



Enrichment Bulletin

Issue 9 - 22/06/2020

WELCOME

ENRICHMENT BULLETIN



We have another packed enrichment bulletin for you this week! The weather is forecast to be sunny - so why not have a look in our SPARK section where Miss Keep has provided lots of activities - or try some of Mrs Rigby's Yoga in the back garden!

WHATS INCLUDED

- PLT
- Trips
- Weekly Quiz
- TED talks
- Weekly News
- Taskmaster
- Careers
- LFL
- Geography
- Harmonix
- Music Tech
- Retro Games
- Musicals
- Art
- Book Club
- Documentary making
- Practical science
- Keeping active
- Mandarin
- Recipe of the week
- Puzzles
- Finance
- Weekly quiz
- Maths Challenge
- Lego Challenge
- Comics
- VE day
- Countdown
- Stem
- Well-being
- Internet safety
- SPARK



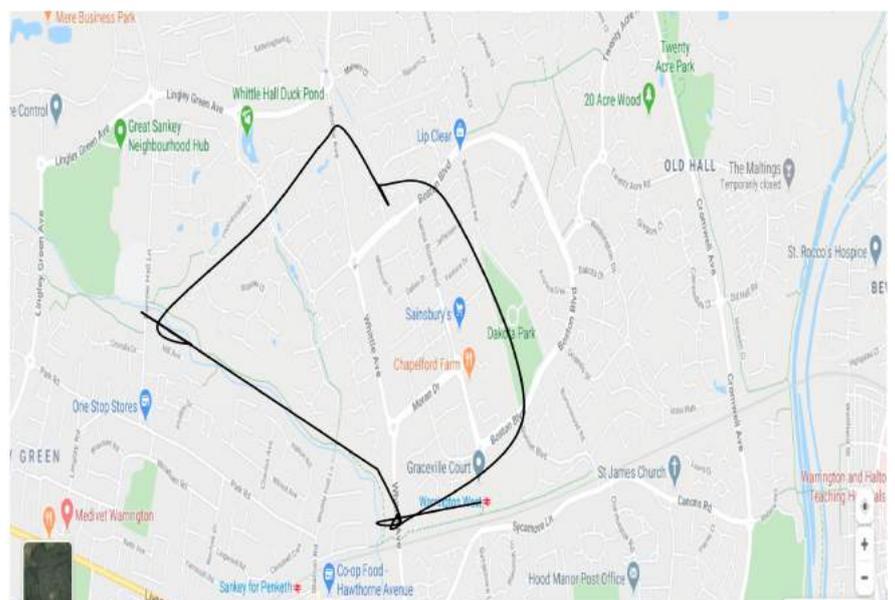
PUPIL LEADERSHIP TEAM



Hi guys,

We have put together a walking route for you to try out.

This walk is a really nice 5k route along the Whittle Hall Brook with only a small amount of road walking. Follow these directions for your daily exercise, whether it's a walk, run or cycle!



Enrichment

AT HOME



FANCY A TRIP?

Through Stellarium Web, you can explore over 60,000 stars, locate planets, and watch sunrises and solar eclipses. If you enter your location, you can see all the constellations that are visible in the night sky in your corner of the world.

<https://stellarium-web.org/>

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

Street Artist Banksy's "Game Changer" Pays Tribute To COVID-19 Frontline Workers

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: [The puzzle of motivation](#)

Tuesday: [How the progress bar keeps you sane](#)

Wednesday: [How we could change the planet's climate future](#)

Thursday: [Advice to a young scientist](#)

Friday: [How to get better at the things you care about](#)

Weekend: [Your elusive creative genius](#)





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 6.](#) (Week 2)

Send your completed task to JCurties@penkethhigh.org or tweet [@penkethorchard](https://twitter.com/penkethorchard) [@PHSenrichment](https://twitter.com/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





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

I like to have a go at a good wordsearch, don't you? Have a go at the 2 wordsearches below, Mrs Rigby (Pictured right) found them all of course!!

