Cardrew Court School

Newsletter

Dear Families

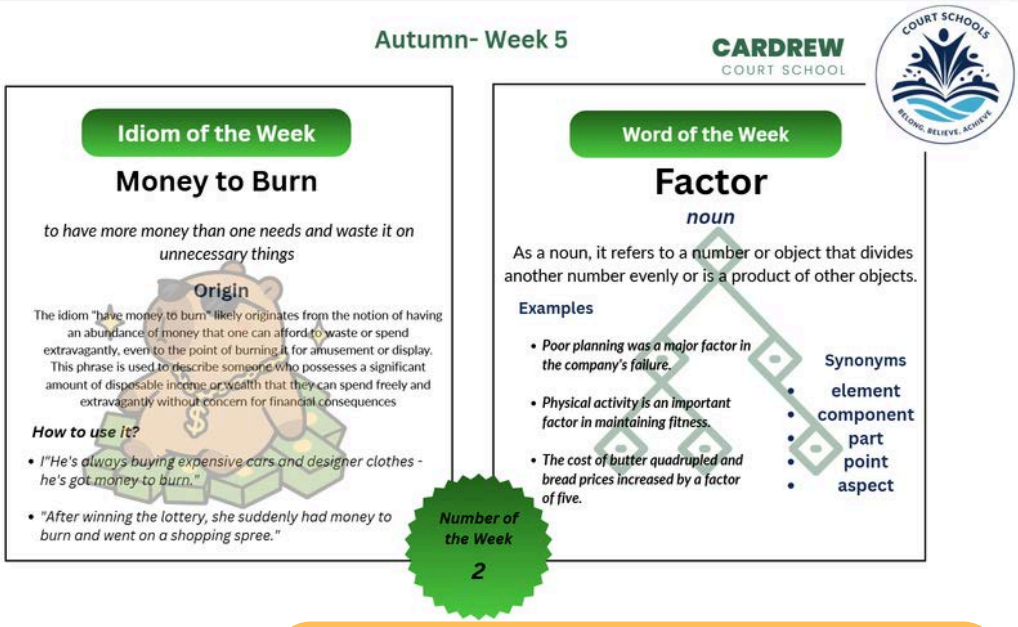
28th- 2nd October 2026 Issue #04

With the half term break just over 2 weeks away we have sent a letter to all families to signpost the support we can provide in helping your child access school consistently.

Please see the **'Every learner matters, every moment matters'** letter emailed via Arbor and posted on Class Dojo.

We hope you all have a lovely weekend.

Idiom and Word of the week



Reminders

Parents Evening Tuesday 13th October, 3.30pm- 6.30pm
Please book in via Class Dojo.
Parents of KS4 learners will be able to meet subject teachers also.

Coffee Morning -
Meet other parents/carers
Tuesday 6th October 10-11am school hall

Last day of term, Wednesday 21st October 2026, normal 3.15pm

Return to school Monday 9th November 2026

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



Jo

Headteachers Awards

Leia and Tiff of Foxglove class
Sulis of Bracken class

Careers & PSHE



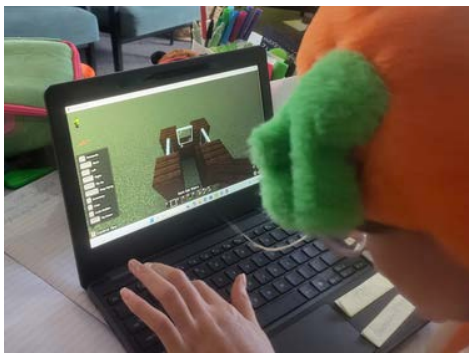
Our careers and preparation for adulthood work has been supported by a visit from Careers Advisor Louise Stilwell from My Future Kernow. Learners had the opportunity to explore their interests, strengths and future aspirations, while gaining a greater understanding of the pathways and opportunities available to them. The session encouraged learners to think positively about their future and develop the confidence to make informed choices about their next steps.

