

# Enrichment Bulletin

Issue 3 - 04/05/2020



# WELCOME

## ENRICHMENT BULLETIN



On Wednesday 6th May you will all be taking part in Penketh High School's virtual careers day. Please see Teams to access the information booklet with more information.

Tweet your enrichment activities @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
- VE day
- Countdown
- Stem
- Well-being
- Internet safety
- SPARK
- Upcycling



## 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 visit other places!

This week's trips are to British Royal residences.

1. Windsor Castle
2. Buckingham Palace
3. Palace of Holyroodhouse



## 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 Pyramid of Djoser, Egypt's oldest pyramid, restored to its former glory"



## 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: [Why do people fear the wrong things?](#)

Tuesday: [How can we solve the antibiotic resistance crisis?](#)

Wednesday: [How music makes me a better neuroscientist](#)

Thursday: [How a miniaturised atomic clock could revolutionize space exploration](#)

Friday: [The beautiful, mysterious science of how you hear](#)

Weekend: [What if a single human right could change the world?](#)

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 [this link](#) to see the clip for Week 3.

Send your completed task to [JCurties@penkethhigh.org](mailto:JCurties@penkethhigh.org) or tweet @transition\_penkethhigh @PHSenrichment



# Enrichment

AT HOME



## CAREER RELATED ENRICHMENT PROGRAMME

More information in next weeks bulletin, here is a reminder of this opportunity.

*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](mailto: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?

For a more detailed PowerPoint see the file in Teams names 'Spirited Arts Comp'

## MRS RIGBY'S GEOGRAPHY GAMES

Make a flag that represents you—you can model it on your heritage, favourite activities, sports, animals, or family. If you have siblings maybe have a competition; make one each and then show it to a family member. Send your completed flags to me at [krigby@penkethhigh.org](mailto:krigby@penkethhigh.org) Happy Geographing!!!Mrs R



# 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! We are now looking at "Ain't No Sunshine". To join, email [AJones@penkethhigh.org](mailto: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

Music Technology:

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

Retro Games Club:

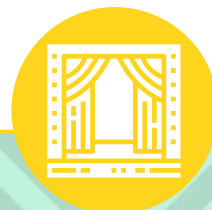
[Puzzle Bobble](#)

Use the link above or click the picture to compete with others in your year for the highest score! Post your score in the comments on TEAMS, be honest!



## 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 - ZENTANGLE HAND DESIGNS

Zentangle is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. We call these patterns, tangles. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs. All you need is paper, a pencil and a black biro or fine marker pen. Please [watch this](#) to show you what to do. (Examples in files on TEAMS)



# Library

ENRICHMENT AT HOME



## BOOK CLUB WITH MRS MOLLAT



Book challenge!

Challenges:

- Read the blurb or prologue of a book. Do you want to read the book or not? Why or why not?
- Create a book review on a book of your choice. Did you enjoy it? Who was your favourite character?
- Create a new chapter for a book you are reading.
- Turn a film you love into a book.
- Turn a book or film into a stage show. Create the first scene or more. Who would play the characters?
- Recreate a book but with a twist e.g. in the Hunger Games, Katniss fell in love with president snow. Make it as funny or serious as you like.
- Make a model of a character or object in a book. You could send in a picture of your model.
- Create a what if book e.g. prince charming is a girl. Write your own novel. Create characters. Would it be a comedy, rom-com, romance, sport, horror or something else?
- Make a story board for a story.
- Install the app I-movie and create a trailer for a film of your choice or your own made up story

Huge thank you to Annie from Year 7 for creating this challenge for the Library Book Club! The first person to complete 5 from the challenge list and email their work to [hmollatt@penkethhigh.org](mailto:hmollatt@penkethhigh.org) will receive a brand new book posted to their home!

## 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](#)





## AUTHOR OF THE WEEK

# Tom Palmer

Author Tom Palmer is providing lots of free resources and events that can be accessed remotely. Please make the most of this fantastic opportunity!



### 29 APRIL - 7 MAY :

The Spitfire Fund FREE story have written a five-part free story for the RAF Museum (where I am Children's Writer in Residence) using their artefacts.

