



Enrichment Bulletin

Issue 12 - 13/07/2020

WELCOME



ENRICHMENT BULLETIN

Make sure you enter this years TCAT Sports day - the deadline is this Wednesday - more information can be found on this link https://penkethhigh-my.sharepoint.com/:p:/g/personal/stpinderr1_penketh_warrington_sch_uk/Efcgtel2EixJn-vfj24OidUBHfA4RIFHHSsgf1eZLbqHgQ?e=2wscIK

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, as we head into our last week of this year, we want to congratulate you all on the progress you've made and the hard work you've put in these unprecedented times. We understand that it's not been easy but you've all really impressed us and we are all extremely proud. Make sure you check out the positivity newspaper this week and keep an eye on our twitter for some final week motivation. Over summer we will still be engaging via our twitter page and Microsoft teams, let us know if there's anything in particular you'd like to see from us while you're not engaging with specific schoolwork. Quick reminder that this week we have a special live broadcast from the Jamin Podcast team which you are all welcome to join and we can't wait to see you there! Check out your year group teams and our twitter feed for more info. As we've said, you've done amazing over this lockdown period and we can't wait to see you all in September, enjoy your well-deserved summer and stay safe.

From your PLT team :)

Enrichment

AT HOME



FANCY A TRIP?

International Space Station

Expedition 33 Commander Suni Williams floats through the International Space Station and gives those of us stuck on Earth a tour of the laboratories, observation deck, the crew's sleep quarters and more. It's fascinating to see our planet down below from the observation deck and to find out what life is really like on the station.

https://www.nasa.gov/mission_pages/station/main/suni_iss_tour.html

MISS REDMOND'S WEEKLY NEWS

Just like in school ...

The weekly article

'The Sahara Desert Was Once Home To Earth's Most Vicious Dinosaurs!'

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: [How language shapes the way we think](#)

Tuesday: [Get comfortable with being uncomfortable](#)

Wednesday: [The weird history of the "sex chromosomes"](#)

Thursday: [How to spot a liar](#)

Friday: [What makes a good life? Lessons from the longest study on happiness](#)

Weekend: [How Amazon, Apple, Facebook and Google manipulate our emotions](#)



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 1)

