



Enrichment Bulletin

Issue 13 - 20/07/2020

WELCOME



ENRICHMENT BULLETIN

Welcome to the final edition of the Enrichment Bulletin. We hope you have enjoyed all the activities over the last few weeks - all editions are saved on Teams so please go back and use them over summer. We hope you have the best summer - see you in September.

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,

Welcome to the final week of summer term! The end of this year has been a little different than we expected but you have all shown amazing progress and commitment through our online school system. Your positive attitude and great mindset have helped these unprecedented times seem a lot less difficult.

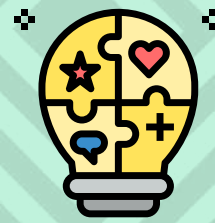
Thank you for our engagement in all our PLT competitions and twitter posts/ updates, having you there has spurred us to create great motivation and enthusiasm for you all.

Have an amazing summer you guys deserve it and stay safe.

From your PLT team :)

Enrichment

AT HOME



FANCY A TRIP?



Longleat Safari Park

The guided tour, features video footage and gives viewers the chance to still enjoy the experience of travelling through the world-famous Safari Park from their own homes. Visitors will begin their virtual journey among the giraffe and zebra of the East Africa Reserve before heading into the notorious Monkey Drive Through. The 30 minute tour also features close encounters with Longleat's big cats, including their famous lions, as well as tigers, cheetahs and wolves. Other featured species include rhinos, camels, ostriches, flamingos, vultures, and antelope
<https://www.longleat.co.uk/news/longleat-launches-virtual-safari>

MISS REDMOND'S WEEKLY NEWS



Just like in school
<https://www.longleat.co.uk/news/longleat-launches-virtual-safari>

The weekly article
'SpaceX's Crew Dragon
Successfully Delivers NASA
Astronauts To The International
Space Station!'
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: [Do schools kill creativity?](#)

Tuesday: [How to make pandemics optional, not inevitable](#)

Wednesday: [A small country with big ideas to get rid of fossil fuels](#)

Thursday: [Smash fear, learn anything](#)

Friday: [Why you should define your fears instead of your goals](#)

Weekend: [Dreams from endangered cultures](#)

TED



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 8](#). (Week 2)

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



GEOGRAPHY WITH MRS RIGBY



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 pirate's favourite country?

A: AAARRRGHentina!

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*.

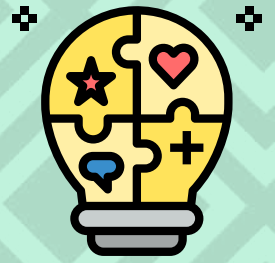
Entry deadline: Wednesday 30th September 2020

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



MUSIC TUITION

LEARN TO PLAY THE GUITAR AT PENKETH HIGH SCHOOL



At Penketh High School you have a fantastic opportunity to learn to play the guitar.

Lessons take place during the school day and are either 20mins (£10) or 30mins (£15) duration.

If you would like me to contact you to discuss the possibility of lessons, please email Mr Jackson.

Mark.Jackson.jacko335@virginmedia.com

RAY KELLY'S

PIANO LESSONS

AVAILABLE ON ZOOM, SKYPE OR
FACETIME

20 Minute Lessons Available
£10

Contact:
07885 693 105
raykelly_@talktalk.net

A stylized illustration of piano keys, showing a row of white and black keys.

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



MR GUGGIARI - RETRO GAMES & MUSIC TECHNOLOGY

Music Technology:

Last week you looked at creating music using chrome music lab.

Use this link to explore the other music experiments on their website.

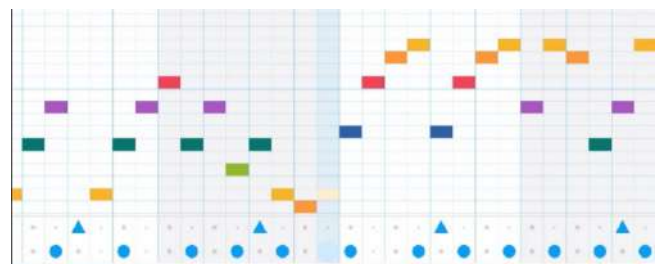
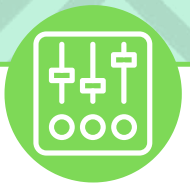
Also use this link to go back over the ableton 'learning music' program!