This term, our learners have been focusing on emotional wellbeing and mental health, developing a greater understanding of their emotions and the importance of looking after their mental wellbeing. Through discussions and activities, learners have explored strategies for managing stress, building resilience, recognising when they may need support and identifying trusted people they can talk to. These opportunities have encouraged learners to develop greater self-awareness, confidence and positive strategies to support their wellbeing as they prepare for adulthood.

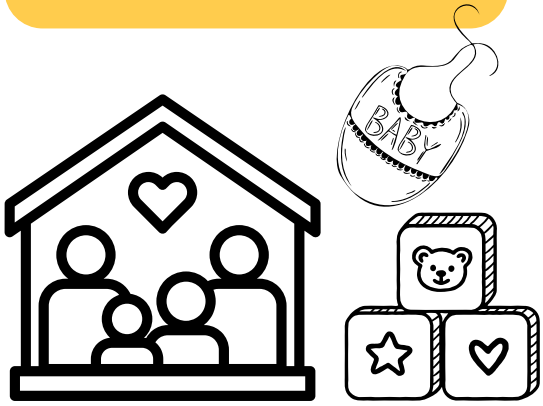












Our Year 11 learners have continued their work on families and parenting, exploring the topic of unplanned pregnancies and the choices, responsibilities and support available to young people. Through discussion and reflection, learners have considered the emotional, practical and financial implications of becoming a parent and the importance of making informed and responsible decisions.

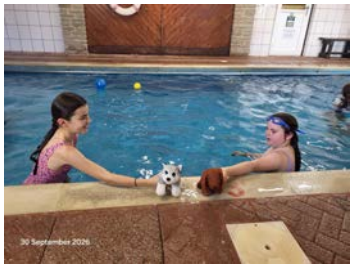
Outdoor Ed











Monday and Tuesday this week saw trips to Blue Reef Aquarium, with Fern and Heather heading to the swimming pool on Wednesday due to the inclement weather.

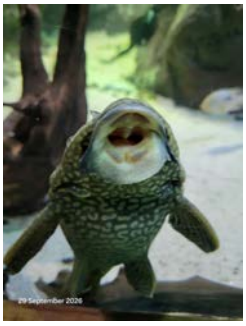
We returned to the water on Thursday and Friday for some more paddleboarding.
Thursday saw the Dandelion learners showcasing the new paddleboards, and very smart they looked too!













Heather Class

Weekly Highlights - Week 4

💛 Wear It Yellow for YoungMinds!

A little reminder to our learners that Friday 9th October is our Wear It Yellow day in support of YoungMinds! 💛

We'd love everyone to join in by wearing something yellow to help us show our support for children and young people's mental health.

So, dig out your brightest yellow tops, jumpers, socks or accessories and let's brighten up the day together! 🌟
Remember: Wear It Yellow – Friday 9th October! 💛

Thank you for helping us spread a little sunshine and show that mental health matters.



A few of our learners took charge of the Cardrew Café this week, preparing delicious drinks for staff and helping to set up and run the café. It was wonderful to see them getting stuck in, developing their practical skills and taking pride in serving others.

Meanwhile, Milo and Sizzle had a fabulous time making a splash at the pool, alongside our Heather learners. There were lots of smiles, laughter and plenty of energetic splashing — it looks like everyone had a brilliant time!







Our learners have continued to develop their exciting art projects, taking inspiration from the work of renowned contemporary artist Kehinde Wiley.

Building on their previous learning, the learners have been exploring Wiley's distinctive use of bold patterns, vibrant colours and decorative backgrounds, while considering how portraiture can communicate identity, culture and individuality.

They have been developing their own ideas and experimenting with composition, pattern and colour to create work that reflects their personal style.

Bracken Class

Weekly Highlights







Our focus on fruit continued in food tech. This time we made fruit smoothies after our tasting session last week.



