in English, learners have completed their narratives inspired by Frankenstein, retelling the story from the monster's perspective. The focus now shifts to editing and "uplevelling" their work, with pupils refining vocabulary, improving sentence structures, and preparing their writing for publication.



Ending

- -When I opened the door, I saw the four children, they felt so sorry and agreed to be my friend. But did they mean it...



In Maths, learners have continued developing their understanding of division. They have practised using visual grouping strategies alongside the bus stop method, helping them to build confidence in both conceptual understanding and formal written methods.

In History, learners explored the achievements of Elizabethan adventurers, including Sir Francis Drake, Walter Raleigh, James Lancaster, and Martin Frobisher. They evaluated and ranked these historical figures based on the effectiveness and impact of their contributions, developing their skills in reasoning, comparison, and historical judgement.



Rank the four explorers from this lesson, from most successful to least successful. Justify your decision.

Level of success	Explorer	Justification
Most	James Lancaster	Set up the East India Company's first trading post on the island of Java.
Second	Walter Raleigh	He conquered America!
Third	Francis Drake	The first English man to sail around the world by accident!
Least	Martin Frobisher	He got stuck in the ice.

We are looking forward to another exciting and successful week of learning ahead.

Please find the link to next week's Padlet timetable below.

<https://padlet.com/MrTilley/gorse-class-wb-18-05-26-y2uza7fhkt5t8o0o>



Article of the Week Mental Health Awareness Week

2025 – 2027



Rights
Respecting
Schools

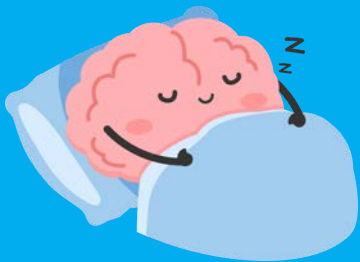
UNITED KINGDOM



Bronze
Rights Committed

Mental Health Awareness Week occurs every year in May and is an ideal time for us all to think about mental health, tackle stigma, and discuss how we can create school environments that protect our mental wellbeing.

Our mental health clearly links to Article 24 of the CRC but, if you think about it, many of the other rights that children and young people are entitled to, also contribute to good mental health.



What do you need for positive mental health?



WOW & IDIOM

WEEK 29 18TH - 22ND MAY 2026

WORD OF THE WEEK

Specious adjective

describes something that seems correct, true or attractive on the surface but is actually wrong, false, or misleading.

"The salesman made a specious promise that the car would run forever".

"She was swayed by his specious excuse".

Synonyms

misleading, deceptive, fallacious.

IDIOM OF THE WEEK

Get out of hand



"a situation has become unmanageable, chaotic, or difficult to control".

Origin

"Likely from handling horses; if reins leave a rider's hands, the horse becomes uncontrollable".

"The party got a little out of hand and the police were called".

"The children were getting a little out of hand at the end of the term".

COLLEAGUE OF THE WEEK:



Claire

Staff vote weekly in our Colleague of the Week draw

Thank you for all you do at Cardrew Court School



Seb, Leighton,
Emily, Alfie &
Zelda TEN TORS

Headteachers
Awards

Olivia of
Heather class



NSPCC

Voice of

Online Youth

Voice of Online Youth

Helping to build a safer, happier online world for children and young people.

ONLINE
GENERATION

We need
action!

Apply to be part of the NSPCC's Voice of Online Youth and help build a safer, happier online world for children and young people.

We're looking for up to 20 young people aged 12 to 15 to help shape the online world. As a member of the group, you'll share your views with decision makers, influence policies and help tackle online safety issues.

Along the way, you'll learn valuable skills like campaigning, public speaking and teamwork. Plus, you'll get the chance to travel across the country and take part in residential, away days and workshops.

You don't need any previous experience, just a passion for making the online world safer for children and young people.

To find out what being part of the VoOY entails check out the links below:



VOICE-OF-ONLINE-YOUTH-FACTSHEETS_YOUNG-PEOPLE.PDF

OUTDOOR EDUCATION



We have spent this week exploring the trails around Lanhydrock.



We have been round the Lodge Trail, Bazeley's Trail, Walter's Plantation and the Skills Track.