Retro Games Club:

Retro Games

Use the link above to explore a few retro games that were all huge classics! Compete to get the highest score between your friends.

You can tweet your scores to me @MrGuggiari



ARCADE

Library

ENRICHMENT AT HOME

Mrs Mollat



Summer Reading Suggestions

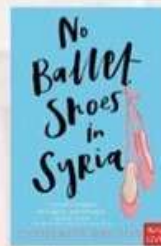
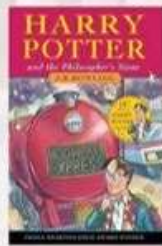
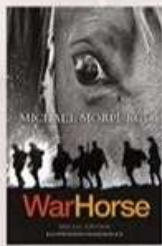
Get Reading!



These books cover a wide range of ages and reading levels.

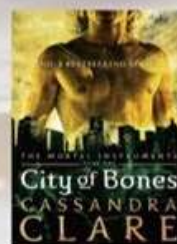
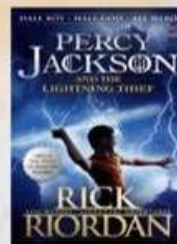
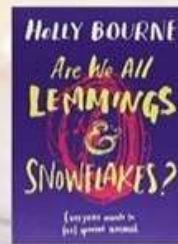
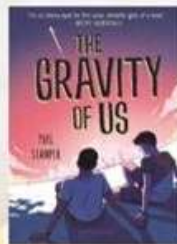
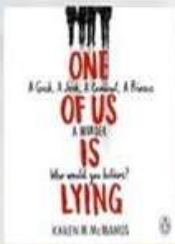
We suggest you google/research these books before purchasing.

Disclaimer: Some of these books contain mature themes, topics and content



YOUNG ADULT FICTION...

Disclaimer: Some of these books contain mature themes, topics and content.



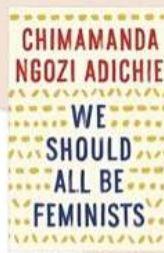
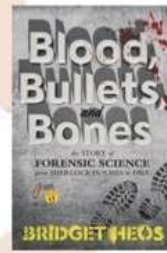
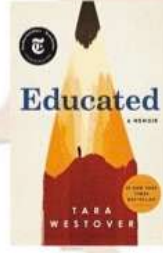
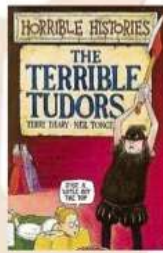
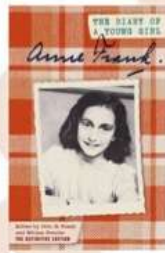
Library

ENRICHMENT AT HOME



NON-FICTION TEXTS...

Disclaimer: Some of these books contain mature themes, topics and content.



Reading Apps



Download an array of books – some are FREE! Read and listen anytime, anyplace on mobile or tablet/iPad.



Record the books you've read, currently reading and want to read! Join other book lovers all around the world.



Borrow books online from your local library by using your library card number and the BorrowBox app!



Google Play Books

eBooks available for download here



Get it on Apple Books



Library

ENRICHMENT AT HOME



CLASSICS...

Disclaimer: Some of these books contain mature themes, topics and content.



SPORTS FOCUS...

Disclaimer: Some of these books contain mature themes, topics and content.



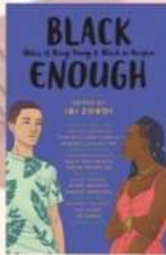
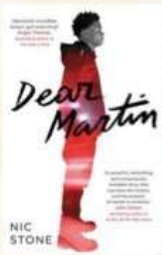
Library

ENRICHMENT AT HOME



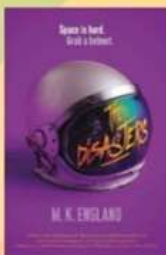
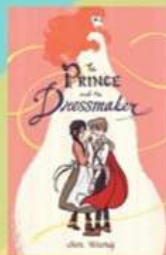
BAME AUTHORS/CHARACTERS...

Disclaimer: Some of these books contain mature themes, topics and content.



LGBTQI+ READS...