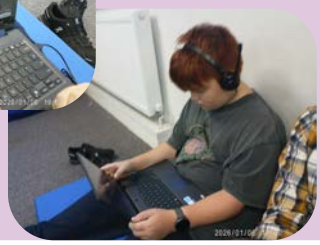




It was too windy for paddleboarding this week so we visited the aquarium instead. This gave us a link to our science learning- seeing animals in a their natural habitat.

Afterwards there was time to visit the beach where some of us made a river with the sand.





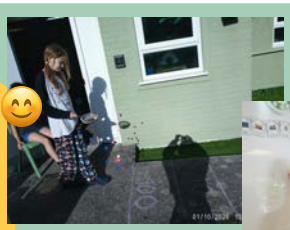
One of our learners joined a music tech session with Adam. The app being used is called Bandlab. It is really simple and a link to our learning in Computing.



We also found some time to continue to get to know each other.



In maths we have been focussing on place value, addition and substraction. We are using a variety of activities to practise our skills.







Another great week in Bracken!
See you next week!

Fern Class

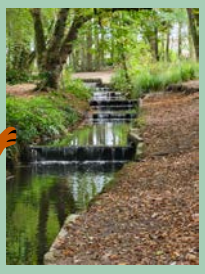
Weekly Highlights

A little reminder to all our learners that Friday 9th October is our 'Wear It Yellow' day and Mini Marathos in support of YoungMinds! 💛

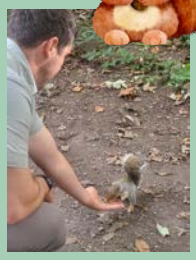
We enjoyed swimming for this week's Outdoor Education.



Some photos from our trip to Tehidy Woods from last week.













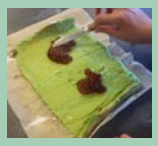
This week we made egg rolls in Food Tech and Swiss rolls for the staff cafe







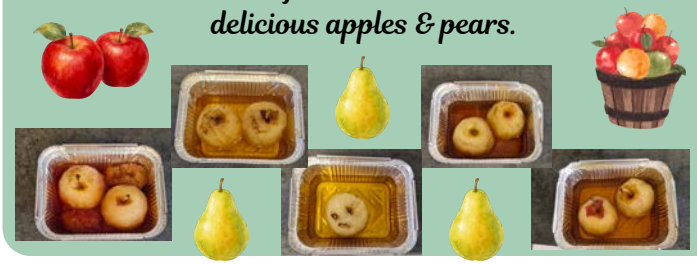








Last week in food tech we stewed some delicious apples & pears.



We did a science experiment to look at the reaction between yeast and sugar, our ballons expanded with the gas released.

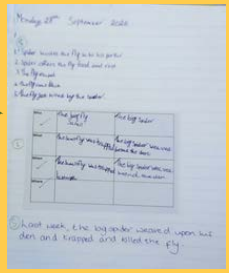


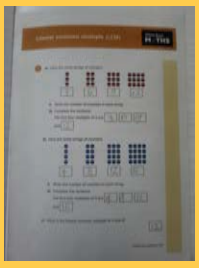


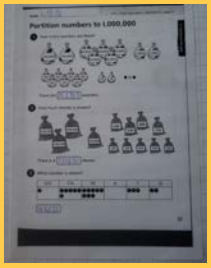


We released them outside there was an interesting smell caused by the reaction.

We have continued to work hard on both our English and Maths this week.











Meadowgrass Class

Weekly Highlights



A little reminder to all our learners that Friday 9th October is our 'Wear It Yellow' day in support of YoungMinds! 💛

We would love to see as many of our learners wearing yellow and taking part in the FIRST EVER Cardrew Mini Marathon! 🏃‍♀️🏃

Let's all work together to show our support for children and young people's mental health.



