



Enrichment Bulletin

Issue 10 - 29/06/2020

WELCOME



ENRICHMENT BULLETIN

Hello everyone, another packed Enrichment Bulletin this week. Make sure you look at the Careers section. Over the next two weeks you will be researching all the different career clusters available. You will then decide which cluster you would like to be in for next year. More information will be sent over Teams - but you can get started today by looking at the Careers section in the Bulletin.

WHATS INCLUDED

- PLT
- Trips
- Weekly Quiz
- TED talks
- Weekly News
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- Careers
- LFL
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- Comics
- VE day
- Countdown
- Stem
- Well-being
- Internet safety
- SPARK



PUPIL LEADERSHIP TEAM

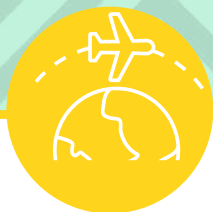


Hi guys, we hope you are all ok, and have had another productive week of online school. In the past week we have had lots of new ideas in the meetings we have been holding. One of the main ones being, Come dine with Penketh, which is where we will be asking you to post your best lockdown meal. Similarly to the bake off there will be winners, head to our twitter page @PhsPupil for more info. We will also be releasing some lockdown diaries in the upcoming weeks from our PLT members. Keeping working hard in the countdown to summer.

From your PLT team :)

Enrichment

AT HOME



FANCY A TRIP?

Alaska, one of the northwest states in the USA is home to glaciers, fjords and icebergs. Through Google arts and Culture you can explore this new world on a virtual kayak. Take in the beautiful scenery right through to the darkest, iciest crevasses.

<https://artsandculture.withgoogle.com/en-us/national-parks-service/kenai-fjords/exit-glacier-tour>

MISS REDMOND'S WEEKLY NEWS

Just like in school ...

The weekly article

'Archeologists Discover Mummy Of A Teenage Girl Adorned With Exquisite Jewellery'

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: [Why ordinary people need to understand power](#)

Tuesday: [Without farmers, you'd be hungry, naked and sober](#)

Wednesday: [The true cost of financial dependence](#)

Thursday: [How to build \(and rebuild\) trust](#)

Friday: [The hidden reason for poverty the world needs to address now](#)

Weekend: [The design of the universe](#)

TED

TASKMASTER



MISS CURTIES IS ...THE TASKMASTER

Every two weeks Miss Curties will set a task that you have to complete - the rules must be followed !!!

Click the link to see the clip - [Taskmaster clip 7.](#) (Week 1)

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



WORLD AFTER COVID



WHAT'S YOUR VISION FOR THE WORLD AFTER CORONAVIRUS?

The COVID-19 pandemic raises many questions about how our societies are organised, and how public health challenges can be tackled. As governments struggle to protect lives and keep our economies afloat, ambitious ideas that once seemed improbable have suddenly become surprisingly plausible.

Now that everyone is thinking about what our post-lockdown future might look like, openDemocracy and UCL are teaming up to invite young people to have a say. We want to find and shout about the best ideas from the next generation for what should come next.

What might democracy look like as countries emerge from lockdown? How will public health change as a result of this global pandemic? What lessons from history have we forgotten that might guide how the world recovers? How will our societies and cultures respond to this global crisis and its aftermath?

Whatever your interest or background, we want to hear your thoughts on these and many more questions. In particular, we're looking for ambitious ideas about how governments, citizens, scientists, artists – or anyone else you think has a role to play – can shape a different and better future.

Submit your entry as either a written article, short video or image / photograph that describes your vision for the world after coronavirus.

The grand prize includes £200 in book vouchers and a bespoke training opportunity with either open Democracy or UCL that may take the form of a mini-fellowship, work experience, or placement in line with the winner's area of interest. The People's Choice winner will receive £100 in book vouchers and runners-up will receive £50 in book vouchers.

All winners and runners-up will receive a personal mentoring/career advice session with one of our expert judges and their entries will be published on openDemocracy's website.

Entries close at 23:59 on Friday 10 July 2020. [Click here for more information.](#)

Enrichment

AT HOME



MRS RIGBY'S GEOGRAPHY CHALLENGES



Last week I set a wordsearch for you to do. This week try to make on of your own.

You could base it on anything- your family, friends, favourite subject etc

Go onto puzzle maker.com then follow the instructions, like I have below.

At the end of it just press create, then your wordsearch will be complete.