Disclaimer: Some of these books contain mature themes, topics and content.





SCIENCE WITH DR GARDNER

Summer of Science

I have compiled a list of documentaries, films and programmes on science that you could watch over Summer.

BBC iPlayer

Forces of Nature with Brian Cox

Professor Brian Cox combines some of the most spectacular sights on Earth with our deepest understanding of the universe to reveal how the planet's beauty is created by just a handful of forces. Four episodes with each 1 hour long.

The Planets

Professor Brian Cox explores the dramatic lives of the eight majestic planets/worlds that make up our solar system. Five episodes with each 1 hour long.

Dynasties

Five extraordinary animals, each in a heroic struggle against rivals and against the forces of nature, fighting for their own survival and for the future of their dynasties. Five episodes with each 1 hour long.

Netflix (Subscription)

Mercury 13

"If we're going to send a human being to space, we should send the one most qualified." Mercury 13 tells the remarkable true story of the women who fought for their place in the stars. 1 hour 20 minutes.

Apollo 11

Using newly unearthed film footage and audio recordings, this documentary goes deep behind the scenes of Apollo 11's historic 1969 landing on the moon. 1 hour 32 minutes

Our Planet

Witness the planet's breathtaking diversity – from seabirds carpet-bombing the ocean to wildebeests eluding the wild dogs of the Serengeti. Eight episodes up to 50 minutes long

Disney + (Subscription)

One Strange Rock

One Strange Rock reveals the magical twists of fate that have allowed life to thrive only on Earth. This is a story told by the only people to have left it behind – astronauts. Ten episodes hosted by Will Smith.

The World According to Jeff Goldblum

In each episode of this new 12-part series, Jeff Goldblum pulls on the thread of a deceptively familiar object to unravel a world of astonishing connections and fascinating science and history.

Many more National Geographic documentaries, films and programmes are available to watch on Disney +.



KEEP ACTIVE WITH MISS FLEMING

Staying Active This Summer

Day 1	Day 2	Day 3	Day 4	Day 5
4 min walk 1 min run repeat 3 times	4 min walk 1 min run repeat 4 times	2 min walk 2 min run repeat 2 times	15 min walk	1 min walk 10 sec sprint repeat 5 times
Day 6	Day 7	Day 8	Day 9	Day 10
2 min walk 2 min run repeat 3 times	3 min walk 2 min run repeat 3 times	15 min walk	2 min walk 2 min run repeat 4 times	2 min walk 10 sec sprint repeat 5 times
Day 11	Day 12	Day 13	Day 14	Day 15
5 min walk 2 min run repeat 4 times	15 min walk	2 min walk 3 min run repeat 3 times	2 min walk 2 min run repeat 4 times	2 min walk 20 sec sprint repeat 5 times
Day 16	Day 17	Day 18	Day 19	Day 20
15 min walk	3 min walk 3 min run repeat 4 times	2 min walk 3 min run repeat 4 times	3 min walk 3 min run repeat 5 times	15 min walk
Day 21	Day 22	Day 23	Day 24	Day 25
1 min walk 1 min run repeat 5 times	1 min walk 2 min run repeat 3 times	1 min walk 3 min run repeat 3 times	15 min walk	2 min walk 25 sec sprint repeat 5 times
Day 26	Day 27	Day 28	Day 29	Day 30
1 min walk 4 min run repeat 3 times	2 min walk 4 min run repeat 4 times	15 min walk	2 min walk 5 min run repeat 5 times	1 min walk 5 min run repeat 6 times

MANDARIN CHINESE CALLIGRAPHY WITH MISS SILVER



Browse through some of the lessons on this [YouTube channel](#) to expand your knowledge of Mandarin Chinese even further.

You can also practice all of the techniques on our own [youtube channel](#) here.

You could carry on working through these during the Summer holidays if you wish!