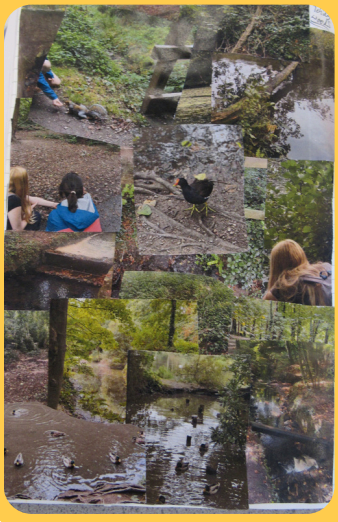
"Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal".
- Simone Biles

Learners spent the afternoon on Thursday working on their personal studies and taking ownership of any outstanding learning they needed to complete across a variety of subjects towards their accreditations.
We were so proud to see the level of maturity, independence and responsibiltiy from them all as they were procative in managing their time.

A BIG 'well done' to you all for prioritising yourselves and your learning - Keep it up! 🙂



We spent time in Humanities this week reflecting on our trip to Tehidy woods and thinking about the river management strategies we saw. Learners made conclusions on how effective they were and made a collage of our photos.





NEXT WEEK



Monday - Food Tech - Lesson 5&6 - We are making Fish Pie. **Please remember to bring a container to transport your food home.**
Monday & Tuesday - Lesson 3 - PE with Jules

Friday - **Cardrew Mini Marathon to raise money for Young Minds - Please wear something yellow if you can!**

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

Foxglove Class

Weekly Highlights

YOUNGMINDS Hello Yellow

💛 Friday 9th October is Hello Yellow Day! We'll be raising awareness and showing our support for YoungMinds and children and young people's mental health.

We'd love to see as many of our learners as possible getting involved by wearing something yellow and taking part in the FIRST EVER Cardrew Mini Marathon! 🏃‍♀️🏃

Let's come together, get active and show our support for this important cause! 💛

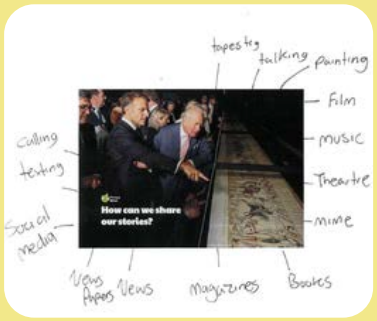
Please see ClassDojo for further information.

During our Communication and Interaction (C&I) sessions in Foxglove, we use Picture News to discuss and debate events and topics happening around the world.

This week, we explored the Bayeux Tapestry and its loan to the British Museum, where it will be displayed until September next year. We learned about its history, what it depicts and how it has survived for almost 1,000 years.

We also discussed how we can share our own stories and experiences in different ways, including through newspapers, the arts and respectful interactions on social media – or even by creating our own modern-day tapestries!





Foxglove has had another busy week as we settle into Year 11. We held our first Learner Voice session, began our new "Energy" topic in Physics and continued paddleboarding in Outdoor Ed. Green Day might be happy to see September end, but there's no slowing down in Foxglove! 🎶









On Wednesday, we continued to build positive relationships in Foxglove Class by creating our own "pony bead" keychains.

Learners enjoyed sharing ideas, supporting one another and developing their creativity and fine motor skills, while encouraging conversation, cooperation and positive interactions in a calm and supportive environment.





This week in Food Tech, our learners developed their practical cooking skills by preparing a traditional Lancashire Hotpot. They practised safe knife skills, accurate measuring, preparing ingredients and using different cooking techniques, while building their confidence and independence in the kitchen. It was also fantastic to see one of our learners share their skills by teaching a younger learner from Heather Class how to make the dish, as they continued to progress through our "Soups, Stews and Seasonal Vegetables" unit.

<u>What's Happening in Foxglove Next Week?</u>

Tuesday & Thursday, Period 2: PE with Jules

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

Friday: "Hello Yellow" Day for Young Minds and Cardrew Court School's First Ever "Mini Marathon"!

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

Dive into the fun with our weekly highlights! We made a splash exploring the aquarium, got creatively messy molding clay masterpieces, and wound down with some truly magical storytelling.

Newquay Aquarium was a wild ride: the sharks acted tough, the eels gave us the creepiest, skin-crawling side-eye imaginable, the unicorn fish were totally living their best mythical lives, and the cayman looked ravenous.