Have fun..... Mrs Rigby



HOME HELP LICENSING & COPYRIGHT

To create your word search, follow the steps below and click the "Create My Word Search" button when you are done.

STEP 1.
Enter the title for your word search.
The title will appear at the top of your page. (IMPORTANT: Puzzle titles are limited to 48 characters.)
Rigby's puzzle

STEP 2.
Enter the size of your word search puzzle.
Your puzzle can be up to 40 letters by 40 letters and will fit on one page. The optimum puzzle size is 35 letters by 35 letters.
Number of Letters Across 15
Number of Letters Down 15

STEP 3.
Word search puzzle options.
Puzzles where the words do not share any letters are faster to generate and easier to solve. If you choose to share letters as much as possible, the computer will take a little longer to generate the puzzle.

☐ Use each letter only once.
☒ Share letters occasionally.
☐ Share letters as much as possible.

STEP 4.
Word search puzzle output type

☒ HTML. Choose this option if you plan on printing the puzzle directly from the browser.
☐ Text. Choose this option if you plan on cutting and pasting the puzzle to a different application.
☐ Lowercase Text. Same as "Text" except letters are lowercase.

STEP 5.
Enter your words.
Separate your words with commas, spaces or type each word on a new line. Any character that is not a letter will be considered a space.
Rocks
Soil
Weather
Climate

STEP 6.
Check your puzzles.
PuzzleMaker uses a word filter to prevent the random creation of offensive words. After you create your puzzle, proofread it carefully to check for the placement of unwanted words created by random letter combinations. You can regenerate your puzzle by selecting the "Back" button in your browser and pressing the "Create" button again.

Create My Puzzle!

Enrichment



Mrs Rigby likes jokes!

Test these out on your friends and family and e-mail me any funny ones you have made up or found.

krigby@penketh.warrington.sch.uk

What's in the middle of the ocean?... Letter E!

Where do fish keep their money? In riverbanks

What's the capital of Washington?... W

What nationality are you while you when you leave the bathroom? Finnish.

What is a penguin's favourite aunt? Aunt Arctica!

Teacher: What can you tell me about the Dead Sea? Student: I didn't even know it was sick

What birds are found in Portugal? Portu-geese!

What are the small rivers that run into the Nile? The juve-niles!

Where do pencils come from? Pennsylvania

Name an animal that lives in Lapland? A reindeer.
Good, now name another. Another reindeer!

Q: What's a pirates favourite country? A: AAARRRGHentina!



Physical Geography photo competition 2020



Theme

Finding Physical Geography



This year's competition is about finding interesting examples of physical geography in unexpected places, or examples of processes that someone might ordinarily pass over, or not give a second thought to.

To enter, submit a photo (of your own) that shows some aspect of physical geography that many people might not notice at first.



This could be a feature or something that captures a process, a landscape, a skyscape or a particular feature. Your photo doesn't have to be something on grand scale but might equally be a small-scale feature of physical geography

It might also be something seen in an urban environment as much as a feature of the countryside or a 'wild' area. And it could be taken locally, or from somewhere further afield.



You have up to 250 words to 'show and tell' the physical geography your photograph shows, describe the focus of the find and explain the story that reveals its significance, which for most people is 'hidden'.

There are some examples, plus other tips for creating a good entry on the website.

The competition is open to any school pupil in Years 7-13 during the academic year 2019-20; there are two age-related categories Y7-9 and Y10-13.

Entries will be judged on both the photograph and your description.

Prizes

Courtesy of Páramo Directional Clothing Systems (www.paramo.co.uk)

1st prize - Men's Ostro or Women's Alize Windproof Jacket

2nd prize - Fuera Smock

3rd prize - Páramo Beanie



All winners and entries judged as Highly Commended will receive a copy of Longman's Student Atlas from the Geographical Association and a certificate. Prize winning photographs will feature on the Geographical Association website and in *GA Magazine*.



Entry deadline: Wednesday 30th September 2020

More information, terms and conditions and tips available at:

<https://www.geography.org.uk/2020-physical-geography-photo-competition>



MRS RIGBY'S GEOGRAPHY CHALLENGES

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



**PHS PERFORMER OF LOCKDOWN
WITH MISS JONES**

COMPETITION - NEW DEADLINE = 10TH JULY!!!

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 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**

Please email for further details

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

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!



