



# Enrichment Bulletin

Issue 8 - 15/06/2020

# WELCOME

## ENRICHMENT BULLETIN



Hi everyone, we hope you have had a lovely weekend - lots more exciting enrichment opportunities for you to try this week. Make sure you tweet your attempts @PHSenrichment or visit the Penketh High Enrichment YouTube channel which has all the videos from the last 8 weeks.

## 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 are all doing well, as we enter the 3rd week of our summer term, we have lots of exciting things going on. The winners of the bake-off competition will be announced this week, we were so impressed with all of your fabulous entries! As well as this the president of the PLT Caitlin Conroy has created a Kahoot for everyone to take part in on Wednesday – join the game to learn some interesting facts about your teachers. We will also keep posting our lockdown workouts on our twitter and a new one will be on the enrichment bulletin this week for you to get involved with. As lockdown begins and y10 start going back to school, we urge you to keep working hard at home as the progress you make now will be valuable to you next year and in the future. Today we are attaching some walking running and cycling routes which you can use to keep you busy and active during lockdown. Enjoy, from the PLT

# Enrichment

AT HOME



## FANCY A TRIP?

This week's link is the cycle routes in Warrington, colour coded for ease of journey.

Remember to wear a cycle helmet

Always use your bike lights.

Secure the bike if leaving it unattended with a strong lock.

[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)

## 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

"Ancient Fish Fossil Reveals Transitional Link From Fins To Hands"

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: [Think your email's private? Think again](#)

Tuesday: [Grit: The power of passion and perseverance](#)

Wednesday: [The power of vulnerability](#)

Thursday: [Looks aren't everything. Believe me, I'm a model](#)

Friday: [10 ways to have a better conversation](#)

Weekend: [The link between climate change, health and poverty](#)





## TASKMASTER

### MISS CURTIES IS ...THE TASKMASTER

Each week Miss Curties will set a task that you have to complete - the rules must be followed !!!

Click the link to see the clip - [Taskmaster clip 6.](#)

Send your completed task to [jcurties@penkethhigh.org](mailto:jcurties@penkethhigh.org) or tweet @penkethorchard @PHSenrichment

## ESSAY COMPETITION



### MISS CURTIES - ESSAY COMPETITION

The deadline for the Queen's Commonwealth Essay writing competition has now passed. If you still have an entry that you would like to submit then please email it to [JCurties@penkethhigh.org](mailto:JCurties@penkethhigh.org)





# Enrichment

AT HOME



## MRS RIGBY'S GEOGRAPHY CHALLENGES



Come on Penketh peeps, see how many of these Geography quiz questions you can get right.  
Mrs Rigby (Pictured right) got them all correct of course!!

- Question 1: What is the oldest recorded town in the UK?  
Question 2: In what country would you find Lake Bled?  
Question 3: What is the smallest country in the world?  
Question 4: How many US states begin with the letter A?  
Question 5: What is the highest mountain in Britain?  
Question 6: How many countries still have the shilling as currency?  
Question 7: On the London Tube network, which is the only station to begin with the letter i?  
Question 8: Which Central American county has a name which translated to English as "The Saviour"?  
Question 9: What African country has the largest population?  
Question 10: What is the capital of Poland?  
Question 11: What is the longest river in the UK?  
Question 12: What is the largest desert in the world?  
Question 13: What is the currency of Sweden?  
Question 14: Abertawe is the Welsh name for which city?  
Question 15: What is Scotland's fourth-largest city by population?



Answers can be found below (No peeking!)

Mrs Rigby's Geography quiz answers:

- Answer 1: Colchester  
Answer 2: Slovenia  
Answer 3: Vatican City  
Answer 4: Four - Alabama, Alaska, Arizona and Arkansas  
Answer 5: Ben Nevis  
Answer 6: Four - Kenya, Uganda, Tanzania and Somalia  
Answer 7: Ickenham  
Answer 8: El Salvador  
Answer 9: Nigeria (190 million)  
Answer 10: Warsaw  
Answer 11: River Severn  
Answer 12: Antarctica  
Answer 13: Swedish Krona  
Answer 14: Swansea  
Answer 15: Dundee



## 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](http://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*.

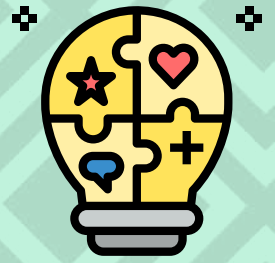


**Entry deadline: Wednesday 30th September 2020**

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



## 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

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



## MISS JENKINS AND MISS SLAVIN

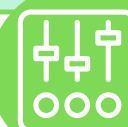
### Recreating 'The Scream' by Edvard Munch

How many of us have been feeling like this at some stage during the COVID-19 lockdown? Why not try to recreate the famous piece of artwork by Munch 'The Scream'. Take photos and send them to us on TEAMS. Get the whole family involved, have FUN!



