

Reach the Stars!

ReachOut Creative Futures' Newsletter

November 25



Remember...remember!

What we have been up to.

At ReachOut, some of the Arts Award students have been working on abstract art and music production. The Outdoor Enrichment group have been on several walks, including a trip to Restormel Castle. We identified some leaves, trees and mushrooms. We went over Restormel bridge and dropped some conker shells, leaves and twigs and raced them.

The next bridge we passed was a medieval stone bridge where we enjoyed the view and then stopped in a field to eat lunch and enjoy the peace and quiet, watching Restormel Castle as it emerged from the fog behind us.

Some of the students have been busy working in the café and kitchen, serving delicious winter soups and hot beverages. Check out our recipe for Butternut Squash on page 3.



The Rising Stars Training Café.

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

Our training café is now up and running providing you with a selection of light meals, tempting treats and succulent snacks.

Coffee (or hot drink) and cake deal for £5.

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



Find us on Facebook, Instagram and at our website:

www.reachoutcf.com



Did you remember to remember!

Continued from front page.

In another art session we explored the works of Alfred Wallis and Sir Terry Frost, some of whose works we would later see on an outing to the Tate Gallery in St Ives. Check out some of our painted slates on the front cover.

Another walk saw us exploring Trellisick House and gardens. The views were stunning with autumnal leaves (see picture to the right). We also went down to the coastline and enjoyed the stillness of the water...it was like glass. At the end of the day, we went on the King Harry Ferry.

Our last trip before half term was to the Tate gallery in St Ives. This trip forms the Audience Member unit of the Arts Award qualification. We took the train from St Austell to St Erth, and then on to St Ives on the branch line that follows the coastline. When we got to the Tate, the entrance was like walking into an opera theatre. Walking through the galleries we saw some art and sculptures that took our breath away. There were several exhibits that lit up and moved including a sculpture in a cage in the dark, with red lights and smoke. It was called 'The Bride', by the artist Lillian Lijn and was a portrait of the Greek monster Medusa and Inanna. It spoke a poem in Japanese. Another piece of art by Ahmet Dogu Ipek can be seen below. The white spots are created by perforating an inked piece of paper.



What have you enjoyed so far?

“I have enjoyed all that ReachOut has had to offer so far, and, in particular, the days out walking with the Outdoor Enrichment Group. ReachOut is a safe space and I have had some great moments making music and artworks.” - Charlie

Recipe of the month: **Butternut Squash Soup**



Serves 8.

Can be made 3 days in advance and kept refrigerated. Freezes well for up to 3 months.

Ingredients:

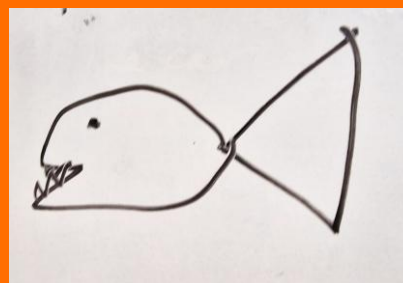
- 1.5 kg butternut squash, peeled, seeds removed, cut into 3cm cubes.
- 1 large onion, roughly chopped.
- 2 carrots, peeled and chopped.
- 1 red pepper, deseeded and cubed.
- 5 cm piece root ginger, peeled and finely chopped.
- 4 tbsp olive oil
- 1.5 litres vegetable stock
- 1 tbsp clear honey (optional for sweetness)
- Salt and pepper to taste.

Method:

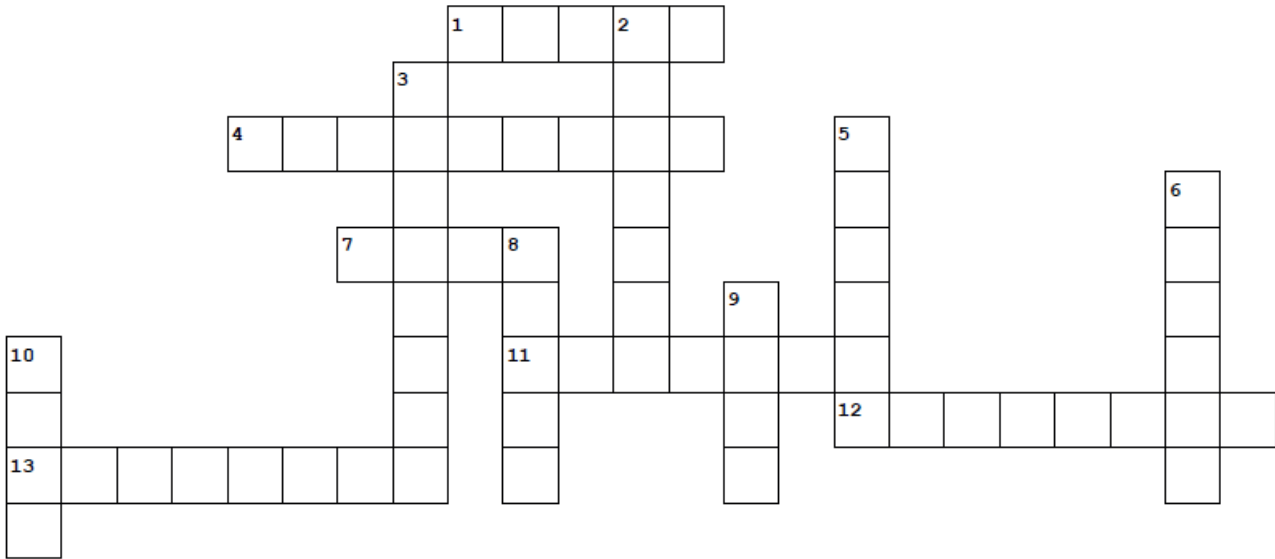
1. Preheat the oven to 200C (180C Fan/Gas 6).
2. Place the cubes of squash in a large bowl with the onion, carrots, red pepper and half the oil.
3. Toss the veg together with salt and pepper until evenly coated.
4. Tip the coated veg into a roasting tray, spreading it out to form an even layer.
5. Roast in the oven for 40-45 minutes until starting to brown at the edges. Drizzle over honey (if using) 5 minutes before the end of roasting.
6. Put a large saucepan on a medium heat and add the remaining oil.
7. When the oil is hot, add the ginger and fry for one minute.
8. Add the stock and bring to the boil.
9. Carefully add the roast vegetables to the boiling stock and season as required. Stir gently.
10. Remove the pan from the heat and blend the mixture until smooth using a blender.
11. Return the pan to the heat and warm through.
12. Serve with warm crusty bread.

Look CLOSER!

Can you guess what the Pictionary Drawings are of?
One is a type of fish, the other is a movie with a big fish!



Crossword Corner:



Across

- 1. a sparkling date in November
- 4. an explosive black substance invented in China
- 7. it has a ring for each year
- 11. a large fire in the garden
- 12. grey or red tree dwelling rodent
- 13. to recall something

Down

- 2. an act of betrayal against a country
- 3. a firework you hold in your hand
- 5. a "guys" second name
- 6. a peppery salad leaf or a difficult science?
- 8. a glowing coal
- 9. the part of a candle that you light
- 10. to be on fire



**Colour
me in!**

Healthy Living and Wellbeing:

The Child Care group have been looking into healthy living and mental wellbeing.

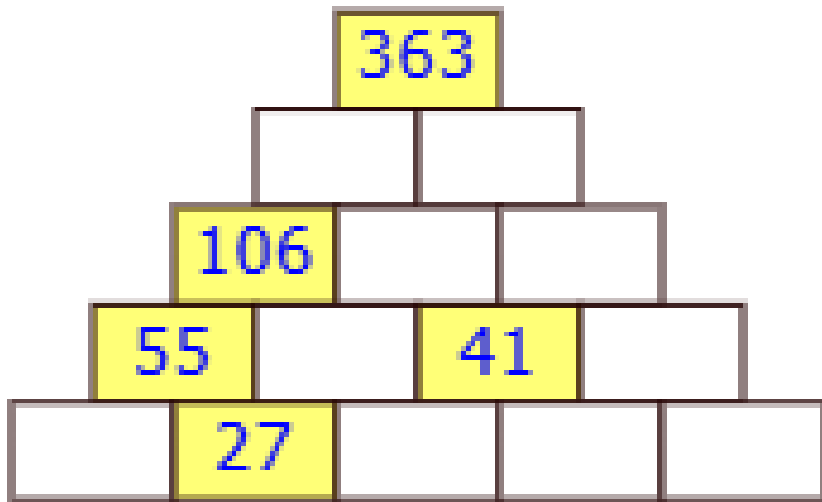


The students produced a poster highlighting how we should be kind to others and be careful of how we say things to each other.

They also had fun making their own stress (squeezy) toys!

Monthly Maths Puzzles:

Can you solve our Maths Pyramid?



Maths Pyramid Instructions:

The block above the two below it is the sum of the two below. Hint: $55 - 27$ will give you the answer to the bottom left block.