Creative Arts

ENRICHMENT AT HOME



MUSIC TUITION

Online Drum Lessons

- BASICS, GRADES (TRINITY OR ROCKSCHOOL) SONGS AND ADVANCED STUDIES TAUGHT
- 20 MINS £8 / 30 MINS £15 / 1 HOUR £25 SLOTS
- SLOTS AVAILABLE 7 DAYS A WEEK



GREG ISON
07754717754
GREGROZZYISON@GMAIL.COM

RAY KELLY'S

PIANO LESSONS

AVAILABLE ON ZOOM, SKYPE OR
FACETIME

20 Minute Lessons Available
£10

Contact:
07885 693 105
raykelly_@talktalk.net



Creative Arts

ENRICHMENT AT HOME



MISS JENKINS AND MISS SLAVIN

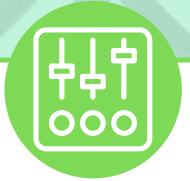
Leaf Rubbings

Have a go at creating a beautiful piece of artwork by using this technique. All you need is paper and soft crayons i.e. pastels.

Video here

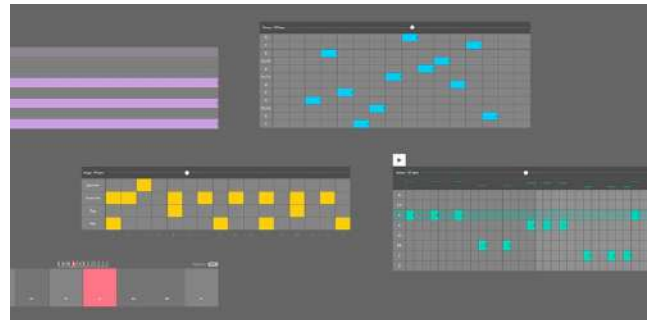


MR GUGGIARI - RETRO GAMES & MUSIC TECHNOLOGY



Music Technology:

Click Here to continue to play with creating music. 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!

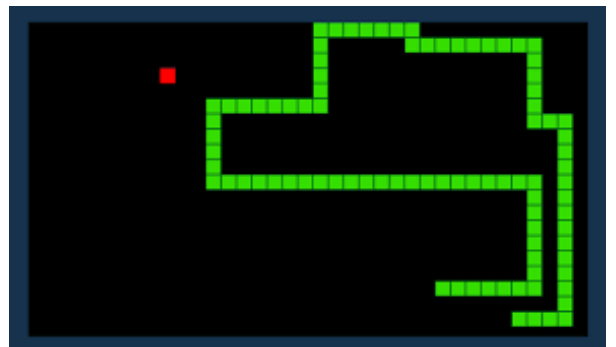


Retro Games Club:

Snake

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!

You can also tweet your scores to me @MrGuggiari

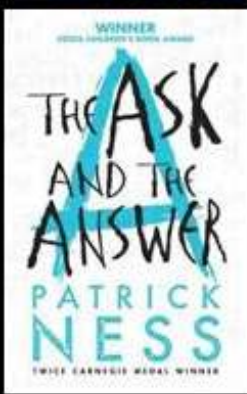
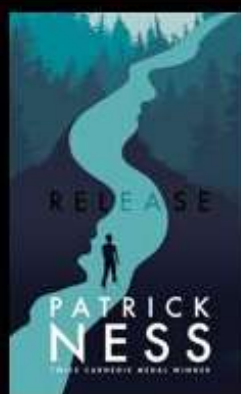
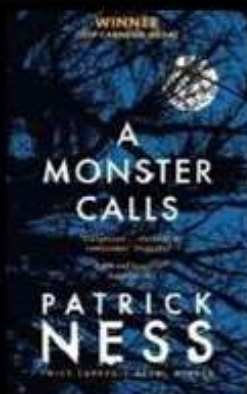
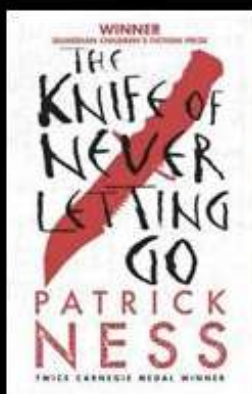


Library

ENRICHMENT AT HOME



Author of the Week



**Patrick
Ness**

Award Winning Author



Patrick Ness is a British-American author, journalist, lecturer and screenwriter. Born in the United States, Ness moved to London and holds dual citizenship. He is best known for his books for young adults, including the Chaos Walking trilogy and *A Monster Calls*. Ness won the annual Carnegie Medal from the British librarians both in 2011 and in 2012, for *Monsters of Men* and *A Monster Calls*, recognising each as the best new book for children or adults published in the UK. He is one of seven writers to win two Medals (no one has won three) and the second to win consecutively.