Cooking kedgeree in food tech is high-stakes chemistry that either,
yields a delicious classic or evacuates the school.
It was absolutly delicious!



In art we tried to capture different emotions using clay, can you guess what they were?



Getting Creative With Clay





Getting speedy with remote control vehicles.







Animal of the Week



Meet The Puma:

- **Rank: The 4th largest cat in the world.**
- **Range: Found from Canada to Patagonia.**
- **Diet: Stealthy hunters of mountain sheep.**
- **Sound: They can't roar, but make a wild, human-like scream instead!**

On Monday we're heading into the woods to commune with the squirrels, practice our best bear roars, and see who can trip over the most roots!

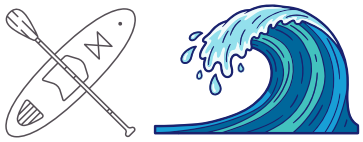
Dandelion Class

Weekly Highlights

On Friday 9th October, our school will be turning yellow to support YoungMinds and shine a light on children and young people's mental health. 💛 Learners are invited to wear something yellow and take part in our very first Cardrew Mini Marathon. It's a great opportunity for us to come together, have fun, get active and show that mental health and wellbeing matter. Let's make it a day to remember! 🌟







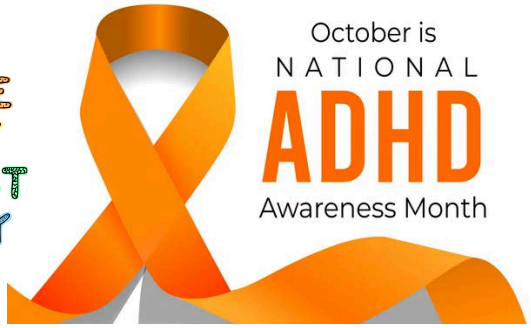






As October is ADHD Awareness Month, learners have been developing their understanding of ADHD and recognising that everyone has different strengths, needs and ways of experiencing the world. Through discussions and activities, learners have explored the importance of inclusion, empathy, respect and celebrating individual differences.





For Outdoor Education, our learners visited Newquay Beach to take part in paddleboarding. The experience provided opportunities to develop confidence, resilience and independence while trying a new activity.



During PE, learners have been developing their skills through pickleball, learning the basic rules, techniques and strategies of the game. The activity has provided opportunities to improve coordination, agility and fitness while also developing teamwork, communication and resilience. Learners have enjoyed trying a new sport and building confidence through active participation.

SMSC & Personal Development

CARDREW COURT SCHOOL

BELONG • BELIEVE • ACHIEVE

This term, Respect has been our value of the term, providing learners with opportunities to explore what it means to respect themselves, others and the wider community. Through assemblies, discussions and everyday interactions, learners have been encouraged to listen to others, appreciate different views and recognise the importance of kindness, fairness and inclusion. By embedding respect across school life, learners have developed a greater understanding of how their words, choices and actions can positively influence the people and community around them.

Learners have continued to develop their SMSC understanding through focusing on environmental responsibility and sustainability. This term, learners have been involved in establishing a Sustainability Group, providing opportunities to share ideas and take an active role in making positive changes across the school. Through discussions and practical activities, learners have explored the importance of caring for the environment, reducing waste and making responsible choices. This has developed teamwork, responsibility, respect for their surroundings and a stronger understanding of their role in contributing to a more sustainable school.









Learners created and ran their own Cardrew Café, serving teas, coffees and cakes to staff. This activity supported personal development and preparation for adulthood by building confidence, communication, teamwork, organisation and independence, while developing valuable skills in responsibility, customer service and money management.

Physical Education



🦖 Heather Class Get Creative in PE!

What a fabulous PE session Heather Class had!

The learners used their creativity and teamwork to invent their very own game called Dino Tag! 🦕 They worked together to come up with the rules and even created their own point-scoring system.

