



Enrichment Bulletin

Issue 5 - 18/05/2020

WELCOME

ENRICHMENT BULLETIN



Hope you are all keeping well. This is a very important week - Nominations are back. Pupils can nominate staff and pupils. If you have anyone who deserves a nomination, email their name, year group (if applicable) and reason to nominations@penkethhigh.org

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



Hi Guys,

This week is Mental Health Awareness Week. In aid of this, we are holding a Virtual Tea Party on Wednesday on your Year Group Teams where we will be holding a quiz and some other activities for you all to participate in. All you need to do is get yourself a drink and a biscuit and log into your year group channel at 3pm. We are also issuing an assembly for everyone to access on Mental Health Awareness – this will be published on Teams on Wednesday. Keep an eye on our Twitter page (@PHSPupil) where we will be posting updates on the activities we are running as well as some other content.

Have a nice half-term break everyone.

Enrichment

AT HOME



FANCY A TRIP?

Just because you are at home doesn't mean you can't visit other places!

This week:

Tiger Shark encounter in the Bahamas
Dolphin Swim Club



MISS REDMOND'S WEEKLY NEWS

Just like in school ...

The weekly article

"World's Largest Signature Is Useful For Analyzing NASA's Satellite Imagery"
and activity PowerPoint
can be located in the Enrichment file section - 'Weekly news'



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!

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: [The dangers of a noisy ocean – and how we can quiet it down](#)

Tuesday: [Human trafficking is all around you. This is how it works](#)

Wednesday: [From death row to law graduate](#)

Thursday: [How to turn climate anxiety into action](#)

Friday: [The search for planets beyond our solar system](#)

Weekend: [Your fingerprints reveal more than you think](#)

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 5.

Send your completed task to JCurties@penkethhigh.org or tweet @transition_penkethhigh @PHSenrichment





THE QUEEN'S
COMMONWEALTH ESSAY COMPETITION 2020



Share **your ideas**, celebrate your story
and write for a **better world**

THEME

CLIMATE ACTION AND THE COMMONWEALTH

The Queen's Commonwealth Essay Competition is the world's oldest international writing competition for schools, established in 1883. It is an important way to recognise achievement, elevate youth voices and develop key skills through creative writing.

Drawing on the urgency of the ongoing climate crisis and increasing youth activism across the Commonwealth; young people are called upon to consider their position and power in bringing about change and how the Commonwealth can be used as a tool for positive action.

SENIOR CATEGORY

Born between 1 July 2001 and 30 June 2006 (14-18 years of age)

1. Imagine you are President of one of the Commonwealth's 31 Small States and you have been invited to give a speech on climate change to other Commonwealth leaders, what will you say?
2. There is no Planet B: How will climate change affect you and your community?
3. 'We will never stop fighting for this planet' - Greta Thunberg. How can young people make change happen?
4. The destruction of the oceans is everyone's concern.

AWARDS

One Winner and Runner-up will be chosen from each category and brought to London for a week of educational and cultural events, culminating in a special Awards Ceremony. A number of Gold, Silver and Bronze Awards will be given in both the Senior and Junior categories, rewarding excellence in writing. All entrants will receive a Certificate of Participation.

competitions@thercs.org

[RoyalCommonwealthSociety](https://www.facebook.com/RoyalCommonwealthSociety)

www.thercs.org/competition

[CWEssayComp](https://www.facebook.com/CWEssayComp)

JUNIOR CATEGORY

Born on or after 1 July 2006 (under 14 years of age)

1. Imagine you are Planet Earth, what would you say to humans?
2. A Blue Commonwealth: it is not too late to save our oceans. True or false?
3. In 2019, students in more than 100 countries walked out of school to protest climate change. How can young people get their voices heard and make a difference?
4. My planet, my place.

The Moomins, created by Finnish artist Tove Jansson, are a family of friendly, brave trolls who live an adventurous life in the idyllic and peaceful Moominvalley in harmony with nature. The original Moomin books have been translated into more than 50 languages and are much loved across the Commonwealth and beyond.



MOOMIN

Enrichment

AT HOME



CAREER RELATED ENRICHMENT PROGRAMME



Are you interested in going to university? Do you want a new and exciting opportunity to develop the skills you will need to be successful at college, university and in your future career? Then why not sign up to the CREP Project?

This will give you the opportunity to explore higher education (universities) and the skills that you will need to be successful on your chosen course. The project will be delivered on Teams and you will work towards two nationally recognised qualifications as well as gaining insight into higher education.

