Cardrew Court School

Newsletter

21st-25th September 2026

Issue #03

Dear Families

Thank you for supporting our annual MacMillan Coffee Morning today.

It was lovely to see those of you that could make it. Thank you also for the cake donations and ‘Fake or Bake’ competition entries.

A huge well done to learners who made crafts for the event as part of their PD qualification, helped set up and serve refreshments. It was fantastic to see your teamwork and leadership skills in action, in addition to upholding our school values.

We hope you all have a lovely weekend.

Reminders

Following on from Laura's email to **year 10 parents**, please could you speak to your child regarding their **GCSE Option of Art or Geography** as they need to choose this week.
Thank you

Parents Evening Tuesday 13th October.

Parents of KS4 learners will be able to meet subject teachers also.



Cardrew Celebrations

Each week, we celebrate the achievements of our community.
This section highlights a learners and staff who have gone above and beyond—whether through kindness, independence, resilience, or leadership. Well done!



Colleague of the Week

Jules

Headteachers Awards

Learners who supported the Macmillan Coffee Morning

Announcements

Celebrate FairTrade Fortnight
by making a Banana and Chocolate Bread

In Cardrew Food Tech Kitchen
Wednesday 30th September, 3.15pm-4.30pm
Please book by emailing; office@cardrewcourt.org

Well done Heather class

The quality of your French toast in your bake off competition was exceptional



Careers & PSHE



As part of Careers, learners have been discussing possible work experience opportunities and thinking about how these experiences can help them develop valuable skills for the future. Learners have also been informed that Louise Stilwell, Career Development Consultant from Your Future Kernow, will be visiting to talk to them about their post-16 options. This will be a valuable opportunity for learners to find out more about the pathways available to them and begin thinking about their next steps beyond school.

We have updated our Preparing for Adulthood notice board to showcase the exciting opportunities and experiences our older learners have been engaging with. The board highlights work experience placements, guest speakers and a range of other activities, helping to inspire younger learners and give them an insight into the opportunities available to them as they prepare for life beyond school.

This week in Personal Development, learners have been putting their planning and teamwork skills into practice as part of their ASDAN Personal Development programme. They have been planning a fundraising event for a Macmillan Coffee Morning, considering different aspects of the event such as activities, organisation, budgeting and promoting the fundraiser. This has been a fantastic opportunity for learners to develop their communication, collaboration and organisational skills while supporting an important charity.





This week in KS4, learners have been developing their understanding of radicalisation and extremism. They have explored what these terms mean, how individuals can be influenced by extremist ideas, and the importance of recognising potentially harmful or concerning behaviours. Learners have also discussed the importance of critical thinking, respectful dialogue and knowing where to seek help and support if they have concerns about themselves or others.



Outdoor Ed









On Monday, Clover class visited the Maritime Museum in Falmouth. We returned to the water on Tuesday where we headed out from Swanpool Beach and paddled all the way round to Gyllyngvase.

Thursday saw the Dandelion class trying some fishing from the rocks at Porth beach. Unfortunately, nothing was caught, but learners tried their hands at casting out.













Heather Class

Weekly Highlights - Week 3

Our learners have been doing an amazing job and it has been another busy week across all our lessons. We have been completing our Maths baseline assessments and have started our Yark reading comprehension, developing our reading and understanding skills.

In Outdoor Learning, we also welcomed two new Heather Learners, Milo and Sizzle the teddies! 🧸 It was lovely to see Milo and Sizzle taking to the boards for the first time and joining in with the fun.

We are so proud of all our learners and the effort they have shown this week! 🌈







Last Friday, we continued our Breakfast Eggs topic in Food Technology. Our learners enjoyed getting hands-on and making some delicious savoury mini frittatas! They had the opportunity to practise their cooking skills, follow instructions and explore different ingredients and flavours. The learners worked really well and were very proud of their tasty creations!

Our ASDAN Market Stall Project

As part of their PD ASDAN programme, our learners have decided to set up their very own market stall!