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

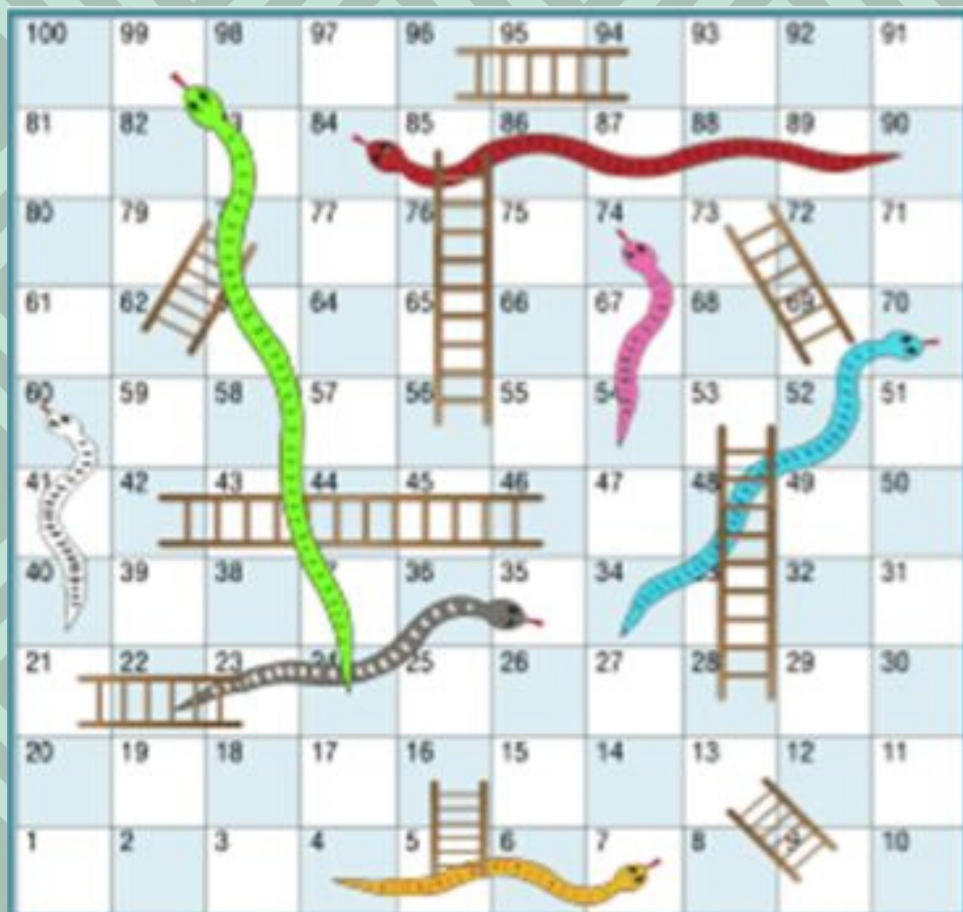


GEOGRAPHY WITH MRS RIGBY



Hi everyone. I love a good snakes and ladders game.

Why not try printing out the one below, or making one, and put in your own ideas. If you land on a ladder, it is a good thing, so you go up E.G. the rainforest is being saved.



If you land on a snake, you go down. E.G. There was an oil spill

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

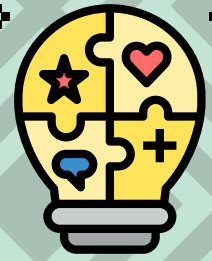


All winners and entries judged as Highly Commended will receive a copy of Longman's Student Atlas from the Geographical Association and a certificate. Prize winning photographs will feature on the Geographical Association website and in *GA Magazine*.

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>



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, with white keys on top and black keys on the bottom.

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

MRS JONES

DOODLE

A fun and imaginative way to draw! Everybody likes to doodle. An artist such as Jon Burgerman creates doodles based on different characters such as hot dogs, rabbits and more. All you will need is paper, a pencil or a pen. Please watch this video on Doodle Art and Doodle Expressions



Creative Arts

ENRICHMENT AT HOME



MISS JENKINS AND MISS SLAVIN

Toilet Roll Art

Have a go at creating a beautiful piece of artwork using toilet roll cardboard inners. Watch the videos for inspiration.



Video 1



Video 2



Video 3



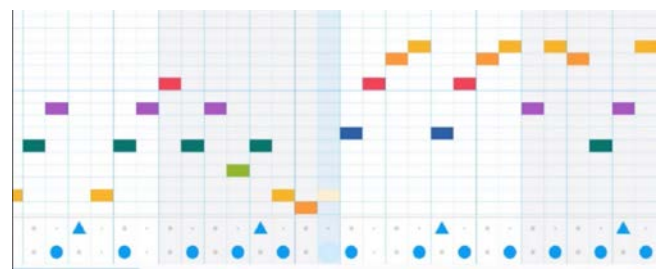
Video 4

MR GUGGIARI - RETRO GAMES & MUSIC TECHNOLOGY



Music Technology:

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



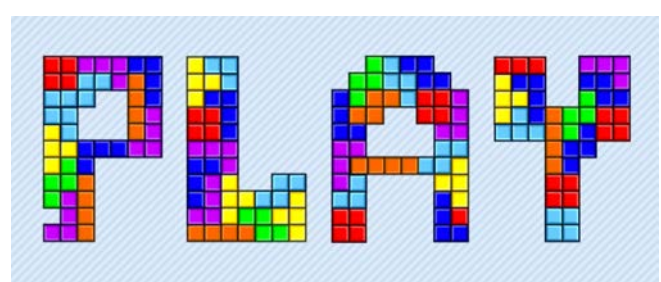
Use this link to explore the other music experimtns on their website.