Download here <https://www.rafmuseum.org.uk/cosford/schools-and-colleges/school-resources.aspx>

### 8 MAY :

Friday 8th May is the 75th anniversary of VE Day, the day the Second World War ended in Europe. I have created several resources that you can use to mark the day, including VE Day blackout poetry, character paperchains and a comprehension sheet that features Churchill's famous VE Day speech, linked to my forthcoming book After the War.

More here <https://tompalmer.co.uk/after-the-war/>

### 5 MAY :

I have some Facebook Live sessions coming up relating to the Second World War. On May 5th I will be taking questions about reading and writing about the Second World War, featuring my books Spitfire, D-Day Dog and After the War. Everyone is welcome to drop

in at [www.facebook.com/tompalmauthor](https://www.facebook.com/tompalmauthor) between 10 a.m. and 11 a.m. There will be more Facebook Live sessions during the rest of the summer. If there's a subject you'd like me to cover please contact me on Twitter @tompalmerauthor



## MISS ASHURST'S MEDIA, FILM AND ENGLISH ACTIVITIES

Each week/ fortnight we will publish details of a competition that will develop your reading, writing and creative skills.

The second is a READING CHALLENGE:  
Books can take you into another world; they can vastly improve and expand your vocabulary; reading is good for the brain!

What better time to expand the number of books you've read – and best part of all, to take part in this Reading Challenge you can listen to them!  
Follow the link below and find out more.

### THE CHALLENGE...

Books can take you into another world; they can vastly improve and expand your vocabulary; reading is good for the brain!

What better time to expand the number of books you've read – and best part of all, to take part in this Reading Challenge you can listen to them!

Audible.com has launched Audible Stories - a place where you can instantly stream a huge collection of stories – available for as long as schools are closed.

You can choose from categories:

Elementary (89 titles)

Tween (40 titles)

Teen (66 titles)

Literary Classics (27 titles)

Folk and Fairy Tales for All (25 titles)

Find these at: <https://stories.audible.com> Let's see how many you can read or listen to - this is not limited to those books on Audible Stories - you can of course read books you have at home.

When you have finished a book you have a series of questions to answer – we might even offer a prize for the best answers in an individual review!





## SCIENCE WITH DR GARDNER

*Each week, Dr Gardner will be providing some practical science experiments you can try at home!*

This week's activity uses Marvin and Milo from the Institute of Physics to further look at the effect of salt on water's freezing point. The ice will float in the water because it is less dense and using the salt allows us to freeze the water around the thread to be able to lift it up.

Follow the instructions [here](#) - (Or in files on TEAMS)

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 - 5 Squats 5 Burpees

Task 2 - 10 Crunches 10 Twists

Mr Mullock:

Task 1 - Bicep Curls

## 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 Flapjacks!

[Follow the instructions here](#) - (Or in files on Teams)

Make sure you tweet your creations @PHSenrichment



## MANDARIN CHINESE CALLIGRAPHY WITH MISS SILVER

Use this week to catch up and practice the last 40 symbols to perfect them before the new video next week.

[Click here](#) for video 1!

[Click here](#) for video 2!

All you need is some paper and a pen!

Tweet your attempts to Miss Silver  
@MissSilverMFL or  
@PHSenrichment







## UPCYCLING WITH MISS MADDEN

Challenge – find items around your home and garden. How can you turn them into new products?

You can find some examples in Teams under 'Upcycling Project'.

Send pictures to Miss Madden – [nmadden@penkethhigh.org](mailto:nmadden@penkethhigh.org)



## COUNTDOWN WITH MRS MOORE

Can you solve these Countdown Conundrums?

1. ROMPTAINT      2. RGIENNKOC      3. COPERIVER

Answers next week along with 3 new conundrums.



