



Enrichment Bulletin

Issue 11 - 06/07/2020

WELCOME



ENRICHMENT BULLETIN

You have until Friday 10th July to complete your career cluster choice form for next academic year. You need to pick your cluster choice so we can provide more information and experiences to support decisions about your future. All the information can be found in your year group teams in the career channel to the left, if you have any questions email Mr Musgrove at imusgrove@penkethhigh.org

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 are nearly at the end of term now - let's make sure we are still working hard up until the very end of term.

"Come Dine with Penketh" - please send your entries in by Wednesday this week and the winners will be announced on Friday!

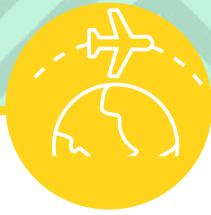
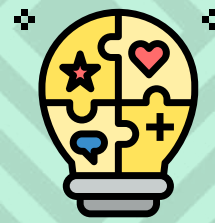
If you haven't already done so, follow us on Twitter @PHSPupil for lots of updates from us each day!

Have a good week!

From the PLT :)

Enrichment

AT HOME



FANCY A TRIP?

The Great Wall of China

See one of the wonders of the world with this amazing, thousands-year old fortification system known the world over. This virtual tour has three

options for touring the ancient structure:

Jinshaling to Simatai, watchtower, and winter.

<https://www.thechinaguide.com/destination/great-wall-of-china>

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: [What we can learn from galaxies far, far away](#)

Tuesday: [How we'll become cyborgs and extend human potential](#)

Wednesday: [This is what happens when you reply to spam email](#)

Thursday: [Our natural sleep cycle is nothing like what we do now](#)

Friday: [The surprising connection between brain injuries and crime](#)

Weekend: [How to gain control of your free time](#)

TED

MISS REDMOND'S WEEKLY NEWS

Just like in school ...

The weekly article

'Guess What? Snakes Have "Best Friends" Too!'

and

Activity PowerPoint

can be located in the Enrichment file section - 'Weekly news'



MISS CURTIES IS ...THE TASKMASTER

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

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



<https://www.ducksters.com/geography/>

Look at the link above and have a go at some of the Geography games.
See if you can test your family and friends!

The screenshot shows the Ducksters Education Site interface. At the top, five cartoon ducks are lined up above the 'DUCKSTERS Education Site' logo. Below the logo are navigation buttons for History, Biography, Geography, Science, and Games. The main content area is titled 'Geography' and includes a paragraph about the subject, a link to 'US Geography and the US States', and a link to 'geography games'. A cartoon duck character is shown holding a sign that says 'Geography'. Below this is a section titled 'Continents and Countries' with a paragraph about learning about countries and a map of Central America. On the right side, there is an advertisement for 'Geography' and a poll titled 'What is your best subject at school?' with options for Math, Reading, Writing, Science, and History. A 'Vote' button is present. At the bottom right, there is a 'kidSAFE CORP CERTIFIED' logo.

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



**PHS PERFORMER OF LOCKDOWN
WITH MISS JONES**

COMPETITION - NEW DEADLINE = 10TH JULY!!!

PHS Performer of Lockdown

Right now we are all missing being able to perform in the many concerts we would have taken part in this year...

So whilst we continue to be away from our normal performing schedule we are searching for the
'PHS Performer of Lockdown'

How do you take part?

Send a video of your performances – More than one if you like - Singing or Playing an instrument!
ajones@penketh.warrington.sch.uk or WeTransfer to the same address (for larger files)

There will be a variety of categories open to all pupils and their families- judged by staff, pupils and ex-pupils from within the performing arts field.

Categories:

- BEST YOUNG PERFORMER (YR6-YR8)
- MOST CREATIVE PERFORMANCE
- BEST FAMILY PERFORMANCE
- BEST OVERALL LOCKDOWN PERFORMER



**Penketh
High School**

Please email for further details

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

THE SHOWS MUST GO ON!

Click this link to visit 'The Shows Must Go on' website. Bringing you showtunes, backstage access and full performances from some of the best loved musicals in history!



