

Reach the Stars!

ReachOut Creative Futures' Newsletter

May 2026



Celebrating
15 Years!

This MAY interest you...

...the May edition of our newsletter!

May the 4th be with you as it is a Bank Holiday and also Star Wars day. In fact there are many notable dates this month including: VE Day on the 8th, Europe Day on the 9th, International Nurses Day on the 12th, World Bee Day and our charity fundraiser on the 20th, another Spring Bank Holiday on the 25th and Oak Apple Day (restoration of the Stuart monarchy in 1660...in case you were wondering) & National Biscuit Day on the 29th. We also have Mental Health Awareness week from the 12th to the 18th and National Doughnut Week from the 16th to the 24th. See if you can spot these themes in our newsletter.

Over to Charlie for the monthly update from April (and the end of March): On Tuesday 24th March some of the students went to see the King who was visiting St. Austell Church and the Marketplace – they had to wait a long time in the cold and rain but eventually saw him with a lot of security. The following day, the outdoor enrichment group visited the Cornwall Bicycle Project at Par Athletics track and had a go on various different bikes and e-bikes (check out Amos below on the 'monster truck'). But before we went cycling we had a



Find us on Facebook, Instagram and at our website:

www.reachoutcf.com



The Rising Stars Café

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

Charity Fundraiser Event on Wednesday 20th May – Join us for a raffle, tombola and fun activities.

Did you know that profits from our café go to local charities? So, not only are you 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.

CSD
CORNWALL
SEARCH DOGS



pants
cancers gynae & testicular etc

Find us on social media or at our website to view the latest menus.



This MAY interest you...

Continued from front page.

...nice walk on the beach at Par and saw ducks, geese and swans at the pond. By the end of the day, we had done over 12,000 steps and cycled about 4km, so our legs were like jelly and shaking.

On our last day of term, Wednesday 1st April, we went to Drummers Lodge for an activity day that included a scenic walk, team building games and an Easter egg hunt (see image to right).

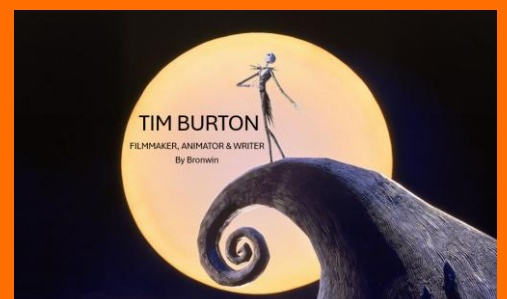


The views on the walk were stunning – the horizon perfectly framing the sky and clouds. We had an awesome lunch of mixed pastries and found all the eggs on the Easter egg hunt. Then we returned to ReachOut and wished each other a lovely Easter holiday.



Arts Award: Inspiration

Students have presented research on artists who inspire them as posters. Here we can see Amos' poster on Sorrel Harrow and Bronwin's Tim Burton PowerPoint Presentation.



Recipe of
the month:

Chocolate Tiffin



*As served
in our café!*

Makes 16 portions.

Ingredients:

- 375g digestive biscuits
- 200g unsalted butter
- 110g golden syrup
- 40g cocoa powder
- 40g caster sugar
- 180g raisins
- 300g milk chocolate

Method:

