



# Enrichment Bulletin

Issue 6 - 01/06/2020

# WELCOME

## ENRICHMENT BULLETIN



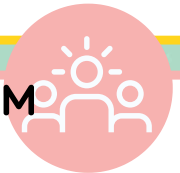
Welcome back, we hope you had a lovely half term break. This week there are lots of activities for you to complete whilst at home or even out in the garden.

## 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



## PUPIL LEADERSHIP TEAM



Hi guys!

Welcome back to home school life, we hope you all had a great half term.

Thank you to those of you who have sent in their entries for 'The Great Penketh Bake Off' there are some yummy looking bakes. Any last minute entries can be sent in today/tomorrow and the winner announced later on this week

We have lots of things planned for this half term in the run up to summer.

We are starting off with a whole school Kahoot quiz on Wednesday. Please look at our Twitter page @PHSPupil and your year group team for more information of how to take part.

Have a great first week back!

# Enrichment

AT HOME



## FANCY A TRIP?

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

This week: The National Aquarium

<https://aqua.org/media/virtualtours/baltimore/index.html>



## 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

"Wish To Cleanse Your Brain Of Toxins? Get Your ZZZs" and activity PowerPoint can be located in the Enrichment file section - 'Weekly news'



## 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: [Who was the world's first author?](#)

Tuesday: [Why isn't the Netherlands underwater?](#)

Wednesday: [The gift and power of emotional courage](#)

Thursday: [What is so special about the human brain?](#)

Friday: [Why school should start later for teens](#)

Weekend: [The secret US prisons you've never heard of before](#)

TED





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](mailto:competitions@thercs.org)

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

[www.thercs.org/competition](http://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**

This week, we are launching 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.

In this new, unique and exciting project, which will be delivered on Teams, you will work towards two nationally recognised qualifications, as well as gaining insight into higher education. We have teamed up with Higher Horizons who will help deliver remote sessions on what university is about and how you can be successful.

For more information, or to sign up, email Mr Cordingley at [PCordingley@penkethhigh.org](mailto:PCordingley@penkethhigh.org)



# Enrichment

AT HOME



## MRS RIGBY'S GEOGRAPHY CHALLENGES

Have a go at these interactive Geography games.

Maybe play against your family, to see who the ultimate champion is.

See if you can beat Mrs Rigby at the Flag challenge or the capitals of the world.

She scored top marks of course!

[https://world-geography-games.com/flags\\_world/index.html](https://world-geography-games.com/flags_world/index.html)

[https://world-geography-games.com/capitals\\_world/index.html](https://world-geography-games.com/capitals_world/index.html)



## YOGA WITH MRS RIGBY

Mrs Rigby says, 'Try a spot of Yoga' (Yes, you know I like a spot of yoga!) Yoga is a great way to start the day and to train yourself to be calm and focused! It can help you to relax and can also clear your mind! This is why we use it in class to help with exam preparation.

Why not try - Yoga for the classroom - Yoga with Adriene. This is yoga for children, so will be safer to undertake than some adult yoga. But remember, only do it if it is safe to do so and you haven't got any prior injuries.

<https://www.youtube.com/watch?v=Td6zFtZPkJ4>



# Creative Arts

ENRICHMENT AT HOME



## HARMONIX & VIRTUAL RECORDING 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.

Virtual recording will be running to capture the songs we are learning.

To join email [AJones@penkethhigh.org](mailto:AJones@penkethhigh.org) and you will be added to the Teams group. Anyone is welcome you don't have to be a member already!

## COMPETITION!!!

### PHS Performer of Lockdown

Right now we are all missing being able to perform in the many concerts we would have taken part in this year...

So whilst we continue to be away from our normal performing schedule we are searching for the  
*'PHS Performer of Lockdown'*

#### How do you take part?

Send a video of your performances – More than one if you like - Singing or Playing an instrument!  
[ajones@penketh.warrington.sch.uk](mailto:ajones@penketh.warrington.sch.uk) or WeTransfer to the same address (for larger files)

There will be a variety of categories open to all pupils and their families- judged by staff, pupils and ex-pupils from within the performing arts field.

#### Categories:

- BEST YOUNG PERFORMER (YR6-YR8)
- MOST CREATIVE PERFORMANCE
- BEST FAMILY PERFORMANCE
- BEST OVERALL LOCKDOWN PERFORMER



Penketh  
High School

**Prizes include....**  
Up to £30 Amazon voucher  
Virtually mixed recording  
G4G Postcards for every entry

Please email for further details



# Creative Arts

ENRICHMENT AT HOME

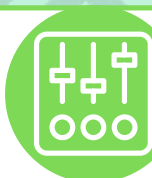


## THE SHOWS MUST GO ON!

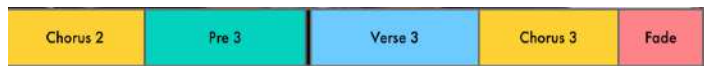
Click this link to visit '[The Shows Must Go on](#)' website. Bringing you showtunes, backstage access and full performances from some of the best loved musicals in history!