Creative Arts

ENRICHMENT AT HOME



MUSIC TUITION

Online Drum Lessons

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



GREG ISON
07754717754
GREGROZZYISON@GMAIL.COM

RAY KELLY'S

PIANO LESSONS

AVAILABLE ON ZOOM, SKYPE OR FACETIME

20 Minute Lessons Available
£10

Contact:
07885 693 105
raykelly_@talktalk.net



Creative Arts

ENRICHMENT AT HOME



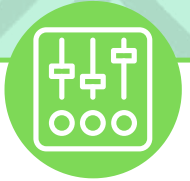
MISS JENKINS AND MISS SLAVIN

Mice Corner Bookmarks

This is a fun, creative craft activity. All you need is a piece of A4 white paper, scissors, glue and colour pens/pencils. Please watch [THIS VIDEO](#) to show you how to make one.

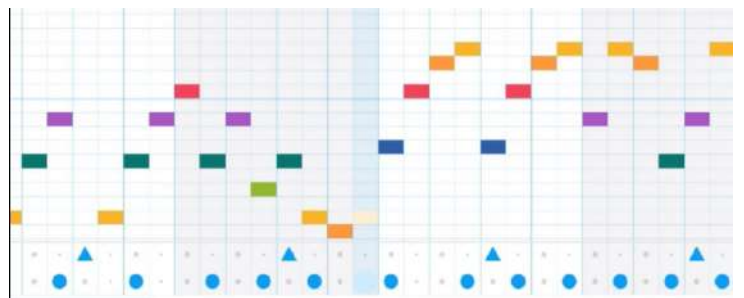


MR GUGGIARI - RETRO GAMES & MUSIC TECHNOLOGY



Music Technology:

[Click Here](#) to have a go at creating music online using google chrome music lab! Send your tunes to the TEAM group by clicking 'save, download as wav'.



Retro Games Club:

Super Mario Bros 3

Use the link above or click the picture to play one of the best (in my opinion) classic Mario games.

You can tweet your scores to me @MrGuggiari



Library

ENRICHMENT AT HOME

Mrs Mollat



Summer Reading Suggestions

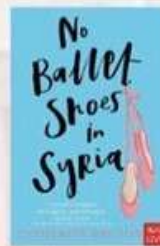
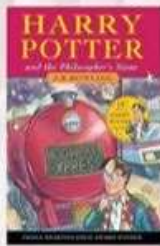
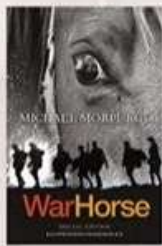
Get Reading!



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

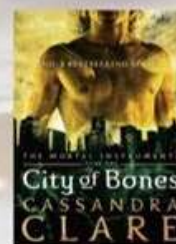
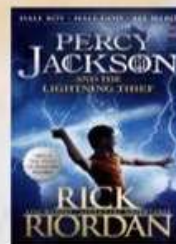
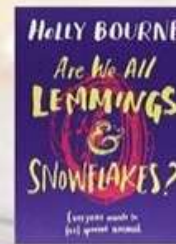
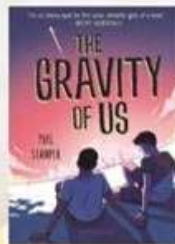
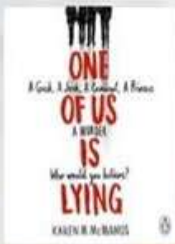
We suggest you google/research these books before purchasing.

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



YOUNG ADULT FICTION...

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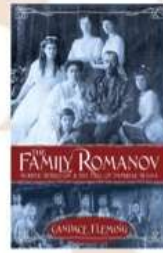
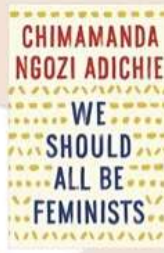
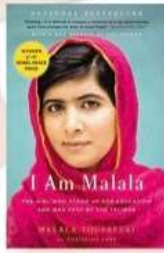
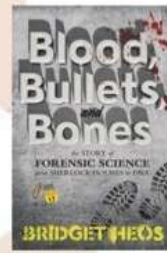
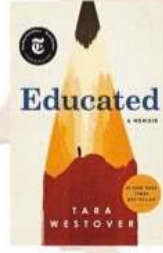
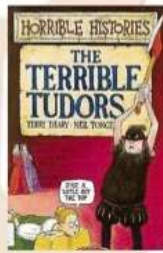
Library

