



Enrichment Bulletin

Issue 2 -27/04/2020

WELCOME

ENRICHMENT BULLETIN



We hope you have had a lovely week - please share your attempts of your enrichment attempts/activities with your teachers either via email or twitter. You can also tweet the enrichment page directly @PHSenrichment.

WHATS INCLUDED

- PLT
- Trips
- Weekly Quiz
- TED talks
- Weekly News
- Taskmaster
- Careers
- LFL
- Geography
- Harmonix
- Music Tech
- Retro Games
- Musicals
- Art
- Book Club
- Documentary making
- Practical science
- Keeping active
- Mandarin
- Recipe of the week
- Puzzles
- Finance
- Weekly quiz
- Maths Challenge
- Lego Challenge
- Comics
- Stem
- Well-being
- Internet safety
- SPARK



PUPIL LEADERSHIP TEAM



We would like everyone to follow us @PHSPupil as that is where we will be sharing updates and activities that everyone can get involved in. We have started sharing bios to introduce ourselves to you and we will be sharing a "Thought of the Day" and "General Knowledge Question of the Day" every day via our twitter handle. We will also be sharing videos and other resources that we have made, as well as sharing ideas to keep you busy and have a bit of fun during lockdown! We are in the process of designing a home workout programme that you can do with us and we will be introducing pupil quizzes and other virtual activities that everyone can access. We are aiming to bring everyone together and raise spirits during these difficult times. You can also tweet us with any ideas you may have that you would like us to consider. We are all looking forward to connecting with as many other pupils as possible!

Enrichment

AT 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. Anne Frank House
2. The Vatican
3. Chester Zoo



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:
"The World's Smallest-Known Dinosaur Measured Less Than 2.25 Inches!"



TED TALK A DAY

Each week there will be 6 TED Talks. TED Talks are devoted to spreading ideas, usually in the form of short, powerful talks. Just click the link:

Monday: [A Radical Plan to End Plastic Waste](#)

Tuesday: [Facebook's role in Brexit and the Threat to Democracy](#)

Wednesday: [Go Ahead, Dream About the Future](#)

Thursday: [Are we in Control of our own Decisions?](#)

Friday: [How do we Explain Consciousness?](#)

Weekend: [A Camera that Can see around Corners](#)

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: Week 2 <https://youtu.be/OFBnswwdHJU> . Send your completed task to JCurties@penkethhigh.org or tweet [@transition_penkethhigh](https://twitter.com/transition_penkethhigh) [@PHSenrichment](https://twitter.com/PHSenrichment)



Enrichment

AT HOME



CAREER RELATED ENRICHMENT PROGRAMME

Mr Cordingley has been working in collaboration with Higher Horizons+ to offer pupils in Y9 and Y10 the fully funded 'CREP' project. This is a new and unique project we will be launching after half term. It will explore higher education (universities) and the skills that you will need to be successful on your chosen course. You will have the opportunity to work towards two nationally recognised qualifications over the next six months, including whilst the schools are closed! They will improve your academic skills and will show colleges and universities that you have the skills to be successful. One qualification will earn you 'UCAS Points' which you may be able to use towards the entry requirements for your course! For more information, email Mr Cordingley at PCordingley@penkethhigh.org

MISS COOPER - LFL - SPIRITED ARTS COMPETITION

- Join hundreds of schools from around the world taking part in this year's Spirited Arts competition! We welcome entries in (almost!) any art form your pupils can think of, including:
 - Art (painting, drawing, sketching etc)
 - Poetry
 - Photography
- Winning entries will provide a good response to one of the 4 themes, and judges will be asking is it original? Is it well-crafted? And (most importantly!) is it excellent RE?

MRS RIGBY'S GEOGRAPHY GAMES

See if you can beat your friends and family on the timer challenge to find the most places in these Geography games? Game 1: Cities of the UK Game 2: Countries of Europe. Happy Geographing!



Creative Arts

ENRICHMENT AT HOME



HARMONIX WITH MISS JONES

Join us every week to learn new songs in up to 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

[Click Here](#) to explore notes and scales. This carries on from last week's beat making, if you missed it, feel free to start from the beginning.

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/invaders.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!

MISS JENKINS AND MISS SLAVIN -FLYING BIRDS

A fun and thoughtful activity that can show your community you care by hanging this in your window with a personal message to key workers who provide essential services such as the postman, milkman etc. See how here <https://youtu.be/0lO0nQt5Yfo>.



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.

MISS ASHURST'S ENGLISH, MEDIA & FILM ACTIVITIES



Remind yourself of the documentary task from last week. *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. Go online to the BBC website and have a browse. Challenge yourself and choose something to watch that you might not normally do!*

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](#)



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 Ice Cream. Ingredients and instructions for making the ice cream can also be found here:

<https://www.bbcgoodfood.com/recipes/instant-vanilla-ice-cream>. You can swap out the milk and vanilla extract for flavoured milk if you want a different flavoured ice cream. You could use sellotape to help seal the food bags if you haven't got ziplock food bags. See Dr Gardner's attempt here:

https://youtu.be/m2a52cmw86Q_ Tweet your attempts @PHSenrichment and @DrG_Sci



KEEP ACTIVE WITH MISS FLEMING & MR MULLOCK



Weekly sports tasks for you to try at home...

