

# Reach the Stars!

ReachOut Creative Futures' Newsletter

June 2026



Celebrating  
15 Years!

## Sun rays and June days

*...let the summer begin!*

Where has the time gone?! As we begin to approach the end of the academic year, we still have an action-packed schedule ahead. June is full of notable dates too, including: 1<sup>st</sup> World Reef Awareness Day, 3<sup>rd</sup> World Bike Day, 5<sup>th</sup> World Environment Day, 6<sup>th</sup> D-Day, 8<sup>th</sup> World Oceans Day, 19<sup>th</sup> Juneteenth (end of slavery in US), 20<sup>th</sup> World Refugee Day and Take Your Dog to Work Day, 21<sup>st</sup> Summer Solstice, 22<sup>nd</sup> World Rainforest Day and the 30<sup>th</sup> is Social Media Day and International Asteroid Day. It is also Pride month. See if you can spot these themes in our newsletter. With most exams and assessments now complete we are looking forward to a month of getting out and about and hopefully enjoying some summer sunshine.

Over to Charlie for the monthly roundup from May: This month I have been getting work experience working in our onsite training café, serving customers food and drink, working the till and learning how to use the coffee machine. I have also been working on digital art using the drawing tablet (see image below) to make artwork for the exhibition we are holding on Wednesday 20<sup>th</sup> May (with our fundraiser café) and Tuesday 2<sup>nd</sup> June (for our Open Day).



Find us on Facebook, Instagram and at our website:

[www.reachoutcf.com](http://www.reachoutcf.com)



## The Rising Stars Café

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

*Please note our last café of the academic year will be on Wednesday 1<sup>st</sup> July.*

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.



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



# Sun rays and June days.

## *Continued from front page.*

The walking group has once again been out and about on trips to Lostwithiel (below), Par, Charlestown, Lanhydrock (right top) and Respryn Woods (right middle). The bluebells in the woods have been stunning. Some of the students have been doing digital photography on the walks to contribute to the exhibition.



Finally, with the majority of us having finished our exams and coursework, we are now preparing for our Fundraiser Café and Exhibition. Students have been busy sorting out the tombola, raffle and various stalls including guess the name of the toy dog and guess how many sweets are in the jar. They have also baked pasties and cakes. The meeting room at work has been turned into a gallery space for the exhibition and you can see a sneak peek of it in the photo below.



*Students have recently spotted some interesting ducks on their walks. One duck had a blue beak (and seemed quite angry). The other had an impressive haircut! Do you know what type of ducks these are?*



Recipe of  
the month:

## Macaroni cheese



*As served  
in our café!*

Serves 4. Why not try this with a summer salad and some garlic bread?

### Ingredients:

- 250g macaroni
- 40g butter
- 40g plain flour
- 600ml milk
- 250g grated cheddar
- 50g parmesan

### Method:

- Cook the macaroni in a large saucepan of boiling salted water for 8-10 minutes. Drain well once cooked and place to one side.
- In a saucepan large enough to contain the completed dish (including the macaroni) melt the butter over a medium heat.
- Add flour a little at a time and stir to form a roux, cooking for a few minutes.
- Gradually whisk in the milk, a little at a time and cook for 10-15 minutes until you have a thick and smooth sauce.
- Remove the sauce from the heat and add two thirds of the grated cheddar, stirring until well combined and melted into the sauce.
- Add the macaroni to the sauce and mix well.
- Preheat a grill on a high setting.
- Transfer the macaroni and sauce to an oven dish.
- Sprinkle over the remaining third of the cheddar and the parmesan.
- Grill until the cheese is browned and bubbling.
- Serve piping hot!

## Look CLOSER!

Can you guess what the Pictionary Drawings are of?  
The first is a body of people (usually troops) in a tight formation. The second, part of an insect. They are quite tough words, but both begin with the letter P.



# Crossword Corner:

## Across

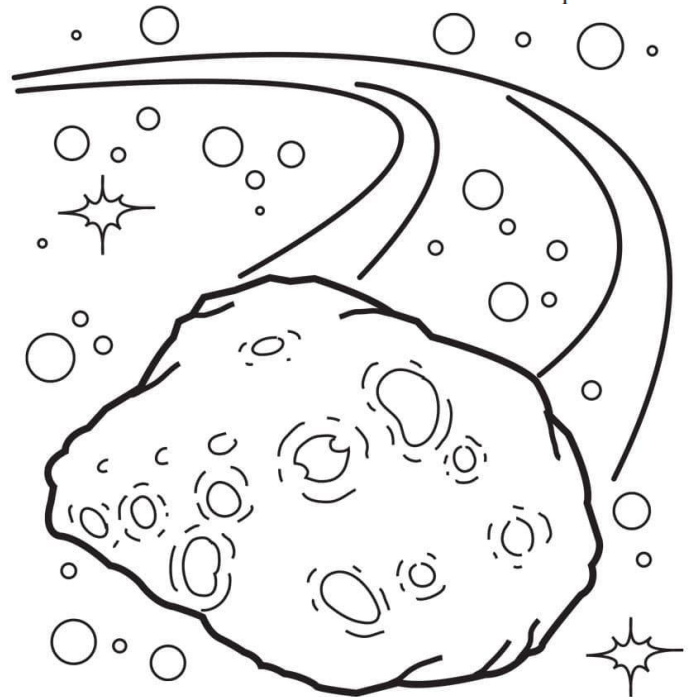
- 4. one of the D-Day landing beaches
- 5. meeting up with others
- 7. someone forced to leave their home
- 8. a soggy woods?
- 11. a piece of music, poetry or writing
- 13. your surroundings
- 14. a ridge of rock, coral or sand
- 15. a Canadian dog?
- 16. it becomes before the fall?