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](#)





MISS ASHURST'S FILM ACTIVITIES

I've been suggesting that you do a lot of watching of films recently and for this week & next week I thought I would suggest something related to film but that enables you to 'find out how to do stuff'.

Scripts for films are called screenplays – this is what the actors will be given to read.

Here are 2 videos that show you very clearly what a screenplay looks like:

<https://www.youtube.com/watch?v=xEd0lDxmVSg>

This one does it in just 60 seconds!

<https://www.youtube.com/watch?v=zmGQeS2bGxA>

Have a look at the format and have a go at writing your own ... Here's an idea if you are struggling

One day a deadly virus shuts down the entire world; countries are locked down – no one can move about freely – time outside is limited by law. Governments try to manage the virus, but still thousands die, no one can kill the deadly bug ... until one day ... Ben ... Ben Bugman... working away in his lab ... stumbles across a strange mutation in his petri dish

INT. RESEARCH LAB

BEN BUGMAN, a twentysomething scientist, reaches up to push back his long, thick curly mop of hair and adjust his thick, heavy, round rimmed glasses. He looks around, blinks several times, leans back into the microscope, a look of concentration on his face.

BEN

(muttering to himself)

This can't be right ... This shouldn't be ... This is imposs....

Ben stands up, frantically checking his pockets for his mobile phone, his eye still at the eyepiece of the microscope

Have a go at your own or continue with this one! Send any completed ones to sashurst@penkethhigh.org



SCIENCE WITH DR GARDNER

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

One to try: As part of the Institute of Physics 'Do Try this at Home' series here is an activity looking at dimensions. This is called the 'Shrinking Coin'. Practice the activity then challenge your family members to see if they can solve the problem. Find out more [here](#)

One to watch: The BBC have filmed many interesting and exciting documentaries about the natural world. This video features the top 10 natural history moments filmed by BBC Earth

One to read: This week's read looks at nanotechnology. Nano comes from the prefix 1×10^{-9} or to put simply means something that is very small. This article looks at the question, Will nanotechnology change the world? Read it [here](#)

KEEP ACTIVE WITH MISS FLEMING

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

Miss Flemming Example - [Workout Challenge](#)



MANDARIN CHINESE CALLIGRAPHY WITH MISS SILVER

Use the knowledge that you have already learnt to see how much language you can recognise in this video. Try to repeat each of the phrases when you hear them in the video to practice your pronunciation.

[Video Here!](#)

Practical
ENRICHMENT AT HOME



THE
CHALLENGE
ACADEMY
TRUST

**YOUR SCHOOL
NEEDS YOU**



PENKETH HIGH SCHOOL



PADGATE
ACADEMY

TCAT VIRTUAL SPORTS DAY 6TH-10TH JULY

FURTHER DETAILS
COMING SOON



WWW.TCAT.UK.COM



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

MIGHTNOSE

STUBREDID

ELECTRANG

Answers from last week

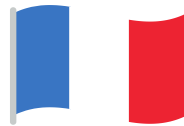
TIRESCENT - Intersect

GOALTRIAD - Gladiator

STORYDEER - Destroyer



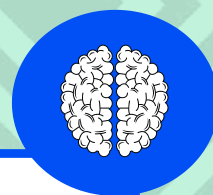
COFFEE BREAK LANGUAGES WITH THE MFL TEAM



European Football Quiz - Can you name the nationality of every footballer who has been on a winning Champions League or European Cup team?
Let us know how you get on!!



<https://www.sporcle.com/games/Cestrian/namingrandomcountriessite>



MENSA BRAIN TEASER

In a wallet you have £7.37.
It is made up of four different denominations of coins
and
the largest denomination is 50p.
There is exactly the same number of each coin.
How many of each coin is there
and
what are their values?

Answer for last week:

Rearrange the following letters to give two 10 letter words.

E G I I N P R S S T
Persisting and springiest.

THIS WEEK'S RIDDLE

What goes up but never comes back down?

Answer for last week
I have cities but
no houses, mountains but no trees and water but
no fish, what am I?
A Map!