## 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.

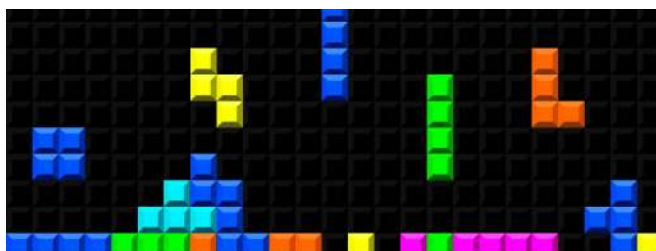
If you missed them, feel free to start from the beginning [here!](#)



### Retro Games Club:

#### Tetris

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



## 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

Last week I suggested you wrote a film review for one of your favourite films or TV shows. This week I am going to suggest you watch Ferris Bueller's Day Off. Here is the opening sequence and you can find the film on Netflix but also in various bits on YouTube

<https://www.youtube.com/watch?v=qwDH3BpaCQI>

Watch it – he is a teenager who is planning to bunk off school. He is desperate to get a car. The film shows how his day turns out.

Make a list of things you would do if you were in his position – let's see who comes up with the funniest imaginary events and the most inventive way of conning your folks at home that you are not able to go to school!

You can send ideas to me here: [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: As part of the Institute of Physics 'Do Try this at Home' series here is an activity you can try to investigate sound and how it changes using a rubber band. The same principles apply to any string musical instrument. Watch it and follow the [instructions here](#).

One to watch: What would happen if the world's bees disappeared? Jon Hoekstra of the World Wildlife Fund reveals what a world without bees would be like. [Watch this video](#) to find out more!

One to read: This week's read looks at the Big Bang. This looks at what happened at the beginning of the universe. Have a go at the questions at the end of the article too. [Read it here!](#)



## 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 - [Toilet Roll Challenge](#)



## MANDARIN CHINESE CALLIGRAPHY WITH MISS SILVER



This week we are going to continue 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



## 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

RUMORANTE OPERAFRET SWANDELTA

Answers from last week

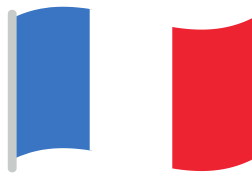
SEPIASLED - Displease

HANDSLIME - Mishandle

DOTEADORN - Deodorant



## ALPHABET VOCAB WITH MFL



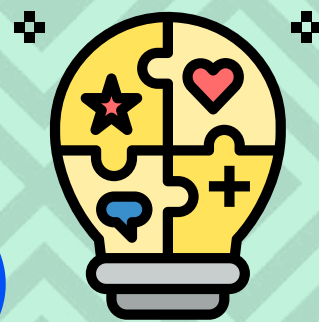
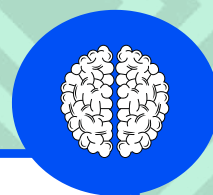
Can you find a word for every letter of the alphabet in the language you learn with us here at Penketh? Or try a new language



A = ananas  
B = belle  
C = cinq

A = Apfel  
B = Bad  
C = Campingplatz

A = amor  
B = bailar  
C = cinco



## MENSA BRAIN TEASER

Pair the words to give four longer words. What are they?

SORT CROSS SET FIRE ROADS BACK CON PLACE

Answer for last week:

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? 45.5555 miles.

## THIS WEEK'S RIDDLE

There's a one-story house where everything is yellow. The walls are yellow. The doors are yellow. Even all the furniture is yellow. The house has yellow beds and yellow couches. What color are the stairs?

Answer for last week:

You see me once in June, twice in November, but not at all in May.

What am I? The letter 'e'



Have a go at this weeks Sudoku challenge:

Last weeks suduko answers:

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

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





## 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 before starting to prepare making this recipe and especially after handling raw chicken.

Be careful when using a sharp knife. Use oven gloves to put the baking tray in and take out of the oven.

Make sure the chicken is properly cooked before eating



### Ingredients

2 boneless chicken breasts  
1 egg  
50g breadcrumbs  
2 tablespoons Parmesan Cheese  
15g butter

### Equipment

Sharp knife,  
chopping board, large mixing bowl, small mixing bowl, fork, baking tray, greaseproof paper, knife.

### Method

1. Rinse chicken breasts under cold water. Drain well.
2. Cut chicken into long, finger-like strips.
3. Beat the egg in a small bowl with a little salt and pepper.
4. Place breadcrumbs into large mixing bowl. Stir in the grated Parmesan cheese.
5. Dip the chicken one strip at a time into the egg, and then roll in the breadcrumbs.
6. Place onto the tray.
7. Repeat steps 5 & 6 until all chicken has been used up.
8. Dot the butter across the top on the chicken strips.
9. Cook for 5 – 6 minutes until evenly browned and properly cooked.

