Cardrew Court School

Newsletter

Dear Families

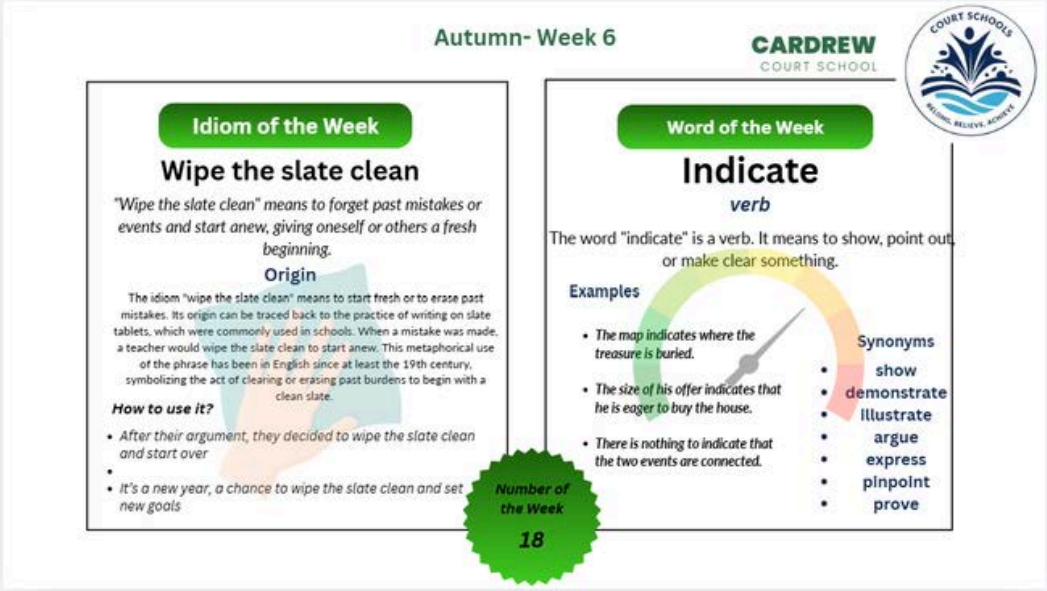
5th - 9th October 2026 | Issue #05

Have you heard the proposed date of March 2027 for the under 16 social media ban coming into law within the UK? With this in mind please see the **'online communications'** letter emailed via Arbor and posted on Class Dojo.

We are seeking an external, parents and carers online safety session provider, please let us know if you would be interested in attending.

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.

Collections arrangements for learners - please notify school if a different adult is expected - a collection password will need to be arranged if school have not met this adult before. Thank you!

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 learners and staff who have gone above and beyond—whether through kindness, independence, resilience, or leadership. Well done!



Colleague of the Week

Jade

Headteachers Awards

Evelyn of Heather class

Careers & PSHE



We were delighted to welcome our Careers Advisor to school recently, who spent time with our Year 10 and Year 11 learners discussing future career opportunities and pathways. The sessions provided learners with valuable advice and guidance on the options available to them after school, including further education, apprenticeships and the world of work. It was a fantastic opportunity for our learners to ask questions, explore their interests and begin thinking about their next steps and future careers.

KS4 learners have been completing the Health and Wellbeing unit. This week, we explored the importance of emotional wellbeing and discussed how being emotionally healthy can help us manage our thoughts, feelings and behaviours.

Learners considered how maintaining positive emotional wellbeing can help us keep challenges in perspective, develop healthy coping strategies and build resilience when faced with the ups and downs of everyday life. It was a valuable opportunity to reflect on the importance of looking after our mental and emotional health.











Heather Class

Weekly Highlights

👩‍🍳 Food Technology

There have been some delicious creations in Food Technology last week! The learners had the opportunity to make Croque Monsieurs, developing their practical cooking skills while following the recipe and working safely in the kitchen. They certainly enjoyed tasting the finished results!



🖤 Black History Month

Our learners have been exploring Black History Month and learning about the achievements, contributions and stories of inspirational Black individuals. They have put their creativity to work and produced some fantastic Black History Month posters, which will soon be displayed around the school for everyone to enjoy.