## MR GUGGIARI

### Music Technology:



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

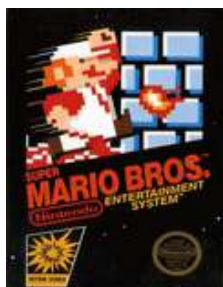


### Retro Games Club:

#### Super Mario Bros. (NES)

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



## MISS JENKINS AND MISS SLAVIN

### Notan Designs



This is a fun, and creative activity inspired by Japanese Notan design learning about positive and negative space. All you need is two square pieces of different coloured paper, a pencil, scissors and glue.

[Click here](#) or on the pictures for the video to see how to make it!



# 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](#)

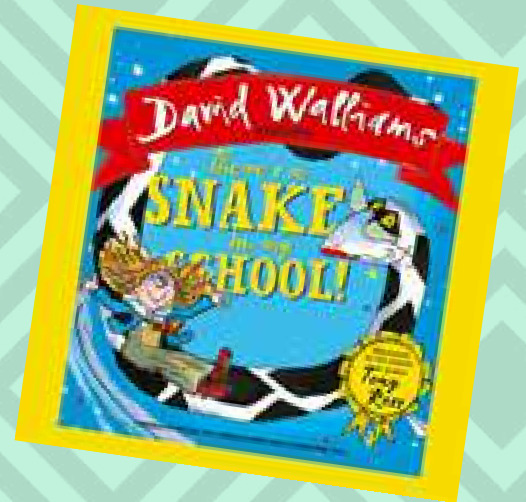






## AUTHOR OF THE WEEK

David Walliams



David Walliams is the most popular author within Penketh High School!



David Edward Walliams is an English comedian, writer and actor, known for his partnership with Matt Lucas on the TV sketch show Little Britain and its predecessor Rock Profile.

More recently he and Lucas wrote and starred in Come Fly with Me.

Walliams is also a writer of children's books.

Throughout this period of being at home, Mr Walliams has done daily readings – these can be found here:

<https://www.worldofdavidwalliams.com/about-david/>

Pop on and have a listen and explore this amazing book world!

### JOIN HIM FOR ELEVENSES:

<https://www.worldofdavidwalliams.com/http://eleveneses-catch-up/>

# J.K. ROWLING



J.K. ROWLING  
THE  
**Ickabog**  
ILLUSTRATION  
COMPETITION

THE OUTSTANDING AUTHOR  
OF  
HARRY POTTER

<https://theickabog.com/>

J.K. Rowling has released her new book for FREE!  
The Ickabog book  
will be published in instalments over these next  
few weeks  
Please use the link above to check this out!

J.K. Rowling has also  
launched an illustration  
competition based on  
this new book too - check  
the website out for more  
info! Remember to tweet  
her your images & she  
does tweet back!!

## J.K. Rowling said...

"I had the idea for The Ickabog a long time ago and read it to my two younger children chapter by chapter each night while I was working on it. However, when the time came to publish it, I decided to put out a book for adults instead, which is how The Ickabog ended up in the attic.

I became busy with other things, and even though I loved the story, over the years I came to think of it as something that was just for my own children. Then this lockdown happened. It's been very hard on children, in particular, so I brought The Ickabog down from the attic, read it for the first time in years, rewrote bits of it and then read it to my children again. They told me to put back in some bits they'd liked when they were little, and here we are!

The Ickabog will be published for free on this website, in instalments, over the next seven weeks, a chapter (or two, or three), at a time. It isn't Harry Potter and it doesn't include magic. This is an entirely different story."





## 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

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

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!

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](mailto:sashurst@penkethhigh.org)







## MISS ASHURST'S FILM ACTIVITIES

Before the holidays I gave you a list of classic films that featured teenagers for you to have a look at.

I'm going to recommend some more in the future, but this week I want to focus in a bit more detail on 'Mean Girls' – if you haven't seen it you ought to!

Everyone ought to see it at least once – it's a life lesson! So, here is a YouTube video that rates the top 10 scenes in 'Mean Girls'

<https://www.youtube.com/watch?v=uje4VZVhx3I>

Do you agree? Are these the top ten moments you would choose from it?

What is your favourite film and what are the top ten moments in it?