The learners started planning their stall and are busy making crafts and handmade items to sell. They are enjoying being creative and working together to decide what they would like to make and sell.

This exciting project is helping our learners to develop important skills such as communication, teamwork, creativity, money handling, planning and independence.

We are really proud of the enthusiasm and effort they have shown so far and can't wait to see their market stall come together! Keep an eye out for more updates and details about when you can come along and support our learners! 🌟

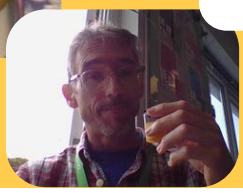


Bracken Class

Weekly Highlights







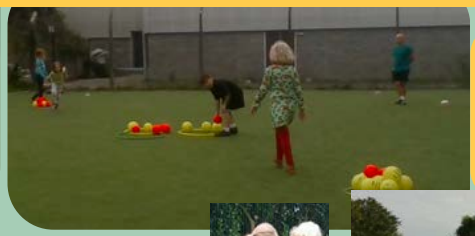
We kicked off the week with some Smoothie tasting; describing flavours and textures. Ian seemed to be enjoying it too!



Our focus in Computing was digital art- have a look at this outstanding example from Liv!

Jules has been introducing us to more exciting games in PE.
This week we completed a timed run around the field followed by a team game.





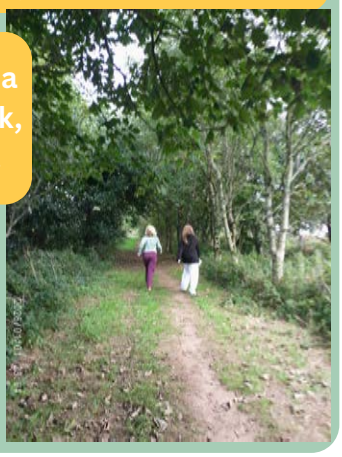


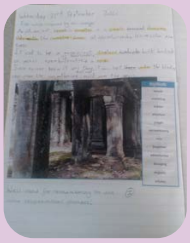
Relationship building continues!



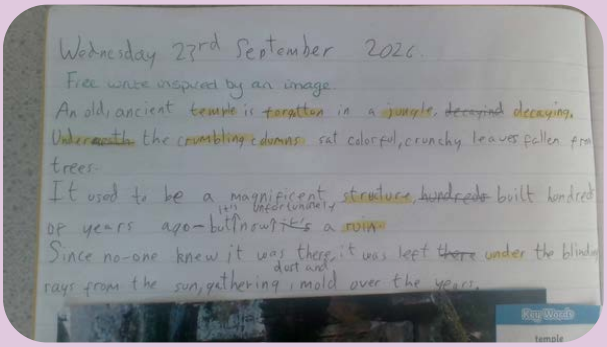


Some of us enjoyed a walk to the local park, through the woods.





In English we have been using pictures to inspire our writing. It has been a challenge to use detailed vocabulary to make our descriptions more interesting for the reader.





Bingo is a great game that can also be used to help build maths skills. Here, some of our learners are practising their number bonds to ten and rounding numbers.



Another great week in Bracken!
See you next week!

Fern Class

Weekly Highlights

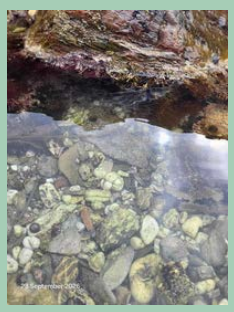
Welcome back Fern Class

We have been busy working through our poem the Spider and the Fly, looking at conjunction words, changing descriptive words and starting our new class reader Private Peaceful

It was a beautiful day for Outdoor Ed in Falmouth this week as we meandered along the coast path and beaches between Swan Pool and Gilly



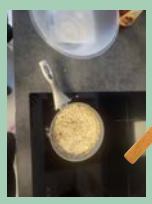


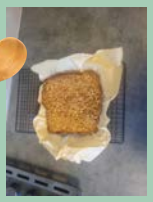


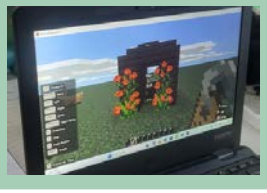
In PD ASDAN this week we did lots of different things following instructions












We decided on Friday afternoon to take advantage of the Autumn sunshine and go for a wander in Tehidy Woods.