Make sure to tweet your creations @PHSenrichment

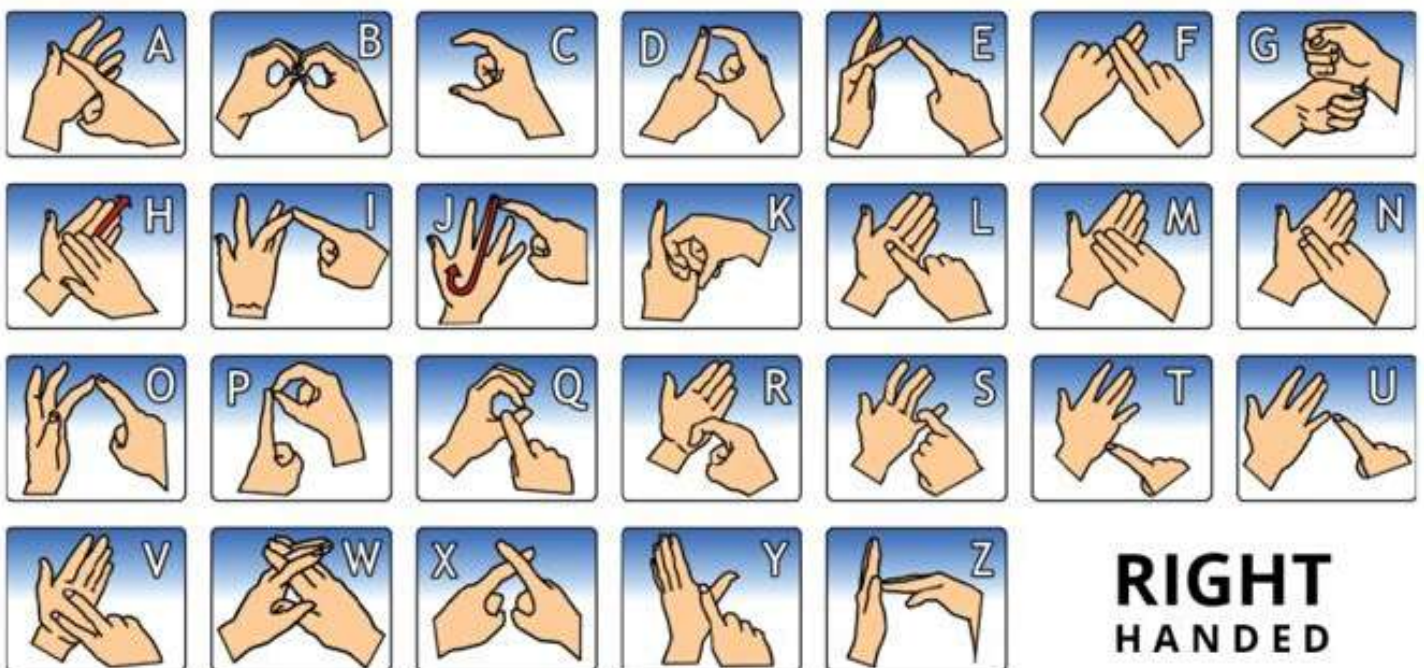


## LEARN MAKATON

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.

In case you have missed some of the enrichment bulletins here is the whole alphabet





# Figures and Finance

ENRICHMENT AT HOME



## FINANCE WITH MRS LEE

This week there are a number of resources that explore the range of payment cards available.

The resource can be located in the Enrichment file section - 'Finance'.



## MISS TAYLOR'S MATHS CHALLENGE

Each week Miss Taylor will set two maths challenges - can you figure them out? We will reveal the answers in next week's edition.

Last weeks answers:

[Easy Challenge](#)

[Hard Challenge](#)

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

[Easy Challenge](#)

[Hard Challenge](#)

Make sure you tweet your answers  
@PHSenrichment



## Lego Challenge!

ENRICHMENT AT HOME



## LEGO BY MISS WISDELL

If you've got some Lego at home, why not have a go at this weekly challenge!! I would love to see your creations. You can email me a picture of your models and I can put them on display when we get back to school or share them on twitter!

Email: [EWisdell@penkethhigh.org](mailto:EWisdell@penkethhigh.org)

Twitter: @PHSenrichment

Challenge:

At the beginning of lockdown, lots of people were making rainbows and putting them in their windows. Can you build a Lego rainbow?



## STEM CHALLENGES WITH MR FONE



How could we fly?

### TASK 8 -

Your Challenge:

What if humans had wings that allowed us to fly? What kind of wings would we have – bird wings, bat wings or insect wings? How would we need to augment or change our bodies to make these wings work? What would you do if you could fly? Where would you go, using your new augmented ability?