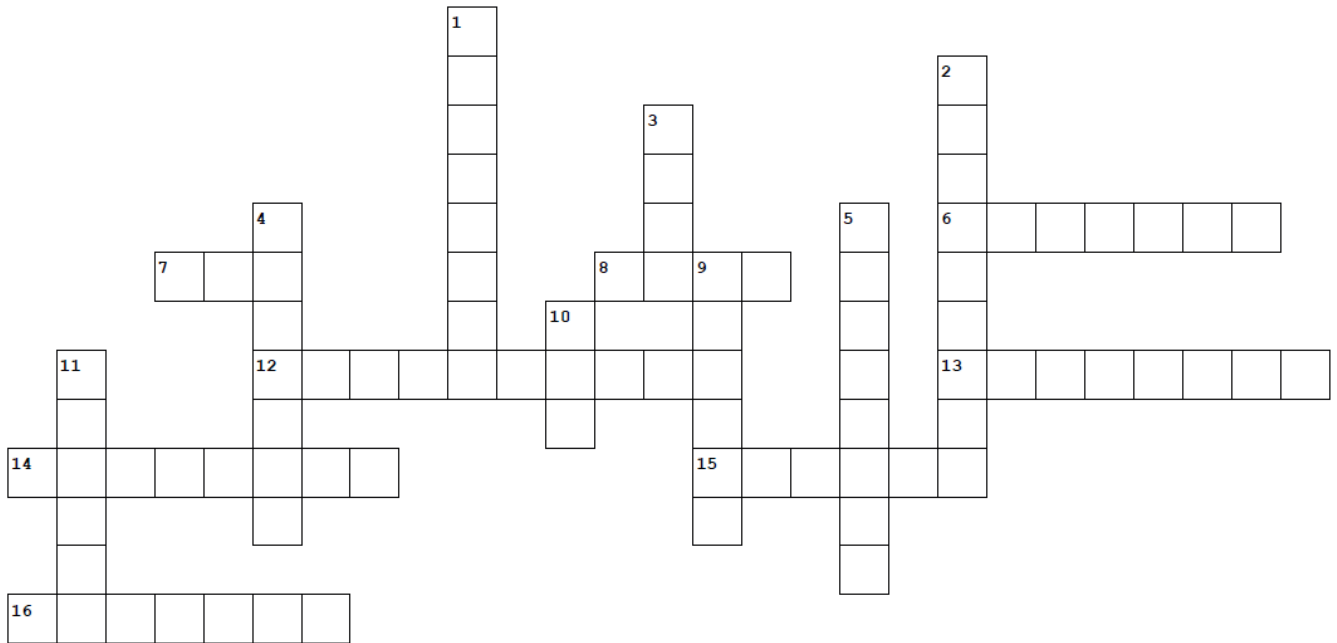
- Grease and line a 20cm (8 inch) square tin and line with baking paper.
- Place the biscuits in a zip-lock bag or similar and bash them with a rolling pin to the size of breadcrumbs with a few larger chunks.
- Add the butter, golden syrup, sugar and cocoa powder to a large saucepan and melt together over a low heat stirring continuously.
- Once melted, remove from the heat and add the biscuits and raisins until completely coated.
- Transfer to the tin and press the mix down to compact it into an even layer.
- Melt the chocolate in a microwave (using several 30 second bursts).
- Pour the melted chocolate over the top of the tiffin base, smoothing it out to form a layer over the top.
- Once cooled, place the tin in the fridge for at least 2 hours to set.
- Remove from the fridge and allow to return to room temperature.
- Slice into 16 squares and enjoy!

Look CLOSER!

Can you guess what the Pictionary Drawing is of?
This type of post is electrifying!



Crossword Corner:



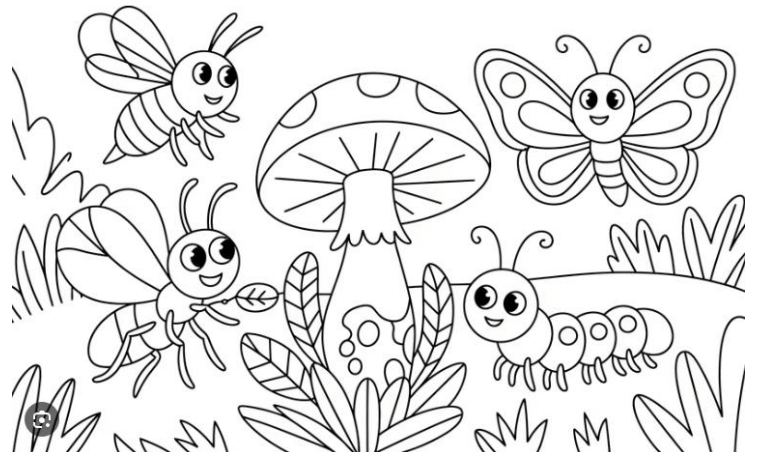
Across

- 6. have this with tea
- 7. a month, perhaps?
- 8. a rich sounding holiday?
- 12. a light fictional sword?
- 13. the day you are born on
- 14. countrywide
- 15. they wrote The Final Countdown
- 16. Chuck the king?

Down

- 1. a toroidal treat
- 2. a clumsy winged insect?
- 3. natives of Tatoonie
- 4. pedal powered locomotion
- 5. you are here!
- 9. people who look after others
- 10. tree for hiding kings
- 11. our well-being

**Colour
me in!**



Bee Facts: Bees have 5 eyes, 6 legs and can fly at speeds of up to 20 mph!