## MFL WITH MRS HART

Tongue Twisters with the MFL Team

Click here to listen to some tongue twisters in either Spanish, French or German:

French - <https://www.youtube.com/watch?v=rU-sX9oMhEw>

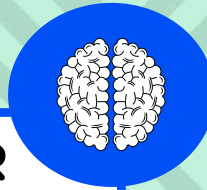
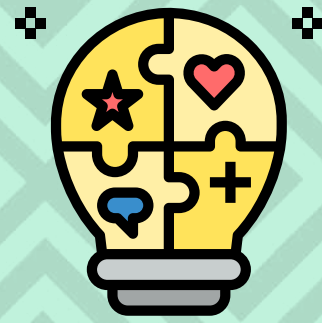
Spanish - <https://www.youtube.com/watch?v=0NdfhWdksA8>

German <https://www.youtube.com/watch?v=a1BhW9ZB05o>

Tweet how you get on to: @MrsHartMFL, @mfl\_riley, @MissSilverMFL or @PHSenrichment

How fast can you say them? Let us hear your best ones.





## MENSA BRAIN TEASER

Which three letter word can be attached to the end of each of these words to form three longer words?

DOCTOR    ALIEN    FABRIC

Answers for last week:  
Astronomy Painting Reading

## THIS WEEKS RIDDLE

What gets wetter and wetter the more it dries?

Answer for last week:  
A coin!



Have a go at this weeks Sudoku challenge:

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

Last weeks suduko answers:

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

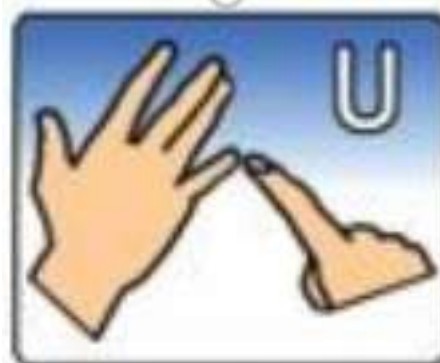
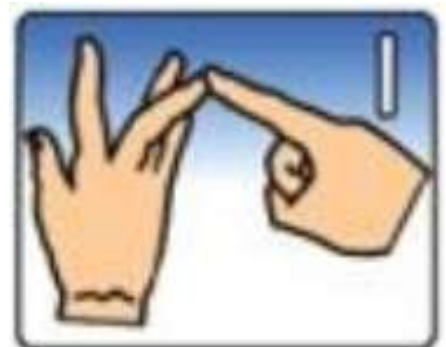
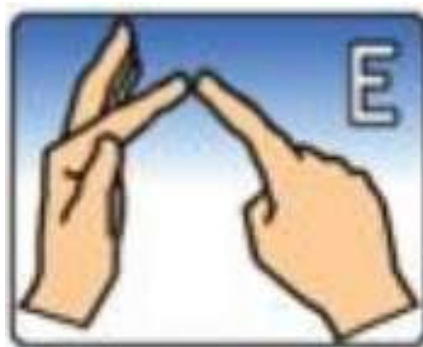


## LEARN MAKATON

Being able to communicate is one of the most important skills we need in life. Almost everything we do involves communication; everyday tasks such as learning at school, asking for food and drink, sorting out problems, making friends and having fun. These all rely on our ability to communicate with each other.

With Makaton, signs are used, with speech, in spoken word order. This helps provide extra clues about what someone is saying. Using signs can help people who have no speech or whose speech is unclear.

For those who have experienced the frustration of being unable to communicate meaningfully or effectively, Makaton really can help. Makaton takes away that frustration and enables individuals to connect with other people and the world around them. This opens up all kinds of possibilities. Have a go at learning to sign the alphabet. Here are the 5 vowels for you to practise.





## ORIGAMI

Bored? Fed up? Looking for something different to try? Have a try at origami.

Why? It's fun and you only need a piece of paper and your concentration!  
It can also benefit your health!!

This week we're making dogs. GO ON GIVE IT A GO HERE!



Remember to email us your pictures to  
[enrichment@penkethhigh.org](mailto:enrichment@penkethhigh.org)

Dr. Gardner, Mr Fone, Mrs Lee, Miss Silver, Mr Guggiari and Mrs McNally have already had a go, can you guess which member of staff made which dog? All will be revealed next week!