Worlds Longest Rivers

P	N	I	G	E	R	P	U	R	U	S	E	E	E	NILE
I	R	U	O	S	S	I	M	V	D	Z	A	O	I	AMAZON
P	E	R	U	M	A	E	N	I	U	Y	Y	B	Z	YANGTZE
A	I	M	A	D	E	I	R	A	E	E	E	I	N	YELLOW RIVER
R	E	S	S	O	I	E	I	L	O	I	N	R	E	OB-IRTYSH
A	M	I	G	T	N	B	L	I	C	O	I	T	K	AMUR
N	N	N	V	E	P	O	N	U	R	I	S	Y	C	LENA
A	O	A	R	R	W	I	Y	L	V	R	E	S	A	CONGO
C	M	M	O	R	L	R	Y	U	E	O	Y	H	M	MACKENZIE
I	L	U	I	E	Z	A	R	M	K	N	L	I	R	MEKONG
V	C	V	M	A	M	A	Z	O	N	O	A	G	S	NIGER
E	E	E	M	E	K	O	N	G	U	R	N	M	A	YENISEY
R	M	O	Z	L	Z	E	Z	T	G	N	A	Y	N	PARANA
M	E	Y	E	I	H	E	G	L	I	G	R	M	R	MISSOURI
														VOLGA
														PURUS
														MADEIRA
														YUKON



- CHINA
- DEVELOPMENT
- GEOGRAPHY
- MIDDLE-EAST
- ROBINSON
- SOIL
- WORLD
- BARLOW
- COASTS
- ECOSYSTEMS
- MAP
- RIVERS
- RUSSIA
- WEATHER

- CLIMATE
- EARTHQUAKES
- HOLIDAYS
- RIGBY
- ROCKS
- TUITE

I O I K Y F I D E S T H G R R
 S D E V E L O P M E N T E E I
 E Y E T I U T N K K M Z O H V
 V C A B A R L O W A A H G T E
 S X O D L D Q J C U P V R A R
 T O V S I D I O Q Q J Z A E S
 O S I Y Y L A W N H N L P W D
 R D A L B S O E C T T D H D L
 B U L E T G T H Q R Z Q Y J R
 C H S S E A I E A A P N A A O
 A H R S M L Z R M E A S N F W
 I M H I I A D N O S N I B O R
 J C L F Y A T D Y B H O Q F T
 M C L O S O M T I C R O C K S
 L R G F E P O E R M B I X U E

Enrichment



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>

Enrichment

AT HOME



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 - 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 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

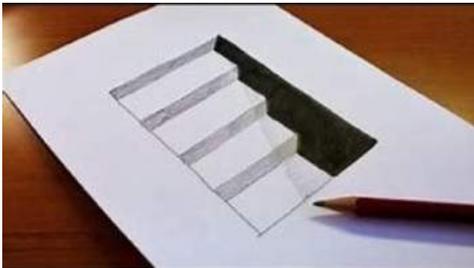


MISS JENKINS AND MISS SLAVIN

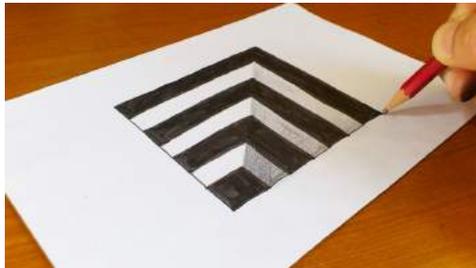
Drawing Illusions

Follow these step by step video guides on how to create an illusion. Can you challenge yourself to create the floating letter? Watch the videos to show you how to draw them.

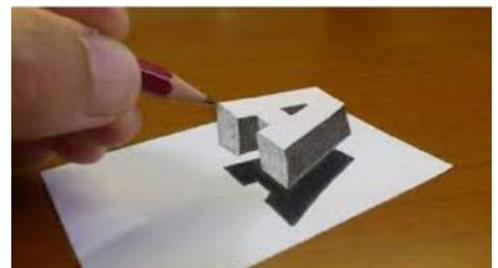
Video 1



Video 2



Video 3



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:

Asteroids

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! [This was released in 1979!!!](#)



You can also tweet your scores to me @MrGuggiari

Library

ENRICHMENT AT HOME



Author of the week:
Jaqueline Wilson



Dame Jacqueline Wilson DBE, FRSL is an English novelist known for her popular children's literature. As her children's novels frequently feature themes of adoption, divorce and mental illness, they tend to attract controversy, yet are well loved by children and adults alike.

Jaqueline Wilson is born on the 17TH December 1945 Age 74.
She has one child called Emma Wilson and her Husband is called William Millar Wilson.



Jacqueline Wilson has created many books like Best Friends and Sleepover and Hetty Feather.