📚 Reading Success

Our learners have also completed their Yark reading comprehension test. They have worked incredibly hard, showing great focus and determination throughout. We are extremely proud of them and the progress they are making with their reading skills. Well done, everyone!



This week in Science, our learners had great fun exploring static electricity! ⚡
They learned about how static charge can build up when two materials are rubbed together. To put their learning into action, the learners used a ruler and a cloth to create static electricity.

They were amazed to discover that they could use the charged ruler to bend a gentle stream of water without even touching it! 💧⚡

It was a fantastic hands-on experiment that helped our learners understand how static charge can create an invisible force. The excitement and curiosity in the classroom were brilliant to see!

Bracken Class

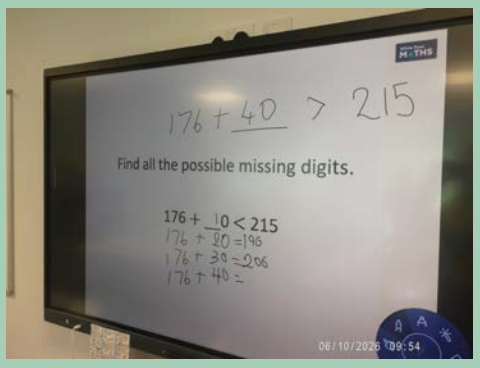
Weekly Highlights



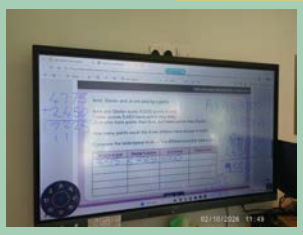


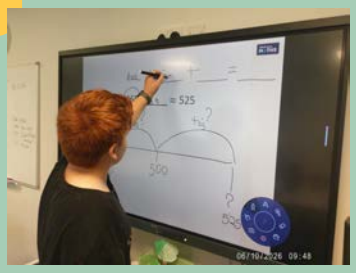


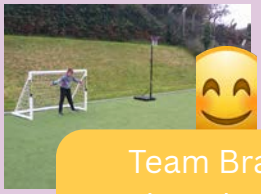
This week we created some tasty fruity granola. We had to use skills like weighing, cutting and mixing.



In maths we used our reasoning skills to solve problems and number lines to calculate addition.





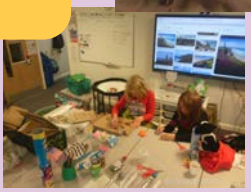


Team Bracken really enjoyed playing games together. Our learners are great at setting up and explaining the rules to games.



Our craft skills were put to the test with a variety of makes this week!







We love our PE sessions with Jules. This week- more team games developing our throwing and catching skills. Some of us managed a long rally of about 25 throws and catches.



Another great week in Bracken!
See you next week!

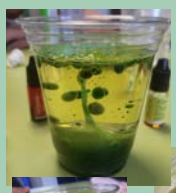
Fern Class

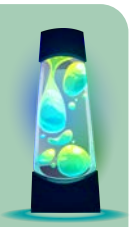
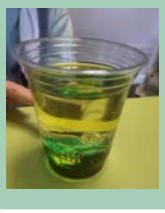
Weekly Highlights

Just a reminder that we have Parents Evening next Tuesday 13th October.

You are doing GREAT!

This week Fern class made cool Lava lamps!

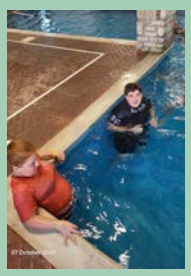






We enjoyed swimming for this week's Outdoor Education.

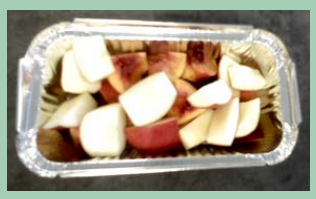



Little Rex & Sennen enjoyed swimming with us!





This week in food tech we baked some delicious apples, plums, and nectarines and turned them into a crumble!







This Friday we celebrated 'Hello Yellow' for children's mental health awareness. Both learners & staff wore yellow to celebrate.







Hello!

