



# Enrichment Bulletin

Issue 7 - 08/06/2020

# WELCOME

## ENRICHMENT BULLETIN



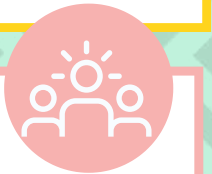
Lots to have a look at this week - make sure you have a look at the careers section which will explain more about the TCAT careers event on Wednesday. Also we have included a page showing various bike/walking routes around Warrington - why not try a new walk/bike ride?

## 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



Hey guys, hope you've all had a productive first week back!

Although we aren't back on the school premises yet, it's great to see everyone still working hard and progressing at home.

We have had lots of exciting things going on behind the scenes and there will be lots of new ideas being put into action this week including announcing the winner of our Great Penketh Bake Off!

Keep an eye on our twitter for more updates.

From the Pupil Leadership Team :)

# Enrichment

AT HOME



## FANCY A TRIP?

From the comfort of your own home, burrow or nest you can explore the lives of all the wonderful creatures at London Zoo. With webcams and live streams, zoo keeper updates and behind the scenes footage you'll be able to get up close and personal with the animal kingdom.

<https://www.zsl.org/zsl-london-zoo/virtual-london-zoo>

## MISS REDMOND'S WEEKLY NEWS

*Just like in school ...*

The weekly article

"Boston Dynamics' Robot "Dog" Joins The Fight Against COVID-19"

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: [America's native prisoners of war.](#)

Tuesday: [Are you a giver or a taker?](#)

Wednesday: [The surprising habits of original thinkers.](#)

Thursday: [Averting the climate crisis.](#)

Friday: [A kinder, gentler philosophy of success.](#)

Weekend: [Your body language may shape who you are.](#)

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](https://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



## MRS RIGBY'S GEOGRAPHY CHALLENGES



Hi Everyone- have a go at this.

It is really interesting.

Think of ten places you would like to go in the world and look at the Earth cam for them.

All you do is type in Earthcam and then the place you want to find.  
Happy Geographing!!!



Mrs R



Earthcam- Times Square New York



## 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 - DEADLINE = 26TH JUNE!!!

### 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

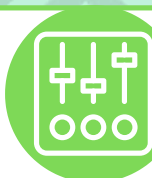


## THE SHOWS MUST GO ON!

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!

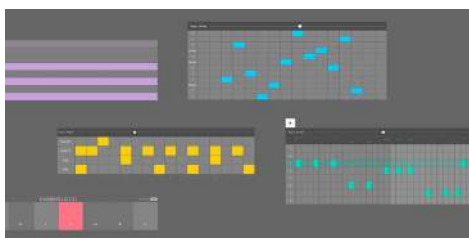
## MR GUGGIARI

### Music Technology:



[Click Here](#) to use all of the previous sections we have looked at to play with all musical ideas.

If you missed them, feel free to start from the beginning [here!](#)



### Retro Games Club:

#### Alleyway.

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

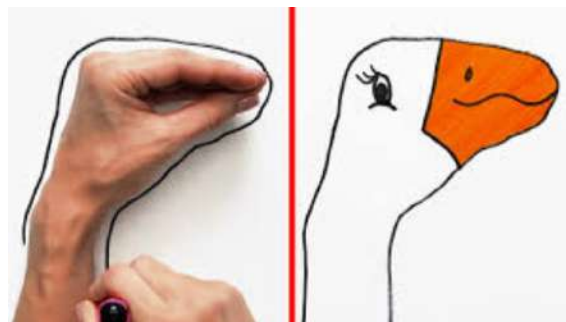
## MISS JENKINS AND MISS SLAVIN



### Animals using hands!

Have a go at this fun activity using your hands as a template to create animal drawings. Watch the videos to show you how to draw them.