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

ALTOSTOOD

CURTPULSE

RUDETAPER

Answers from last week

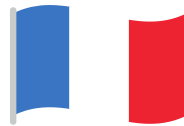
MIGHTNOSE - Something

STUBREDID - Disturbed

ELECTRANG - Rectangle



COFFEE BREAK LANGUAGES WITH THE MFL TEAM



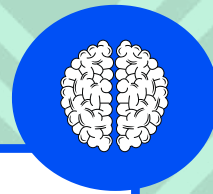
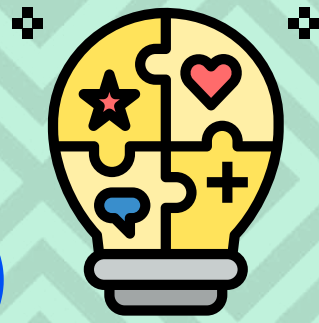
Food From Around the World with the MFL Team

Grab a brew, a biscuit and check out the link to food specialities from around the world . You could always try making some of these or let us know which you think the strangest food speciality is.

Would you be brave enough to eat it?
Enjoy!!!



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



MENSA BRAIN TEASER

A fire engine travels eight miles to a fire at a speed of 55 mph. It started its journey with 500 gallons of water but its tank has been leaking throughout the journey at a rate of 25 gallons per hour. If the fire engine uses 495 gallons of water to put out the fire, how many gallons does it have left over?

Answer for last week:

For St. Valentine's Day, Dawn receives a necklace from William, Luca receives aftershave from Claire, Doff receives flowers from Francis and Jane receives earrings from Neil. Does Marc receive wine or chocolates and are they from Rana or Anna?
 Chocolates from Rana. The last letter of the recipient's name matches the initial of the gift. The penultimate letter of the recipient's name matches the initial of their partner.

THIS WEEK'S RIDDLE

There is a rooster sitting on top of a barn. If it laid an egg, which way would it roll?"

Answer for last week
 What's really easy to get into, and hard to get out of?
 TROUBLE!!



Have a go at this weeks Sudoku challenge:

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

Last weeks suduko answers:

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

Thoroughly wash your hands before starting

Take care when using the oven and hob they will become VERY HOT- use oven gloves to put the cakes in

and take out of the oven. Do not touch the icing bowl until it has cooled down,

MAKE SURE AN ADULT HELPS OR SUPERVISES ESPECIALLY WHEN MAKING THE ICING

Mary Berry's Chocolate Fudge Cake

Ingredients for the cake

50g cocoa powder
6 tbsp boiling water
175 self-raising flour
1 tsp (rounded) baking powder
275g caster sugar
100g softened butter
3 eggs (large)
50ml milk

For the icing:

3 tbsp apricot jam
150g plain chocolate
50ml double cream

Strawberries or raspberries to decorate - the recipes uses smarties but we are using the healthier option!!

Method

Preheat your oven to 180C/160C Fan /350F. Grease 2 x 20cm (8 inch) round cake tins, and line the bases with baking paper. We usually draw round the base with a pencil onto the paper and cut it out from there.

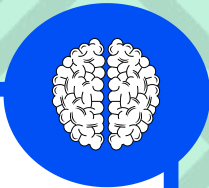
1. Place boiling water in mixing bowl and add the coca power, stir well.
2. Add the rest of the cake ingredients to the bowl and mix well.
3. Divide the cake mixture evenly between the 2 cake tins.
4. Place in oven and bake for approx 25 mins. They're ready when they have risen, and if you gently press the top of the cakes down with your finger they should spring back.
5. While the cakes are baking, make the icing. Break the chocolate into pieces and pop them in a heatproof bowl.
6. Add the cream. Put the bowl over a pan of simmering water and leave the chocolate to melt into the cream, stirring occasionally
7. Once the chocolate has melted completely, leave it to cool and thicken. It's ready to use when almost set.
8. Warm the apricot jam and spread it over the top of one of your cakes.
9. Spread half the chocolate icing on top of the apricot then sandwich the two cakes together.
10. Spread the remaining chocolate icing on top, and decorate with strawberries or raspberries.

This recipe is a shortened down version, you can follow the link below to see the actual recipe.

The recipe uses smarties to decorate the cake not fruit!

<https://www.cookingwithmykids.co.uk/chocolate-fudge-cake/>





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's Makaton lesson is 'Days of the Week'

Learn how to say Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday.

<https://www.youtube.com/watch?v=bYIQWWpZm08>

With this edition being the last one for a few weeks we've also included the whole alphabet again in case you missed it in previous weeks

BRITISH SIGN LANGUAGE - FINGERSPELLING





ORIGAMI

This page has been specially requested by a member of the Science Department!