Everyone had a fantastic time taking part, and the class are already looking forward to sharing their new game with other learners and having another go at playing Dino Tag soon!

Well done, Heather Class, for showing such brilliant teamwork, creativity and enthusiasm! 🌟







Conflict Resolution

Conflict can arise through personal differences between individual pupils, problems which occur outside school life and are brought into school, or from difficulties arising from the breakdown of relationships between individuals or groups of pupils. This guide will provide you with the basic steps you can take to help pupils resolve conflict and develop the necessary skills to deal with difficulties which arise.

1. FORMULATE POLICY

When a school has a clear process for conflict resolution which is used by everyone, it helps pupils to learn the skills of dealing with conflict and to know what is expected when it does occur.

2. MANAGE EMOTIONS

Before any conflict is to be resolved, pupils need to access their executive functions such as thinking, listening and problem solving. This is not possible when their emotions are in charge. Help them to find the best way of calming down, and support them in this process if necessary.

3. ESTABLISH THE FACTS

Seek to gain the whole picture of what has happened from all parties so that the different perspectives are understood by all. This involves pupils actively listening to each other.

4. BUILD EMPATHY

If pupils understand their own feelings and those of others, it will begin to build empathy and an establishment of connection and reconnection between all those involved.

5. IDENTIFY RESPONSIBILITY

Where appropriate, it is important that pupils take responsibility for their actions and the consequences it has had for those involved. A good prompt for this might be 'Could you have done something differently to change what happened?'

6. DISCUSS SOLUTIONS

Share ideas and problem solve. Seek to reach agreement on the most suitable solution or solutions. This may need to be modelled by an adult to begin with.

7. BE CONSISTANT & PATIENT

Helping pupils learn the skill of conflict resolution takes time, particularly where strong emotions are involved, or pupils have not had good conflict resolution modelled before.

8. PRACTISE IN THE CLASSROOM

If pupils can learn skills such as calming down techniques, active listening, debating and problem solving during lessons away from actual conflict, the better they will be able to employ these skills when conflicts do arise and strong emotions run high.

The National College®

This guide is part of The National College staffroom poster series

A collection of information posters for your school staffroom.



Meet the Expert: Anna Bateman

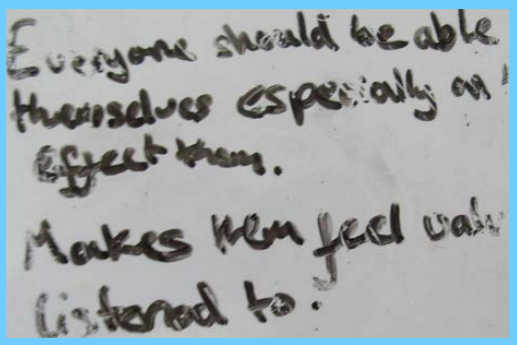
Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

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Articles of the Week

Article 12 - Respect for children's views

Article 12 of the UN Convention on the Rights of the Child recognises every child's right to have their views heard and taken seriously. Children have the right to express their opinions on matters that affect them, and adults should listen to and consider those views in a way that is appropriate to the child's age and maturity. This means creating opportunities for children to have a meaningful voice in decisions that affect their lives.