Click on the challenge to see an example - Miss Fleming:

Task 1 - [Keep ups](#)

Task 2 - [Shuttle Runs](#)

Mr Mullock:

Task 1 - [Wall throw](#)

Task 2 - [Vertical jump test for power](#)

MANDARIN CHINESE CALLIGRAPHY WITH MISS SILVER

In this video, Miss Silver will show you the next 20 characters in the series of 100 most commonly used Mandarin Chinese characters that you will learn over the course of these sessions.

All you need is some paper and a pen!

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



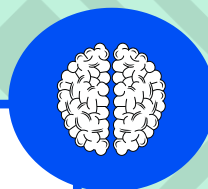
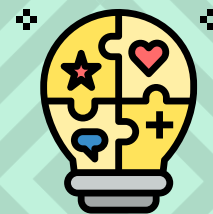
RECIPE OF THE WEEK

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.

This week's recipe is [Banana Cake!](#)

Make sure you tweet your creations @PHSenrichment





MENSA BRAIN TEASER

For each of the following, place the two words together and arrange the letters to give a hobby. What are the three hobbies?

MANY + ROOST =

GAIN + PINT =

GIN + DARE =

THIS WEEKS RIDDLE

This Week's Riddle:

What has a head and a tail, but no body?

(It's not a snake)



Have a go at this weeks Sudoku challenge:

Sudoku

		9						
	6				1	5	7	
5	2						4	
2			7		6			
		3			2	1		7
			9				3	
	8	2	6			9		
			4					3
3				8				

©Sudoku cool

ROMEO AND JULIET

Watch the 2009 production of Romeo & Juliet for free, now available to stream on YouTube until Sunday 3 May 2020. The original performance took place at the Globe Theatre, London, in summer 2009. A violent street brawl between their rival families is the prelude to Romeo's first encounter with Juliet. Despite this, and the fact that Juliet has been promised to another man in marriage, they fall in love. But any plans for their future happiness are cruelly destroyed by the two families – and while the adults remain preoccupied with their own affairs, among their children a hidden tragedy begins to unfold. Dominic Dromgoole's production brings refreshing clarity to one of Shakespeare's most famous and best-loved tragedies, drawing out the contemporary relevance of this passionate teenage love story.

https://www.youtube.com/watch?v=eSAIPJ0FG_0&feature=youtu.be

FREEBIES OF THE WEEK - COMICS

Here's a Marvel-lous deal if you're a fan of the popular Marvel or DC Comics franchises. You can save the day (and the lockdown boredom) with 100+ free digital comic books for a limited time, including Avengers, Batman, Wonder Woman, Spider-Man, Black Panther and more. You can either read the free comics online via your computer, or on an iPhone, iPad, or Android device via an app. Here's how to swoop in and bag yourself a bargain... Go to Marvel Unlimited – choose a comic and select 'Read now', or download the free Marvel Unlimited app at the App Store for iOS or Google Play for Android.

Figures and Finance

ENRICHMENT AT HOME



FINANCE WITH MRS LEE

Mrs 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.

Last weeks answers:

[Challenge 1](#)

[Challenge 2](#)

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:

Hollywood hires you to build a film set for a new film! Choose your film and get building!



STEM CHALLENGES WITH MR FONE



How can we live smarter?

TASK 2 - SMART SHOWERS:

Your Challenge... About 95 percent of the water entering our homes goes down the drain. This is bad for the environment and expensive to people on water meters. How can we use smart technology to combat this wastage?

YOUR TASK - In this activity, think up how to easily see when you are being wasteful under the shower and make a scoreboard to find out who is the least wasteful at home. Useful link <https://www.watercalculator.org/wfc2/q/household/> Use this link to calculate your water footprint (it is American so you will be asked to choose a state that you live in, so where would you like to live!)

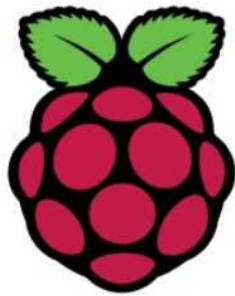
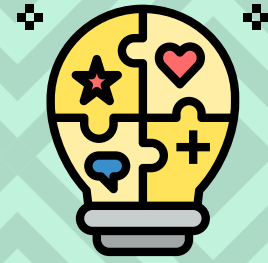
There is an additional document that you can use to help you. This can be found in the STEM folder in the files section of the Enrichment channel on Teams.



Make sure you send your projects to rfone@penkethhigh.org or Tweet me @PenkethSTEM.

Spark

ENRICHMENT AT HOME



Raspberry Pi

This week Join the Raspberry Pi Foundation team this week as we code and create projects at home. Every Monday they share a theme that will inspire you to have fun, solve problems, and express yourselves creatively with technology.