Have a go at this weeks Sudoku challenge:

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

©Sudoku.cool

Last weeks suduko answers:

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



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 this recipe
Thoroughly wash your hands before starting

Carrot Cake Traybake

Take care and use oven gloves when putting the cake tin in and taking it out of the oven
Be careful using the grater - do not grate your fingers!

Ingredients

200g carrots, peeled
175g soft brown sugar
200g self-raising flour
1 tsp bicarbonate of soda
2 tsp cinnamon
zest of 1 orange
2 eggs
150ml sunflower oil

For the icing

50g softened butter
75g icing sugar
200g soft cheese
Sprinkles (optional)



Method

Line an 18cm square tin with baking parchment. Pre- oven on to 180C/160C fan/gas 4.

1. Grate the carrots on the fine side of the grater, then tip them into a large bowl.
2. Sift the sugar, flour, bicarb and cinnamon on top of the carrot, then add the orange zest and stir until well mixed.
3. Break the eggs into a separate bowl and beat, then add them to the mixture along with the oil.
4. Mix everything together well.
5. Scoop the cake mix into your tin and level the top.
6. Ask a grown-up to put it in the oven for 30 minutes or until the cake is cooked.
7. Cool.
8. To make the icing, mix the butter and icing sugar together, then stir in the soft cheese until smooth. When the cake is cool, spread the top with the icing and cut into squares.
9. Decorate with sprinkles, if you like.



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.

This week we have included a link to practise items in your home

Bath Bed Chair Ipad Light Mobile phone Potty Shower Table
Telephone Television (TV) Toilet

https://www.youtube.com/watch?v=_6IAIsWyku8

Figures and Finance

ENRICHMENT AT HOME



FINANCE WITH MRS LEE

This week there are a number of resources that explore why you might need insurance.

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

Twitter: @PHSenrichment

Challenge: Find out about the seven wonders of world. Can you build one of the seven wonders? Send me a picture and see if I can guess which wonder you have built!!



STEM CHALLENGES WITH MR FONE

Sprung Soles



TASK 9 -

Your Challenge:

'Exo wear' are mechanical devices that replace or boost our own skeleton and muscles. This amazing technology is already being used to help people walk and lift heavy loads. In what ways could shoes or boots use wearable technology to help their wearers walk more easily or run faster? What design features would such shoes or boots need to have? Today, you're going to explore the topic of wearable technology and 'exo wear'; and make a prototype for a shoe or boot.

Your Task:

Design some bionic shoes that increase your ability to walk or run.

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:

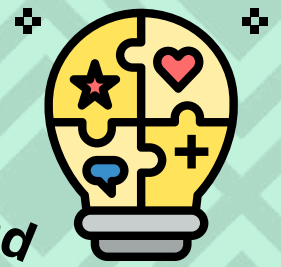
- Is sleeping more important than studying?
- Should you ever fall for a chat-up line?
- Is fantasy better than real life?



Spark

ENRICHMENT AT HOME

Wellbeing for kids and
parents



This week lets look at your wellbeing

First up check out for smaller siblings Wellbeing Wednesday and LEARN RADIO keep those younger primary school bothers and sisters busy. With cross-curricular tasks, interactive shows, chat and plenty of great music, each weekday at 9.30am – 10.15am for the best way to start your learning day.

<https://learnradio.net/>



Check out The Mix for support with your mental health. Whether your worried about school, friends or lonely. The Mix has helpful videos and a online chat to help. Also has apps to help including Stressheads a app to help you deal with the stresses of this time and skills workshops to help you deal with parents, friends and school.

<https://www.themix.org.uk/>



Lets do a little Yoga For Teens! This practice is designed for teens but beneficial for all ages. Light a fire in your core! Wake up with confidence, strengthen the back for a healthy spine! Practice self love and taking care of yourself! It gets easier with practice and it is great exercise.

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



Are you a photographer in the making? How about trying to get that perfect shot of a butterfly fluttering by or red squirrel bouncing up a tree? The BWPA and RSPB Wildlife Explorer's have teamed up again to bring you WildPix2019. Winners will be invited to the British Wildlife Photography Awards (BWPA) award ceremony in London in November, and the winners will receive £300 for the under-12s and £500 for 12-18 years old

<https://www.rspb.org.uk/fun-and-learning/for-kids/rspb-kids-competitions/wild-pix/>



MR MUSGROVE - CAREERS

Over the next two weeks it is time for you to research and then pick which career cluster you would like to be in for next year! The below document is saved in Teams in the Enrichment channel and the separate Careers channel. Click on the Cluster and it will direct you to more information about that cluster. I will be sending more information out via Teams. Any questions please just let me know.