We have been doing some amazing Art this week with tracing and designing logos.






Skye

Oakley






Skye

Meadowgrass Class

Weekly Highlights - Week 5



We have been continued working on our Pickle Ball skills in PE this week with Jules. It is great to see learners working together and focusing on improving their co-ordination and accuracy skills.









In our PD Asdan lessons this week, we have been looking at what we can do to support our own wellbeing. Learners chose activities they enjoy and spent the afternoon on Wednesday taking part in those both independently and with a friend.









#HelloYellow

YOUNGMiNDS

It was great to see staff and learners from across the school coming together this morning for Cardrew's first ever mini marathon! Lots of laughter, smiles and wearing yellow to support YoungMinds and the work they do to support children and young people's mental health.

NEXT WEEK



Monday - Food Tech - Lesson 5&6 - We are making Squash Soup with Croutons. **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

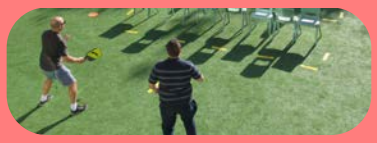
Weekly Highlights

It's been another busy and positive week in Foxglove! 🌟 We've explored emotional wellbeing through ASDAN Personal Development, got creative making our own fish pies in Food Technology, and taken part in Cardrew Court School's first-ever Mini Marathon for YoungMinds' Hello Yellow Day, completing an amazing 60 laps of the school field and astro as a class! 💛🏃🍽️

Over the past few weeks, we have enjoyed getting to know Jules, our new PE Teacher at Cardrew Court School.

In our PE sessions, we have been developing our hand-eye coordination, aiming and ball control skills through activities such as pickleball. This has been a new sport for many of us in Foxglove, and whilst the scoring system has taken a little getting used to, it has been fantastic to see so many of our learners engaging and enjoying their sessions with Jules.



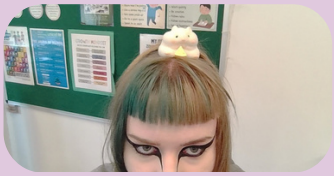



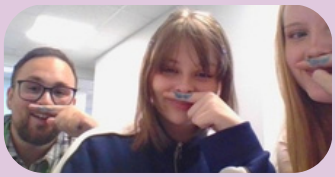
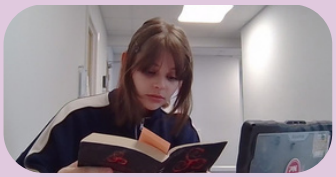
This week, we put these skills into practice by creating our very own makeshift game of air hockey! It was great to see everyone getting involved, having fun and developing their skills along the way.

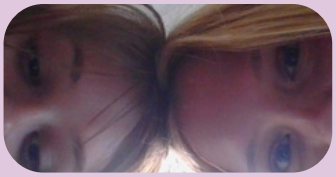




As part of our Health and Wellbeing unit in ASDAN Personal Development, we explored the importance of emotional wellbeing. We discussed how being emotionally healthy can help us manage our thoughts, feelings and behaviours, keep challenges in perspective, and cope with whatever life throws our way.



On Tuesday, we put this into practice by taking part in a range of emotional wellbeing activities to start the day on a positive note. Learners chose activities that helped them feel happy and regulated, including listening to music, reading, creating art and taking photographs with friends.

It was a wonderful way to begin the day — having fun, expressing ourselves and looking after our emotional wellbeing, which is what Foxglove is all about!

This week in Food Tech, our learners continued working through our "Soups, Stews and Seasonal Vegetables" unit, developing their practical cooking skills by preparing fish pie. They practised preparing ingredients, making the filling and assembling their dishes, building confidence and independence along the way. Jack also joined in, making his own fish pie to take home for his dinner!

Elsewhere in the kitchen, one of our learners shared their skills by teaching a younger learner from Heather Class how to make a delicious apple pie, demonstrating great teamwork and confidence.

