

Reach the Stars!

ReachOut Creative Futures' Newsletter

February 2026



New Year...New adventures!

...and everything in between.

Welcome back to a new term at ReachOut. What a start to the year with snow on our first day back, the most powerful storm (Goretti) in Cornwall for decades and the magnificent appearance of the Aurora Borealis. As we move through January into February, we will also see a lot of annual celebrations including Burn's Night (25th Jan), Valentines Day (14th Feb), Chinese Lunar New Year and Pancake Day (17th Feb) and Ramadan (18th Feb) – see if you can spot some of the themes to these events hiding in this newsletter.

The walking group started their activities with a trip to the Lost Gardens of Heligan. Charlie writes: The gardens had some very interesting trees and flowers. The first thing we saw was a sculpture of a half-buried man's head made of plants, called the Green Man followed by a sleeping lady covered in moss and dirt (the mud maid).

Along the path we noticed some twisted trees that looked like wooden snakes. In a clearing we saw a giant fox made entirely out of pieces of wood. It was both inspiring and terrifying with how small we felt in its presence. The blank, white eyes glare down at you as if you were its helpless prey, too late to run away. Finally, we ventured forth into the formal gardens and finished up with a drink in the café.



Find us on Facebook, Instagram and at our website:

www.reachoutcf.com



The Rising Stars Café is back for the Spring Term.

Open Wednesdays during term time from 11:00 to 14:30

Did you know, profits from our café go to local charities? So, you are not only supporting our students to gain valuable hospitality work experience, but also your local community.

This year we are supporting Cornwall Search Dogs and Pants Cancers.



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



New Year...New adventures!

Continued from front page.

Funds raised from selling plants and cards in our Rising Stars Café have now allowed us to purchase a panini machine – so keep an eye out for these on the menu.



Students went to Porthpean Outdoor Education Centre and did some indoor climbing and axe throwing. The weather was both ominous and calming at the same time (see below). Everyone had fun and enjoyed themselves, despite harnesses being a little fiddly. Climbing was initially tricky but by the end of the session most of us had managed to get to the top of a wall or two. After lunch we did some axe throwing – there were three targets to hit with the axes. Axes were tricky to throw and get a handle of. We finished the day with a music quiz.



A Potty Afternoon!

On returning to ReachOut after the Christmas holiday, the staff enjoyed a team building afternoon of making cups and saucers, pinch pots and other ceramic goodies on a potter's wheel at Flookan in the Market House. We all had an amazing time and are eagerly awaiting our pots once they have been glazed and fired.



Recipe of
the month:

American Pancakes



*As served
in our café!*

Serve with maple syrup or toppings of your choice. Why not try bacon, grated cheese and/or spring onion (for a savoury option) or blueberries and jam (for a fruitier option)?

Ingredients:

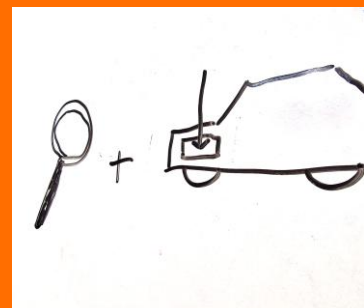
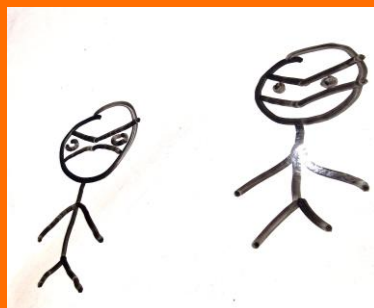
- 200g self-raising flour
- 1½ tsp baking powder
- 1 tbsp golden caster sugar
- 3 large eggs
- 25g melted butter (allow extra for cooking)
- 200ml milk
- Vegetable oil (for cooking)
- Salt (a pinch)
- Maple syrup (optional)
- Assorted toppings (see above)

Method:

- Mix the self-raising flour, baking powder, caster sugar and a pinch of salt in a mixing bowl.
- Create a well in the mixture and add the eggs, butter and milk.
- Whisk the ingredients together with either a ballon whisk or electric beaters until smooth.
- Transfer the batter mixture to a jug.
- Heat a small knob of butter and 1tsp of vegetable oil in a large non-stick frying pan over a medium heat.
- When the butter and oil begin to froth, pour in rounds of the batter mix that are approximately 8-10cm in diameter.
- Cook each round for 1-2 minutes until bubbles appear before flipping over and cooking for a further minute. Repeat until all of the batter is used.
- Serve the pancakes in stacks on a plate with a drizzle of maple syrup or other toppings of your choice.

Look CLOSER!

Can you guess what the Pictionary Drawings are of?
One is pretending to be something and the other is something you use online (Google is an example).