- [Video 1](#)
- [Video 2](#)
- [Video 3](#)



# 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.

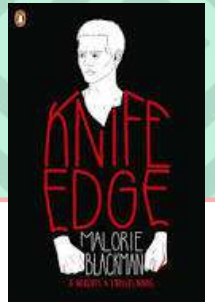
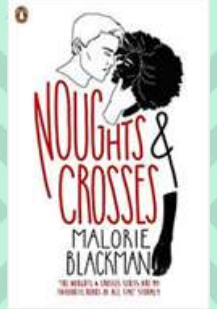
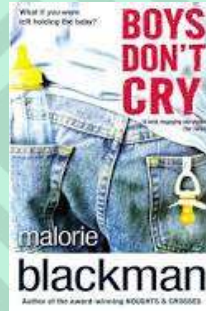
[Audible Stories](#)





## AUTHOR OF THE WEEK

# Malorie Blackman



### MALORIE BLACKMAN IS AN AUTHOR YOU WILL STUDY IN YEAR 9 AT PENKETH HIGH

In particular her novel *Noughts and Crosses*!

The novel follows two young people, Sephy and Callum, who live in a dystopian contemporary state divided by colour.

Sephy is a member of the black ruling class, whereas Callum is part of the white underclass, and they must fight to be together.

For some of you, this may resonate with what is going on today in the world,

Blackman is a keen activist for the rights of Black people and the novel has lots of aspects to her own upbringing, bringing to life social and ethical issues.

My particular favourite link that she places in the novel, is when she asked her own History teacher why she was not studying any black historical figures, the response from the teacher in the novel is that there's none.

Clearly, this pushed Blackman to discover her heritage and soon discover that this was not correct, pushing her to become one of the best known Children's writers, even holding the prestigious role as Children's Laureate from 2013 -2015.

Older pupils (Year 9 onwards) may want to check out the series from the novel that is available on BBCiplayer.





## MISS ASHURST'S FILM ACTIVITIES

Last week I suggested you have a look at clips from 'Mean Girls' and put your own recommendations together for the best bits of your favourite film.

This week I think you could go one step further and write a whole film review for one of your favourite films or TV shows.

Have a look at these tips from the New York Film School  
<https://www.nyfa.edu/student-resources/9-tips-for-writing-a-film-review/>

Then write your own review based on these suggestions.

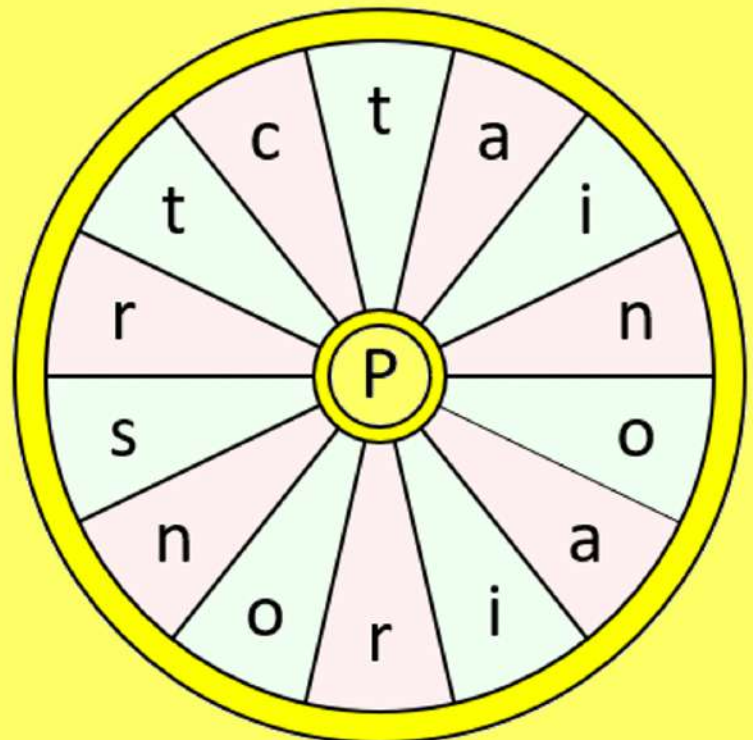
You can send completed reviews to me here: [sashurst@penkethhigh.org](mailto:sashurst@penkethhigh.org)



8th June – Challenge 1

## CHALLENGE

1. 15 letter word of the Week
2. Most words of 4 or more letters
3. Use in a sentence





## SCIENCE WITH DR GARDNER

### CREST Awards Home learning projects

CREST awards are an opportunity to investigate different areas of science whilst working towards an award certificate. They have put together a series of challenges and project ideas from their award library to be used at home with parental support or set as teacher facilitated distance learning projects.