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



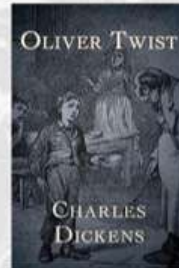
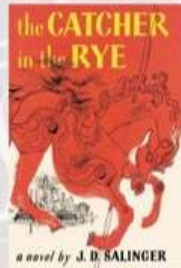
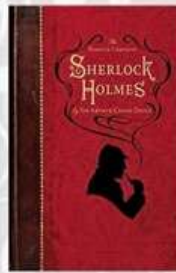
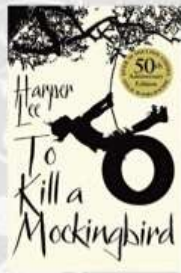
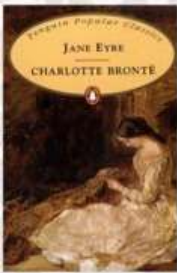
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ENRICHMENT AT HOME



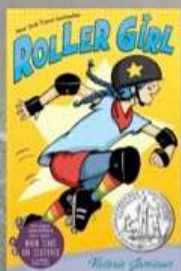
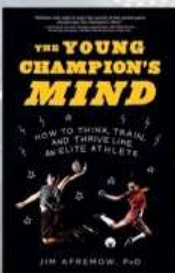
CLASSICS...

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



SPORTS FOCUS...

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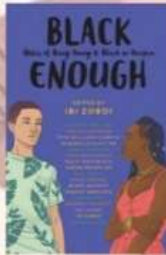
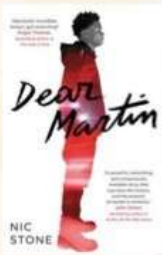
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ENRICHMENT AT HOME



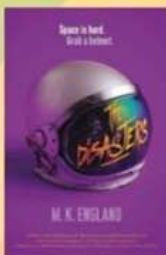
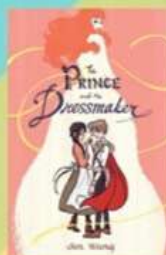
BAME AUTHORS/CHARACTERS...

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

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

One to try: As part of the Institute of Physics 'Do Try this at Home' series here is an activity looking at inertia. This is called the 'Wobbly Stick'. How long can you balance the sticks for in both cases? [Find out more here.](#)

One to watch: You may have looked at some of Oak National Academy's lessons over the past few months. They have produced weekly assemblies with one of them featuring the team from the Natural History museum in London looking at Dinosaurs. [Watch it here](#)

One to read: This week's read looks at some stories from Physics. This booklet looks at stories about waves compiling interesting stories from history as scientists looked at water waves, sound waves and different types of electromagnetic waves. [Read it here.](#)



MANDARIN CHINESE CALLIGRAPHY WITH MISS SILVER

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

[Video Here!](#)

Share your practice with Miss Silver!



SPORTS DAY!

Daily videos posted each day Monday - Friday!

Sports Day this year is going to be slightly different as you will be competing at home in a series of challenges across the week against other schools in the TCAT academy trust.

The events start on Monday 6th July and you will have the full week to complete all 10 challenges.

Watch the instructional videos that have been made by staff so you know exactly what you need to do for each event!

Once you have completed all the challenges there is a link on the PowerPoint to complete your scores on Google Forms.

The top 3 pupils in each year group will receive a certificate and their will be prizes for pupils who submit their videos to our twitter page @PenkethHighPE

We would like everybody to get involved so look out for more information in your form/year group TEAM on Monday.

Good luck!!

TCAT THE CHALLENGE ACADEMY TRUST

YOUR SCHOOL NEEDS YOU

Bearmont High School | Bridgewater High School | PENKETH HIGH SCHOOL | SIR THOMAS BOTTLER CHURCH OF ENGLAND HIGH SCHOOL | PADGATE ACADEMY

TCAT VIRTUAL SPORTS DAY

6TH - 10TH JULY

FURTHER DETAILS COMING SOON

WWW.TCAT.UK.COM

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

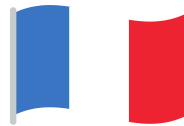
TIRESCENT - Intersect

GOALTRIAD - Gladiator

STORYDEER - Destroyer



COFFEE BREAK LANGUAGES WITH THE MFL TEAM



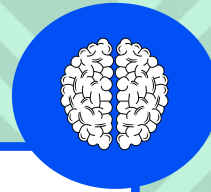
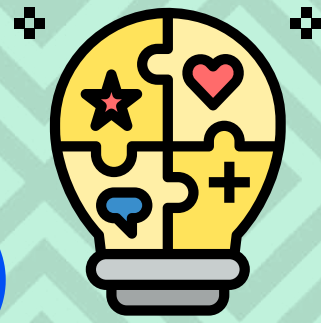
Food From Around the World with the MFL Team

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

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?