We took part in the MacMillian Coffee morning on Friday

Fern class enjoyed being part of our schools Macmillan coffee morning today which was a great success. We had some amazing cakes baked by our lovely staff and learners as well as some delicious shop brought cakes. The whole morning was a great success and very enjoyable and we raised lots of funds for a great cause. Well done Team CCS!



Meadowgrass Class

Weekly Highlights









AMAZING WORK!

Learners exceeded our expectations in Food Tech this week! They all worked together to complete their Shepherd's Pie with minimal adult input, supporting each other in various ways while leaving the kitchen spotless behind them!

On Tuesday, our Humanities learners spent the afternoon exploring Tehidy Woods. We looked at the river and discussed how it could be managed more effectively and had fun feeding the squirrels!











We are so proud of the teamwork skills our learners have been showing in PE so far this term. Every lesson is productive, they are engaged and working well together - Keep it up Team Meadowgrass!





NEXT WEEK



Monday - Food Tech - Lesson 5&6 - We are making Lancashire Hot Pot. **Please remember to bring a container to transport your food home.**

Monday & Tuesday - Lesson 3 - PE with Jules

Friday - Outdoor Ed with Dave & Adam - Paddleboarding (weather dependent) **Please remember to bring your swimming gear & towel!**

Foxglove Class

Weekly Highlights

Foxglove has had another busy week as we continue to settle into the new term. Learners have taken part in practical Science activities, explored Tehidy Woods during their Humanities session, and continued building positive relationships in class as we establish routines and grow in confidence.










We kicked off our week by working scientifically, continuing our "Movement of Substances" unit in Biology.

We explored the process of osmosis, investigating how the mass of potatoes changed when placed in different concentrations of sugar water.

Learners measured and recorded the potatoes' mass before and after the experiment, using their results to understand how water moves across cell membranes.




During our Humanities ASDAN trip to Tehidy Woods, we investigated different river management strategies and explored how the river and surrounding environment are managed. We observed the effects of these strategies and considered how they can help protect the area from flooding and erosion.

We also spotted lots of wildlife, including squirrels, ducks and a variety of birds. This helped us understand the importance of managing and protecting natural habitats and the wider environment.









This week in Food Tech and Hospitality & Catering, our learners developed their practical skills by creating a range of delicious dishes, including Panna Cotta, Chocolate Fondant, Victoria Sponge and Shepherd's Pie. They practised knife skills, accurate measuring, cooking techniques and presentation, while building confidence and independence in the kitchen.

What's Happening in Foxglove Next Week?

Tuesday & Thursday, Period 2: PE with Jules

Thursday, Periods 5 & 6: Food Tech with Emma C (Lancashire Hotpot) **- please remember to bring a container to take your dish home!**

Friday: Outdoor Ed with Dave B and Adam – Paddleboarding (weather dependent!)

Please check Foxglove's ClassDojo page for the latest updates!

Clover Class

Weekly Highlights

What a fantastic third week we've had exploring boats and surfboards, getting creative with Lego and art, and cooking up a storm, we simply can't wait to see what next week brings!

We had an amazing time exploring fascinating boats and catching the thrilling history of surfing exhibition during our school trip to the National Maritime Museum!





Mastering the Kitchen: In food tech, we made delicious cherry oat bakes, yum. We even turned one of our science lessons into a taste extravaganza, whipping up some delicious spicy fries.

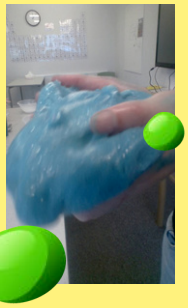






Slime Time







Getting creative with Lego



Animal of the Week



The Blue Whale
Fun fact they can grow up to 30m, which is about the same length as 3 buses.