Special thanks to Isobel in Year 10 for this article
Follow the link below to watch some book trailers!
<https://www.youtube.com/watch?v=cd2eKFTbzXI>



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=xEd0IDxmVSg>

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 you can try to investigate surface tension in water. Remember to ask for permission from your parents first. Watch it and [follow the instructions here!](#)

One to watch: The Premier League football season has restarted again featuring some impressive stadiums. [Watch this video](#) of Tottenham's retractable pitch. Engineering and Science working together.

One to read: This week's read looks at touchscreens. As part of your learning from home you may be making more use of your phone or tablet, but do you know how they work. [Check out this article](#) to find out more.

MANDARIN CHINESE CALLIGRAPHY WITH MISS SILVER

This week, learn all about Chinese history, culture and lifestyle! [Click here](#) for a selection of short videos all about China!



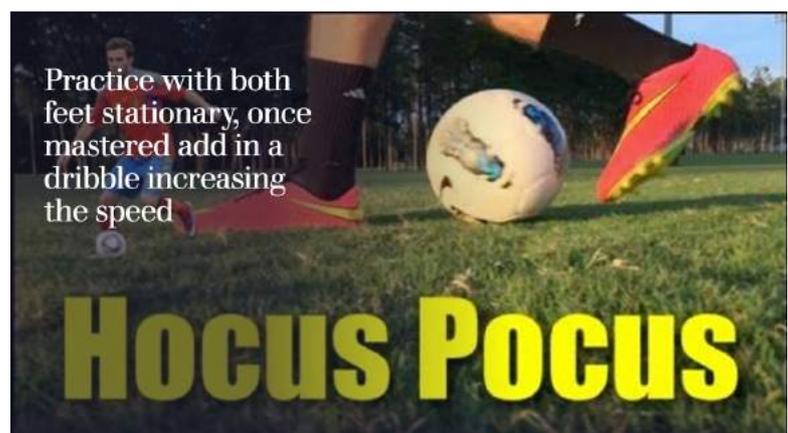
KEEP ACTIVE WITH MISS FLEMING



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

Miss Flemming Example - [Football Hocus Pocus](#)

Click the poster for another example



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

TIRESCENT

GOALTRIAD

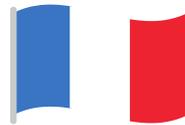
STORYDEER

Answers from last week

RUMORANTE - Numerator OPERAFRET - Perforate SWANDELTA - Wasteland



COFFEE BREAK LANGUAGES WITH THE MFL TEAM

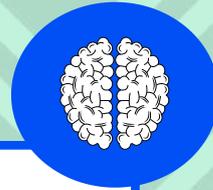


Grab a brew, a biscuit and listen to some language learning Podcasts in either French, German or Spanish.

You can find these in different languages on all different topic areas.
Enjoy!!



German: <https://radiolingua.com/coffeebreakgerman/>
French: <https://radiolingua.com/coffeebreakfrench/>
Spanish: <https://radiolingua.com/coffeebreakspanish/>



MENSA BRAIN TEASER

Rearrange the following letters to give two 10 letter words.

What are they?

E G I I N P R S S T

Answer for last week:

SETBACK CONSORT CROSSROADS FIREPLACE

THIS WEEK'S RIDDLE

I have cities but no houses,
mountains but no trees and water
but no fish, what am I?

Answer for last week

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 colour are the stairs? There are no stairs it's a single storey house!



Have a go at this weeks Sudoku challenge:

Last weeks suduko answers:

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

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



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

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

Melting Moments

Ingredients

- 60g butter or margarine
- 60g sugar
- 1 small or ½ medium egg
- 50g rolled oats or crushed cornflakes *
- 25g cherries or nuts (optional)

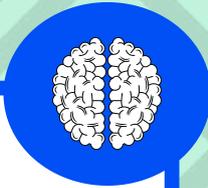


Method

1. Beat the egg in the small bowl
2. In the large bowl put the sugar and margarine in and mix with a white spoon until soft and fluffy.
3. Add the egg a bit at a time, mixing well each time you add some.
4. Carefully add the flour, mixing gently to a firm, dry (not wet and sticky) dough
5. Put the crushed cornflakes onto a plate
6. Break off pieces of dough roughly the size of a walnut.
7. Roll each shape into a ball in your hands, and then roll in the cornflakes/oats.
8. Place onto a baking sheet, leave a space between each biscuit, flatten slightly using your finger tips.
9. Bake in the oven for about 15-20 mins until golden brown.
10. While the biscuits are cooking cut cherries into ¼ pieces.
11. When the biscuits are cooked leave on the tray and press a piece of cherry in the centre. Leave to cool.