Can you solve our Cross Maths Grid?

7	+		+		+		30
+		+		+		+	
	+	3	+	5	+	4	24
+		+		+		+	
	+		+	10	+		51
+		+		+		+	
2	+	15	+	13	+		31
32		40		37		27	

Jokes of the month:

A pyrotechnics expert lost their job after the fireworks went off in the wrong sequence...

....that's bang out of order!

What do you get if you cross a stegosaurus with a firework?

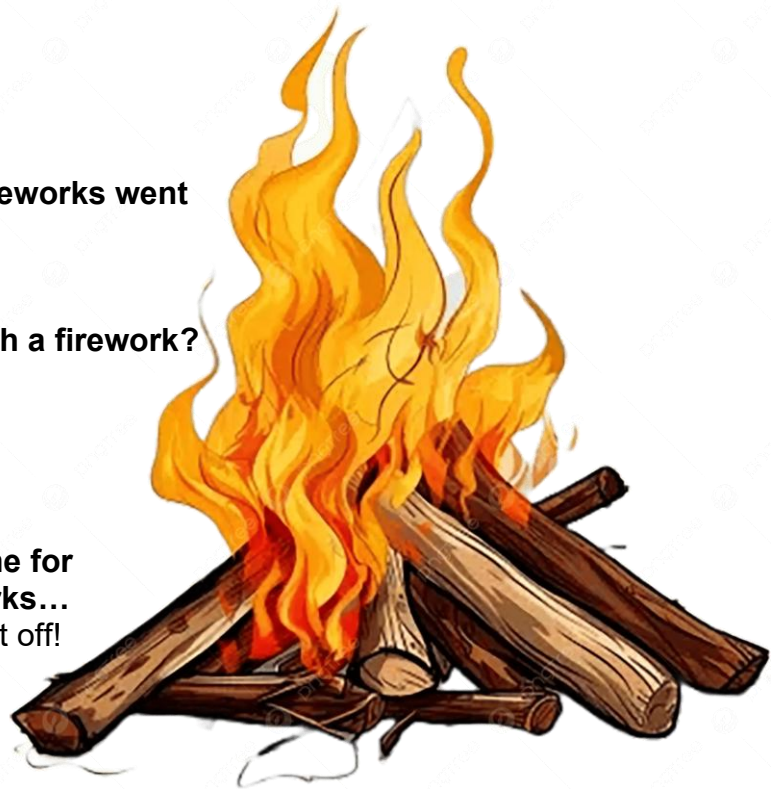
....dino-mite!

What is Guy Fawkes' favourite food?

....bangers and mash!

Two people were arrested on bonfire night – one for eating batteries and the other for eating fireworks...

....the first one was charged but the second was let off!



The Quick Quiz:

1. What three colours appear on the German flag?
2. What is the largest mountain in Africa?
3. What does the abbreviation UFO stand for?
4. What is the capital of the Netherlands?
5. In what year did the Gunpowder Plot take place?
6. Where were fireworks invented?
7. Who was the leader of the Gunpowder Plot?

We hope you enjoy our monthly newsletter. We have had a lot of fun putting it together. Our next edition will be out on Wednesday 3rd December 2025. Just in time for Christmas.

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.

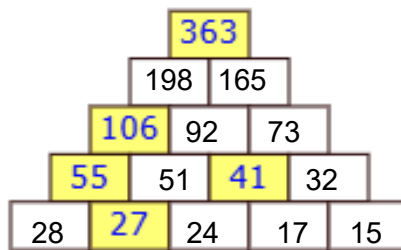
Answers to puzzles:

Look Closer Pictionary Drawings: Piranha and Jaws

Crossword Answers

Across	Down
1.fifth	2.treason
4.gunpowder	3.sparkler
7.tree	5.fawkes
11.bonfire	6.rocket
12.squirrel	8.ember
13.remember	9.wick
	10.burn

Maths Pyramid



Cross Maths

7	+	8	+	9	+	6	30
+		+		+		+	
12	+	3	+	5	+	4	24
+		+		+		+	
11	+	14	+	10	+	16	51
+		+		+		+	
2	+	15	+	13	+	1	31
32		40		37		27	

The Quick Quiz:

1. Yellow, Red and Black.
2. Mount Kilimanjaro.
3. Unidentified Flying Object.
4. Amsterdam.
5. 1605.
6. China.
7. Robert Catesby.

A study of the artist Alfred Wallis and the naive style of painting. Produced by Amos.



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 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.