# VE DAY

75<sup>TH</sup> ANNIVERSARY



## HISTORY WITH MISS NEWBY & MRS RIGBY

This year marks 75 years since VE day and gives us the opportunity to remember the sacrifices made by those at home and abroad during the war that allowed for scenes of celebration in 1945.

Although this year's celebrations may not have gone as planned, as a country we will still keep calm, carry on and in new creative ways keep the memory of past generations alive for the future. More than ever it is important to understand the role played by the Second World War in our History. Echoes of the spirit and camaraderie shown by our country during the War are all around us at the moment from fundraising by World War Two veteran Colonel Tom Moore, to the Queen using lyrics from famous war song 'We'll meet again' in her address to the nation.

This week will see the country celebrate VE day. There were big plans across the country for celebrations to mark 75 years since the end of the War but these plans can obviously no longer go ahead, but in true British style this will not stop us from celebrating the occasion in our own special ways safely at home.

**CLICK THE LINK BELOW TO SEE SOME IDEAS OF HOW YOU CAN MARK THE 75TH ANNIVERSARY OF VE DAY AT HOME AND WOULD LOVE TO SEE AND HEAR ABOUT YOUR CELEBRATIONS.**

**MRS RIGBY AND HER DAUGHTER HAVE SENT A PICTURE OF BUNTING THEY HAVE MADE FROM CEREAL PACKETS.**

**MRS RIGBY SAYS "WHY NOT HAVE A GO AT THE FOLLOWING ACTIVITIES TO CELEBRATE VE DAY? GOOD LUCK, ENJOY. MRS RIGBY. 😊"**

**[HTTPS://WWW.MADEINASHFORD.COM/BLOGS/NEWS/V-E-DAY-FREE-ACTIVITY-PACK](https://www.madeinashford.com/blogs/news/v-e-day-free-activity-pack)**



# Figures and Finance

ENRICHMENT AT HOME



## FINANCE WITH MRS LEE

Want to buy a car/motorcycle in the future?

Explore with Mrs Lee to ensure you know the banking terms and that you are not paying over the odds!

The resource can be 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:

[Easy Challenge](#)

[Hard Challenge](#)

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

[Easy Challenge](#)

[Hard Challenge](#)

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](mailto:EWisdell@penkethhigh.org)

Twitter: @PHSenrichment

Challenge: Create a Lego boat that floats!! You could make a rowing boat, a cruise ship, a Viking long boat or something else. How many people can you add to your boat? I can't wait to see what you can make!!



## STEM CHALLENGES WITH MR FONE



How can we live smarter?

### TASK 3 - THERE'S AN APP FOR THAT:

**Your Challenge:** recycling has become an accepted part of our daily lives. But some people still don't recycle, or when they do, they do it wrong. This can be because people don't know the right way to recycle, or because they can't be bothered. But what if you could turn recycling into a game? Could this make the difference

**Your Task:** plan and design an app that allows households to score points by logging and sharing their recycling. To start planning your app, you could use a skill called Paper Prototyping.

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](mailto:rfone@penkethhigh.org) or Tweet me @PenkethSTEM.



### Explore Big Question Adventure

Opxlore is a free educational website created by the University of Oxford to engage 11-18 year olds with debates and complex ideas. Each week, there will be three questions for you to research and explore. This week:

- Is knowledge dangerous?
- Would you rather be free than safe?
- Is falling in love bad for you?

# Spark

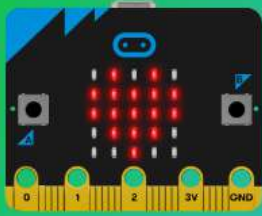
ENRICHMENT AT HOME



## micro:bit home learning

Super-easy guides to get you coding

Playful projects to build your digital skills together, perfect for ages 8 and up



This week head over to <https://microbit.org/get-started/home-learning/> for easy-to-follow activities for parents and children at home. You can create your first images, then move on to simple animations, before showing how you feel using button inputs and simple pictures on the LED display. Whatever you're making or learning with your micro:bit, remember to share your creations using the #microbit hashtag on social media

Starting shortly...

