

Penwortham Post



April 2019



Penwortham Girls' High School

Penwortham Girls' High School is Top of the Class!

Penwortham Girls' High School has cause for celebration, after achieving the top spot for the third consecutive year as the highest scoring, non-selective comprehensive school in Lancashire on the recent government Progress 8 measure.

This measure records how much progress a student has made across eight subject areas from the end of Key Stage 2 to the end of Key Stage 4, compared to children nationally. Progress 8 is recognised as the most accurate benchmark measure for assessing school performance and ensuring student progress between Year 6 and Year 11.

The Progress 8 score of +0.56 compared to the average score of 0 across the country, indicates that our girls achieved, on average, half a grade higher across their eight GCSE subjects than their peers of the same ability. This progress score also places Penwortham Girls' High School in the top 6% of schools nationally.

Headteacher, Karen Pomeroy, praised the hard work of students and staff following the publication of the latest Government school league tables last week.

'We are thrilled to have all the hard work by girls, parents and teachers recognised in this way. We have a wonderful supportive ethos in our approach to supporting girls to achieve their full potential.'

You can check and compare school scores across the country at the website below:

<https://www.compare-school-performance.service.gov.uk>

Below is also a link to a recent article in the Lancashire Evening Post about Penwortham Girls' High School.

www.lep.co.uk/news/penwortham-girl-s-high-school-is-top-of-the-class-1-9553072

Mrs Sharon Hall, Deputy Headteacher



Welcome to the Spring edition of the Penwortham Post.



As I write, 41 of our students are in Berlin on a History trip and 60 students will be embarking on their practice expedition for their Bronze Duke of Edinburgh Award tomorrow.

These are just two of the many enrichment activities provided for our students this term, as our newsletter testifies. This may have been a shorter term but we have certainly packed a lot in (as always)!

It's always nice to read about the achievements of our students beyond school so do let us know what your daughters have been up to so that we can include them in the next newsletter. This doesn't have to be for exceptional achievement in sport, music or dance. For example, we are always keen to hear about other endeavours, such as community involvement. We know a significant number of our girls get involved in raising funds for various charities outside school and we are always keen to recognise and celebrate their endeavours.

In the meantime, on behalf of all the staff and Governing Body, I would like to wish you all an enjoyable and restful holiday.

Mrs Karen Pomeroy, Headteacher



Art

Art Students Celebrate Awards Success at the South Ribble Exhibition

We were delighted to select six of our Year 10 Art students for the South Ribble Schools' Art Exhibition 2019.



We can proudly announce that all entrants from Penwortham Girls' High School have been entered into the exhibition. Furthermore, two of our students were 'Highly Commended' for their outstanding artwork. Pupil's work has been on display this week at the South Ribble Museum and Exhibition Centre. A presentation of their certificates took place on Thursday March 14th, with the Mayor for South Ribble. Many congratulations to Susanna S (Highly Commended), Molly K (Highly Commended), Sarah F, Raahima S, Fay C and Phoebe H.

Feature Artist: Jess Kirkman

As part of the Year 8 Art Scheme of Learning, we have covered the work of Jess Kirkman and her mixed media approach to cells and microbiology.



Working as a Creative Director with Taco Bell, Jess Kirkman is also a visual artist, mainly using alcohol inks and resin to create abstract universes.

Jess uses bright and vivid paper surfaces, microbial textures and subverted layers, to build almost alien-like sculptural forms. Further examples of her fine art can be found following the website link: <https://manifestjess.com/fineart>

Year 10 & 11 Art Visit to Liverpool Galleries

This term, we have been on our annual Liverpool galleries visit.

The day was a huge success with inspirational exhibitions from Leonardo Da Vinci to Fernand Léger. Our student's truly engaged with the day, responded to the artwork



in a mature and inquisitive manner and were highly complimented on their excellent standards of behaviour throughout the event.



Year 8 Collaborative Portraiture

Over the past few months, our Year 8 Students have been completing their Portraiture Project by creating large scale Collaborative Group Paintings suitable for public display.



Students from mixed abilities worked in groups, painting in their monochromatic colours and tonal blends. The results of their hard work can be seen on display throughout school. This year, the winning entry is from 8C Art1. Their collaboration is on display in the main reception, along with all other 'runner up' groups.

Miss Morris, Head of Art

Computing

GCSE Computer Science

Year 10 have had another positive term learning about the theory behind computers and electronic devices.