Email your responses to [sashurst@penkethhigh.org](mailto:sashurst@penkethhigh.org)





## SCIENCE WITH DR GARDNER

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

One to try: We are going to look at making a lava lamp using liquids of different densities. Watch how to do this here!

One to watch: Dara O Briain's Science Club looks at a short history of Physics from Gallileo to Einstein discussing some of the key discoveries that shape the Physics around us and what we study in school. Watch it here

One to read: This week's read looks at more stories from the Institute of Physics. This time looking at electricity and electromagnetism. We get to look at the area of Physics that links Thomas Edison, Benjamin Franklin, Nikola Tesla and Donald Trump's uncle. 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 1 - Speed Bounce

Task 2 - Burpee Challenge

*Mr Mullock:*

The Big Fat Sports Quiz of Lockdown.

Play this quiz with your family or friends to see who is the best!

To download it go to the files tab on TEAMS.



## MANDARIN CHINESE CALLIGRAPHY WITH MISS SILVER

In this video, Miss Silver will teach you some new phrases to introduce yourself and have a basic conversation in Mandarin Chinese.

<https://youtu.be/7bfgLVPdN68>

All you need is some paper and a pen!

Tweet your attempts to Miss Silver @MissSilverMFL or @PHSenrichment







## COUNTDOWN WITH MRS MOORE

Can you solve these 9 letter words

ALTARWEST

CREDOAUNT

CATCHREAR

Answers from last week

1.MATTERENT - Treatment 2. BEARDISLE - Desirable

3. WRONGROVE - Overgrown



## LISTEN TO HARRY POTTER WITH THE MFL

Click here to listen to Harry Potter and the Philosopher's Stone in either Spanish, French or German.

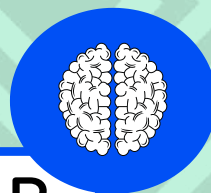
Tweet how you get on to

@Mrs HartMFL @mfl\_riley @MissSilverMFL or @PHSenrichment

We know you will be able to hear words you already know / words you can work out / cognates (words that are the same) .

Who doesn't love Harry Potter in any language?

[https://stories.audible.com/discovery?ref=adbl\\_ent\\_anon\\_pdp\\_ds\\_hn](https://stories.audible.com/discovery?ref=adbl_ent_anon_pdp_ds_hn)



## MENSA BRAIN TEASER

Find words to fit the clues, all the words end in the same three letters.

What are the words?

A marine mammal

A sign of the zodiac

A group of singers

Answers for last week:

What number should appear next in this sequence?

2 8 11 18 30 47 78?

124 - add together the two previous numbers plus one, then the two previous numbers minus one

## THIS WEEK'S RIDDLE

I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?

Answer for last week:

What question can you never answer yes to?  
Are you asleep?



Have a go at this weeks Sudoku challenge:

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

©Sudoku.com

Last weeks suduko answers:

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

by cool




## 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.

cake in a mug

- 35g plain flour
- 2 tbsp cocoa powder
- 1/4 tsp baking powder
- 2 tbsp granulated sugar
- pinch salt
- 60ml milk
- 2 tbsp vegetable oil
- 1 tbsp nutella or mini chocolate chips



mix dry ingredients in the biggest mug you have  
(sports direct ones are great)

mix in wet ingredients till theres no lumps

drop the nutella/chocolate drops on top in the middle

put in microwave on high for 70sec

Mix the dry ingredients in the biggest mug you have



Add the rest of the ingredients and cook on high power for 70 seconds ( it may need another 10 seconds depending on the power of your microwave.)  
Be careful when handling the hot mug.





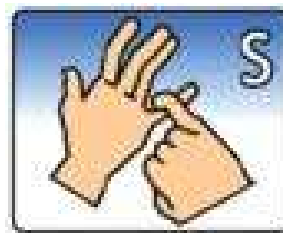
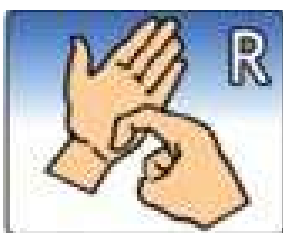
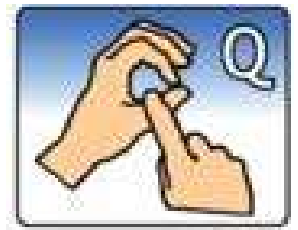
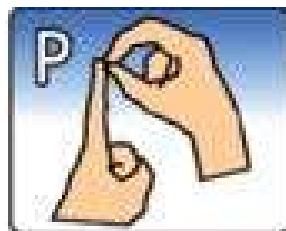
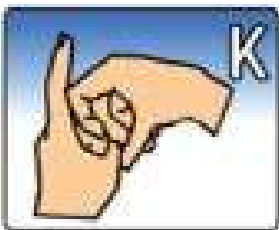


## LEARN MAKATON

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.