One of the qualifications will even earn you 'UCAS points' which you may be able to count towards the entry requirements for your chosen university course.

For more information, or to sign up, 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 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'

Creative Arts

ENRICHMENT AT HOME



HARMONIX WITH MISS JONES

Continue to 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 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:

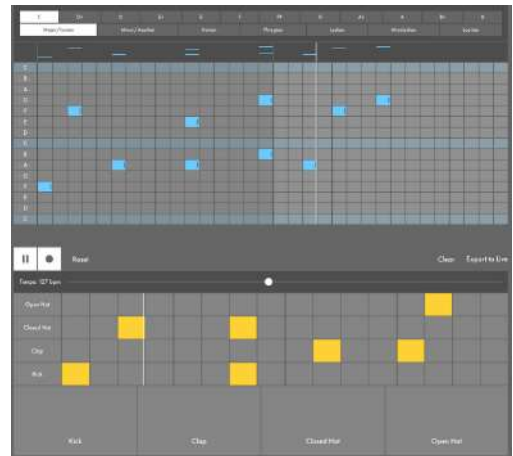
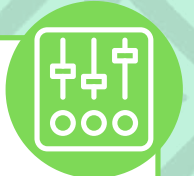
[Click Here](#) or the picture to explore 'MELODIES'. This carries on from the last three week's of 'beat making, notes & scales, chords & Basslines', if you missed it, feel free to start from the beginning [here!](#)

Retro Games Club:

Donkey Kong

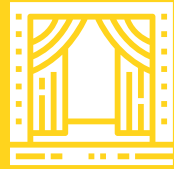
Use the link above or click the picture to compete with others in your year for the highest score! Post your score in the comments on Teams, be honest!

Tweet your scores @MrGuggiari



Creative Arts

ENRICHMENT AT HOME



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!



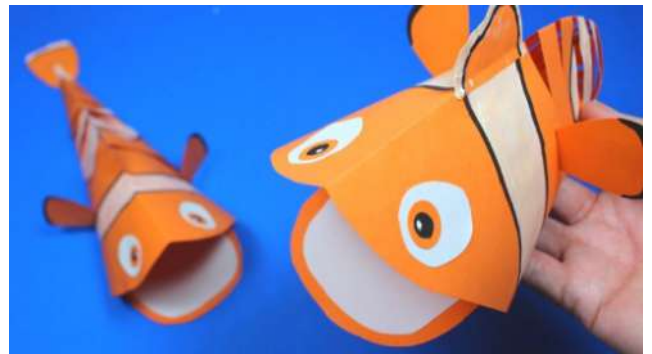
MISS JENKINS AND MISS SLAVIN

Moving paper fish

This is a fun, creative craft activity.

All you need is pieces of different coloured paper, scissors and glue. Please watch the video to show you how to make one.

[Click here](#) or on the pictures for the video!



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 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.

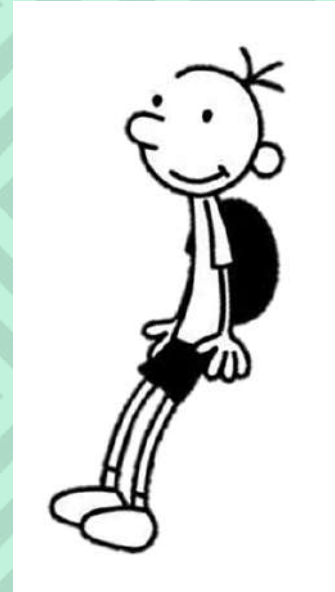
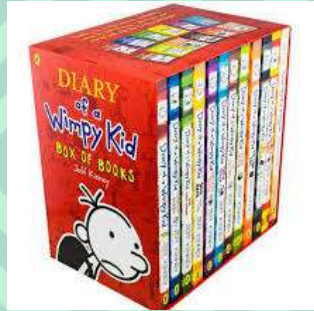
[Audible Stories](#)





AUTHOR OF THE WEEK

JEFF KINNEY by Kajus



KINNEY'S BOOKS

Kinney's book series consists of 14 hilarious, rib tickling books, all adored by many.

Not only has Kinney created so many successful books, he has also created a child-orientated website called Poptropica.

This kid's website allows people to roleplay and have fun!

WHO IS JEFF KINNEY?

Jeff Kinney was an American author and cartoonist.

He is best known for his worldwide favourite book series, Diary of a Wimpy Kid, as well as the time he used to spend in American football.