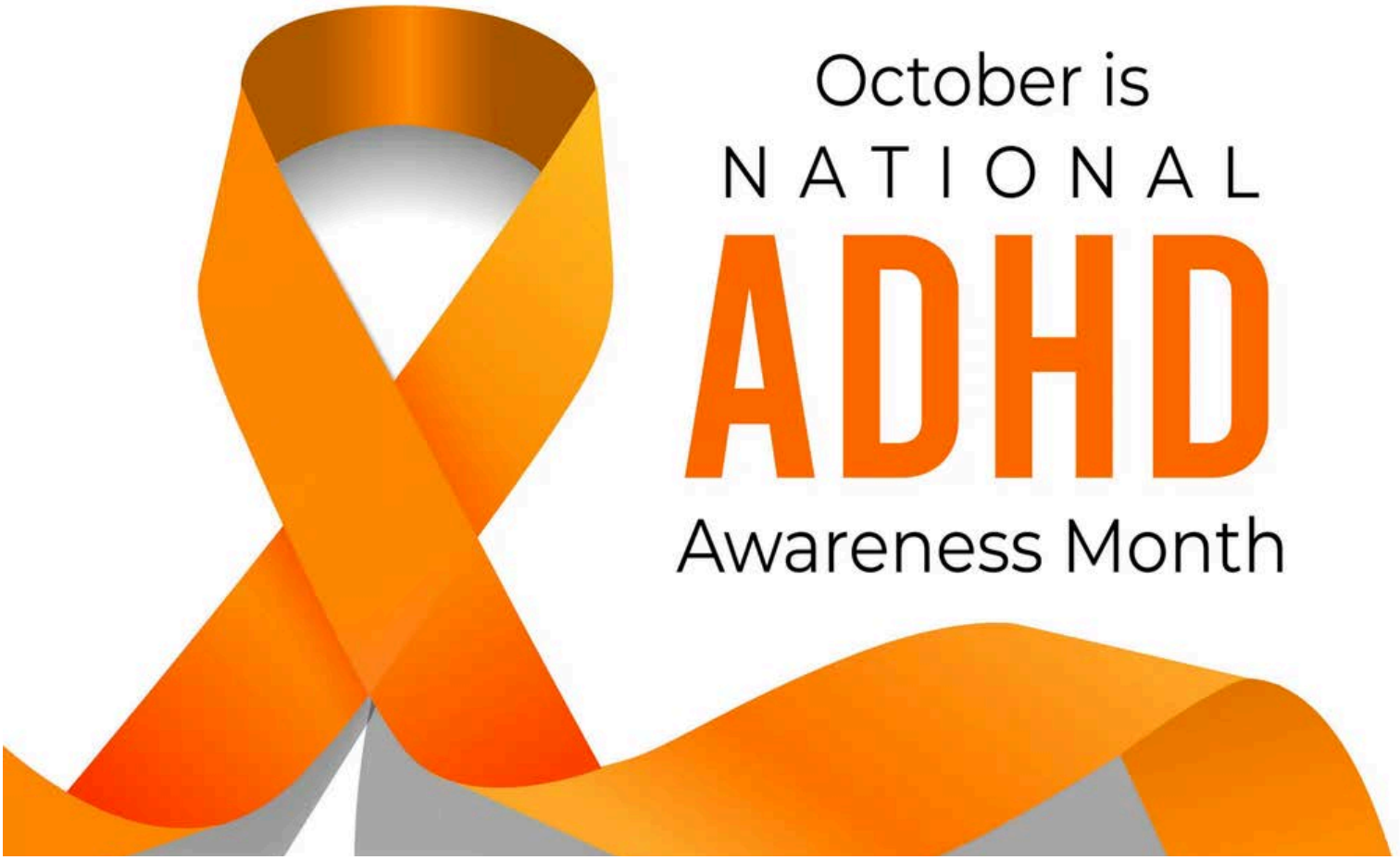


We held a learner voice discussion group to give learners the opportunity to share their views, experiences and ideas about their learning. Their feedback helps us understand what works well and where changes / improvements can be made to the school

Article 13 - Sharing thoughts freely



Article 13 of the UN Convention on the Rights of the Child recognises every child's right to freedom of expression. Children have the right to share their thoughts, feelings, ideas and opinions, and to communicate in ways that work for them. This includes speaking, writing, drawing, creating, or using other forms of communication. Their voices should be respected and given appropriate opportunities to be heard.



Encourage Breaks

Allow for short, frequent breaks to help with restlessness or hyperactivity.

Structured Environment

Use schedules, reminders, and clear expectations to help with time management and task completion.

October is ADHD Awareness Month. Parents, teachers, and caregivers of children with ADHD know that they often experience and see the world in unique and meaningful ways. This different perspective can bring incredible strengths, creativity, and talents, while also presenting challenges in certain situations, including everyday moments that others may take for granted.