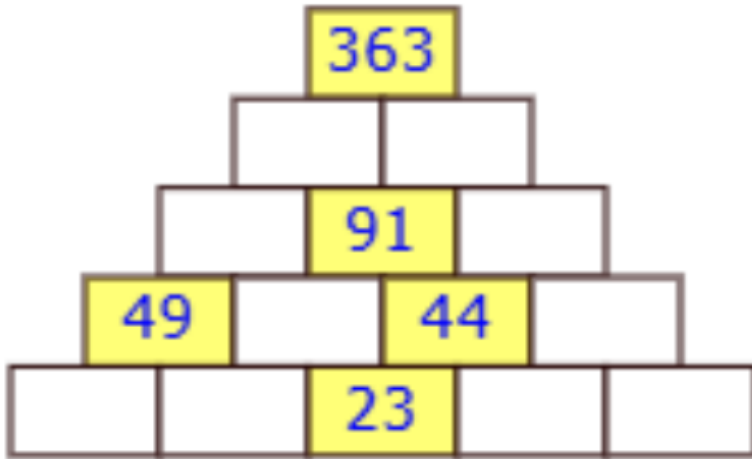
Did you know...

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: $23 + \text{what} = 44$?

Can you solve our Cross Maths Grid?

	+		+	4	+		30
+		+		+		+	
	+		+	2	+		17
+		+		+		+	
6	+		+	14	+	5	41
+		+		+		+	
	+	12	+	15	+	8	48
30		38		35		33	

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:

How much does a cockney pay for shampoo?

....Pan-tene.

What do you call the Pope when he goes climbing?

....Pope on a rope.

What do you call a closed bank on a trampoline?

....Spring bank holiday.

What do you call a sweet bagel?

....a doughnut.

What do you say to Obi-Wan Kenobi when he owes you a favour?

....you owe me one Kenobi!

Why do bees wash their bums on the 20th May?

....because it is world bee day!



The Quick Quiz:



1. How many planets are in our Solar System?
2. Who are the clones in Star Wars based on?
3. How fast can a bee fly?
4. Which King of England hid from soldiers in an oak tree in 1651?
5. Where did the doughnut originate from?
6. Why is May called May?
7. What is the most popular biscuit in the UK?

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 3rd June 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.

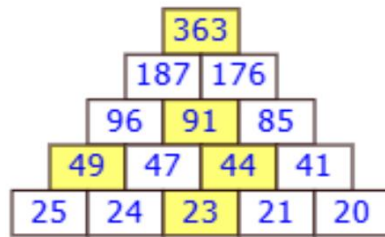
Answers to puzzles:

Look Closer Pictionary Drawings: Email

Crossword Answers

Across	Down
6.biscuit	1.doughnut
7.May	2.bumblebee
8.Bank	3.Jawa
12.lightsaber	4.cycling
13.birthday	5.ReachOut
14.national	9.nurses
15.Europe	10.oak
16.Charles	11.health

Maths Pyramid



Cross Maths

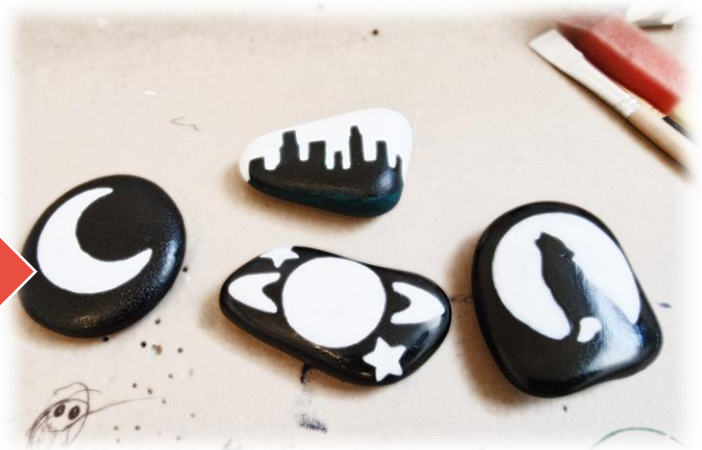
10	+	7	+	4	+	9	30
+		+		+		+	
1	+	3	+	2	+	11	17
+		+		+		+	
6	+	16	+	14	+	5	41
+		+		+		+	
13	+	12	+	15	+	8	48
30		38		35		33	

The Quick Quiz:

- 8 (Pluto was downgraded to a dwarf planet in 2006)
- Jango Fett
- Up to 20mph
- Charles II
- Dutch Settlers in 17th century New York.
- It is named after the Roman Goddess Maia.
- Chocolate digestive.



Our very talented Arts Award students have been trying thier hand at rock painting. Check out these designs by Isobel.



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.