The author was born in Fort Washington, Maryland, U.S.

Links to Poptropica, Kinney's audio books and

The Official Diary of a Wimpy Kid Website

<https://www.poptropica.com/> <https://wimpykid.com/>
https://www.youtube.com/watch?v=bl_LzYuvLCM
<https://www.youtube.com/watch?v=rxwjsC2OS4U>
<https://www.youtube.com/watch?v=DQFvxtwEU8k>
<https://www.youtube.com/watch?v=DQFvxtwEU8k>
<https://www.youtube.com/watch?v=j2vutxeVuhS>
<https://www.youtube.com/watch?v=fCHr2-Co4FA>
<https://www.youtube.com/watch?v=dLe37KA68IU>
<https://www.youtube.com/watch?v=59bISYib410>
https://www.youtube.com/watch?v=fl_-KV0d5FI



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.

This is the second week for you to focus on the 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!

There are 18 questions for you once you have completed a book – you can find this on Teams - get reviewing all those books you have read/listened to.

THE CHALLENGE

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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!





THE CHALLENGE

Book Review Questions

1. What was your initial reaction to the book? Did it hook you in right away or did it take more time?
 2. What did you like best about this book?
 3. What did you like least about this book?
 4. Which characters in the book did you like best &/or least?
5. How did the characters change throughout the story? How did your opinion of them change as they did?
6. What character did you relate to the most – what was it about them that you connected with? Or why did you not connect with the characters?
 7. What was your favourite quote/ passage from the book? Why did this stand out?
8. What other books by this author have you read? How did they compare to this book?
 9. What feelings did this book evoke for you?
10. What did you think of the book's length? If it's too long, what would you cut? If too short, what would you add?
 11. If you got the chance to ask the author of this book one question, what would it be?
 12. Which character in the book would you most like to meet?
13. What do you think of the book's title? How does it relate to the book's contents? What other title might you choose?
14. What do you think of the book's cover/ image? How well does it convey what the book is about? If the book has been published with different covers which one do you like best? (Go online and have a look at the images of different covers if you can)
15. What do you think the author's purpose was in writing this book? What ideas was he or she trying to get across?
16. How did you feel about the ending? What did you like, what did you not like and what would you have liked to have been different?
17. If it was an audio book what did you think about the narrator? Did their voice work? Did they fit with the topic? Explain your thinking.
18. If you were making a movie of this book, who would you cast as the main characters and why?

Don't forget to include your name and the title and author of the book.

Get reading/ listening and writing those reviews.
Once done they can be submitted

to: sashurst@penkethhigh.org





TEENS IN TRAILERS

Lots of you will love to watch a good film, so this week I am going to recommend some films that focus on the life and adventures of people your age – some of these are real classics – some you might know already, but check out these trailers and if you like them enough, see if you can find the whole film to watch.

As you watch, have a look at the way the characters are represented. Are they showing teenagers as angry raging rebels, or getting up to mischief without their parents looking on?

The Goonies - <https://www.youtube.com/watch?v=pWgc8Ute2tU>

Super 8 - <https://www.youtube.com/watch?v=vpzUCA5i6zY>

Mean Girls - <https://www.youtube.com/watch?v=KAOmTMctGkl>

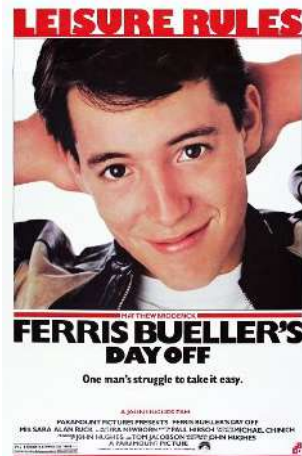
Ferris Bueller's Day Off - <https://www.youtube.com/watch?v=D6gABQFR94U>

Clueless - <https://www.youtube.com/watch?v=RS0KyTZ3le4>

Stand By Me - <https://www.youtube.com/watch?v=oYTFysODWQo>

Rebel Without A Cause - <https://www.youtube.com/watch?v=AnQ5CPEMjPI>

ALSO – DON'T MISS OUT ON THE QUEEN'S COMMONWEALTH WRITING COMPETITION THAT YOU CAN FIND INFO ABOUT IN THIS ENRICHMENT BULLETIN, & ALSO IN YOUR ENGLISH LESSONS TOO.