Send any of your tunes to the TEAM group by clicking 'save, download as wav' if using music lab.

Retro Games Club:

TETRIS

Use the link above or click the picture to play the classic Tetris.



You can tweet your scores to me @MrGuggiari

Library

ENRICHMENT AT HOME

Mrs Mollat



Summer Reading Suggestions

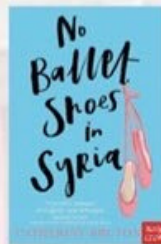
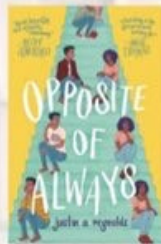
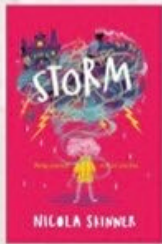
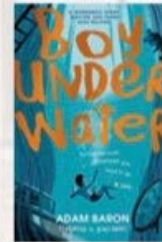
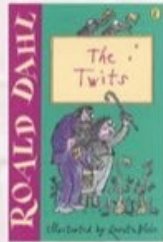
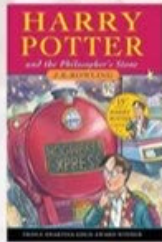
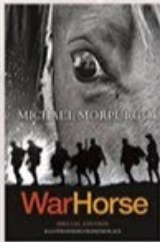
Get Reading!



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

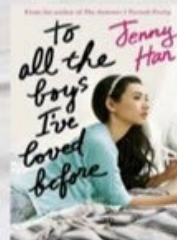
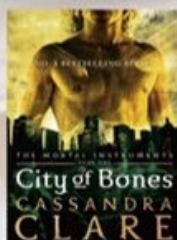
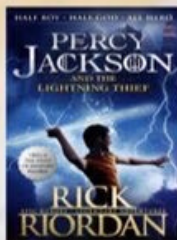
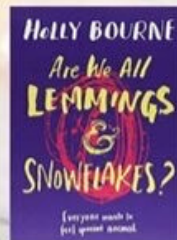
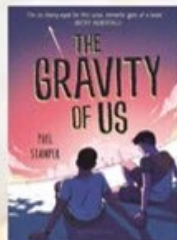
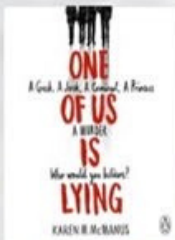
We suggest you google/research these books before purchasing.

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



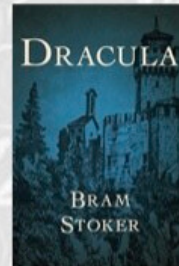
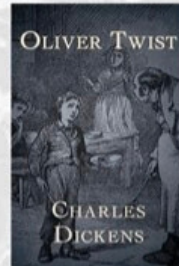
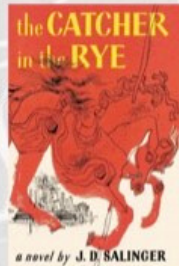
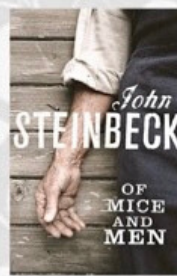
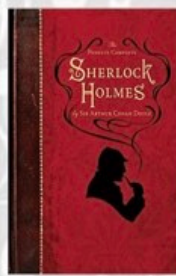
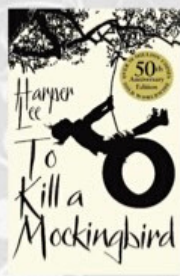
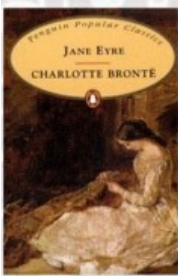
Library