Top tip

Put cherries on at the end of cooking



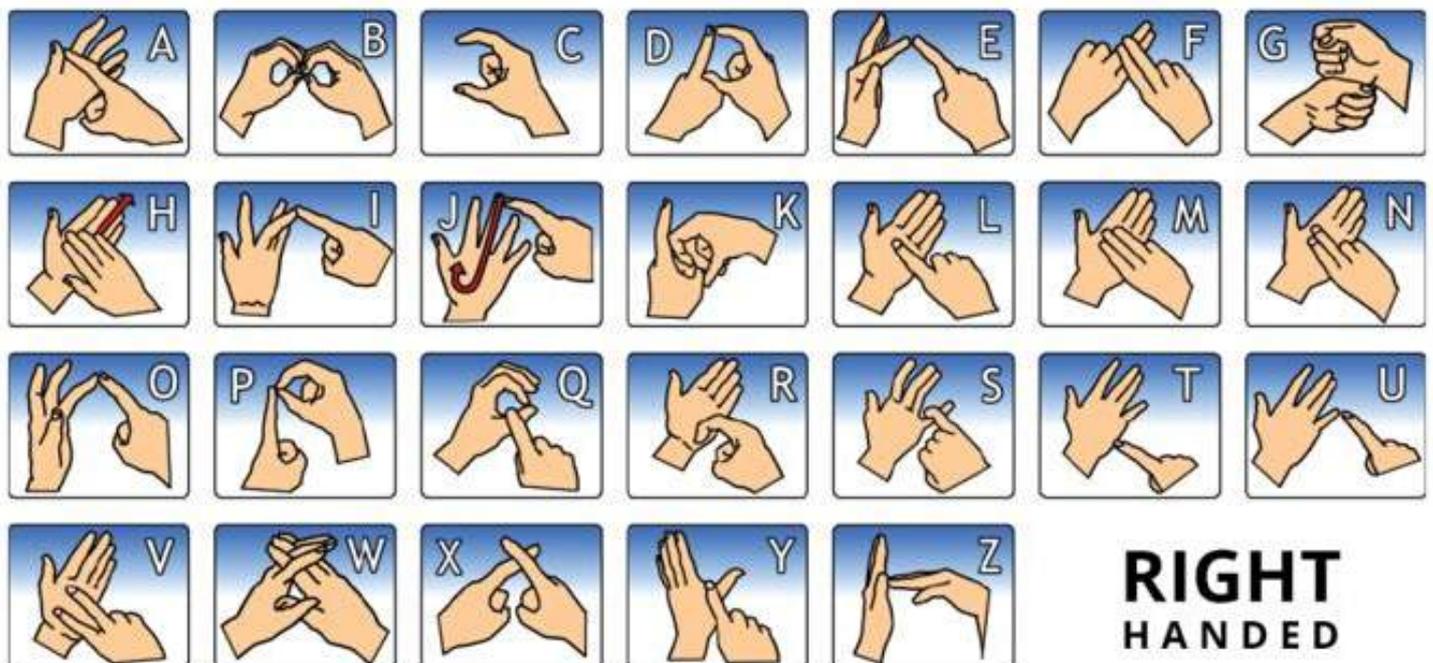
LEARN MAKATON

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 for you to watch to practise making your letters

<https://www.youtube.com/watch?v=-004VfT-OzI>



Figures and Finance

ENRICHMENT AT HOME



FINANCE WITH MRS LEE

This week there are a number of resources that explore how to understand payslips.

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



MISS TAYLOR'S MATHS CHALLENGE

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

Last weeks answers:

[Easy Challenge](#)

[Hard Challenge](#)

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

[Easy Challenge](#)

[Hard Challenge](#)

Make sure you tweet your answers @PHSenrichment



Lego Challenge!

ENRICHMENT AT HOME



LEGO BY MISS WISDELL

If you've got some Lego at home, why not have a go at this weekly challenge!!

I would love to see your creations. You can email me a picture of your models and I can put them on display when we get back to school or share them on twitter!