SCIENCE WITH DR GARDNER

Here are three different activities you can try, watch and read:

One to try: We are going to look at how water can change how we see images and objects using refraction. Watch how to do this here!

One to watch: In 2012, Felix Baumgartner ascended more than 24 miles above Earth's surface to the edge of space in a stratospheric balloon. Millions across the globe watched as he opened the door of the capsule, stepped off the platform, and broke the speed of sound while free falling safely back to Earth. Watch it here

One to read: The stories about forces and motion cover a wide range of scales: from the smallest force ever measured to the bite strength of an extinct mega-piranha. You will read about the forces exerted on shoelaces, penguin poo and on henchmen in James Bond films. The booklet will tell you how physics can help you to avoid speeding tickets and how a manhole cover became one of the fastest man-made objects ever recorded. Download here.

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 - Big Ben Challenge



Monopoly! - Find the instructions in the folder on teams.



Mr Mullock:
Task - Press Ups



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!

(Click here for the video).

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



COUNTDOWN WITH MRS MOORE

Can you solve these 9 letter words

1.MATTERENT 2. BEARDISLE 3. WRONGROVE

Answers from last week;

1.THUSLARGE -Slaughter 2. OUSTNURSE - Strenuous 3. CABINROUT - Incubator



MFL WITH MRS MURRAY



¡Hola!

This week we have 2 recipes for you to try:

Giant Cookies

and

Zingy Homemade Lemonade.

The PowerPoint and recipes can be found in Teams (files)

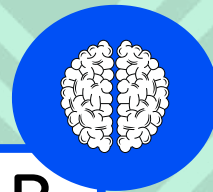
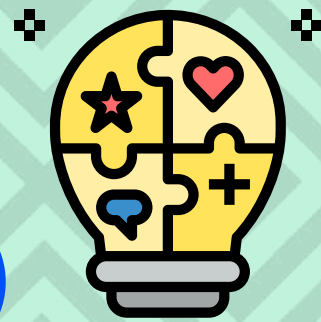
Have a go and send us the photos of your results!

There are also a couple of puzzles.

Send photos to twitter or to your teacher on Teams.

We'd love to see your successes!





MENSA BRAIN TEASER

What number should appear next in this sequence?

2 8 11 18 30 47 78?

Answers for last week

Which word goes after the words on the left and before the words on the right?

GARDEN

Market **GARDEN** Party
Roof **GARDEN** Centre

THIS WEEK'S RIDDLE

What question can you never answer yes to?

Answer for last week:
What's bright orange with green on top and sounds like a parrot?
A CARROT!!



Have a go at this weeks Sudoku challenge:

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

Last weeks suduko answers:

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



RECIPE OF THE WEEK

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

cookies 

115g butter, softened
55g caster sugar
140g plain flour
40g chocolate chips

heat oven 180c

beat the butter and sugar till fluffy

mix in the flour and chocolate chips with your hand until you have a dough

roll the dough into walnut sized ball and flatten with your palm

put them onto a baking tray slightly apart and cook for 10-12min

Roll the dough into walnut size pieces, flatten with the palm of your hand
Lightly grease the baking tray
Leave space between the cookies on the tray



Use oven gloves when putting the baking tray into the oven and taking it out



Make sure to tweet your creations@PHSenrichment

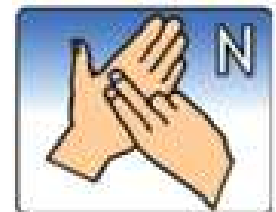
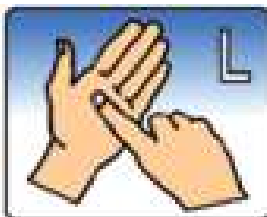


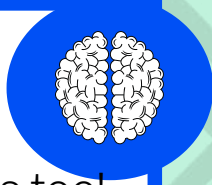
LEARN MAKATON

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.

How did you get on last week - here are another five new letters for you to learn!





ORIGAMI

Have you had a try yet? Remember origami can have health benefits too!

Really??

Can the folding of paper or the practice of Origami be of benefit to our health?

YES!!

Origami helps develop hand-eye coordination, fine motor skills and mental concentration.

This week the challenge is JUMPING FROGS!!

Remember you only need a piece of paper, time and some patience!



<https://www.youtube.com/watch?v=Vlb2udqPx-M>

Thanks to Mr Fone and Mrs Lee and her daughter for sharing their origami butterflies with us



Remember to email us your pictures to
Enrichment@penkethhigh.org



Figures and Finance

ENRICHMENT AT HOME



FINANCE WITH MRS LEE

Why do people say payday loans are a bad thing?

