

Reach the Stars!

ReachOut Creative Futures' Newsletter

March 2026



Spring into March...

...and here's hoping for better weather!

Spring is finally here and what a busy month for March. On Wednesday 4th March, our students will be attending a First Aid Course as part of our enrichment program. Notable dates for March include: Sunday the 1st St. David's day, Thursday the 5th St. Piran's day and World Book day, the 6th to the 8th is Crufts, 6th to the 15th is British Science Week, Sunday the 8th is International Women's day, Saturday the 14th is Pi day (celebrating Maths), Sunday the 15th is Mother's day, Tuesday 17th is St. Patrick's day, Friday 20th March is the Spring Equinox and finally don't forget to put your clocks forward on Sunday 29th March.

The 'kitchen crew' (Occupational Studies) have been super busy in the kitchen preparing for St. Piran's day by baking Saffron buns (see image below) – you can find the recipe on page 3. All students took part in a practical maths lesson making Cornish pasties when they returned after half term (that recipe can be found in our October 2025 newsletter).



The Rising Stars Café

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

Please note that the café will be closed on Wednesday 4th March 2026 as students will be attending a First Aid Course.

Did you know that 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.

Find us on Facebook, Instagram and at our website:

www.reachoutcf.com



Spring into March...

Continued from front page.

Our Arts Award students have been busy researching and presenting their findings on artists who inspire them. Below you can see Megan showing the group a poster she made about the actress Alicia Silverstone.

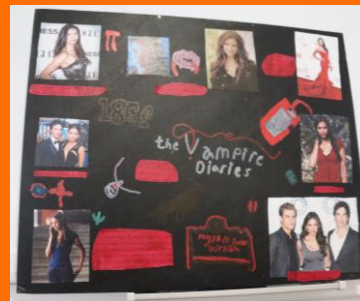
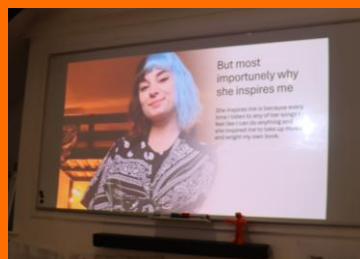


February also saw some more action-packed days at Porthpean Outdoor Centre for our enrichment group who have enjoyed archery, caving, high-ropes and problem-solving activities. Charlie writes: For the high-ropes we needed harnesses and helmets and our first activity was to climb a rescue ladder. We also climbed a Jacob's ladder with wooden beams, different lengths apart. The last one was called the leap of faith. And finally...congratulations to Katie (below) on completing her Level 2 Food Safety and Hygiene – well done!



Arts Award: Inspiration

Students have presented research on artists who inspire them as posters and PowerPoint Presentations.



Recipe of
the month:

Cornish Saffron Buns



*As served
in our café!*

Makes 10 buns. Serve toasted with warm butter or clotted cream.

Ingredients:

- 300ml of whole milk
- 0.4g saffron
- 90g clotted cream
- 50g butter (allow to come to room temperature)
- 550g strong white bread flour (sifted)
- 1¼ tsp fine salt
- 100g golden caster sugar (50g for the glaze)
- 7g dried yeast
- 70g raisins
- 30g chopped mixed peel

Method:

- Heat the milk in a saucepan until almost boiling and then remove from heat.
- Gently crumble the saffron threads into the milk and stir. Allow to infuse for 20 minutes until the liquid is golden.
- In a food processor, use the dough hook to combine the flour, salt, sugar (50g) and yeast.
- Add the milk and stir together on a slow kneading speed for 5 minutes.
- Add the raisins and mixed peel and continue to knead in the processor for a further 5 minutes or until the dough becomes springy.
- Cover the dough and leave to rise in a warm place for an hour, or until it has doubled in size.
- Remove the dough and place it on a floured board. Knock out the air and knead for a further few minutes.
- Divide the dough into 10 balls and place on a baking sheet. Cover with a clean tea towel and allow to rise again for 30 minutes.
- Preheat the oven to 200C (180C Fan) and then bake the buns for 20 minutes until risen.
- While the buns are baking, make a glaze by dissolving the remaining 50g sugar in a pan containing 3 tbsp of water – boiling for a minute to create syrup.
- Place the baked buns on a wire rack and drizzle with the syrup.
- Omlowenha dha voes! (That's Cornish for: Enjoy your food!)