As mentioned in earlier additions Origami helps develop hand-eye coordination, fine motor skills and mental concentration. Use of the hands directly stimulates areas of the brain. ... Paper folding challenges us at the cognitive level as we follow instructions, learning new skills and activities.

This is for you Mr Fone - let's see if our pupils folding skills are more advanced than yours!!

Dinosaur Pterodactyl



[https://www.youtube.com/watch?v= X6A2ogLkDM](https://www.youtube.com/watch?v=X6A2ogLkDM)

Don't forget to email you creations to

amcnally@penketh.warrington.sch.uk



LEGO

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: Now that summer is here let's try and create our own summer holiday scene and then make it out of lego?





STEM CHALLENGES WITH MR FONE



Build the most awesome paper plane

TASK 10 -

Your Problem:

Every year at Penketh High School we have a competition during Science and Engineering week for learners to design and build the best paper plane. We take the winner as the one that can fly the furthest. However, because of all the disruption this year, we never actually got around to it. So, with the summer holidays fast approaching, I thought I would leave it with you as your final task this year.

Your Task: Design and build a paper plane that will be able to fly the furthest.

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 judge other people?
- Is it ever OK to ban certain books?
- Do guns hurt more people than they protect?

Spark

ENRICHMENT AT HOME



Virtual Maker Space

This summer, don't let being at home stop you from accessing your Makerspace! Watch the video below and then head over to the SPARK section of the Enrichment files on Teams for links to some cool activities that you can do at home.

Tweet pictures of your Virtual Makerspace activities to @SPARKPenketh!



The banner features the SPARK logo with a lightning bolt in the letter 'R' and 'AT PENKETH' below it. The text 'Virtual MakerSpace' is in blue and 'Welcome!' is in green. Below this, it says 'Look through the presentation and click on any link to go explore any of the activities you like'. The banner is decorated with a yellow flower, a yellow sun, a pink character, and various plants.

SPARK
AT PENKETH

Virtual MakerSpace
Welcome!

Look through the presentation
and click on any link to go explore any
of the activities you like



MR MUSGROVE - CAREERS

Make sure you have completed your cluster choice. Deadline was last Friday but there is still time to complete the form if you haven't already. Use this time to have a look through the information on your cluster sheet. All the details are on your Year group teams in the careers channel.

Have a look at higher horizons <https://higherhorizons.co.uk/students/> for a wealth information about your choices. Watch this video from the National careers service explaining all your options when you leave school. https://www.youtube.com/watch?v=f_xAQNni4pA&feature=youtu.be

There is also still a wealth of information and insights into the world of work with loads of videos explaining what it is like to work in certain sectors so please do check it out over the summer <https://learnliveuk.com/my-week-of-work/>

Monday 3rd August there is a really important day explaining choices and options once you leave school. Especially important for Y11 and Y10. <https://learnliveuk.com/the-careers-enterprise-company-my-choices/>

CLUSTERS

FUTURES
PENKETH HIGH SCHOOL

TCAT

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.

- Prescote
- Crosson
- Rivetside
- Warrington Vale Royal
- Burton Hall College
- St Helen's College
- Sir John Deane's
- Beakehead College
- Carron College
- Macclesfield College

UCAS has all the universities and courses for you to search <https://www.ucas.com/explorers>

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



MRS SMITH - WELLBEING



Mrs Smith is giving you a 14 day home challenge! Activities include a Happiness Challenge and Mandala Wishes.

Find the instructions in the Wellbeing folder in the Enrichment file on Teams.

PSHE WITH MISS SILVER



"The true sign of intelligence is not knowledge but imagination" (Albert Einstein)

Do you have an innovative mind? InvestIN is calling upon students aged 12-18 to enter The Young Innovators Challenge.

Find out more information on how to enter in the PSHE folder in the Enrichment file on Teams.

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. This week, Mrs Thompson has provided a Summer Online Challenge for you and your families.

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, Mrs Walsh has provided some information about calming and some grounding tips. She has also provided some information about Cognitive Brain Therapy (CBT). Resources can be found on Teams under 'Welfare Techniques'.