Answer for last week:

In a wallet you have £7.37.

It is made up of four different denominations of coins and the largest denomination is 50p. There is exactly the same number of each coin.

How many of each coin is there and what are their values?

11 each of 2p, 5p, 10p, 50p

THIS WEEK'S RIDDLE

What can you hold in your left hand and not in your right?

Answer for last week
 What goes up but never comes back down?
 Your Age!!



Have a go at this weeks Sudoku challenge:

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

Last weeks suduko answers:

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



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 frying pan it will become VERY HOT

Scrambled Eggs on Toast



Scrambled eggs are one of the most popular ways to serve eggs for breakfast - particularly on lazy Sunday mornings.

Now you can discover the secret to serving perfectly cooked scrambled eggs every time!!

Watch this link below and it will show you how to do it first. I've changed the recipe slightly but if you want to follow the recipe on the link that's fine

<https://www.kidspot.com.au/kitchen/recipes/scrambled-eggs/me2qrrby>

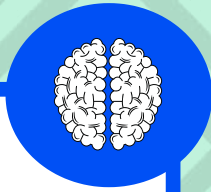
Ingredients

- 2 medium sized eggs
- 1 Tablespoon of milk
- pinch salt
- 1 teaspoon butter

Method

1. Whisk eggs, milk and salt until light and fluffy. Heat a non-stick frying pan over medium heat and melt the butter.
2. Pour in egg mixture and allow to cook for about 20 seconds until the edges are starting to set.
3. Use a wooden spoon to push the egg on the outside into the middle all the way around the pan.
4. Cook for another 20 seconds, repeat the 'pushing' motion.
5. The eggs will be almost set, remove from heat.
6. The eggs will continue to cook as you deal with toast and cutlery.
7. Serve eggs with hot buttered toast and a smile!

Quick Tip - Put the bread in the toaster just before you pour the eggs into the frying pan - it should pop out just as the eggs are ready!



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 about Greetings

Learn how to say the following
Good Afternoon, Goodbye, Good Morning, Good Night, Hello, How are you?, Nice to meet you and Welcome

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

Figures and Finance

ENRICHMENT AT HOME



FINANCE WITH MRS LEE

This week there are a number of resources that explore how to keep your finances safe .

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



MISS TAYLOR'S MATHS CHALLENGE

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

Last weeks answers:

[Easy Challenge](#)

[Hard Challenge](#)

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

[Easy Challenge](#)

[Hard Challenge](#)

Make sure you tweet your answers @PHSenrichment



Lego Challenge!

ENRICHMENT AT HOME



LEGO BY MISS WISDELL

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

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

Email: EWisdell@penkethhigh.org

Twitter: @PHSenrichment

Challenge: We've all been sat at our desks and our computers a lot more over the past few weeks. Have you managed to keep your desk tidy? Why don't you try building a desk tidy out of Lego? You could even make a stand for your phone or iPad! I can't wait to see what you come up with!



STEM CHALLENGES WITH MR FONE



Inclusive Toothbrush

TASK 10 -

Your Problem:

Ethel (82) has arthritis and this means her joints (in particular in her hands) are weakened. She suffers from joint pain and stiffness (especially at the beginning and end of the day). This typically will be when she brushes her teeth. She has a reduced range of motions and this affects her joints and can often lead to swelling.

Your Task:

You need to research the problem, look at existing products, produce a range of sketches, develop these, and model a solution for Ethel to use.

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:

- Do you make your own luck?
- Do humans need religion?
- Does it matter who you love?

Spark

ENRICHMENT AT HOME

Citizen Science Special



This week contribute to real science !!

First up iNaturalist helps you identify the plants and animals around you. Get connected with a community of over 400,000 scientists and naturalists who can help you learn more about nature! What's more, by recording and sharing your observations, you'll create research quality data for scientists working to better understand and protect nature. Take a picture and upload it. download from the app store or sign up here:

<https://www.inaturalist.org/>



Discover what lies beneath your feet and help us to build a community dataset by submitting your own soil information. for the British Geological Society. Add information to mySoil by uploading your own soil description, pH, texture and photos.

from your garden or anywhere in your local area. For all you environmentalists there is an App for your phone or sign up here:

<https://www.bgs.ac.uk/mysoil/>



Contribute to a world-wide citizen science project and Find out exactly how bad the light pollution is. The Loss of the Night app turns your eyes into a light meter, allowing you to become a citizen scientist and report how bright the night sky is where you live! GLOBE at Night project takes your data and you can see it on a map, check how accurate your measurement was, track changes over time, and compare it to other observations from around the world at <http://www.myskyatnight.com>. Download the app or check out the website here.

