

Reach the Stars!

ReachOut Creative Futures' Newsletter

October 25



Welcome to the Winter Term

The first three weeks of the academic year.

The summer holidays now seem like a distant memory as we reach our fourth week of the winter term. With the weather on the change and the daylight hours getting shorter, we have begun the new academic year with an action-packed schedule. The first three weeks have included an array of activities to introduce learners to their programs of study, including two new courses on offer this year – Occupational Studies for the Workplace and Child Care. Most students will also be participating in the Arts Award, Functional Skills (Maths and English) and gaining work experience in our onsite training café. Further enrichment is provided with an Outdoor program of wellbeing, and a Progression program focussing on next steps and individual work experience opportunities.

In our first week, students participated in several art workshops with a focus on digital music production and traditional arts.



Find us on Facebook, Instagram and at our website:

www.reachoutcf.com



The Rising Stars Training Café is now OPEN.

Open every Wednesday during term time from 11:00 to 14:30

Our training café provides learners with practical work experience in both our commercial grade kitchen and serving customers, front of house, in the café.

Find us on social media or at our website www.reachoutcf.com to view the latest menus and deals.



Welcome to the Winter Term

Continued from front page.

To provide an introduction to our commercial kitchen, students took part in a Cornish pasty making activity – and we made over 20 pasties! Check out the recipe over the page.



In week two, our learners attended a team building day at Drummers Lodge Scout Campsite. The day saw them pitching tents, participating in a variety of sports, fire-lighting, cooking (including the toasting of marshmallows for smores!) and a follow the trail hide and seek activity through the woodland.

Week three saw the start of our timetabled program of study with Maths and English on a Monday, Arts Award/Child Care/Occupational Studies on Tuesday and a Café training day on Wednesday.



What have you enjoyed so far?

“My favourite things that I have done at ReachOut so far are getting outdoors and playing Badminton. I have really enjoyed my Child Care course and have been planning a project to make Red Riding Hood themed puppets for storytelling. I also enjoy the word and picture games we play when writing this newsletter.” - Lowena

Recipe of the month: Traditional Cornish Pasty

Makes 6 Medium Pasties

For the shortcrust pastry:

- 500 g strong bread flour
- 120 g lard or white shortening
- 125 g butter
- 1 tsp salt
- 175 ml cold water

For the filling:

- 400 g good quality beef skirt, cut into cubes
- 300 g potato, peeled and diced
- 150 g swede/turnip*, peeled and diced
- 150 g onion, peeled and sliced
- Salt & pepper to taste (2:1 ratio)
- Beaten egg or milk to glaze

*How to start an argument in Cornwall (haha!)

Method:

1. Add the salt to the flour in a large mixing bowl.
2. Rub the two types of fat lightly into flour until it resembles breadcrumbs.
3. Add water, bring the mixture together and knead until the pastry becomes elastic. This will take longer than normal pastry, but it gives the pastry the strength that is needed to hold the filling and retain a good shape. This can also be done in a food mixer.
4. Cover with cling film and leave to rest for 3 hours in the fridge. This is a very important stage as it is almost impossible to roll and shape the pastry when fresh.
5. Roll out the pastry and cut into circles approx. 20cm diameter. A side plate is an ideal size to use as a guide.
6. Layer the vegetables and meat on top of the pastry, adding plenty of seasoning as you go. The amount of salt and pepper to use will vary according to taste but a good rule of thumb is to use a good pinch of salt and a gentle pinch of pepper on each layer.
7. Bring the pastry around and crimp the edges together (see our guide to crimping).
8. Glaze with beaten egg or an egg and milk mixture.
9. Bake at 165 degrees C (fan oven) for about 50 – 55 minutes until golden.