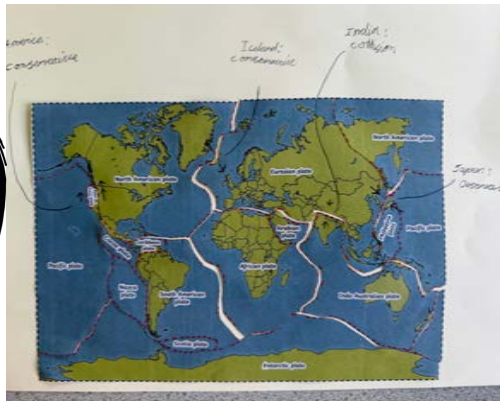
What a great week! We survived the classroom, which means we are officially ready to be outsmarted by a shark on Monday at the aquarium! 🐬🦈

Dandelion Class

Weekly Highlights

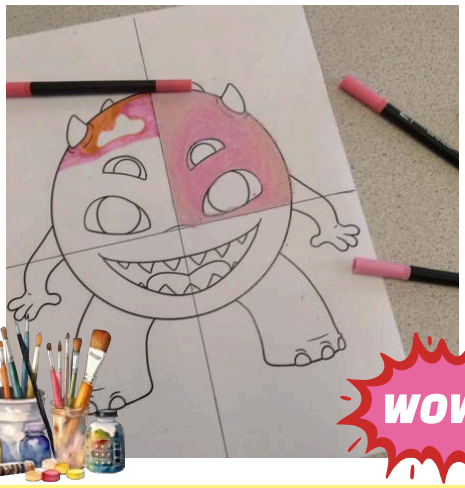
LEARNING





We are having taster sessions in Geography and Art to help us decide what we want to take for our GCSE option. In Geography with Dave we have been looking at the structure of the earth, including the different layers, as well as learning about types of tectonic plates. A game of blooket to consolidate the learning never goes a miss in Geography, even if Ian likes to take it a bit too seriously.

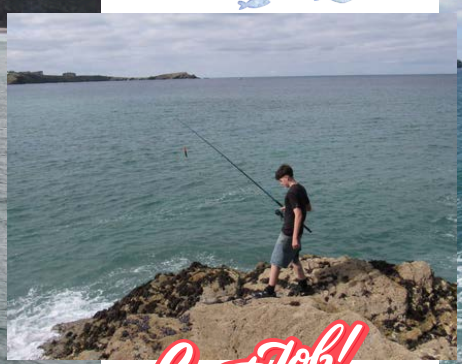
In Art, Year 10 learners have been getting creative by designing and colouring their own imaginative monsters. They have explored different colours, patterns and details to bring their unique creatures to life. It has been fantastic to see their creativity and individuality shine through in their artwork!





In Outdoor Ed, Year 10 learners enjoyed a trip to Porth Beach in Newquay, where they explored the beach and had the opportunity to try their hand at fishing. It was a great chance for learners to develop practical outdoor skills, enjoy the coastal environment and experience something a little different from the classroom.







SMSC & Personal Development

CARDREW COURT SCHOOL

BELONG • BELIEVE • ACHIEVE

Across the school, learners have continued to develop their Spiritual, Moral, Social and Cultural understanding through a range of Personal Development activities. This term, learners have been exploring the themes of identity and a sense of belonging, linked to our Rights Respecting Schools Award Article of the Week. Through discussions, creative activities and shared , learners have had opportunities to reflect on what makes them unique, celebrate their individual identities and consider the importance of feeling valued, respected and included. These activities have supported learners in developing empathy, self-awareness, respect for others and a stronger understanding of their place within their school and wider community.

