



Enrichment Bulletin

20/04/2020

WELCOME

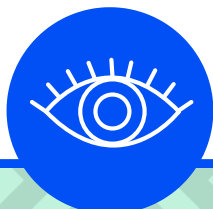
ENRICHMENT BULLETIN



Each Monday the Enrichment Bulletin will be sent out with a range of activities/videos/resources that you can complete from home .

WHATS INCLUDED

- Weekly PLT update
- Virtual Trips
- Weekly News
- TED talks
- Taskmaster
- Harmonix
- Music Tech
- Retro Games
- Musicals
- Art
- Book Club
- Film and Media
- Practical Science
- Keeping Active
- Recipe of the Week
- Mandarin Chinese
- Finance
- Maths Challenge
- Lego
- STEM
- SPARK
- Careers
- Wellbeing



PUPIL LEADERSHIP TEAM

Hi guys, we are the Pupil Leadership Team and we are here to voice the concerns and opinions of all the pupils at Penketh high school and make constructive change to our learning environment. We wanted to let you know that we are still meeting behind the scenes and have lots of exciting plans for the rest of the year. To find out what's going on follow our twitter. To visit the twitter account all you need to do is follow @PHSPupilPress. We will be keeping you updated on whats going on and hopefully provide lots of motivation during these tough times



Enrichment

FROM HOME



FANCY A TRIP?

Just because you are at home doesn't mean you can't travel the world!

This week's trips are...

1. Safari
2. The Louvre in Paris
3. The British Museum in London



WEEKLY QUIZ WITH MISS TAYLOR

Miss Taylor will be setting a quiz each week for years 7/8/9. This can be found in the Assignments folder in your year group Team. Miss Taylor will be creating a leader board - there is a 5 minute time limit - Good Luck!

MISS REDMOND'S WEEKLY NEWS

Just like in school ...

The weekly article and activity PowerPoint can be located in the Enrichment file section - 'Weekly news'

This week's headline:

Feathered "Dancing Dragon" Fossil May Provide Insights Into How Birds Evolved From Dinosaurs



TED TALK A DAY

Each week there will be 5 TED talks. TED talks are devoted to spreading ideas, usually in the form of short, powerful talks. Just click the link (underlined title).

Monday - [How the worlds longest under water tunnel was built.](#)

Tuesday - [The intangible effects of walls](#)

Wednesday - [How do dogs 'see' with their noses?](#)

Thursday - [What the discovery of gravitational waves means](#)

Friday - [How bumble bees inspired a network of tiny museums](#)

TED

TASKMASTER



MISS CURTIES IS ...THE TASKMASTER

Each week Miss Curties will set a task that you have to complete - the rules must be followed !!! Click the link to see the clip - [Taskmaster clip 1](#). Send your completed task to jcurties@penkethhigh.org or tweet [@penkethorchard](https://twitter.com/penkethorchard) @PHSenrichment

Creative Arts

ENRICHMENT AT HOME



HARMONIX WITH MISS JONES

Join us every week to learn new songs in upto 3 parts! Pieces will include popular songs and songs from musicals, recent pieces have included “Underdog” by Alicia Keys and “Go the Distance” from the Disney Movie Hercules! To join email ajones@penkethhigh.org and you will be added to the TEAMS group where videos will be uploaded every week. Anyone is welcome you don't have to be a member already!!!

MR GUGGIARI

Use the following link to explore beat making.

<https://learningmusic.ableton.com/make-beats/make-beats.html>

Retro Games Club:

Use the following week to compete with others in your year for the highest score! Post your score in the comments, be honest!

<http://retrobill.com/dk.htm>



THE SHOWS MUST GO ON!

Click this link to visit 'The Shows Must Go on' website. Bringing you showtunes, backstage access and full performances from some of the best loved musicals in history!



BECOME A FAMOUS ARTIST

Select a famous piece of Art and recreate it using whatever you can find at home. Get the whole family involved, have FUN! See examples by clicking the website link below: [Art examples](#). Tweet your attempts @PHSenrichment



Library

ENRICHMENT AT HOME



BOOK CLUB WITH MRS MOLLATT



Do you like reading books?
Do you like coming to the library at lunch for a chat?

Why not attend the online library club at Penketh High School? The first book that we are discussing is Miss Peregrine's Home for Peculiar Children – This is available to listen to free online via Audible. Every week, at 3pm on a Thursday, we will be looking and discussing various books and the reading you have been doing. If this sounds like something you would like – can you email Mrs Mollatt on hmollatt@penkethhigh.org and you will be added to the Library TEAMS.