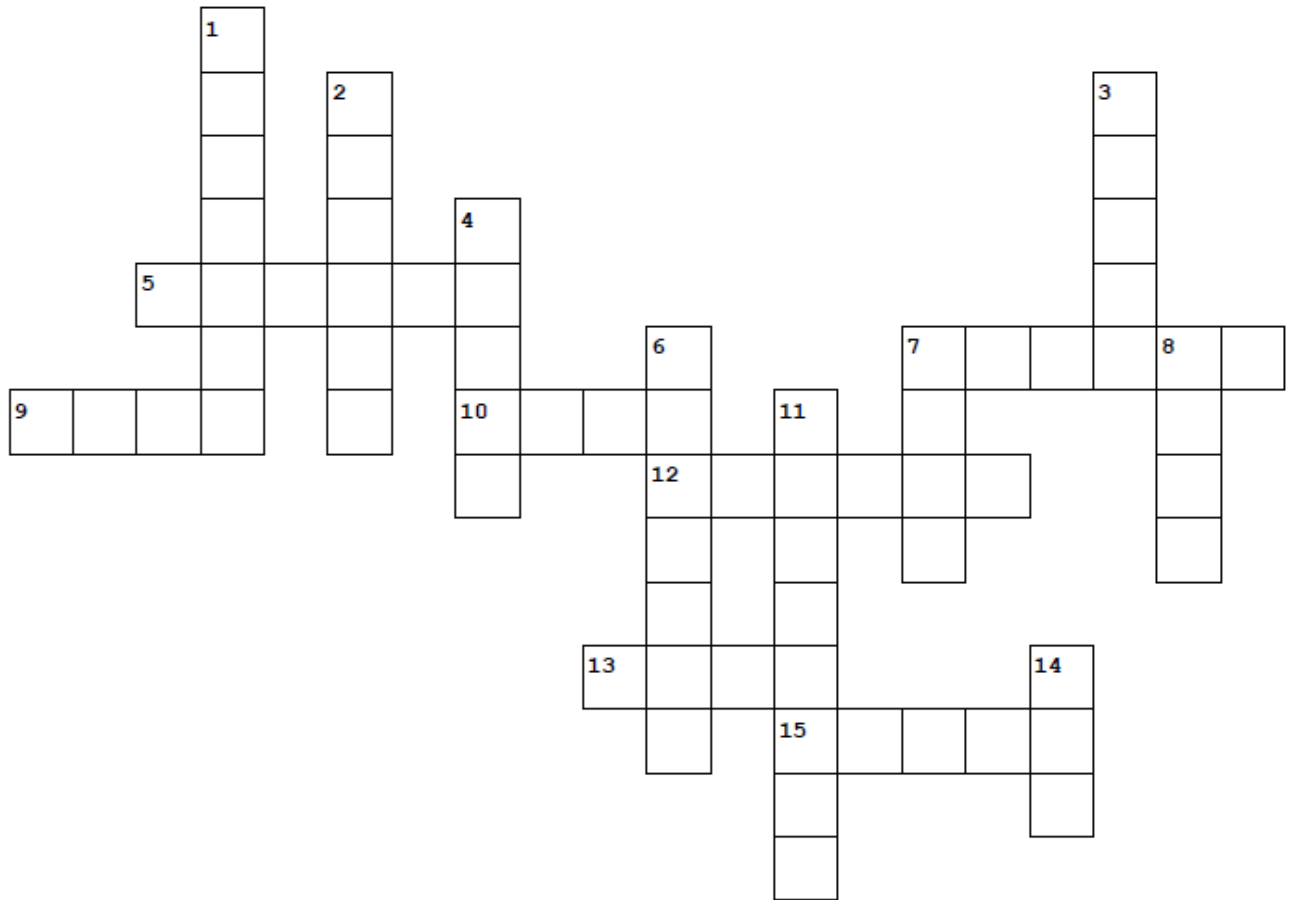


Look CLOSER!

Can you guess what the Pictionary Drawings are of?