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

Tuesday & Thursday, Period 2: PE with Jules

Tuesday, 15:30-18:30: Parents' Evening **- please book in via Class Dojo!!**

Thursday, Periods 5 & 6: Food Tech with Emma C (Squash Soup with Croutons) **- 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

This week we braved a woodland walk, eyeing suspicious mushrooms, dodging squirrel masterminds, and enduring judgmental crows, before heading inside to write spooky stories far scarier than our actual wilderness survival skills!

During our quiet walk in the woods, we calmly identified local mushrooms while enjoying the company of the many friendly squirrels and birds that crossed our path.





In Food Tech, we whipped up a batch of sweetcorn and bacon fritters that the teachers definitely enjoyed, even if the learners were a little dubious.









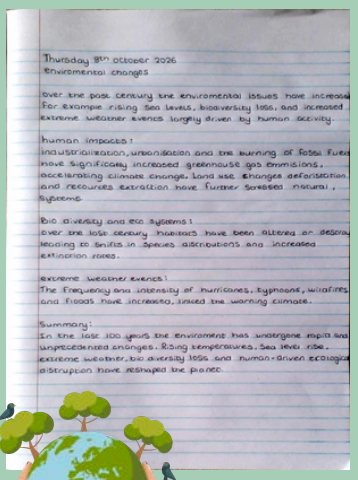
In English, we've been tackling narrative writing with the thrilling prompt: "A time I was scared" proving that nothing inspires great descriptive writing quite like confronting your fears (or at least hiding under a blanket until the plot resolves). It's been amazing to see learners channel their inner thrill-seekers to craft some truly suspenseful stories!







This week in our beliefs and values lessons, we have been exploring our shared responsibility for the planet by researching how humans have shaped and affected the environment over time. It has been eye-opening to see how our choices ripple through generations, inspiring us to think more deeply about how we can care for the world around us.



Thursday 8th October 2026
Environmental changes

Over the past century the environmental issues have increased for example rising Sea levels, biodiversity loss, and increased extreme weather events largely driven by human activity.

human impacts:
industrialisation, urbanisation and the burning of fossil fuels have significantly increased greenhouse gas emmisions, accelerating climate change. land use changes deforestation and resources extraction have further stressed natural systems.

Bio diversity and eco systems:
over the last century habitats have been altered or destroyed leading to shifts in species distributions and increased extinction rates.

extreme weather events:
The frequency and intensity of hurricanes, typhoons, wildfires and floods have increased, linked the warming climate.

Summary:
In the last 100 years the environment has undergone rapid and unprecedented changes. Rising temperatures, Sea level rise, extreme weather, bio diversity loss and human-driven ecological disruption have reshaped the planet.



My fact file about Extinct animals



On Monday, we will be diving into the lovely warm pool and making a splash! Don't forget your swimmers.

Dandelion Class

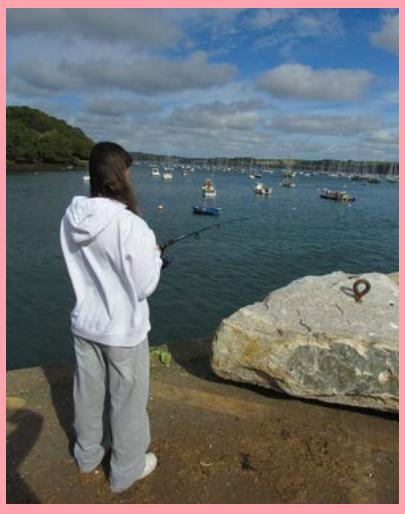
Weekly Highlights







This week in Outdoor Education, our learners enjoyed getting out on the water at Mylor Beach. Some took part in paddleboarding, developing their confidence, balance and teamwork skills, while others enjoyed a spot of fishing. It was a great opportunity for everyone to spend time outdoors and enjoy the coastal environment.