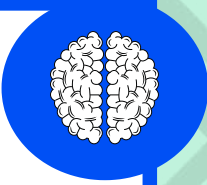
With Makaton, signs are used, with speech, in spoken word order. This helps provide extra clues about what someone is saying. Using signs can help people who have no speech or whose speech is unclear. For those who have experienced the frustration of being unable to communicate meaningfully or effectively, 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.

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.

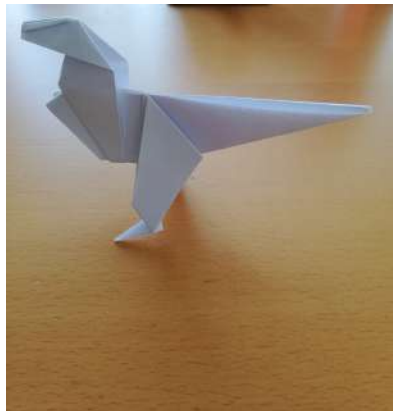
This week the challenge has been suggested by

Mr Fone

and are

VELOCIRAPTORS

This is Mr Fone's very own Velociraptor - follow the link below to make your very own



<https://www.youtube.com/watch?v=IKOVYw9R7oI>

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

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

# Figures and Finance

ENRICHMENT AT HOME



## FINANCE WITH MRS LEE

This week there are a number of resources that explore the different way we can pay for different things.

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: You have probably seen more of your neighbours and the people who live near you during lockdown!! What is it like where you live? What would make it better? Can you build a Lego village or town? You could build a village you would like to live in or you could build a historical village or town. Maybe from the Stone Age or Roman era!! I can't wait to see what you can build!!





## STEM CHALLENGES WITH MR FONE



Should we 'go super?'

### TASK 6 -

Your Challenge: STEM could one day - perhaps soon - give us superpowers, like enhanced vision, speed or strength, better brains, and even new animal abilities like breathing underwater or flying. What powers/abilities would you want, and why? And do you think it is right for people to enhance themselves in these ways? Should everyone be allowed to enhance themselves in whatever ways they like?

Your Task: build a bionic hand and see what you can pick up.

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:

- Are real-life friends better than online ones?
- Could we end disease?
- Is knowledge dangerous?

# Spark

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This week use your 3d design skills to take part in Tinkercad competitions . Let your imagination run wild! Share your public design in the Tinkercad Gallery with the tag #TinkerTogether Win £450 pound prize in the home learning competition here <https://www.instructables.com/contest/distancelearning/>



With Maker Faires around the world closed check out the united 24 Hours of Presentations, Workshops, Demos, and Exhibits. Across the world, makers have responded to shortages of medical supplies and equipment with agile designs, adaptive distributed manufacturing, and community organizing. Virtually Maker Faire will be a stage to share the projects and learn from the people behind this extraordinary civic response. <https://makerfaire.com/>



Check out all the issues of HackSpace magazine for free. HackSpace magazine is the monthly magazine for people who love to make things and those who want to learn. Check out the Maths Drawing graphs with Circuit Python in this addition here <https://hackspace.raspberrypi.org/>



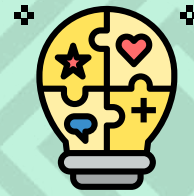
Check out MakerCamp online and free to everyone as makers across the world encourage making and hands-on learning at home. Making is fun and engaging for kids as well as adults.

Pick a simple project to start on or submit your own <https://makercamp.com/>



# Careers

ENRICHMENT AT HOME



## CAREERS UPDATE FROM MR MUSGROVE

Soon we will be asking you to pick your clusters for next year.

Before half term there was a careers festival on the learn live website. Some absolutely incredible videos from over 50 employers from a range of sectors and a number of universities and colleges. If you haven't already, please have a look through those videos <https://learnliveuk.com/paving-the-way-virtual-careers-festival>.

Next week we will be also doing another TCAT wide virtual careers day with lots more information on careers and guidance. Wednesday 10th July. More information will be issued on your year group teams. I would also recommend if you haven't already that you sign up to get connected online platform. Using the attached guide.





# Well being

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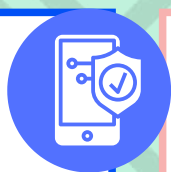


## MRS SMITH - WELLBEING

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

This week Mrs Smith has provided a guided meditation to try at home.

## 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](mailto:DMcClure@penkethhigh.org)



## MRS WALSH - WELFARE TECHNIQUES

This week, have a go at some problem solving, planning your own behaviour and exploring what the term 'low mood' means.

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