Look CLOSER!

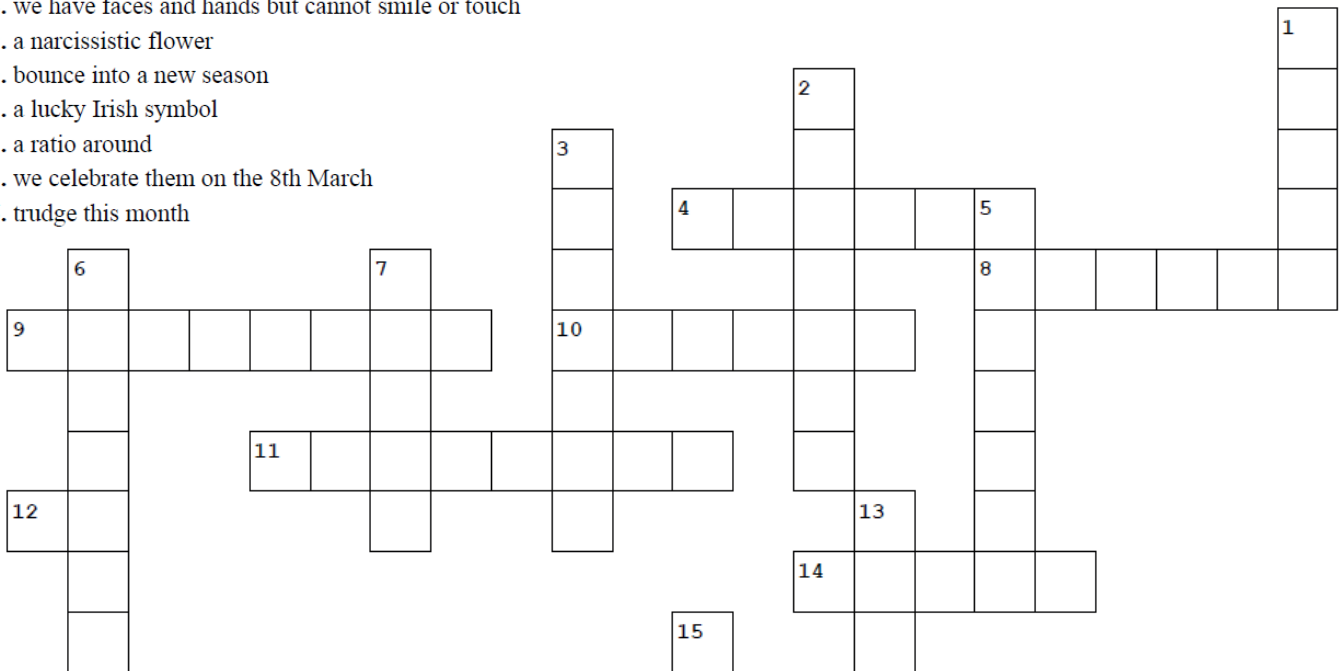
Can you guess what the Pictionary Drawings are?
This is somewhere the soul waits between heaven and hell!



Crossword Corner:

Across

- 4. a dog show held this month
- 8. we have faces and hands but cannot smile or touch
- 9. a narcissistic flower
- 10. bounce into a new season
- 11. a lucky Irish symbol
- 12. a ratio around
- 14. we celebrate them on the 8th March
- 16. trudge this month



Down

- 1. a paper bound source of information
- 2. equal day and night
- 3. when trees flower
- 5. facts, theories and experiments
- 6. patron saint of Ireland
- 7. patron saint of Cornwall
- 13. some do 'ave 'em
- 15. patron saint of Wales

**Colour
me in!**



First Aid Tip: To treat a minor burn, run it under cool running water for at least 20 minutes to reduce pain and prevent further tissue damage.