These can be viewed [here](#) with activities for age 5 up to 18.

Find out more about the different CREST Award levels here: [CREST Awards](#).

At secondary level, each project brief has an overall challenge, ideas for getting started and resources you might need. Read the health and safety section carefully before you begin. Young people should create a plan for their project and a risk assessment before they begin any practical activity. You can use the [CLEAPSS student safety sheets](#) to help them.

If you need some help getting started, check out the CREST at home section of the Help Centre [here](#).

Find more STEM activities to support home learning here: [STEM home learning resources](#).

## MANDARIN CHINESE CALLIGRAPHY WITH MISS SILVER



This week we are going to practice SPEAKING! Please watch [this video](#) and practice your pronunciation of the basic Mandarin Chinese phrases. You can record yourself and listen back to it if you like! Enjoy!

Tweet your attempts to Miss Silver @MissSilverMFL or @PHSenrichment



## KEEP ACTIVE WITH MISS FLEMING & MR MULLOCK

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

### Task 1 - Healthy Hearts Challenge!

### Healthy Hearts Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

**How to play:**

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?

Can you keep trying even if you feel tired?

**Top Tips**




Break into a sweat!

When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles.

**Let's Reflect**

Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise our heart rate and keep active?

  **YOUTH SPORT TRUST**  **25 YEARS** | Believing in every child's future

Task 2 - Have a go at creating your own Circuit - look for the instructions in the files tab on TEAMS.



# Enrichment

AT HOME



## LFL ENRICHMENT WITH MISS COOPER

### The A-Z of World Beliefs

Follow the alphabet to find out about the different world beliefs, some you might be familiar with and others might be brand new to you.

<https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks3-az-of-religion-and-beliefs/znt647h>



# Enrichment

AT HOME



## COUNTDOWN WITH MRS MOORE

Can you solve these 9 letter words

SEPIASLED

HANDSLIME

DOTEADORN

Answers from last week

ALTARWEST - Saltwater

CREDOAUNT - Undercoat

CATCHREAR - Character



## LISTEN TO PEPPA PIG WITH THE MFL TEAM

Watch Peppa Pig with the MFL Team

Click here to listen to some Peppa Pig programmes in either Spanish, French or German.

Tweet how you get on to @Mrs HartMFL @mfl\_riley @MissSilverMFL or @PHSenrichment

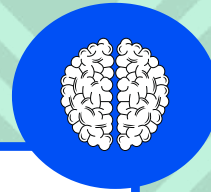
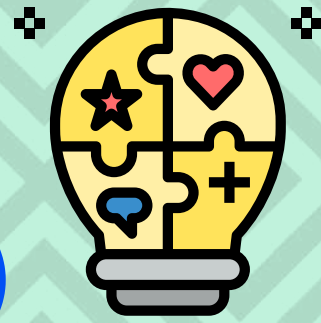
We know you will be able to hear words you already know / words you can work out / cognates (words that are the same) . Who doesn't love Peppa Pig?  
How do you say Peppa Pig in any of the languages?

Peppa Pig Clips

German: <https://www.youtube.com/watch?v=7pL8Vk8qMME>

French: <https://www.youtube.com/watch?v=D7tgyBC5x5k>

Spanish: <https://www.youtube.com/watch?v=VgU5kmgMyXo>



## MENSA BRAIN TEASER

A hiker is walking from one town to another over five days.  
 On the first day he covers one fifth of the total distance.  
 The next day he covers one quarter of what is left.  
 The following day he covers two fifths of the remainder and  
 on the fourth day half of the remaining distance.  
 He now has 10 miles left.