Crossword Corner:



Across

- 5. who you see when you're ill
- 7. turns a car
- 9. what we put the rubbish and recycling in
- 10. a large and heavy book
- 12. a creature
- 13. used in fishing
- 15. a red or green fruit

Down

- 1. things you might look out of
- 2. a celebration with chocolate eggs
- 3. a building you live in
- 4. an honest answer
- 6. sometimes it's sunny, snowy or rainy
- 7. large bodies of water
- 8. a red gemstone
- 11. an extinct creature
- 14. lead character in the matrix

British Food Fortnight:

The Entry Level Maths class has been celebrating British Food Fortnight (26th Sep to 12th Oct) – a national celebration of the diverse and delicious foods that Britain produces.



The students carried out a survey of our favourite foods, and the results are in:

Most popular dish: Roast Dinner
Most popular biscuit: Shortbread

What are your favourite foods?

Monthly Maths Puzzles:

Can you work out the values of the burger, ketchup and fries?

$$\text{burger} + \text{ketchup} + \text{fries} = 58$$

$$1 \times \text{burger} = \text{fries}$$

$$\text{ketchup} \times \text{ketchup} = 64$$

burger = ? ketchup = ? fries = ?

Can you solve our Cross Maths Grid?

3	+		+	6	+	12	36
+		+		+		+	
	+		+	13	+		35
+		+		+		+	
	+		+	8	+		40
+		+		+		+	
2	+		+	9	+	10	25
35		35		36		30	

Did you know that there's a fine line between a denominator and a numerator?

Only a fraction of people will find this funny. (And less than half will get it). Which brings us on to....

Jokes of the month:

What is green and fuzzy, has four legs and if it falls out of a tree it will kill you?

....a pool table!

How do you mend a jack-o'-lantern?

....with a pumpkin patch.

Why don't mummies take time off?

....they are afraid to unwind.

What is a skeleton's favourite food?

....spare ribs!



The Quick Quiz:

1. How many pipes to bagpipes have?
2. What year did the Titanic sink?
3. What is the largest desert in the world?
4. How far is the Moon from Earth?
5. Which Ocean is the largest?
6. Which is the most spoke language?
7. What is the national flower of Japan?

We hope you have enjoyed our first ever monthly newsletter. We have had a lot of fun putting it together. Our next edition will be out (in a blaze of fireworks!) on Wednesday 5th November 2025.

If you have any suggestions for content, please get in touch with the newsletter group via email: simon@reachoutcf.com. Alternatively, you can put a note in the suggestions box in our café.

Thanks for reading. Best wishes, the Newsletter crew: Bronwin, Charlie, Lowena, Phill and Si.

Answers to puzzles:

Look Closer Pictionary Drawings: Polar Bear and Porcupine

Crossword Answers

Across	Down
5.doctor	1.windows
7.steers	2.easter
9.bins	3.house
10.tome	4.truth
12.animal	6.weather
13.nets	7.seas
15.apple	8.ruby
	11.dinosaur
	14.neo

Symbol Challenge

Burger = 25
Fries = 25
Ketchup = 8

Cross Maths

3	+	15	+	6	+	12	36
+	■	+	■	+	■	+	
16	+	5	+	13	+	1	35
+	■	+	■	+	■	+	
14	+	11	+	8	+	7	40
+	■	+	■	+	■	+	
2	+	4	+	9	+	10	25
35		35		36		30	

The Quick Quiz:

1. Bagpipes typically have 4 pipes – 1 chanter and 3 drones.
2. The Titanic sank on the 14th April 1912.
3. The largest desert in the world is the Sahara.
4. The Moon is approximately 340,000 miles from the Earth.
5. The Pacific Ocean is the largest.
6. Mandarin is the most spoke language.
7. Cherry Blossom (Sakura) is the national flower of Japan.

Macrame feather produced by our very talented Arts Award students who have been exploring a variety of different art forms.



ReachOut Creative Futures is an alternative education provider offering a unique mixture of vocational activities alongside recognised qualifications. The program of study offers a nurturing environment for young people to achieve their full potential. We also offer a one day a week early engagement project called Springboard, to help students transition back into education. We are based at the former Seven Stars Inn, St. Austell.

ReachOut Creative Futures is one of Cornwall Council's Approved Providers for Community Based Out of School Alternative Education.

