

Reach the Stars!

ReachOut Creative Futures' Newsletter

July 2026



Celebrating
15 Years!

And that's a wrap!

...see you in September.

Wow...what an action-packed academic year 2025-2026 has been. The time has absolutely flown by, and we will be saying our farewells soon. July does however hold many notable dates, including: 1st Canada Day, 4th American Independence Day, 7th World Chocolate Day, 12th Malala Day (youngest ever winner of a Nobel Peace Prize), 15th World Youth Skills Day, 17th Emoji 😊 Day, 20th Chess Day and the 30th International Friendship Day. See if you can spot these themes hidden in the newsletter,

Over to Charlie for the monthly roundup from June: By the 10th June, all students had completed their exams and coursework, and the staff have planned many activity days for us in the run up to the end of the year. There have been trips to Lanhydrock and Respryn, Truro Cathedral and Museum, Pentewan Beach and Kingswood (see image below), Helman Tor, Padstow (with Crazy Golf), Newquay Zoo and we will be going to Bolted Escape Rooms at Par soon. We have also taken part in Maths activities including a classroom escape room game and counting the takings from the café to work out expenses and profits that we will be donating to charity.



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

Please note our last café of the academic year will be on Wednesday 1st 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.



And that's a wrap!

Continued from front page.

Our walking enrichment group has been visiting Breney Common near Helman Tor and immersing themselves in nature with our guide Kathryn from Cornwall Wildlife Trust. Our second trip was during the heatwave, and it was so hot that even the country lane was starting to melt. We were, however, able to seek shelter in the woodland areas and the cool of the local chapel (see images right and below).



Crazy golf in Padstow was particularly fun, with one student getting four holes in one! We followed this up with a homemade pasty lunch overlooking Padstow harbour (see below). Newquay Zoo was also a fantastic day out and we saw many animals including these cute meerkats who were lounging about in the sun (image right). Have a fantastic summer!



Students have recently spotted some interesting plants on their walks. This plant is American Skunk Cabbage (an invasive species) – it does make a good rain hat though!



Recipe of
the month:

Vegetable Curry



*As served
in our café!*

Serves 3 with sides or 2 large portions.

Serve with rice, a salad, naan bread and mango chutney.

Ingredients:

- 2 medium potatoes, peeled and cubed
- 1 carrot, peeled and julienned
- ½ head of cauliflower, cut down to small florets
- 3 tbsp of vegetable oil
- 1 onion finely diced
- 1 tbsp curry powder (choose your heat!)
- 1 tin of chopped tomatoes
- 300ml vegetable stock
- 100g frozen peas
- Yoghurt and mango chutney (to serve)

Method:

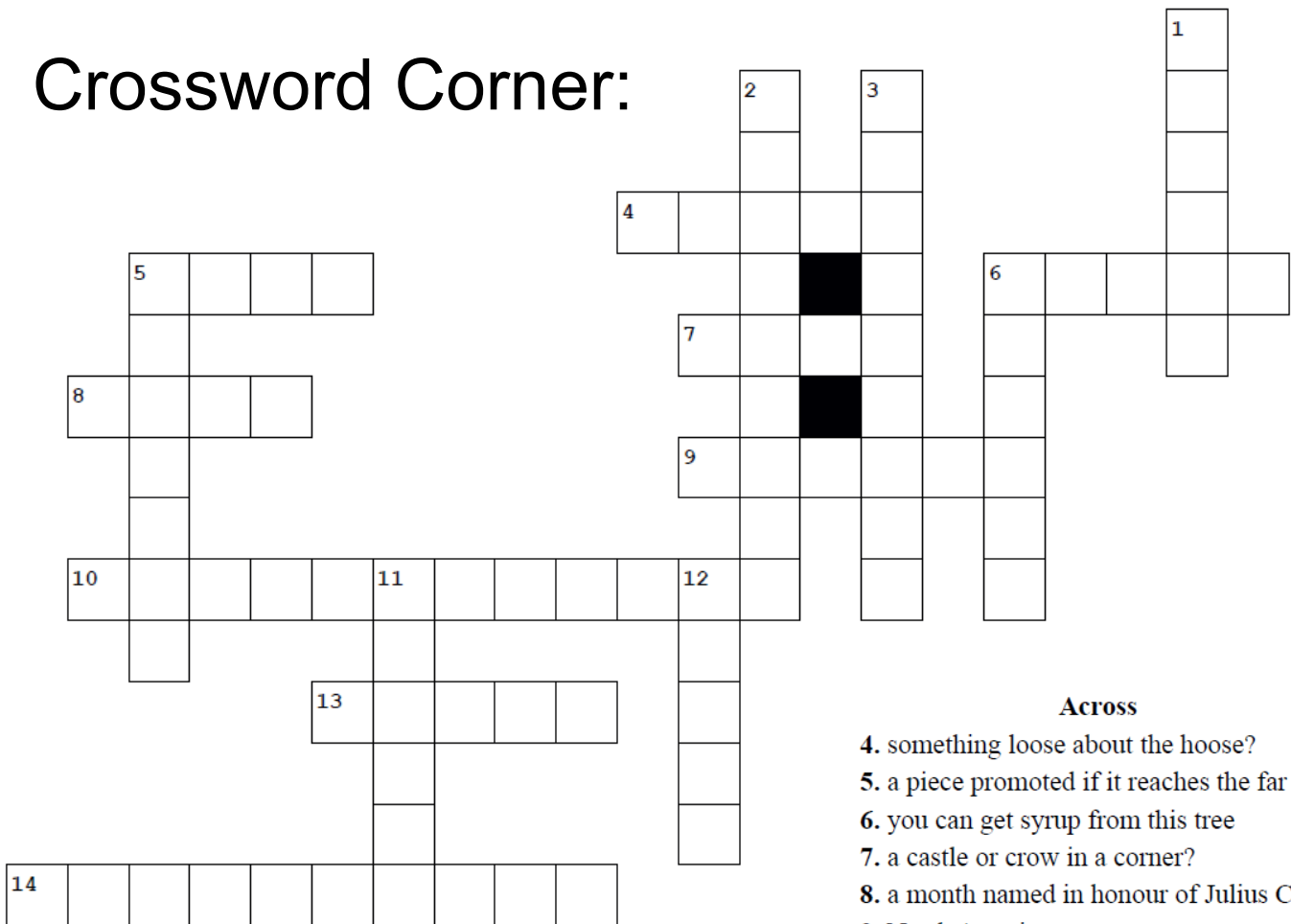
- Place the potatoes and carrots in a saucepan and half fill with cold water.
- Bring to the boil and cook for 8 minutes.
- Add the broccoli to the pan and cook for 2 more minutes.
- Drain the vegetables into a colander and set to one side.
- Heat the oil in a large non-stick frying pan or wok.
- Add the onion and curry powder and cook until softened and lightly browned.
- Add the tomatoes to the onions and cook for a couple of minutes, stirring continually.
- Add the stock and bring to a simmer.
- Add the drained vegetables and peas and simmer for a further 5 minutes, stirring often.
- Serve immediately on a bed of rice, with yogurt on top (optional).

Look CLOSER!

Can you guess what the Pictionary Drawings are of?
The first is something you might have seen in the sky
back in January. The second is an instrument you would
find on a boat that can "hear" what is underneath.



Crossword Corner:



Down

1. talents gained through work and experience
2. varieties include: milk, white and dark
3. game over the king is helpless
5. North American cheesy chips and gravy
6. youngest ever recipient of Nobel Peace Prize
11. twenty-first century hieroglyphics?
12. a bean or a warming sweet drink?

Across

4. something loose about the hoose?
5. a piece promoted if it reaches the far end.
6. you can get syrup from this tree
7. a castle or crow in a corner?
8. a month named in honour of Julius Caesar
9. North American country
10. going it alone
13. a young person
14. companionship

Chocolate Facts:

Chocolate has a fascinating 5,000-year history. Originally enjoyed by ancient Mesoamericans as a sacred, bitter beverage called *xocolatl*, it has evolved into a global, \$100+ billion industry. Its botanical name, *Theobroma cacao*, fittingly translates from Latin to "food of the gods"

Colour me in!