CLUSTERS

FUTURES
PENKETH HIGH SCHOOL

Over the next few weeks, we are asking you to think very carefully about possible cluster choices. We will be asking you to make a final decision for the next academic year the week of 6th July. Use these few weeks to research and ask any questions before you decide. [CLICK HERE](#) to complete the survey

CLUSTERS

There are 19 clusters and you will need to choose one for this year. You will then get 4 experiences centred on something around your choice.

-Employer Talk - Employer Visit
- Higher / Further Education - Personal Guidance

- [Agriculture](#)
- [Animal Care](#)
- [Beauty and Well-being](#)
- [Business and Financial](#)
- [Computing and Technology](#)
- [Construction and Trades](#)
- [Creative Arts and Media](#)
- [Education and Social Care](#)
- [English and Journalism](#)
- [Health Care](#)
- [Hospitality and Catering](#)
- [Humanities and Politics](#)

- [Languages](#)
- [Law and Legal](#)
- [Public / Uniform Services](#)
- [Retail and Sales](#)
- [STEM](#)
- [Sports and Leisure](#)
- [Travel and Tourism](#)

COLLEGE/UNI COURSES

There are a number of local colleges offering a range of options but here are the main ones in the area.

- [Priestley](#)
- [Cronton](#)
- [Riverside](#)
- [Warrington Vale Royal](#)
- [Barrow Hall College](#)
- [St Helen's College](#)
- [Sir John Dean's](#)
- [Reaseheath College](#)
- [Carmel College](#)
- [Myerscough College](#)

UCAS has all the universities and courses for you to search
<https://www.ucas.com/explore>
 Apprenticeships are becoming a more popular option and you can find more about them here
<https://www.apprenticeships.gov.uk/#>

ANY QUESTIONS?

If you have any more questions or want more advice email
 Mr Musgrove - imusgrove@penkethhigh.org
 Or our careers advisor Paula directly -
paula.woodruff@careerconnect.org.uk

Well being

ENRICHMENT AT HOME



PSHE WITH MISS SILVER

This week we are focussing on recognising and building personal skills. Click [here](#) and scroll to the bottom of the page and watch the last video. You can work through the "Spin the Wheel of Strengths" work sheet at the same time. This can be found in the folder named PSHE in the Enrichment file on Teams. Enjoy!



MRS SMITH - WELLBEING

Mrs Smith is focussing on Mindfulness this week. She has provided some Mindfulness Challenge cards that can be found in the Enrichment folder on Teams under Wellbeing. See how many of the challenges you can complete by the end of the week!



MINDFULNESS WITH MRS MCCLURE

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind - Print off the pages provided or try some colouring online at <http://www.coloring.com/>

Resources to print can be found in the files section on Teams under 'Mindfulness colouring.' Send your completed pieces to DMcClure@penkethhigh.org



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 live streaming this week.

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



MRS WALSH - WELFARE TECHNIQUES

This week, focus on your calming techniques, your breathing and behaviour with Mrs Walsh. Also look at "beating the brain bully". Resources can be found on Teams under 'Welfare Techniques'.

Weekly



POSITIVITY NEWSPAPER

PHS Positivity Newspaper

ISSUE 1
29/6/20



Congrats!

JAKE

Year 9

Jake has been successful in gaining a position on the Warrington Youth Cabinet - he is now "Environment Officer for Warrington". Well done Jake - this is an amazing achievement!

Don't count the days,
make the days count

— Muhammad Ali —

Adar [redacted] year 8, shares his favourite motivational quote - very inspiring!

WELL DONE

Annie

Year 7

Annie came 2nd in an online competition ran by Wantage Silver Band. She was up against 148 competitors from 14 different countries. This is fantastic news!

THIS WEEK

392

REWARDS
POSTCARDS HAVE
BEEN ISSUED!

MR SMITH'S BIRTHDAY CELEBRATION

Mr Smith's team, Liverpool, won the league, for the first time in 30 years, on his birthday!

Email your positive stories to zsilver@penkethhigh.org by Friday to be featured in next week's paper.

It's time to spread
POSITIVITY AND HAPPINESS