ENRICHMENT AT HOME



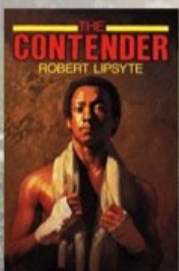
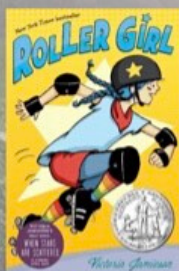
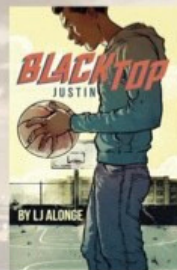
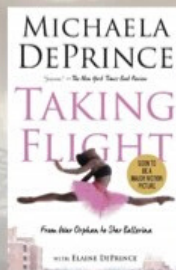
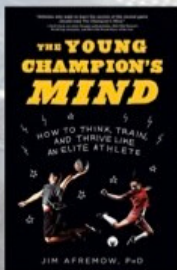
CLASSICS...

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



SPORTS FOCUS...

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



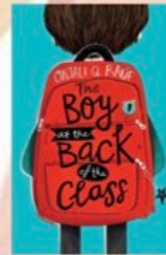
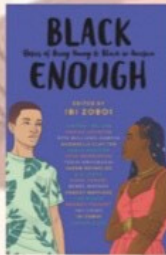
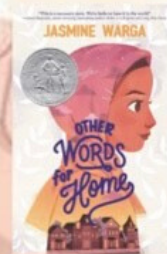
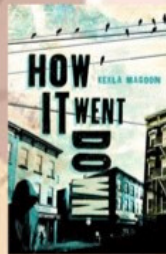
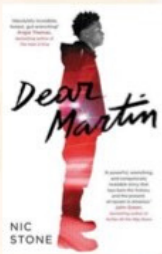
Library

ENRICHMENT AT HOME



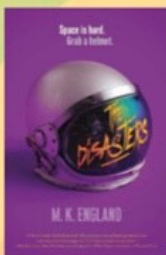
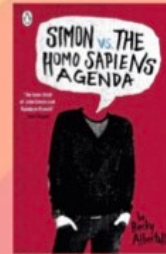
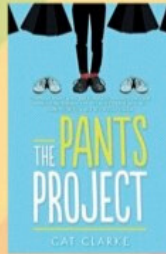
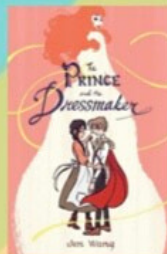
BAME AUTHORS/CHARACTERS...

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

The Royal Society have an online #SummerScience Exhibition taking place from 13-17 July. This features quizzes, talks and videos premiering online and completely free of charge on the Royal Society website and their YouTube Channel. Find out more [here](#).



You can find details of the whole programme for each day [here](#).

Below are some highlights that might interest you. Watch all of these live on the [Royal Society YouTube channel](#).

Monday 13th July 6-7pm

Join our big family-friendly online quiz evening with a host of special guests and Fellows of the Royal Society pitching questions on their favourite topics. With rounds on movies, space, the elements and more, get your team together, grab a pen and paper and go for quiz glory. [Further details here](#).

Tuesday 14th July 12.30pm – 12.45pm

The secret mind of pets - Answer the much-pondered question “what is my pet thinking?” with Professor Anna Wilkinson.

Friday 17th July

There are a number of presentations today that link to the Year 7 and 8 Space topic, but also of general interest for anyone else:

10.15am – 10.45am: Session about living on the moon.

11.30am – 12 noon: Session entitled “A message from afar” about detecting waves from space.

12.30pm – 12.45pm: Join astrophysicist Professor Giovanna Tinetti as she explores the exotic planets orbiting other stars. With almost 4,000 exoplanets being discovered in the past 20 years alone, there is still lots to be learned.

2pm – 4pm: What are black holes? Are we alone in the Universe? How do rockets work? This is your chance to quiz our collection of space experts in this live Q&A. We'll be joined by previous exhibitors from across the years to help us explore the answers to some of the biggest questions about the Universe.