<https://scistarter.org/loss-of-the-night>

ZOONIVERSE

Can't see a project you like then check out all the citizen science projects over at Zooniverse the world's largest and most popular platform for people-powered research. Pick one and contribute to real science !

<https://www.zooniverse.org/projects>



MR MUSGROVE - CAREERS

Deadline is this Friday ! You need to select which career cluster you would like to be in for next year! The below document is saved in Teams in the Enrichment channel and the seperate Careers channel. Click on the Cluster and it will direct you to more information about that cluster. I will be sending more information out via Teams. Any questions please just let me know.

CLUSTERS





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

CLUSTERS

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

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

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



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

COLLEGE/UNI COURSES

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

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







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

ANY QUESTIONS?

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

Well being

ENRICHMENT AT HOME



PSHE WITH MISS SILVER

"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.

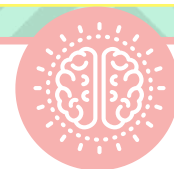
Find out more information on how to enter in the PSHE folder in the Enrichment file on Teams.



MRS SMITH - WELLBEING

Mrs Smith is tasking you with a 14 day photo challenge this week!

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. Mrs Thompson is focusing on gaming this week.

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



MRS WALSH - WELFARE TECHNIQUES

This week, focus on your calming techniques, your breathing and behaviour with Mrs Walsh. Also look at creating a "stress bucket". Resources can be found on Teams under 'Welfare Techniques'.

Weekly



POSITIVITY NEWSPAPER

PHS Positivity Newspaper

ISSUE 2
6/7/20



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

Mrs Thompson's

RUN FOR CHARITY

Mrs Thompson is taking part in the "run for Dementia" this month and she will be running between 50-100 miles in 30 days. So far, she has ran 44 miles with 11 days left to go! She has already hit her fundraising target due to the generosity of her family and friends!

Well done, Miss! This is a fantastic thing to do!

"Be kind whenever possible. It is always possible."

Dalai Lama

This is a quote which i feel we should always live by. The simple act of smiling or being kind to someone- could be the only human contact that person has had in a day. You could make their day by one simple gesture. Why not try do one random act of kindness a day? Wash up, hang the washing out, phone a lonely relative, help a neighbour.....Kindness has been shown in recent months- with the thousands of volunteers across the world who have helped those in need. Lets try and continue with this.....Mrs Rigby

THIS WEEK, THE

3000th

VIRTUAL REWARDS
POSTCARDS WAS ISSUED!
IT WAS RECEIVED BY
CHARLIE [REDACTED] IN Y8!
WELL DONE!

WELL DONE

Amy [REDACTED]

Year 9

Amy would like to thank all of her teacher's for helping her to achieve her Gold award for the third time!

MRS MOORE'S HAPPY NEWS

Mrs Moore was able to catch up with her best friend this week for the first time since lockdown. They met at primary school and have been best friends for over 40 years!

Weekly



POSITIVITY NEWSPAPER

PHS Positivity Newspaper

ISSUE 2
6/7/20

Special Edition



June is officially Pride month, but as June turns into July these later Summer months are often when the colourful carnival atmosphere of Pride parades take place in our local towns and cities. This year there won't be any parades or celebrations, but that does not mean our lives need to lack colour, or compassion. Pride is a chance for the LGBTQI+ community to raise awareness of issues that affect them; campaign for equality and celebrate LGBTQI+ life and the diversity of society. If you are not directly a part of the LGBTQI+ community your support of Pride events is even more important. Your position as an ally to the LGBTQI+ community is vital - you can still celebrate; raise awareness and stamp out intolerance.

Pride month originated as a commemoration of the riots that happened in New York in 1969 when the LGBTQI+ community refused to put up with the police raids and harassment anymore. Pride events are chances to recognise people are different; recognise LGBTQI+ lives are just as worthy as others and to allow people to signal their support of difference. Let's celebrate the positivity that having a diverse community brings!

*BIG SHOUT OUT TO ASHURST & HER NEW PRIDE WATCH