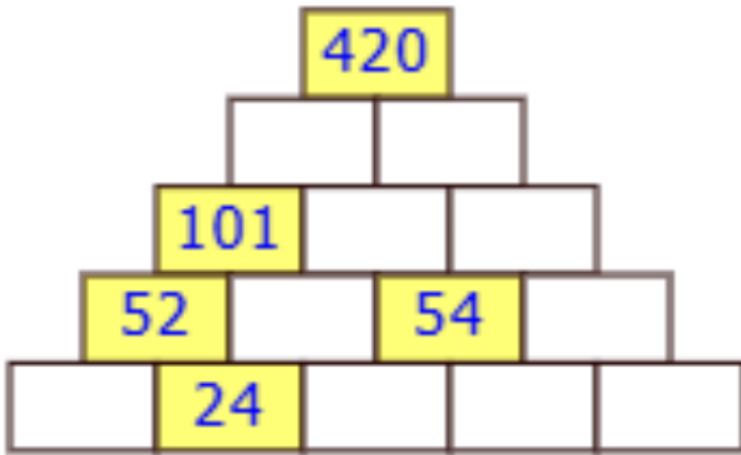
Did you know...

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: $24 + \text{what} = 52$?

Jokes of the month:

What do you say when someone says it's 31st June?
....July'd to me!

Why don't ships have basins on them?
....because they don't wanna sink!

Which dinosaur is great at crossword puzzles?
....the Thesaurus!

Why did the M&M go to school?
....it wanted to become a Smartie!

Why did the smiley emoji : -) drop its nose :) ?
....it felt it was too negative!

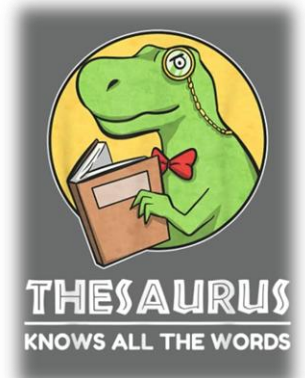
Why did the hotel manager ask the chess masters to leave the reception area at Christmas?
....she couldn't stand chess nuts boasting in an open foyer.

Can you solve our Cross Maths Grid?

	+	5	+	14	+		38
+		+		+		+	
4	+	6	+		+	9	21
+		+		+		+	
13	+		+		+		32
+		+		+		+	
15	+	11	+		+		45
35		23		31		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. Which mountain appears on the packaging for Toblerone?
2. In which year was Marmite first produced?
3. Who provided the voice for the PG Tips Monkey alongside Johnny Vegas?
4. What is the other name for a groundhog?
5. How many wooden blocks are there in a standard Jenga tower?
6. What were the three original fragrances launched by Lynx deodorant in 1985?
7. How did After Eight dinner mints get their name?

We hope you have enjoyed our newsletter. We have had a lot of fun putting it together. Our next edition will hopefully be out for October 2026...next academic year! 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.

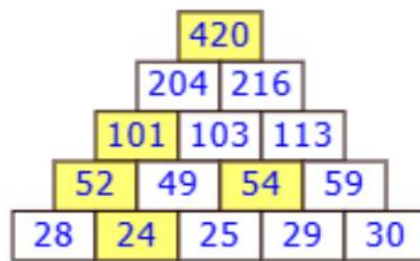
Answers to puzzles:

Look Closer Pictionary Drawings: Northern Lights (Aurora Borealis) and SONAR.

Crossword Answers

Across	Down
4.moose	1.skills
5.pawn	2.chocolate
6.maple	3.checkmate
7.rook	5.poutine
8.July	6.Malala
9.Canada	11.emojis
10.independence	12.cocoa
13.youth	
14.friendship	

Maths Pyramid



Cross Maths

3	+	5	+	14	+	16	38
+		+		+		+	
4	+	6	+	2	+	9	21
+		+		+		+	
13	+	1	+	8	+	10	32
+		+		+		+	
15	+	11	+	7	+	12	45
35		23		31		47	

The Quick Quiz:

1. The Matterhorn.
2. 1902.
3. Ben Miller.
4. Woodchuck.
5. 54.
6. Amber, Musk and Spice.
7. They were developed as an after-dinner palate cleanser with 8pm being a typical time for post dinner socialising.



One of our very talented Arts students has been putting their rock painting skills to good use for our cafe table numbers. Good work 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.