How many miles has he walked?

Answers for last week:

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

A marine mammal - Walrus

A sign of the zodiac - Taurus

A group of singers - Chorus

## THIS WEEK'S RIDDLE

You see me once in June, twice in November, but not at all in May.  
 What am I?

Answer for last week:  
 I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?  
 An echo!



Have a go at this weeks Sudoku challenge:

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

Last weeks suduko answers:


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



## RECIPE OF THE WEEK

# Easy Chocolate Brownies

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.

chocolate brownies 

200g caster sugar  
115g butter, melted  
30g cocoa powder  
½ tsp vanilla extract  
2 eggs  
115g plain flour  
pinch baking powder  
pinch salt

heat oven to 180c

mix the ingredients in the order above

pour mixture into a greased tin

cook for 10-15mins

allow to cool in tin before slicing and serving

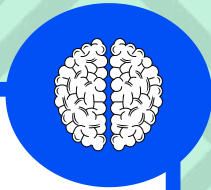
Use a 20cm or 8 inch square cake tin

Be careful melting the margarine/butter it will be HOT

Add the eggs once the margarine/butter has cooled slightly

Use oven gloves when putting the brownies in and taking them out of the oven

Make sure to tweet your creations @PHSenrichment

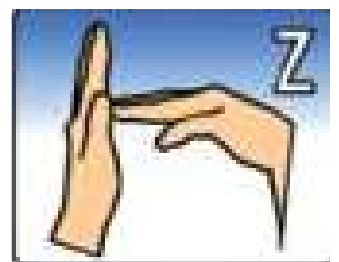
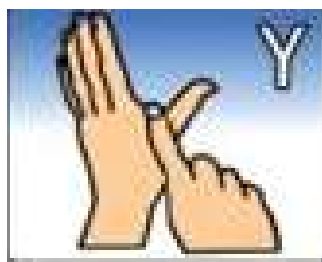
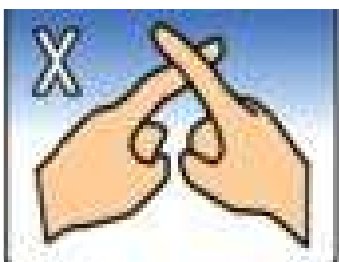
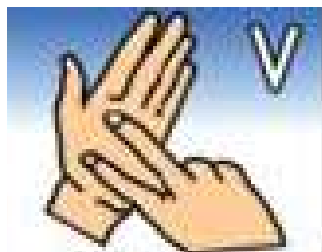
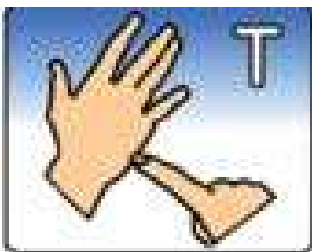


## LEARN MAKATON

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.

Here are the final letters of the Makaton alphabet letters for you to learn!  
See if you can spell your name.







# ORIGAMI



Have you had a try yet?

Remember origami can have health benefits too!

This week the challenge is to make a pelican

Be patient as it does take a bit longer.

Don't give up on when watching the clip below. They show you how it's made really, really quickly BUT then they show you step by step.



[https://www.youtube.com/watch?v=exWAJODb\\_4c](https://www.youtube.com/watch?v=exWAJODb_4c)

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

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

Thanks to James who rose to Mr Fone's Velociraptor challenge last week - well done  
James



# Gettin' there...

Your journey - your choices



## Walking

Walking has many benefits; it wakes you up so you arrive refreshed and ready to start the day

it keeps you fit and best of all, it's free!