## Down

- 1. the season of sunshine
- 2. US holiday marking the end of slavery
- 3. the longest day
- 6. the mighty seas
- 9. dad
- 10. space rock
- 12. two wheeled mode of transport

**Colour  
me in!**



### Asteroid Facts:

Asteroids are rocky, airless leftovers from the solar system's formation 4.6 billion years ago, mostly found orbiting between Mars and Jupiter. They range from tiny pebbles to hundreds of miles wide, often with jagged, potato-like shapes. There are millions of them, and some even have their own moons!

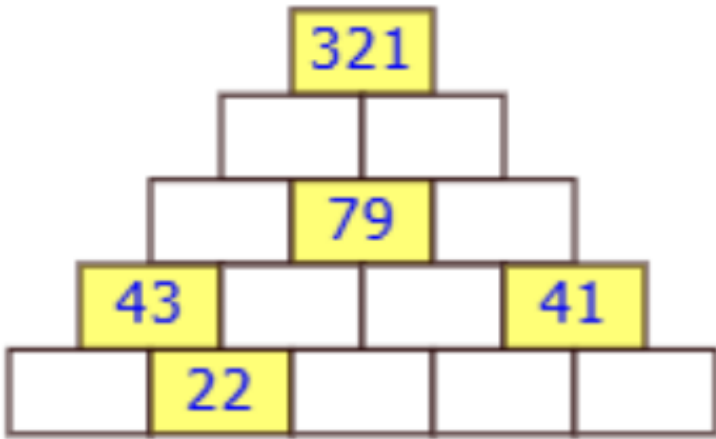
## Did you know...

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! These photos were taken in the Market House.



# 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:  $22 + \text{what} = 43$ ?

# Jokes of the month:

**What do you call a snowman in June?**  
....a puddle!

**Why is June an unhappy month?**  
....because it's been dis-May-ed!

**Why do camels make great detectives?**  
....they always have a hunch!

**Which of the World's oceans has an eye for detail?**  
....the s-Pacific

**What do you call a relaxed swamp?**  
....a marsh mellow.

**What did the black hole say when it ate an asteroid?**  
....not bad, but I wish it was a little meat-eor!



Can you solve our Cross Maths Grid?

|    |   |    |   |    |   |    |    |
|----|---|----|---|----|---|----|----|
|    | + | 1  | + |    | + | 5  | 22 |
| +  |   | +  |   | +  |   | +  |    |
|    | + | 2  | + |    | + |    | 37 |
| +  |   | +  |   | +  |   | +  |    |
|    | + |    | + | 8  | + | 12 | 34 |
| +  |   | +  |   | +  |   | +  |    |
|    | + | 3  | + | 11 | + | 16 | 43 |
| 41 |   | 16 |   | 32 |   | 47 |    |

Fill in the missing numbers

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



## The Quick Quiz:

1. How many board combinations are possible in the standard Connect 4 game?
2. Which royal popularized shortbread in the 16<sup>th</sup> Century?
3. In which year did Birds Eye invent the fish finger?
4. What is the collective noun for a group of owls?
5. What were the origins of the Spirograph toy for drawing complex patterns?
6. What is caudal luring in relation to snakes?
7. Who lives in a pineapple under the sea?

We hope you have enjoyed our newsletter. We have had a lot of fun putting it together. Our next edition (and the last of the academic year) will be out on Wednesday 1<sup>st</sup> July 2026. See you then!

If you have any suggestions for content, please get in touch with the newsletter group via email: [simon@reachoutcf.com](mailto: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.

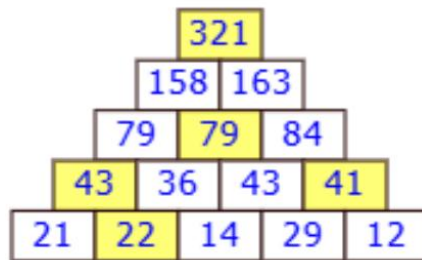
# Answers to puzzles:

Look Closer Pictionary Drawings: Phalanx and Proboscis

## Crossword Answers

| Across         | Down         |
|----------------|--------------|
| 4.Omaha        | 1.summer     |
| 5.social       | 2.Juneteenth |
| 7.refugee      | 3.solstice   |
| 8.rainforest   | 6.oceans     |
| 11.composition | 9.father     |
| 13.environment | 10.asteroid  |
| 14.reef        | 12.bicycle   |
| 15.labrador    |              |
| 16.pride       |              |

## Maths Pyramid



## Cross Maths

|    |   |    |   |    |   |    |    |
|----|---|----|---|----|---|----|----|
| 9  | + | 1  | + | 7  | + | 5  | 22 |
| +  |   | +  |   | +  |   | +  |    |
| 15 | + | 2  | + | 6  | + | 14 | 37 |
| +  |   | +  |   | +  |   | +  |    |
| 4  | + | 10 | + | 8  | + | 12 | 34 |
| +  |   | +  |   | +  |   | +  |    |
| 13 | + | 3  | + | 11 | + | 16 | 43 |
| 41 |   | 16 |   | 32 |   | 47 |    |

## The Quick Quiz:

- Over 4.5 trillion!
- Mary, Queen of Scots.
- 1955.
- A parliament.
- Anti-forgery patterns on bank notes.
- Using their tales to mimic a worm and attract prey.
- SpongeBob SquarePants



Our very talented Arts Award students have been making clay jam jar houses for tealights.. Check out this cosy cottage by Storm.



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.