DreamSpace  
HomeSpace Series

MakeCode Arcade

To join in, please log onto MakeCode Arcade at the following link in your browser:

<https://arcade.makecode.com/>

#MSDreamSpace @MS\_eduIRL

HomeSpace On-demand Lessons

The Microsoft Ireland education team are doing live HomeSpace lessons with MakeCode and micro:bit on Mondays at 1pm UK time and you can watch them back at any time on <https://education.microsoft.com/en-us/resource/94917945>

Online Learning with MakeCode

Every weekday at 5pm UK the MakeCode team at Microsoft are live-streaming micro:bit lessons and recording them for later viewing. You'll also find links to Microsoft courses such as the Introduction to Computer Science.

<https://makecode.com/online-learning>

## Design challenges

Save the planet with technology - classroom activities based around the UN Global Goals for sustainable development



Helping plants grow

Protecting animals on land

Saving sea creatures

Two advanced projects to

Two simple activities

Two simple projects to learn

Take up one of the Problem-solving activities based on the UN Global Goals for sustainable development. Protect plant life and increase food production, prevent heart disease and create wearable devices or even use algorithms to help keep our oceans clean. Sign up to the Microbit design challenge here <https://microbit.org/projects/design-challenges/>



# Careers

ENRICHMENT AT HOME



## CAREERS UPDATE FROM MR MUSGROVE

The virtual careers day is on Wednesday 6th May. I have posted all the information into Teams on the Enrichment channel. This will replace your normal lessons on Wednesday.



**THE PLEDGE FUTURES**  
CHESHIRE AND WARRINGTON PENKETH HIGH SCHOOL  
**Penketh High School Virtual Careers Day**  
Wednesday 6th May

- Online Presentations
- Live Q&A
- Local Employers
- College and University Information
- Independent Advice and Guidance

Partners: Franklyn, Drive Works, Apprentify, Cronton Sixth Form College, Harper Adams University, Riverside College, TCAT, career connect.

Time	Presenter	Session
9.30 – 9.45	John Carlin & Ian Musgrove	Welcome presentation – 1. set expectations 2. challenge to collect information for quiz at end of day
10.00 – 10.30	Lucy Williams	Mock interviews
10.30 – 11.00	Ian Musgrove	Virtual break time – (On you TEAMS)
11.00 – 11.30	Lucy Williams	All you need to know about HE & student finance
11.45 – 12.00	Bridie Mills	Driveworks – Automation Software
12.00 – 12.45		Lunch break
12.45-1.00	Ian Cotrill & Chloe Tatton	Franklyn Financial Management – Working in finance
1.15 – 1.30	Scott Austin & Team	Apprentify – How to get an apprenticeship
1.45 – 2.00	Adam Bird & team	All about Priestley
2.15 – 2.30	Melissa Turk	Cronton/Riverside – vocational courses and employability skills
2.45 – 3.00	Rachel Brookes	Harper Adams University
3.00 – 3.15	Lucy Williams	Launch pop quiz

# Well being

ENRICHMENT AT HOME



## MRS SMITH - WELLBEING

This week, Mrs Smith is focusing on Progressive Muscle Relaxation, which is a ritual you can do at home that is designed to relax your whole body and boost your wellbeing.

The resource demonstrating how you can try this out can be found in the files section in Teams under 'Progressive Muscle Relaxation'.

## STAYING SAFE ONLINE WITH MRS THOMPSON



We are probably spending a lot more time online Mrs Thompson is focusing on sharing images online and videocalling.

These resources can be found under 'Online Safety' in the files section in Teams - Enrichment channel.

## MISS BARON - WELFARE TECHNIQUES



This week you can look at strategies for challenging anxious thoughts and how to use a metaphorical Stress Bucket as a coping mechanism when feeling stressed.

Resources can be found on Teams under 'Managing Stress and Anxiety'.

## 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 'Wellbeing during Lockdown'. The resources can be found in the files section in Teams under 'Pupil Guide to Lockdown Wellbeing'.

## 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 [dmclure@penkethhigh.org](mailto:dmclure@penkethhigh.org)