Take part on our YouTube livestream and Twitter. Submit your video questions in advance using #RSAskTheSpaceXperts. [Further details here](#).



KEEP ACTIVE WITH MISS FLEMING

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

Task 1 - Mountain Climber Challenge

60 Second Challenge
Climb the Mountain

Can you keep going when you are tired?

The Physical Challenge
How many mountain climbers can you complete in 60 seconds?
Make it harder by performing a press up after you bring both legs up.
#StayHomeStayActive

Equipment
Just yourself and enough space on the floor!
Why not compete against a family member?

Achieve Gold
15 Mountain Climbers

Achieve Silver
10 Mountain Climbers

Achieve Bronze
5 Mountain Climbers

Task 2 - Tuck in and out

60 Second Challenge
Tuck In Tuck Out

Do you keep trying even when you want to give up?

The Physical Challenge
How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?
Bring your legs up to your chest and then fully extend them out.
#StayHomeStayActive

Equipment
A bench or a step
If you do not have a bench or step complete the challenge in a raised position on the floor.

Achieve Gold
15 tuck in tuck outs

Achieve Silver
10 tuck in tuck outs

Achieve Bronze
5 tuck in tuck outs

Complete P.E. | YOUTH SPORT TRUST | 25 | Believing in every child's future



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 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

MIGHTNOSE

STUBREDID

ELECTRANG

Answers from last week

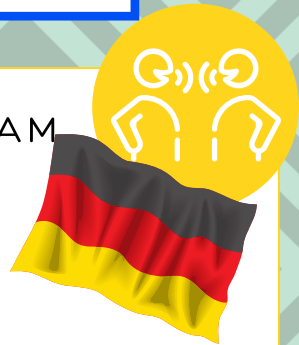
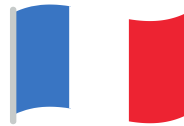
TIRESCENT - Intersect

GOALTRIAD - Gladiator

STORYDEER - Destroyer



COFFEE BREAK LANGUAGES WITH THE MFL TEAM



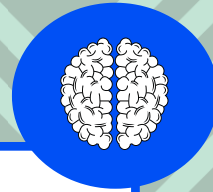
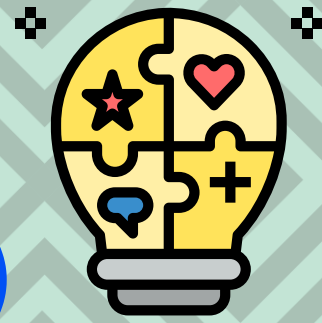
Food From Around the World with the MFL Team

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

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?

Answer for last week:

I am a fruit.
 Change one letter and I am a long narrow mark.
 Change another letter and I am dry weather.
 Change a further letter and I am a domestic appliance.
 Change one final letter and I am thin metal.
 What was I and what did I become?
 Lime, line, fine, fire, wire

THIS WEEK'S RIDDLE

What's really easy to get into, and hard to get out of?

Answer for last week
 What can you hold in your left hand and not in your right?

Your right elbow!



Have a go at this weeks Sudoku challenge:

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

Last weeks suduko answers:

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



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 grill it will become VERY HOT- use oven gloves

Be careful slicing the ingredients, remember to use the claw or bridge hold when using the knife

Muffin based Pizzas

Ingredients

Toasting Muffins

Tomato Puree

Mozzarella or Cheddar Cheese

Tomatoes

Mushrooms

Peppers



Method

Slice the muffins in half and lightly toast.

Spread each half with tomato puree.

Top with slices of cheese, tomatoes, peppers and mushrooms.

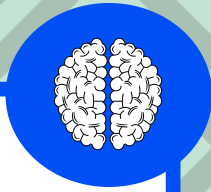


Place under a hot grill until the cheese melts.



Serve with salad items such as lettuce, tomatoes and cucumber sticks.