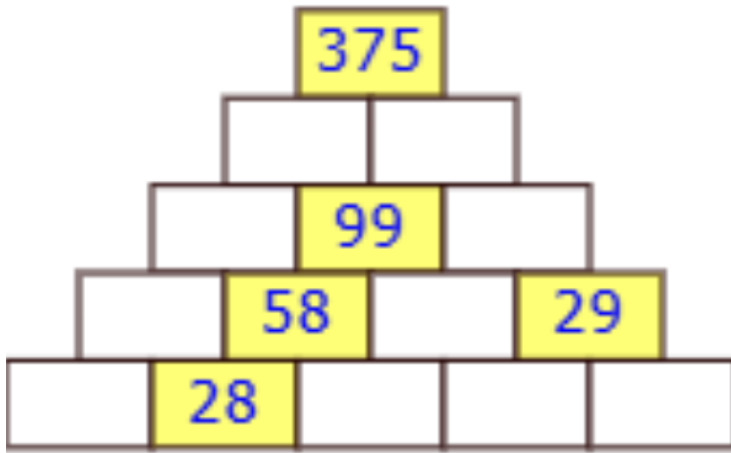
Did you know...

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 Maths Pyramid?



Maths Pyramid Instructions:

The block above the two below it is the sum of the two below. Hint: $28 + \text{what} = 58$?

Can you solve our Cross Maths Grid?

	+		+		+	9	34
+		+		+			
	+	10	+		+		32
+		+		+			
	+	12	+	2	+	15	33
+		+		+			
7	+	11	+		+	5	37
25		34		35		42	

Fill in the missing numbers

The missing values are the whole numbers between 1 and 16.

Each number is only used once.

Each row is a math equation.

Each column is a math equation.

Jokes of the month:

What do you call a magic dog?

....a Labracadabrador.

It's great being from Cornwall...

....and our flag is a big plus!

How does a mathematician plough fields?

....with a pro-tractor.

What do you call an Irish spider?

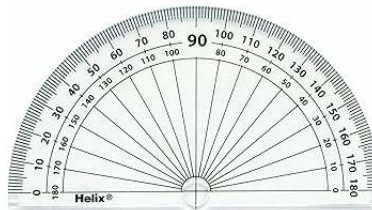
....a paddy longlegs!

How do you get gold's attention?

....A..u!

Reading a book?

....now that's a novel idea!



The Quick Quiz:

1. What date is St. Piran's day?
2. How do you start an argument in Cornwall?
3. What gets wetter the more it dries?
4. What year was the first Crufts dog show held?
5. What do you call a number 1 with hundred zeros after it?
6. What is the national vegetable of Wales?
7. What year did the show The Crystal Maze first air?



We hope you have enjoyed our newsletter. We have had a lot of fun putting it together. Our next edition will be out a little later on Wednesday 22nd April 2026, after Easter holidays. 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.

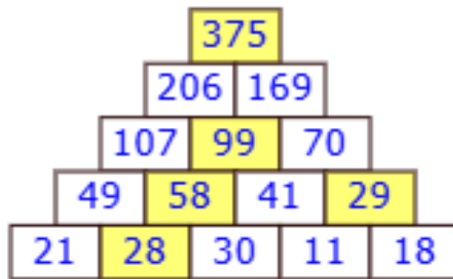
Answers to puzzles:

Look Closer Pictionary Drawings: Purgatory

Crossword Answers

Across	Down
4.Crufts	1.books
8.clocks	2.equinox
9.daffodil	3.blossom
10.spring	5.science
11.shamrock	6.Patrick
12.pi	7.Piran
14.women	13.mothers
16.March	15.David

Maths Pyramid



Cross Maths

8	+	1	+	16	+	9	34
+		+		+		+	
6	+	10	+	3	+	13	32
+		+		+		+	
4	+	12	+	2	+	15	33
+		+		+		+	
7	+	11	+	14	+	5	37
25		34		35		42	

The Quick Quiz:

1. 5th March.
2. Ask them what this vegetable is!
3. A towel.
4. 1891.
5. A googol.
6. Leek.
7. 1990.



Our very talented Arts Award students have been making pieces of artwork using buttons. These are Bronwin's dragons.

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.