AUDIBLE - FOR FREE

Stories help. They entertain. They teach. They keep your minds active, alert and engaged.

For as long as schools are closed, we're open. Right now, you can instantly stream an incredible collection of stories, including titles across six different languages, that will help you continue dreaming, learning, and just having fun. All stories are free to stream on your desktop, laptop, phone or tablet. Explore the collection, select a title and start listening. It's that easy. Click the link below to sign up.

[Audible Stories](#)



MISS ASHURST'S ENGLISH, MEDIA & FILM ACTIVITIES

Do you fancy exploring some new English, Media or Film texts each week and then having a go at making your own? Each week we will publish details of a competition that will develop your reading, writing and creative skills – some of these will be skills you already have; some may be new to you. The first one is about DOCUMENTARIES – to access the resources go to the 'Documentary Comp' file on TEAMS.



Practical

ENRICHMENT AT HOME



SCIENCE WITH DR GARDNER

Each week Dr Gardner will be demonstrating some practical science experiments you can try at home. This week's topic is investigating static electricity. [Click here to take you to the demonstration video.](#) Tweet your attempts @PHSenrichment



KEEP ACTIVE WITH MISS FLEMING



Weekly sports tasks for you to try at home... Click on the challenge to see an example -

Task 1 - [Co-ordination](#)

Task 2 - [Stair challenge](#)

Task 3 - [Plank challenge](#)

RECIPE OF THE WEEK

Weekly recipe for you to try at home. You must make sure you have permission from an adult you live with - make sure you wash your hands.

The recipe and method can be found here https://www.bbc.co.uk/food/recipes/shortbread_1290

- this week is Shortbread!

Make sure you tweet your creations @PHSenrichment



MANDARIN CHINESE CALLIGRAPHY WITH MISS SILVER

Join Miss Silver and learn how to write 100 of the most commonly used basic characters. Miss Silver will also show you the pin yin pronunciation and the English meaning.

All you need is some paper and a pen!

[Click here for the video demonstration.](#) Tweet your attempts to Miss Silver @MissSilverMFL or @PHSenrichment



Figures and Finance

ENRICHMENT AT HOME



FINANCE WITH MISS LEE

Miss Lee will provide an activity linked to finance education each week.

The resource can be located in the Enrichment file section - 'Finance'.

MISS TAYLOR'S MATHS CHALLENGE

Each week Miss Taylor will set two maths challenges - can you figure them out? We will reveal the answers in next week's edition.

Click the links below to see this week's challenges:

[Challenge 1](#)

[Challenge 2](#)

Make sure you tweet your answers @PHSenrichment



Lego Challenge!

ENRICHMENT AT HOME

LEGO BY MISS WISDELL

If you've got some Lego at home, why not have a go at this weekly challenge!!

I would love to see your creations. You can email me a picture of your models and I can put them on display when we get back to school or share them on twitter!!!

Email: ewisdell@penkethhigh.org

Twitter: @PHSenrichment

Challenge 1: You have been hired by Alton Towers to create a new rollercoaster!! Think about your design. Is it a themed ride? Is it a water ride? Is it tall? What do the carriages look like?

STEM

ENRICHMENT AT HOME



STEM CHALLENGES WITH MR FONE



How can we live smarter?

TASK 1 - MICROFLATS:

Your Challenge... Imagine you oversee designing comfortable living spaces in a very crowded city. The population is high so there is not a lot of space available. A new client has come in to ask you to design their microflat. The space is very small (only 32 m², that is a shape 5.65m x 5.65m if it was a square), but the client wants a comfortable place to live. Everything inside needs to be considered very carefully so no space is wasted.

YOUR TASK - Think carefully about how you can make use of a very small space and design a multipurpose microflat! Useful link <https://www.youtube.com/watch?v=P1H1kVSfCs8>



FIRSTLY:

First, think about what your client will need in their living space. What is absolutely necessary and what is nice to have but not essential? It may be helpful to create a backstory about your client to help you decide. For example, a client who loves cooking might need more kitchen space. Make a list or ranking of what the space must include.

SECONDLY:

Think of the shape of your flat. Sure, you can start with a square, but why not an L-shape? Tip: to keep it simple, stick to using square walls rather than circles. Mind map what type of furniture you want to include in your home. Think about what you need as an absolute minimum. Beds that double as tables when folded up? A TV which can be folded upwards and hang up on the ceiling? Moveable walls that slide along the floor when they need to be moved out of the way? Make a list

FINALLY:

Draw the shapes of your furniture, sticking to realistic sizes. Sketch important shapes and colour them in before cutting them out. Fill up your flat with your cuttings. Try to find the best fit for your clever furniture to make your house comfortable and original. Once your design is complete, share it to the rest of the group who will act as your client. What is their feedback? Are there any changes you might want to make to your plan?