MENTAL HEALTH AWARENESS MONTH

— MAY —



This month, we are supporting Mental Health Awareness Month. Our school came together to recognise the importance of wellbeing, kindness, and supporting one another. Learners engaged thoughtfully and respectfully with our Mental Health Awareness assembly, showing maturity and a strong understanding of the importance of wellbeing and supporting one another. There has also been opportunities to engage in a variety of activities designed to encourage positive conversations about mental health, build resilience, and promote self-care. It was wonderful to see everyone engaging thoughtfully and showing compassion towards each other. We are proud to continue creating a safe and supportive environment where every member of our school community feels valued and heard.





LEARNER VOICE

Minutes of Meeting 12.05.26

Ideas for things to buy / reward shop:

- Learners really like the new points poster and feel that the rewards are achievable suggestions for 100 points include larger sensory toys, food / drink rewards, earned free time, early lunch pass.
- Ice cream van visit for whole class / school rewards.

School trips:

- More educational trips, eg science museums, going out into the community, visits to theatres.
- Ice skating is still a firm favorite amongst the learners and they would love to go again.
- Soft play / laser tags was thoroughly enjoyed and learners would love for this to be planned again for a future trip.
- Learners would really like to go for a sleepover at Plymouth aquarium
- Weekend away in London to see a show, go on the London eye and visit the natural history museum.

Ideas for school clubs:

- Music - 1-1 and small group sessions
- School sustainability group with aims to:
 - Promote environmental awareness
 - Educate other learners and staff about protecting the environment and living sustainably.
 - Encourage recycling and waste reduction
 - Help the school reduce litter, recycle materials, and reuse resources whenever possible.
 - Save energy and water
 - Encourage responsible use of electricity and water in classrooms and around the school.
 - Keep the school clean and green

Ideas for the school day:

- Can we incorporate a BSL or makaton sign of the week alongside the word of the week and idiom of the week?
- Suggestions of staggered lunches so that lunch time feels less busy especially as the school increases its number of learners who attend.

Changes for the school:

- Keen to have a new school therapy dog or smaller pet. Suggestions of chickens and geese, hamsters and a tarantula.
- Softer lighting the classrooms.
- Learners are keen to access their teachers' swivel chairs as a reward opportunity via green points but would also like softer seating options eg more cushions, rocking chairs etc.
- More recycling bins (one in each classroom)
- More water fountains around the school.
- Learners to be part of the interview panel for new staff who join the school
- A small group of learners are keen to be well-being ambassadors who do the following:
 - Promote positive well-being across the school
 - Encourage kindness, respect, inclusion, and healthy lifestyles amongst learners.
 - Support fellow learners in a mentoring role.
 - Raise awareness of key days / events / charities
 - Organise campaigns, assemblies, or activities about mental health, anti-bullying, and self-care.
 - Help share ideas to make the school a welcoming and supportive place for everyone.
 - Be positive role models
 - Share ideas and feedback to improve learner well-being across the school.

Things we'd like to do again:

- Bodmin Jail
- laser tag
- Softplay
- Swimming
- Paddleboarding

Pupil Voice Impact

- Learners helped suggest ideas that make the school safer, happier, and more inclusive.
- Learners feel valued and confident when their opinions are listened to and respected.
- Promotion of inclusion and respect
- Every learner has the opportunity to contribute and feel part of the school community.
- Learner suggestions can lead to new clubs, better trips, improved well-being support, and school projects.
- Builds a sense of responsibility and belonging.



Skills Builder

After half term we will be extending our curriculum to include Skills Builder, a world recognised program that has been created by employers developing eight skills to support learners.

“Essential skills unlock learning in the classroom, boosting academic outcomes, perseverance and self belief. They halve the likelihood of being out of work, and increase earnings across a lifetime. They even boost wellbeing and life satisfaction.” <https://www.skillsbuilder.uk/>

We will be watching a short introduction video in classes before half term and after we will start on the skill of ‘speaking.’

If you would like to watch the video and/or find out more including research articles please visit the site at;
<https://www.skillsbuilder.uk/>



10 Top Tips for Parents and Educators

ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

#WakeUpWednesday

The National College