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 Colours

Learn how to say

"Black, blue, brown, green, grey, gold, indigo, orange, pink, purple, red, silver, violet, white, yellow."

<https://www.youtube.com/watch?v=80EC7QcPFzg>

Figures and Finance

ENRICHMENT AT HOME



FINANCE WITH MRS LEE

This week there are a number of resources that explore Consumer Rights.

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: Now that summer is here ... and hopefully some sunshine - it's the perfect time for a picnic. Can you design your own perfect picnic 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

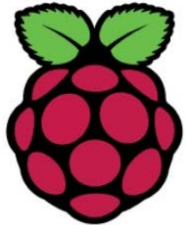
Summer Coding Camp Special



This summer brush up your code

This summer start with the Digital Making at Home from Raspberry Pi. Young people can learn about using the Sense HAT – or its emulator, use machine learning and even learn about encryption with Prof. Sue Black.

<https://www.raspberrypi.org/at-home/>



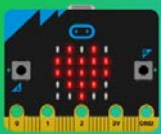
Raspberry Pi



Learn computer science. Change the world. This summer take the courses over at Code.org these short, self-paced modules for students are a great way to learn concepts that span all programming languages and tools.

<https://code.org/>

BBC micro:bit



Create | Learn | Code

Get creative, get connected, get coding!
The pocket-sized computer transforming the world

Learn at home

You don't even need a micro:bit to get coding your own digital creations, Take up a summer challenge by problem-solving activities based on the UN Global Goals for sustainable development and help out the world! Yours could make a real difference

<https://microbit.org/projects/design-challenges/>



Or go big and complete your iDEAs award over the summer to gain an award in September when you return to school. The Inspiring Digital Enterprise Award, known as iDEA, is an international programme that helps you develop and demonstrate your digital, enterprise and employability skills for free. Just log in with your school account!

<https://idea.org.uk/>



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

TCAT
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.

- Oxley
- Creaston
- Riverside
- Warrington Vale Royal
- Barrow Hall College
- St Helen's College
- Sir John Deane's
- Beaseath College
- Carmel 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



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.

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.



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. 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.



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'.

Weekly

POSITIVITY NEWSPAPER



Guy's dinosaur themed bakes!



PHS Positivity Newspaper

ISSUE 3
13/7/20



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



DINOSAUR DAY

Dinosaur Day is an annual fundraising event for the charity Contact which is ran by Guy Mathieson in year 10 in memory of his younger brother, Cameron. This year, due to the current restrictions, they have decided to take Dinosaur Day online with a dinosaur themed bake on 19th June! The idea is to bake some dinosaur themed goods and donate £5 to the charity.

More details of the event and how to be involved can be found [here](#).

Lets get as many Penketh pupils and staff involved as possible!



ACTS OF kindness

Mrs Taylor did something fantastic this week. She saw a post on social media from a residential home in Lincoln appealing for penpals for their elderly residents. She wrote a some cards to several different people and hopes that lots of other people do the same!

If you would like to write a friendly letter to one (or a few) of the residents, please send email them to zsilver@penkethhigh.org and I will send a pack from our PHS community!

THIS WEEK **269**
VIRTUAL REWARDS
POSTCARDS WERE ISSUED!

CATCHING UP WITH FAMILY & FRIENDS

Lots of us have missed seeing our family and friends during the last few months. As the national lockdown eases, we are now able to have long awaited catch ups with our loved ones. Mrs Moore was one of the lucky ones who was able to visit her Granddaughter this week who lives in Hereford!

Nominations Week

This week is nominations week for both pupils and staff - email your nominations to nominations@penkethhigh.org

"It is under the greatest adversity that there exists the greatest potential for doing good, both for oneself and others"

Dalai Lama

A quote which I feel can be related to the situation we find ourselves in at the moment. When I look at the things the world community and the communities around our local area have undertaken - the selfless acts that people are doing to help others - it makes me think of the Dalai Lama and his wise words. (Deep..but true)

Mrs Rigby