Tweet your designs to @penkethSTEM and @PHSenrichment

Spark

ENRICHMENT AT HOME



Take a Code Break!

Join up to Code.org each week help for the interactive classroom, with weekly challenges to engage students of all abilities, even those without computers. A weekly interactive classroom and a new activity or challenge every week. Options for our experienced students, and even students without computers. This week join Bill Gates at 6pm on Wednesday teaching you the basics of Computer Science. Sign up to the courses in App development or continue on from our session at Spark. All here sign in here <https://code.org/>
With your school email from last session for Ms Keep to track and give feedback on your progress



How the Internet Works: Learn in this series of eight short videos features Vint Cerf, the inventor of TCP/IP, David Karp the founder of Tumblr to explain HTTP and HTML, Google's "Security Princess" to explain SSL and cybersecurity, and engineers from Microsoft. See here: <https://youtu.be/Dxcc6ycZ73M>



How Computers Work: Learn in this series by Bill Gates, what makes a computer a computer, how digital information is represented in 1s and 0s, how computer circuits work to manipulate digital information, and how a central processing unit (CPU) and operating system control the inputs, outputs, memory, and hardware of a computer.
See here: https://youtu.be/OAx_6-wdsIM



The Internet: How Search Works: Learn in this series of eight short videos featuring Google's Chief of Search and AI, and Akshaya, from Microsoft Bing, to find out how search really works. They cover everything from how special programs called "spiders" scan the Internet before you even type in your search terms to what determines which search results show up first
See Here https://youtu.be/LVV_93mBfSU

Careers

ENRICHMENT AT HOME



CAREERS UPDATE FROM MR MUSGROVE

Hi everyone. The most exciting news for careers is that we will be having a virtual careers day on Wednesday 6th May. This will involve live video presentations from colleges and employers with opportunities to ask questions of the experts via the text chat function.

In the meantime our careers advisor Paula is available for phone appointments if you want to discuss your future options. For an appointment email careersappointment@penkethhigh.org

CAREERS CONNECT

This week is a good way to start thinking of your pathways and the careers connect website has some fantastic tools to help you think about future. Open the word document in the files section called 'careers connect' and follow the guide to log on.

[Click here to go direct to the website.](#)



THE PLEDGE

The Pledge have started a series of online live sessions every Tuesday at Thursday at 11am. You can log on live or watch at a later date. This week is Network Rail and Driveworks. Employers from Warrington presenting on their industry and available for questions and answer sessions live or after.

<https://learnliveuk.com/partner/cheshire-and-warrington-lep/>



UNIVERSITY SESSIONS

Edge Hill University have created a fantastic program of live presentations which can all be accessed on this link. <https://www.edgehill.ac.uk/studentrecruitment/year-7-to-11-virtual-outreach/>



TASKS TO TRY THIS WEEK

1. Email for appointment with Paula if you want advice careersappointment@penkethhigh.org
2. Log on to Get Connected www.careerconnect.org.uk. (follow instructions on file in teams)
3. Sign up and attend a live session with The Pledge on learn live or Edge Hill



Well being

ENRICHMENT AT HOME



MRS SMITH'S WELLBEING PACK



Mrs Smith has developed a well being pack with lots of activities to complete to help improve your well being during this time.

This pack can be found in the files section in Teams under 'Well being Pack'.

PSHE WITH MISS SILVER

Miss Silver has developed a series of sessions with a different focus on various well being topics/issues.

This week the session focuses on 'self care'. The resources can be found in the files section in Teams under 'Self Care'.

HAPPY? OK? SAD? - WELL BEING RESOURCES FROM MRS LOMAX

www.happyoksad.org.uk now has a page with information and resources on mental wellbeing and COVID-19.

If the COVID-19 outbreak out is making you feel anxious, isolated or worried, you'll find links to guidance and tips for coping.

While you're self-isolating, or working from home, remember to look after your mental wellbeing, as well as your physical health. Visit www.happyoksad.org.uk for links to information and guidance on home working.



STAYING SAFE ONLINE WITH MRS THOMPSON



We are probably spending a lot more time online - Every other week Mrs Thompson will share some online safety material - to make sure you are keeping safe whilst accessing various online platforms. Resources can be found in the files section on Teams under 'Online Safety'.

MINDFULNESS WITH MRS MCCLURE

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind - Print off the pages provided or try some colouring online at <http://www.coloring.com/> Resources to print can be found in the files section on Teams under 'Mindfulness colouring'.