If you are going to walk you need to bear in mind the following points:

- Always walk on the pavements, never on the road.
- Use sensible routes to get to school, follow paths that run alongside busy roads - never isolate yourself.
- If it is dark, keep to well lit routes.
- Walk in pairs along the footpath to allow others to pass by.

- Mobile phones and i-pods are a big distraction. If you like to listen to music whilst walking, turn the volume down so that you can also hear what is going on around you.

- If you get a call or text on your phone, answer it before you cross the road or once you have reached the other side.

- When crossing roads try to use safer crossing facilities such as a zebra or pelican crossing or cross with a school crossing patrol.

- If you have to cross a road where there are no safer crossings make sure that you find a point where you have a clear view of all traffic.



With more and more of us walking and cycling here is some really useful information.

Remember when leaving your bike unattended always secure it with a strong lock.

Make sure you have bike lights front and back on your bike and use them!

**Be seen and be safe!**

The Warrington Cycle Map, produced by Warrington Cycle Forum has been created to assist all cyclists with planning the best route for their journeys. Roads are graded using a colour code.

Follow the link below to download a full copy

[https://www.warrington.gov.uk/sites/default/files/2019-08/cycle\\_map\\_issue\\_6\\_front\\_1.pdf](https://www.warrington.gov.uk/sites/default/files/2019-08/cycle_map_issue_6_front_1.pdf)



## Rules for cycling

You should try not to cycle on the pavement - keep to quiet roads or use the off-road cycle paths shown on the map

If you are using the pavement or paths please remember that pedestrians always have priority, so be considerate and move to the side for them, or stop if there's not enough space to pass safely.

Let them know you are there, but don't leave it till the last minute. Ring your bell or call out POLITELY to warn them of your presence.

Wear a helmet to protect your head, and also wear hi-visibility clothing so that other road users can see you.

Make sure you have working lights on the front and rear of your bike. The rule of thumb is if street lights or car lights are on so should bike lights.

You also need a STRONG lock to keep your bike safe when parked



## Cycling

If you prefer to use wheels rather than your feet, then try cycling. Cycling has the same benefits as walking plus it gets you where you want to be a bit quicker!

Warrington Cycle Map has been produced to help you plan your route. It shows paths and on-road routes and the roads are also colour-coded so you know how much traffic to expect on your journey.

It's a good idea to sit down with the map and plan your route in advance.

You can also find out about free advanced cycle training courses to give you confidence on busy roads from [travelwarrington.co.uk](http://travelwarrington.co.uk)



# Figures and Finance

ENRICHMENT AT HOME



## FINANCE WITH MRS LEE

This week there are a number of resources that explore how to keep your finances safe.

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



LEGO

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:

Can you make a Lego marble maze? Use your Lego pieces to make a maze on a Lego board and add a marble or two! You could challenge a family member to see if they can master your maze!!



## STEM CHALLENGES WITH MR FONE



Should we 'go super?'

### TASK 7 -

Your Challenge:

Plants produce their own energy through photosynthesis. What if humans could do that as well? We'd be free - or partially free - from the need for food, which might allow us to do new, amazing things!

Your Task:

Estimate how much energy a human could photosynthesise!

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 school the best place to learn?
- Are real life friends better than online ones?
- Is knowledge dangerous?



# Spark

ENRICHMENT AT HOME

PODCAST SPECIAL  
All free on most music  
streaming platforms



This week check out out Podcasts for children and parents that are worth listening to together. First check out [Wow in the World](https://tinkercast.com/shows/wow-in-the-world/) Hosts Mindy Thomas and Guy Raz guide curious kids and their grown-ups on a journey into the wonders of the world around them. Wow in the World takes on serious scientific inquiries and makes learning fun—even for parents <https://tinkercast.com/shows/wow-in-the-world/>



Little-known history comes alive three times a week in this fascinating, comprehensive podcast from the people at HowStuffWorks. With a focus on weird events, overlooked stories, and underrepresented groups, this popular series is educational, too. <https://www.iheart.com/podcast/stuff-you-missed-in-history-cl-21124503/>



