

Reach the Stars!

ReachOut Creative Futures' Newsletter

October 2026



We're back...!

...and ready for a spooktacular October!

Welcome back to the new academic year and an action-packed schedule of events. October is a busy month with Older Person's Day on the 1st, Non-Violence Day on the 2nd, World Animal Day on the 4th, Teachers Day on the 5th, Badger Day on the 6th, Octopus Day on the 8th, World Mental Health Day on the 10th, World Hunger Day on the 16th and culminating with Halloween on the 31st followed by Diwali in early November. See if you can spot these themes in our puzzles section.

Firstly, you may have noticed the scaffolding around the building. St. Austell Brewery, who own the Seven Stars Inn is carrying out some essential repairs to the building which was their first ever pub when Walter Hicks took on the lease in 1863. Once the work is complete, the building will be a drier, brighter place for our learners with a secure yard area to the rear of the building. Keep up to date with developments both here and via our social media.

Our students have already enjoyed activity filled days as we kick off the Winter term. We have made pizzas, been on several local nature



Find us on Facebook, Instagram and at our website:

www.reachoutcf.com



The Rising Stars Training Café

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

Please note our first café of the academic year will be on Wednesday 7th October.

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.

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



We're back...!

Continued from front page.

...walks with DSLR cameras for art projects, a guided tour of St. Austell brewery (no tasting though!), participated in DJ-ing and music production workshops and enjoyed a day at Drummer's Lodge Scout camp for teambuilding, trail making, sports and fire lighting skills – including toasting smores over the campfire!



Lydia has enjoyed walking, painting, baking and the waterfall at Menacuddle Well. William found the tour of St. Austell Brewery, who are celebrating 175 years, fascinating. Shanice and Sky were huge fans of smores and pizzas. Charlie is enjoying his digital art. Noah has had a great time with team games, learning how to use our coffee machine, getting out for walks, learning to DJ and even enjoyed Maths lessons! So, a pretty amazing start to the year!



Students have recently spotted some fascinating mushrooms and toadstools on a woodland walk. These photos were taken by Amos and Ella for their Silver Arts Award photography projects.



Recipe of
the month:

ReachOut Lemonade

Serves 8

Serve over ice with a fresh lemon slice and a sprig of mint.



*As made by
our students
while
researching
the 175th
Year of St.
Austell
Brewery.*

Ingredients:

- 1 cup granulated sugar
- 1 cup freshly squeezed lemon juice (at least 6 lemons).
- 6 cups water divided (1 cup = 250ml)
- Lemon to slice
- Mint to garnish

Method:

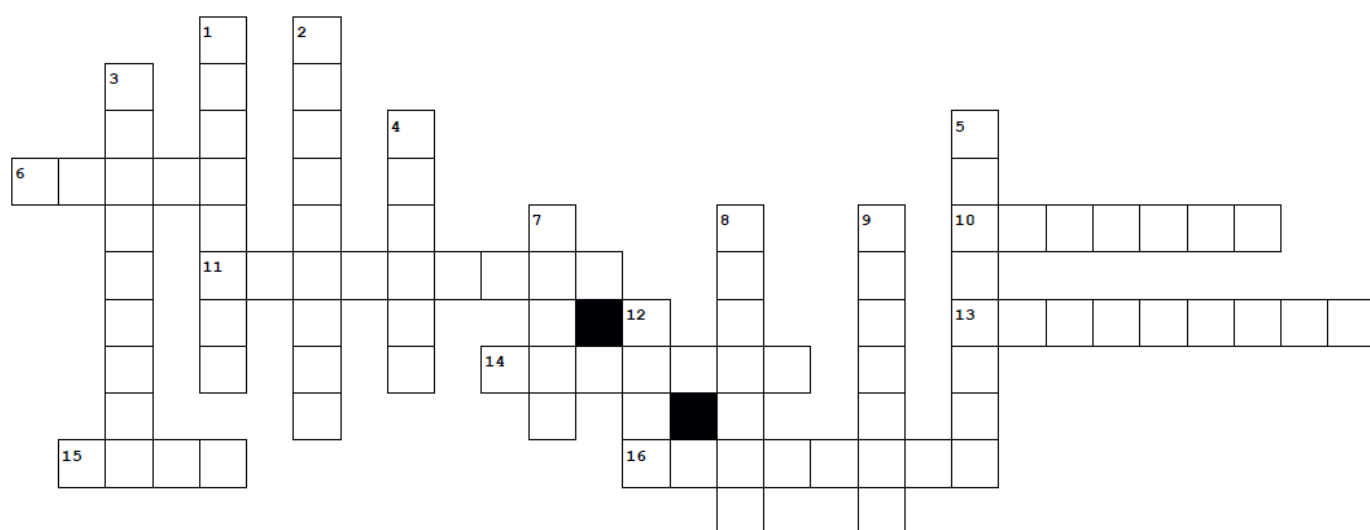
- In a small saucepan combine 1 cup of granulated sugar with one cup of water on a medium heat, stirring until the sugar has dissolved completely to form a simple syrup. Allow to cool to room temperature.
- Cut the lemons in half and squeeze out the juice until you get one whole cup (250ml). Keep any remaining lemons to slice for a garnish.
- In a larger jug, combine the fresh lemon juice, the cooled syrup and the additional 5 cups of water, stirring until well combined.
- Fill each glass you are using with ice.
- Pour over the lemonade.
- Garnish with a slice of lemon and a sprig of mint.
- Enjoy!