Explore payday loans and why/how you would lose a lot of money if you did use them.

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:

[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

Twitter: @PHSenrichment

Challenge: Lots of people had flags outside their houses to celebrate VE Day last week. Choose a country and see if you can make their flag from Lego! You could even create your own country and design a new flag. Can you make a symmetrical pattern on your flag?



STEM CHALLENGES WITH MR FONE



How could we augment ourselves?

TASK 5 - BRAIN BOOSTERS:

Your Challenge: Augmenting ourselves isn't just about using STEM skills to invent new technologies to replace or improve our abilities. It can also mean using STEM to help us make better decisions – for example, about what we eat. The right diet is one that is rich in nutrients, which help our brains to perform at their best. Eating the right diet can improve your focus, make studying easier and help your brain to stay healthy for a long time.

Your Task: Choose the foods you think are best for your brain - then think of a brain boosting diet for a day.

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.



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:

- Should healthcare be free?
- Are humans ruining the Earth?
- Should you believe in the history books?

Spark

ENRICHMENT AT HOME



This week tour the worlds museums starting with the British Museum

This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. You can also find hundreds of artifacts on the museum's website

<https://britishmuseum.withgoogle.com/>



Tour the Musée d'Orsay, Paris which houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others.

<https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>



Explore NASA's famous Langley Research Center in Virginia, as well as the Glenn Research Center. See the work in aviation technologies, climate change, robotics and human space exploration.

<https://oh.larc.nasa.gov/oh/>



For all everyone interested in Egyptian history This week the Egyptian Tourist Board invited the world into the 5,000-year-old tomb of Queen Meresankh III. Intended to sustain Meresankh's soul in the afterlife, the tomb is snapshot of life five millennia ago.

<https://my.matterport.com/show/?m=d42fuVA21To>

Careers

ENRICHMENT AT HOME



CAREERS UPDATE FROM MR MUSGROVE

This week - following the success of our virtual careers day, the pledge and learn live are doing a county wide festival all week. This includes 50+ employers, loads more information on higher and further education with competition and prizes to win work experience, vouchers and others from the companies involved.

See the flyer and have a look on this website:

<https://learnliveuk.com/paving-the-way-virtual-careers-festival/>

Log on and look at some of the day in the life videos or watch some of the presentations from OXNET and other universities. I will send you links to the time table for each day and all videos are available to watch after the day.



THE PLEDGE
CHESHIRE AND WARRINGTON

Paving The Way - Virtual Careers Festival - Tuesday 19th May @ 11:00am - Learn...

Paving The Way - Virtual Careers Festival - Starting Tuesday 19th May @ 11:00am Welcome to the Paving the Way Festival, led by Cheshire and Warrington...

learnliveuk.com - Learn Live - May 15

VIRTUAL CAREERS FESTIVAL

Paving the Way

19th - 22nd May

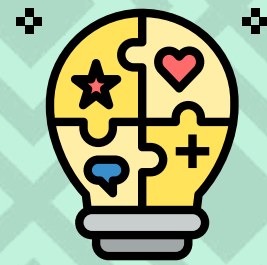
Be inspired with over 50 employers from Cheshire & Warrington

- + Experience a day in the life of industries, ranging from food and agriculture to law and finance
- + Join sessions giving top tips for a successful university application, becoming an apprentice and what college life is really like
- + Explore a wide range of activities to develop industry knowledge and skills

REGISTER ONLINE
learnliveuk.com/paving-the-way-virtual-careers-festival

Well being

ENRICHMENT AT HOME



MRS SMITH - WELLBEING

This week Mrs Smith is focussing on looking after yourself. Using a variety of techniques, learn how you can look after you.

The workbook can be found in Teams under 'Wellbeing - looking after yourself'.



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 'the point of school'. The resources can be found in the files section in Teams under 'Wellbeing Enrichment - Week 5 (What is the point of school?)'.

STAYING SAFE ONLINE WITH MRS THOMPSON



We are probably spending a lot more time online at the moment, so it is important we are staying safe online. Mrs Thompson is focusing on online relationships.

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



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

MRS WALSH - WELFARE TECHNIQUES



This week, learn how to train your brain to stay positive and look at different activities you can do whilst at home that don't involve screen time with Mrs Walsh.

Resources can be found on Teams under 'Welfare Techniques'.