All the information here for parents and students <https://www.raspberrypi.org/at-home/> and share your project with us and Raspberry Pi here <https://www.tfaforms.com/4813080>



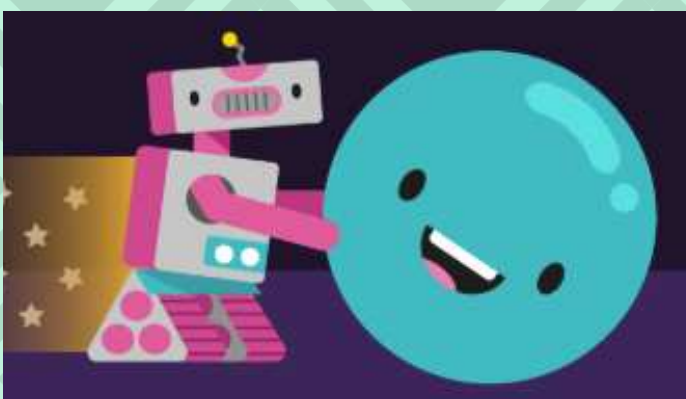
Ever been lost for words? In this enrichment you will write a Python script to generate insults, Elizabethan-style. By creating a Shakespearean insult generator in python with RaspberryPI

<https://projects.raspberrypi.org/en/projects/shakespearean-insult-generator>



In this project, you will use machinelearningforkids.co.uk to make a character that will determine whether you liked or disliked a movie or book based on what you say. If you say something positive, it will smile. If you say something negative, it will cry.

<https://projects.raspberrypi.org/en/projects/did-you-like-it>



In this project you'll make your first game with Unity, a professional game development platform. You're going to build a simple video game with a robot, a ball, and a maze, and you'll learn the tools you can use to make the game bigger and more awesome!

<https://projects.raspberrypi.org/en/projects/cd-beginner-unity-sushi>

Careers

ENRICHMENT AT HOME



CAREERS UPDATE FROM MR MUSGROVE

The virtual careers day on Wednesday 6th May is coming together. We have local colleges, local employers and university advice all from the comfort of your own home. See the flyer in the enrichment folders.

Don't forget you can speak to Paula for individual advice. She will be available to chat in teams on the enrichment channel. For a telephone 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.](#)



FUTURES

If you are thinking of going to university, why not do a virtual tour on the [UCAS website](#)?

For general advice or to explore careers you can look at. Have an explore and see what kind of jobs are out there.

<https://www.youthemployment.org.uk/careers-hub/>

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/>



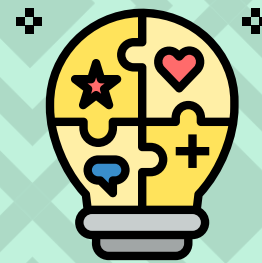
TASKS TO TRY THIS WEEK



1. Explore university and do a [virtual campus tour](#).
2. Research a career you might be interested in.
3. Sign up and attend a live session with The Pledge on learn live or Edge Hill

Well being

ENRICHMENT AT HOME



MRS SMITH - WELLBEING

On Wednesday 29th April there will be a virtual assembly about Kooth. The assembly will talk you through the online forums, Kooth magazine and free online support and counselling on offer. Kooth is available to over 5 million young people across the country and is a great way to communicate with other young people, while remaining totally anonymous.

To join the assembly just follow the instructions saved in the Enrichment channel in the file called 'Kooth'. Times are below:

10am-11am- Year 7
11am-12pm- Year 8
12pm-1pm - Year 9
1pm -2pm - Year 10
2pm -3pm - Year 11

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 'Exploring ourselves-Identity'. The resources can be found in the files section in Teams under 'Exploring ourselves-Identity'.



STAYING SAFE ONLINE WITH MRS THOMPSON

We are probably spending a lot more time online- If you missed the resources last week, here is another chance to access these resources. These can be found under 'Online Safety' in the files section in Teams - Enrichment channel.

There will be some new resources uploaded next week.

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.' Send your completed pieces to dmcclure@penkethhigh.org



Well being

ENRICHMENT AT HOME



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.

MISS BARON - WELFARE TECHNIQUES

Relaxation techniques -

When a person is confronted with anxiety, their body undergoes several changes and enters a special state called the fight-or-flight response. The body prepares to either fight or flee the perceived danger. During the fight-or-flight response it's common to experience a "blank" mind, increased heart rate, sweating, tense muscles, and more. Unfortunately, these bodily responses do little good when it comes to protecting us from modern sources of anxiety. Using a variety of skills, you can end the fight-or-flight response before the symptoms become too extreme. These skills will require practice to work effectively, so don't wait until the last minute to try them out!

You will find examples of relaxation techniques saved in the files section of the Enrichment channel in Teams - the file is called Welfare Techniques'.

Bedtime Gratitude-

As well as being mindful of our breath and our thoughts, there are other things we can do to help support good mental health.

One way is to be mindful of gratitude. Gratitude is when we feel thankful, or grateful about something.

You will find examples of relaxation techniques saved in the files section of the Enrichment channel in Teams - the file is called Welfare Techniques'.