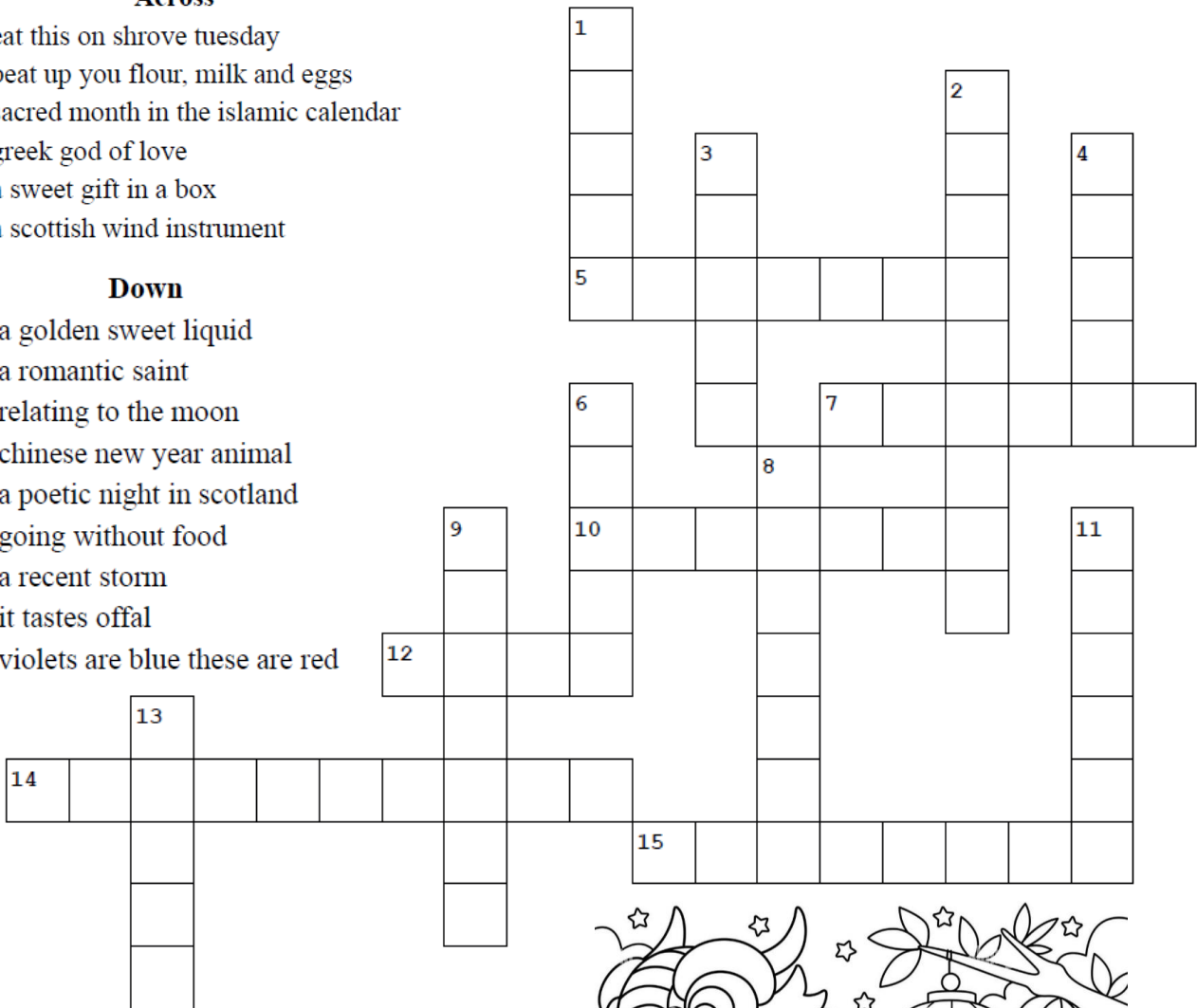
Crossword Corner:

Across

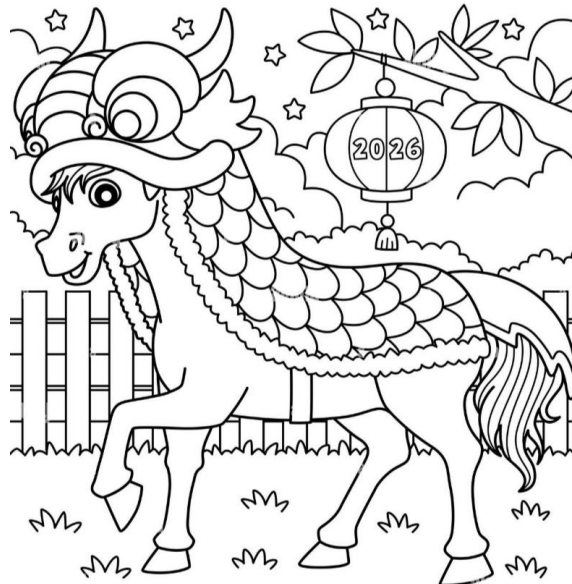
- 5. eat this on shrove tuesday
- 7. beat up you flour, milk and eggs
- 10. sacred month in the islamic calendar
- 12. greek god of love
- 14. a sweet gift in a box
- 15. a scottish wind instrument