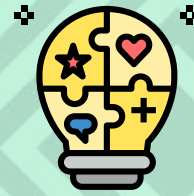
Kids are always asking seemingly simple questions that have surprisingly complex answers, such as "Why is the sky blue?" and "Who invented words?" This cute biweekly radio show/podcast takes on answering them. Each episode features several kid-submitted questions, usually on a single theme, and with the help of experts, it gives clear, interesting answers. <https://www.vpr.org/programs/why-podcast-curious-kids#stream/0>



Award winning mystery with The Unexplainable Disappearance of Mars Patel is a high-quality serial mystery story for middle-graders, performed by actual kids. Think Goonies meets Spy Kids meets Stranger Things. .. <https://www.marspatel.com/>

# Careers

ENRICHMENT AT HOME



## CAREERS UPDATE FROM MR MUSGROVE

In the next few weeks we will be asking you to make your cluster choices. Make sure you have looked into areas of interest for you and are ready and informed to make a decision. Discuss it with people at home and your friends but make a choice that is right for you.

In preparation for that we have lots of information for you. Starting on Wednesday 10th June with the TCAT virtual careers day. Very similar to our Penketh day it will all be on learn live on this page <https://learnliveuk.com/tcat-careers-day/> loads more information to help consider your future.

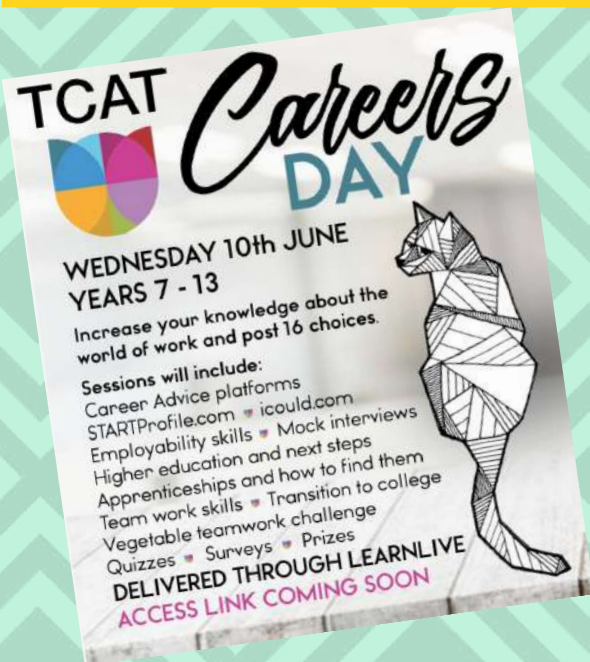
This week also sees the “my week of work” on oak national academy has some amazing resources and activities. <https://www.thenational.academy/> and videos with learn live <https://learnliveuk.com/my-week-of-work/>. I will post these lessons on your year group teams each day.

Y10 you need to be thinking about college places for next year. Look into local colleges and course available to you.

<https://www.priestley.ac.uk/>

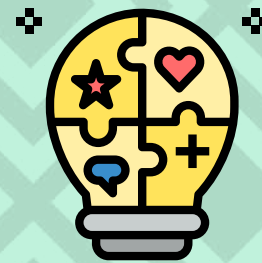
<https://www.wvr.ac.uk/> <https://www.cronton.ac.uk/>

<https://www.riversidecollege.ac.uk/>



# Well being

ENRICHMENT AT HOME



## MRS SMITH - WELLBEING

This week Mrs Smith is focussing on techniques to manage worry and anxiety. She has provided a guided meditation to try at home. Find the guide in the Enrichment folder on Teams under "The Magic Shell Meditation".



## PSHE WITH MISS SILVER

Learn all about Fake News and how to sort fact from fiction. Access the activities on the following link:  
<https://www.bbc.co.uk/bitesize/articles/z7ndwty>

## 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 sharing images.

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, explore different techniques for managing feelings of anxiety through breathing and looking at your internal focus.

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