We want every child to feel confident expressing themselves in their own way and celebrating what makes them unique. It's about helping all young people to build the skills and confidence to thrive as themselves.

Understanding Challenges

Recognise that the difficulties they face are not intentional and offer help without judgment.

Positive Reinforcement

Celebrate successes and offer praise for effort, even if tasks aren't completed perfectly.

YOUNGMINDS

Hello Yellow

CARDREW COURT SCHOOL
BELONG, BELIEVE, ACHIEVE

unicef
UNITED KINGDOM
RIGHTS RESPECTING SCHOOLS

Friday 9th October 2026

Cardrew Court School support Young Minds in aid of World Mental Health Mental Day

As requested in Learner Voice last year, we will be hosting CCS's first ever Mini Marathon.

WHERE: The school field/astro
WHEN: Friday 9th October 2026 - 10:00-10:30
WHO: All learners and staff
WHAT: Sponsored per lap by family and friends, learners will walk, jog or run as many laps as possible in 30 minutes. Learners will keep count of their laps, marking a score card at their class station as they go. The more laps, the more money raised for Young Minds. Learners to collect this from their sponsors and return to school. Participation is welcomed from all learners, but not expected.

Let's get moving for Mental Health!

LEARNER VOICE

Minutes of Meeting 29.09.26

Reward Shop Suggestions

- Really like the opportunity to exchange points for higher-value rewards, such as Amazon vouchers and treat days.
- Consider introducing a wider range of rewards to give learners more choice and incentives to work towards.

School Trip Suggestions:

- More paddleboarding opportunities
- Less repetition of activities across different trips
- Swimming
- Ice skating
- Horseriding
- A trip to London
- Combining classes for outdoor education activities
- Combining classes for end-of-term trips, where appropriate, particularly in relation to friendship groups
- Learners are also keen to have the opportunity to watch a show at the Hall for Cornwall

Extracurricular Club Suggestions:

- Gymnastics Club
- Tennis Club
- DT Club
- Engineering Club
- Science Club
- Careers Club
- Comic & Colouring Club
- Animation Club
- Bowling
- Wild Swimming
- Horseriding

Ideas for the School Day

- Learners would still like to have longer break and lunch times to give them more time to relax and socialise.
- Could lunch be extended to 45 minutes?
- Explore dim lighting or adjustable lighting accommodations in all classrooms, similar to the setup in Heather, to help create a more comfortable learning environment for learners who find bright lighting difficult.
- Provide more opportunities for learners to have some choice and ownership over their learning, particularly through projects and practical activities. eg would like the option to be able to do both humanities and art.

Changes and Improvements for the School

- Opportunity to vote on outdoor education activities at least one term in advance. eg via a questionaire. This would allow learners to have a say in activities they are interested in and give staff more time to plan.
- To be an AI free school
- Introduce or develop a School Parliament where learners can regularly share ideas, discuss issues and contribute to decisions that affect school life.
- Peer supporters - learners supporting one another with activities and transitions. Eg buddy up a KS4 learner with a KS3 learner.
- Learners have requested to have music streaming platforms such as Spotify back.
- Explore the possibility of having a therapy pet or animal-assisted wellbeing sessions, where appropriate and in line with school policies and allergies.
- More opportunities to cook vegan and vegetarian dishes in food tech.
- Explore recipes from a much wider range of countries and cultures, rather than focusing mainly on food linked to specific calendar events or cultural celebrations.

Things We'd Like to Do Again

- Wild swimming
- Paddleboarding
- School discos
- Prom
- Would like more social activities that allow learners to spend time with their friends and build positive relationships

Learner Voice Impact

- Clearly communicate which suggestions can be acted upon and why.
- Share updates on changes that have been made as a result of learner feedback.
- Give learners opportunities to vote on choices that directly affect them.
- Celebrate examples where learner feedback has directly contributed to a positive change.