Email: EWisdell@penkethhigh.org

Twitter: @PHSenrichment

Challenge:

It's been very rainy recently!! Can you make a Lego umbrella? Is it waterproof?



STEM CHALLENGES WITH MR FONE



How could we augment ourselves?

TASK 9 -

Your Challenge:

Imagine having all the information you need, right in front of your eyes, as and when you need it. What would you want to know? How could this make your life easier? Can you think of any times or places where this technology might not be OK to wear?

Your Task:

Design an amazing heads-up display, then present your ideas.

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 it ok to ban certain books?
- Should celebrities influence you more than your parents?
- Can time travel ever be possible?



Spark

ENRICHMENT AT HOME

The Offline special
Get in your gardens



The Great Indoors Badge is here!
Earn your badge today >

This week get offline !!
Sign up to the great indoors and earn badges as well as signing up for the The UK's biggest digital summer camp on The 11th-12th July. Badges online in environmental conservation, Building a garden space, animal care, navigational skills and all round off screen skills you can develop and get badges for
<https://www.scouts.org.uk/the-great-indoors/>



Get involved with family gardening with the The Wildlife Trusts and the RHS. Check out Wild About Gardens to celebrate wildlife gardening. Use your garden or set up a small area to take action and help support nature. Learn how to encourage Butterflies, pledge to set up a Butterfly Box , support your local hedgehogs or learn how to garden for bats.
<https://www.wildaboutgardens.org.uk/>



For getting your garden just right to enjoy the upcoming summer check out the RHS family gardening site form advice on what easy to grow plants for kids to making a bee hotel it is full of great outdoor and offline activities
<https://www.rhs.org.uk/education-learning/gardening-children-schools/family-activities/Activities>



Finally decorate that outdoor or indoor space with tips from the Craft Council. Learn how to design your own Plant Pot Covers to give house plants a new lease of life, Up-cycled woodwork and make paper decoration for outdoors.
<https://www.craftscouncil.org.uk/what-we-do/craft-club/>



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. Have a look at the day in life videos for an idea what it is like to work for these companies on demand here.



Health, Social care, Wellbeing, Creative and Digital

<https://learnliveuk.com/my-week-of-work-tuesday/>

Health & Social Care
Royal Stoke University Hospital
NHS Somerset
Princes Trust
Sanctuary Care
Dorset NHS & Dorset CCG
Housing21
Health and Wellbeing Videos
Tony Da'Costa-Green Network Rail
Intro with Tom Hubbard Story
Meditation Tips
Mental Health Awareness
Creative & Digital
DRP Group
De Le Warr Pavillion
BBC
Into Games
DriveWorks
Burberry

Engineering, Manufacturing and Construction

<https://learnliveuk.com/my-week-of-work-wednesday/>

engineering, manufacturing and construction
Environment Agency
BAE Systems
RAF
STFC RAL Space
Toyota
AirBus
Transform
HomeServe
Crown Prosecution Service
Construction
Balfour Beatty
Morgan Sindall
Peel L&P Support
Kier
Mace
HPC

Energy & Renewables, Finance & Ebanking

<https://learnliveuk.com/my-week-of-work-thursday/>

East of England Energy Group
Anglian Water
EDF
Drax

Orsted
Network Rail
ICAEW
Accenture
Walsall Council
HSBC
Coventry Building Society
True Global investment
CapGemini
KPMG
AVS



<https://learnliveuk.com/my-week-of-work-friday/>

Environment Agency

Crown Prosecution Service

Dorset NHS & Dorset CCG

NHS Somerset

STFC RAL Space

BAE Systems

RAF

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

<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



Explore Creative Arts Therapy by [clicking here](#) and having a go at some of the therapeutic creative activities for emotional wellbeing. This website is focused on activities that you can easily do at home and explore psycho-social-emotional subjects through creative activities. These activities will enable you to be creative rather than feeling caught up in the anxiety of the current situation. Enjoy!

PSHE WITH MISS SILVER



Look at developing your wellbeing coping strategies this week. Watch the 2 videos on under the Wellbeing section (Luke's Story and The Stress Bucket Challenge) [here](#) and complete the activities as you go along.

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.



MINDFULNESS WITH MRS MCCLURE



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

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

MRS WALSH - WELFARE TECHNIQUES

This week, focus on your calming techniques, your breathing and distress tolerance with Mrs Walsh.

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