Your Task:

Create and improve a wing mechanism that could help you take to the skies!

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

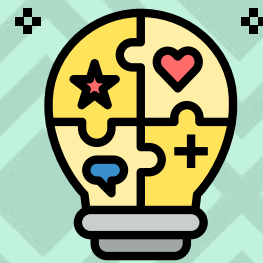
Opxlore is a free educational website created by the University of Oxford to engage 11-18 year olds with debates and complex ideas. Each week, there will be three questions for you to research and explore. This week:

- Are humans more important than other animals?
- Does gender matter?
- Do we stay the same from birth?

# Spark

ENRICHMENT AT HOME

## The BBCiPlayer Documentary Special



Nature  
**Deep Ocean: Giants of the Antarctic Deep**

This week watch a few documentaries and start by checking out the team behind the world's first footage of a live giant squid in its natural habitat follows three marine biologists as they venture into the deep sea of the Antarctic. Equipped with custom 4K UHD cameras, the team embarks on the world's first scientific research by a submersible in the Antarctic. <https://www.bbc.co.uk/iplayer/episode/m000jy3h/deep-ocean-giants-of-the-antarctic-deep>



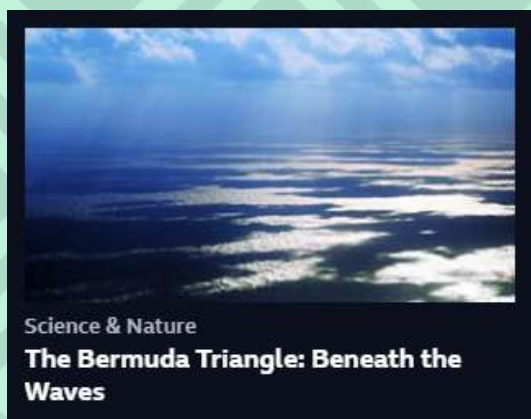
**Series 1: 1. A Moment in the Sun - The**  
The four inner planets were...

Landmark series, Professor Brian Cox tells the extraordinary life story of our solar system. For four and a half billion years each of the planets has been on an incredible journey, filled with astonishing spectacle and great drama. Using the data from our very latest explorations of the solar system combined with groundbreaking CGI amazing series to watch and brush up on your space revision <https://www.bbc.co.uk/iplayer/episode/p06qj2l5/the-planets-series-1-1-a-moment-in-the-sun-the-terrestrial-planets>



**Discovering the Elements**  
Chemists questioned whether...

In this three-part series, professor of theoretical physics Jim Al-Khalili traces the extraordinary story of how the elements were discovered and mapped. He follows in the footsteps of the pioneers who cracked their secrets and created a new science, propelling us into the modern age. The remarkable elements and the new science of chemistry <https://www.bbc.co.uk/iplayer/episode/b00q2mk5/chemistry-a-volatile-history-1-discovering-the-elements>



Science & Nature  
**The Bermuda Triangle: Beneath the Waves**

Jump into a mystery and join Professor Bruce Denardo in his attempts to prove whether there is any truth behind the legend of the Bermuda Triangle, where many ships and planes have disappeared in mysterious circumstances. <https://www.bbc.co.uk/iplayer/episode/b007c68n/the-bermuda-triangle-beneath-the-waves>





## 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.

<https://nationalcareers.service.gov.uk/explore-careers>

Thinking of University? Why not look on this site and find out about taster days and virtual tours

<https://www.unitasterdays.com/>

Last week was the my week of work. A wealth of information from employers check them out as you think about what you do in the future. All on demand here <https://learnliveuk.com/my-week-of-work/>.

Y10 you need to be thinking about college places for next year. Look into local colleges and course available to you. If you want a 1:1 telephone appointment with Paula then email [careersappointment@penkethhigh.org](mailto:careersappointment@penkethhigh.org)

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

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

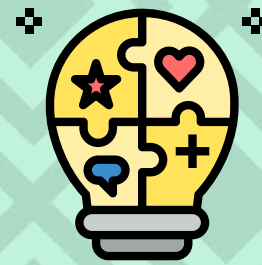
<https://www.cronton.ac.uk/>

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



# Well being

ENRICHMENT AT HOME



## MRS SMITH - WELLBEING



This week, focus on relaxation techniques! Have you ever looked at a cat and noticed how relaxed they look? Do you wish you could truly relax, just like a cat? Have a look at Mrs Smith's guide in the Enrichment folder on Teams and try it out for yourself!

## PSHE WITH MISS SILVER



Learn all about Fake News and how to sort fact from fiction. Access the activities by clicking [here](#).

## 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 worry. Mrs Walsh has provided lots of tips and information on what to do when you feel worried.

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