Down

- 1. a golden sweet liquid
- 2. a romantic saint
- 3. relating to the moon
- 4. chinese new year animal
- 6. a poetic night in scotland
- 8. going without food
- 9. a recent storm
- 11. it tastes offal
- 13. violets are blue these are red



**Colour
me in!**



In the Chinese Lunar Calendar, 2026 is the year of the horse. Specifically, a fire horse and also known as the Red Horse Year (赤馬年).

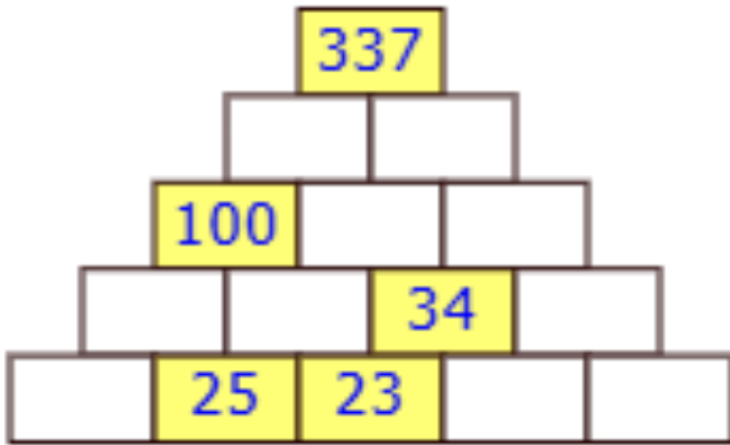
Did you know...

St. Austell town centre is absolutely full of artwork. Look high, look low and look all around. You are bound to spot something you may have missed!



Monthly Maths Puzzles:

Can you solve our festive Maths Pyramid?



Maths Pyramid Instructions:

The block above the two below it is the sum of the two below. Hint: $25 + 23$ will give you the answer to the block above to the left of 34.

Can you solve our Cross Maths Grid?

	+	10	+	1	+		37
+		+		+		+	
	+	5	+	6	+		26
+		+		+		+	
	+		+	15	+	8	52
+		+		+		+	
	+	3	+		+		21
39		31		31		35	

Fill in the missing numbers

The missing values are the whole numbers between 1 and 16. Each number is only used once.

Jokes of the month:

Which country makes terrible sausages?

....Germany...they are the wurst!



Why don't pancakes like horror movies?

....They give them the crepes!

Did you hear about the two radios that got married?

....The reception was amazing!

Where do all the naughty pancakes go?

....Flipping hell!

Why is the moon like a teenager?

....It's always going through phases.



What do you call a small Valentine?

....A valentiny!



The Quick Quiz:

1. Bulgogi is the national dish of which country?
2. What two symbols are shown on the Turkish flag?
3. What is the national flower of China?
4. Who in Greek Mythology searched for the golden fleece?
5. Pierogi is the national dish of which country?
6. What is the capital city of Peru?
7. Which company made the first heart-shaped box of chocolates?



We hope you have enjoyed our newsletter. We have had a lot of fun putting it together. Our next edition will be out on Wednesday 4th March 2026. See you then.

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.

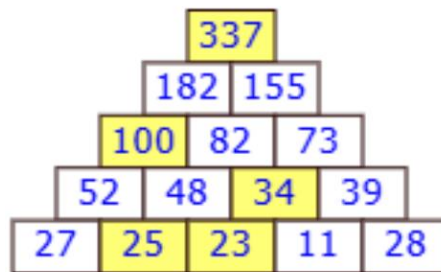
Answers to puzzles:

Look Closer Pictionary Drawings: Masquerade and Search Engine.

Crossword Answers

Across	Down
5.pancake	1.syrup
7.batter	2.valentine
10.ramadan	3.lunar
12.eros	4.horse
14.chocolates	6.burns
15.bagpipes	8.fasting
	9.goretti
	11.haggis
	13.roses

Maths Pyramid



Cross Maths

12	+	10	+	1	+	14	37
+		+		+		+	
4	+	5	+	6	+	11	26
+		+		+		+	
16	+	13	+	15	+	8	52
+		+		+		+	
7	+	3	+	9	+	2	21
39		31		31		35	

The Quick Quiz:

1. South Korea.
2. Crescent Moon and Star.
3. Plum Blossom.
4. Jason.
5. Poland.
6. Lima.
7. Cadbury.

Our very talented Arts Award students have been making character models for stop frame animations. This is Charlie's Broken Vessel.



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.