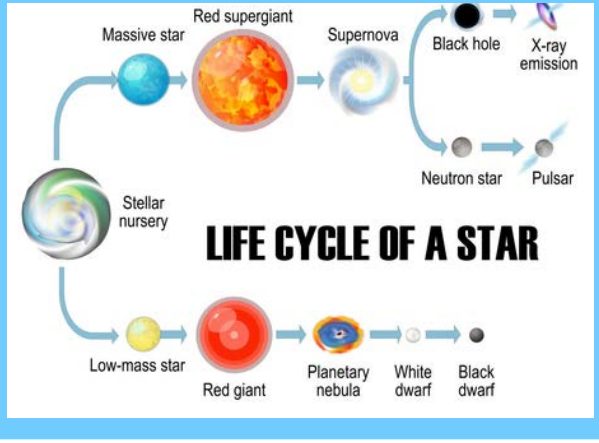




YOUNG MiNDS

Learners have also taken part in Hello Yellow this week, showing their support for YoungMinds and raising awareness of the importance of looking after our mental health.

In Science this week, learners have been exploring the lifecycle of a star. They have been learning about the different stages a star goes through, from its formation in a nebula to its eventual fate.



SMSC & Personal Development

CARDREW COURT SCHOOL

BELONG • BELIEVE • ACHIEVE

We are also in the process of creating an Equality, Diversity and Inclusion (EDI) board within our setting. The board will provide a positive space to celebrate diversity, promote equality and encourage inclusion. It will help our learners to explore and understand what makes us all unique, while recognising the importance of respect, acceptance and belonging for everyone.

This week, our SMSC and Personal Development programme has provided pupils with opportunities to learn about and celebrate Black History Month. Through discussions, activities and creative tasks, learners have explored the achievements, experiences and contributions of Black individuals and communities, while developing their understanding of equality, diversity, respect and inclusion. These activities have encouraged learners to reflect on their own identity and values, appreciate different cultures and perspectives, and consider how they can challenge discrimination and promote fairness within their school and wider community. Black History Month has therefore supported our wider Personal Development curriculum by helping learners develop empathy, confidence, respect for others and a stronger understanding of their role as responsible and active members of society.







Our Eco Committee have been making a big impact in the garden this week! 🌱
Learners have been getting stuck in, working together to care for and improve our outdoor space. Their hard work, teamwork and enthusiasm are helping to make our garden a welcoming and sustainable environment for everyone to enjoy.
Thank you for your hard work this week!

Physical Education





This week in PE, Heather learners made the most of the beautiful autumn sunshine! ☀️🍂

Everyone enjoyed getting active outdoors with a fun game of Dino Tag, developing their running, agility and coordination skills while having lots of fun.

We also got creative and worked together to design and complete a hurdles course for our hobby horses! 🐴🏃‍♀️ Learners practised their balance, control and jumping skills as they guided their hobby horses around the course.

It was fantastic to see everyone getting involved, enjoying the fresh air and making the most of the lovely autumn weather! 🍁

Articles of the Week

Article 2 - Non Discrimination

Article 2 of the UN Convention on the Rights of the Child recognises every child's right to be treated fairly and equally, regardless of their race, colour, sex, language, religion, culture, disability, family background or any other status. Children have the right to enjoy all of their rights without discrimination. This means creating an inclusive environment where differences are respected, diversity is celebrated and every child feels valued, safe and included.





Article 30 - Culture, Religion and Language



Article 30 of the UN Convention on the Rights of the Child recognises the right of children from minority or Indigenous groups to enjoy their own culture, practise their own religion and use their own language. This means creating opportunities for children to learn about, express and celebrate their identity, culture, beliefs, language and traditions, while also developing respect and understanding for the cultures and identities of others.

BLACK HISTORY MONTH

It's Black History Month



What is it?

Black History Month is a celebration that highlights the history, achievements and culture of Black people. It also shines a light on the contributions of Black leaders and heroes who brought about change.

When is it?

Black History Month runs throughout October in the UK. It is a month-long celebration.



Why is it important?

Black History Month makes sure that the experiences of Black people are recognised, represented correctly, taught, and celebrated. It raises cultural awareness and makes sure Black history is not overlooked.