Look CLOSER!

Can you guess what the Pictionary Drawings are of?
The first is something we can call feel from time to time,
while the second is someone who studies fossils?



Crossword Corner:



Across

- 6. - ghost
- 10. - worried
- 11. - these arms suck!
- 13. - the eve of All Saints Day
- 14. - this month
- 15. - a badger's home
- 16. - don't talk about religion or this.

Down

- 1. - a key that opens any door
- 2. - spiders and scorpions are these
- 3. - never smile at one of these
- 4. - Hindu festival of light
- 5. - educators
- 7. - a piece of calm?
- 8. - old aged
- 9. - an orange squash?
- 12. - potage

Colour me in!

Halloween Facts:

The iconic orange pumpkins we carve today were originally turnips, beets, and potatoes. This tradition stems from an Irish myth about a man named "Stingy Jack" who tricked the Devil; when he died, he was cursed to roam the earth with only a burning coal inside a hollowed-out turnip to light his way. When Irish immigrants went to America, they discovered pumpkins, which were larger and easier to carve – and where the 'jack-o-lantern' we know today originated from.



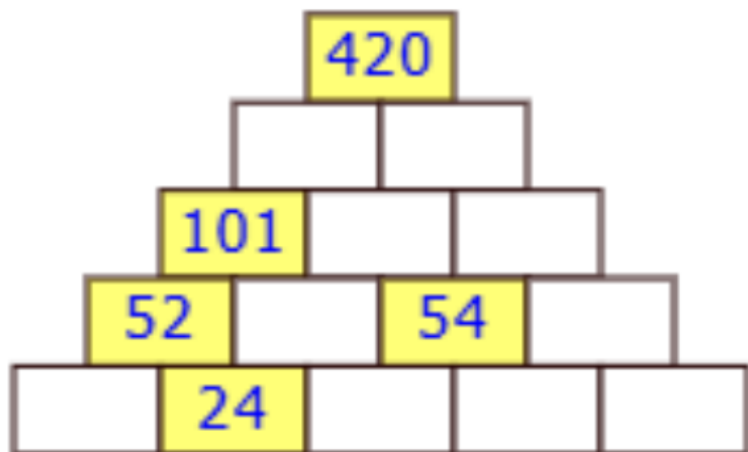
Did you know...

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

Jokes of the month:

Why should you not take financial advice from a ghost?

....because your home could be re-possessed!

Why don't ghosts like the rain?

....it dampens their sprits!

Why did the ghost quit their job?

....they always had to work the graveyard shift!

Why are ghosts no good at lying?

....you can see right through them.

Why did the vampire go to the doctor?

....they couldn't stop coffin.

I like looking in mirrors...

....they make me reflect!

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. How many Pringles to the nearest 10 are in a standard tube?
2. How many flavours of Pringles have been made to date?
3. When were Milky Bars first produced?
4. How many Dairylea Triangles do you get in a pack?
5. When were Christmas Crackers invented? Bonus point: By whom?
6. What colour is Tony the Tiger's (of Frosties fame) nose?
7. What is the name of the cockerel from Kellogg's Cornflakes?



We hope you have enjoyed our newsletter. We have had a lot of fun putting it together. Our next edition will hopefully be out on 4th November 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: Charlie, Lydia, Noah, Shanice, Sky, William, Phill and Si.

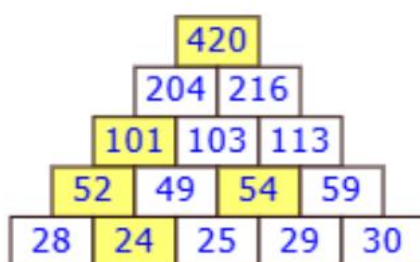
Answers to puzzles:

Look Closer Pictionary Drawings: Crazy and Palaeontologist.

Crossword Answers

Across	Down
6.ghoul	1.skeleton
10.anxious	2.arachnids
11.tentacles	3.crocodile
13.Halloween	4.Diwali
14.October	5.teachers
15.sett	7.peace
16.politics	8.elderly
	9.pumpkin
	12.soup

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:

- 90.
- 290.
- 1936.
- 8 or 16 in the double pack.
1847. Tom Smith.
- Blue.
- Cornelius



One of our very talented Arts students has made this super creepy lantern using a jam jar and clay. Awesome work Deborah! Right in time for Halloween



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.