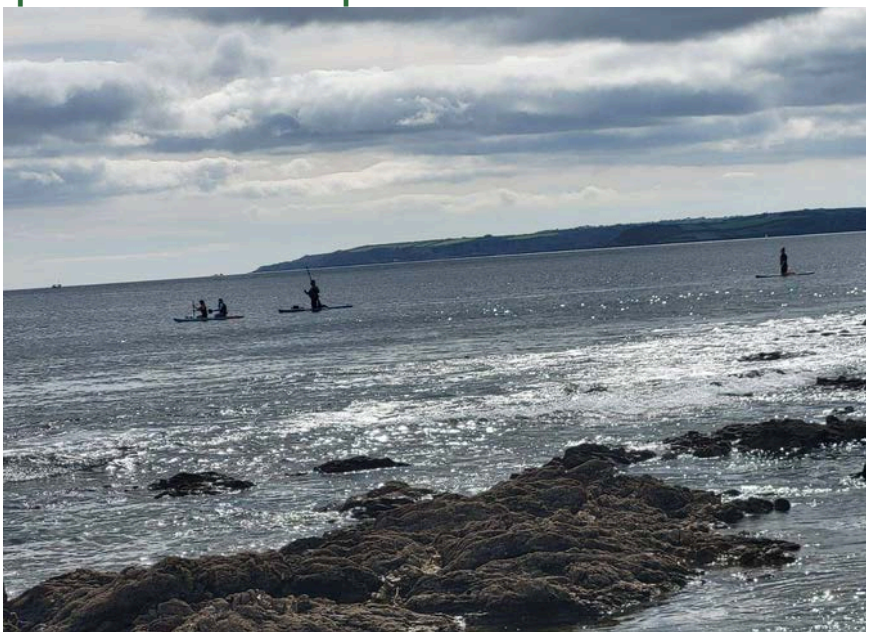




As part of our SMSC and Personal Development programme, learners have enjoyed a range of outdoor and enrichment activities. Trips to the woodland and opportunities to take part in Outdoor Education, including paddleboarding, have provided learners with valuable experiences outside the classroom. These activities have supported learners in developing confidence, resilience, teamwork and communication skills, while encouraging them to try new experiences, appreciate the natural environment and build positive relationships with others.







Article of the Week

Article 7 - Name and Nationality

Article 7 states that children have the right to be registered at birth, have a name and nationality, and, as far as possible, know and be cared for by their parents.









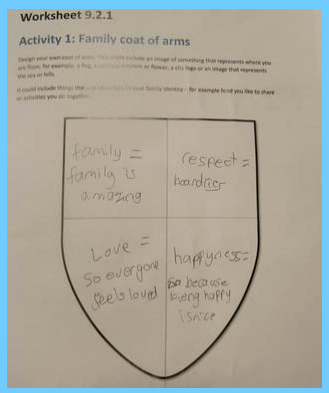


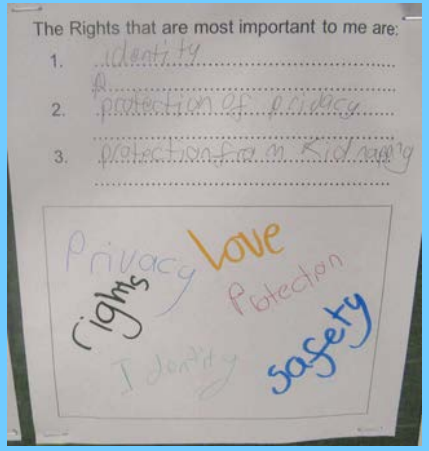
Article 8 - Identity

Article 8 protects a child's right to preserve their identity, including their name, nationality and family relationships. Together, these articles remind us how important it is for every child to know who they are, where they belong and to have their identity respected and protected.











Fair Trade Fortnight

21st September - 4th October

Celebrate FairTrade Fortnight by making a **Banana and Chocolate Bread**

In Cardrew Food Tech Kitchen

Wednesday 30th September

3.15-4.30pm

Please book by emailing

office@cardrewcourt.org



Safeguarding, Community & Support

WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'
SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.

GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!

GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.

HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.

COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.

KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.

'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'
RA KTVIST

The National College®

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For futher info, check out these online resources:

https://www.mentalhealth.org.uk/blog/random-acts-kindness

https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved

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