YOUNGMINDS

Hello Yellow

CARDREW COURT SCHOOL
BELONG, BELIEVE, ACHIEVE

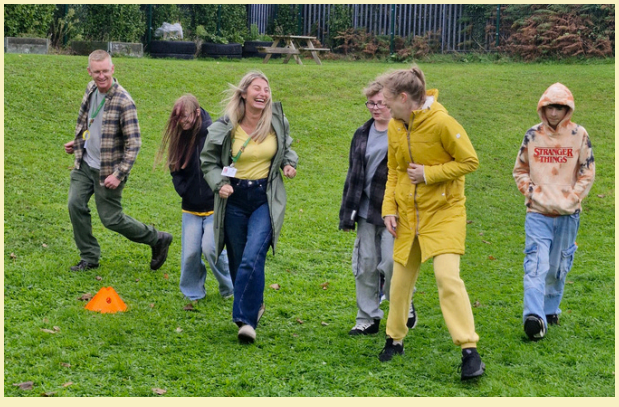
unicef
UNITED KINGDOM
RIGHTS RESPECTING SCHOOLS









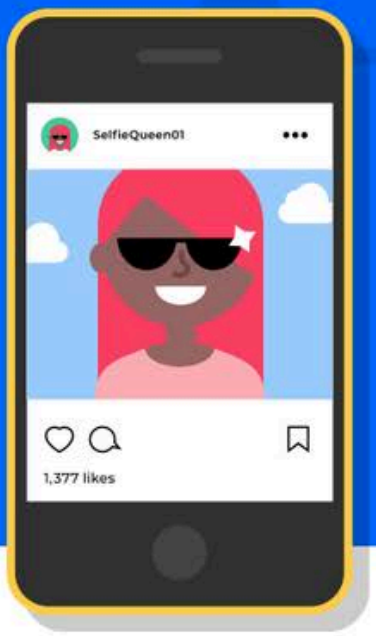


413 laps of the CCS field and astro collectively completed by the wonderful Cardrew community in our marathon for World Mental Health Day!

Selfies, self-esteem and body image

Empowering children to develop positive body image

internet matters.org





Why is it important?

Using selfies as a comparison tool

Seeing constant streams of perfect bodies **can put unrealistic expectations** on young people to look a certain way which can lead to low 'body esteem'.

Pressure to post the perfect selfie

Wanting to be accepted by the in-crowd **can put pressure on young people** to share personal images simply to improve their social status.

Link between likes' and self-esteem

Young people may put more value in how others see them so, getting a negative comment or less likes on a post can **have a real negative impact on their self-esteem and mental health**.

Tips to support young people





Help children think critically about images they see online

Explain that when we look at idealised images – it's natural to compare ourselves. The way to deal with these images is to recognise that they are more like press releases, they showcase the best possible version of a face or body.

Encourage them to be selective about who they follow and images they see

Being bombarded by images of people with abs or a certain body type on their social feed can lead them to think that this is the norm. **Making them aware of a range of body types** can help them develop a balanced view of body image.

Empower them not to put all self-esteem eggs in the beauty basket

Remind children that they are more than what they see in the mirror. Encouraging them to put value in the range of talents and skills they have can help them develop a strong sense of self and improve self-esteem.

Talk positively about your own body image

Be aware of the language that you use to talk about your own body. Children pick up on this so it's best to try and **keep it positive to encourage them to stay positive** about their own body image.

Discuss what it really means to 'like' something on social media

Talk about the reasons behind why they are liking a picture, is it because others have liked it or because they've genuinely engaged with the photo? Getting them to think critically about this can help them developed a balanced view when it comes to seeking likes on social media.

Focus on positive images online

Encourage them to **celebrate what makes them unique**, rather than comparing themselves to others online. Posting images that empower and inspire others can be a great tool to encourage others to do the same.

In assembly today learners were given the below card with contacts if they are having hard feelings and thoughts, we wanted to share the details with families to.

Who Could You Talk To?

- Parents
- Family
- Friends
- Staff at School
- Coaches, leaders at clubs
- Doctor
- Counsellor

Shout -Text 85258
Kooth -Download Soluna App
www.kooth.com
Childline -Call 0800 1111
NHS-Call 111
Samaritans -Call 116 123
Suicide Prevention UK -0800 587 0800
National Suicide Prevention Helpline | SPUK Suicide Prevention Charity
In a life-threatening emergency dial 999 first
Mind -Support About Mind | How Mind helps with mental health | Mind