They are looking forward to completing a range of hands on activities; looking inside a computer, learning about the parts and then having the challenge of re-building it to make sure that it works correctly. The girls have just completed their mock exams and I cannot express how proud I am of each and every one of them; the amount of time and effort that they have put into their revision to build on the knowledge is incredible and has paid off, with some outstanding results.

Well done, girls!

Year 11 have been working hard in class and after school to complete their 20 hours of NEA (Non Examined Assessment). It is now down to the final 6 lessons of revision before the GCSE Computer Science exams in May. Good luck, girls!

Year 9 Computing

Year 9 are in the process of designing their own music festival and starting to plan a website to promote this.

Students will be incorporating a variety of features into their websites, including scrolling text, videos and slideshows. We will be investigating the HTML programming language that sits behind the websites, and looking at challenging the girls to write some HTML code.

Year 8 Computing

Year 8 are currently programming the BBC Micro:Bits.

This is currently building on the scratch skills learnt in Year 7, but will progress onto using Python to program them. The girls have taken to this unit really well and are challenging themselves by creating a variety of mini-programs. We have looked at the terms Algorithm and Variables and using variables we have created a Rock, Paper, Scissors game on the Micro:Bits.

School App

Our school app is now available to download from your iOS or Android device from Apple's App Store or Google Play.

Just search for 'School Alerts' and once downloaded type 'Penwortham Girls' High School'.

You'll get 'at a glance' updates for news stories, forthcoming events, important reminders as well as a whole host of other content.

We hope you find this app useful. Please let us know if there is anything else you would like to see on the app.

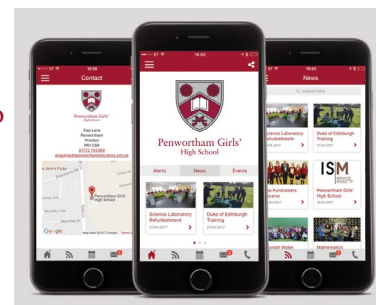
Email m.murray@penworthamgirls.lancs.sch.uk

Android Phone -

<https://play.google.com/store/apps/details?id=com.concept4.standard>

iPhone -

<https://itunes.apple.com/us/app/school-alerts/id1151384667?mt=8>



Year 7 Computing

Year 7 have just finished learning all about spreadsheets and have been able to create a spreadsheet for a specific scenario, including a range of formula and charts.

Students have worked independently when completing this and have used the skills taught in previous lessons. They are now investigating the use of hyperlinks in their presentations. This is going to enable students to create an adventure story with different endings.



Mrs Smith, Head of C.A.T. Faculty

Technology

Design & Technology trip to the Science and Industry Museum

On 5th March, a group of Year 8 and 9 students visited the Science and Industry Museum in Manchester.

They explored a range of new materials and techniques used in Design & Technology. As we visited the experimental area of the museum, students used gears and weights and were able to have a go at lifting a real-life MINI. They explored a variety of smart materials, gained an understanding of the impact of recycling and the use of non-renewable fuels on the environment. Students observed a demonstration on cotton manufacture and how it's changed over time. This included looking at the historical working conditions of factory workers.

In the afternoon, students took part in a workshop on Materials and Design. This introduced them to a range of new and exciting materials. We also had the opportunity to examine these through a digital microscope. Following this, students were challenged to design an eco-home; they had to think about the design of the house and how to include the use of new materials. Each group provided some fantastic ideas and presented them to the judges (teachers) beautifully. Well done, girls! You were a credit to the school.

Mrs Freer

Technology Department



Design & Technology: Year 8 Faraday Challenge Day

On Wednesday 13th March, we were invited to attend the 'Faraday Challenge Day' at All Hallows Catholic High School.

The competition was organised by The Institute of Engineering and Technology (IET), and is held across the whole country. Students were asked to design a prototype product that would help in the manufacturing process of the James Webb microscope (due to be launched in 2020).

Students decided to design a product that would help transport the microscope. They had a fantastic idea, which included a range of smart and technical materials and processes, which they have learnt about in school. They had to present their idea to a judge from the IET, which they did professionally and with confidence. This was followed by a series of 'Dragons Den' style questions! The girls handled this well and were able to work as a team to represent the school impeccably. Unfortunately we missed out on the first prize by 1 mark. However, we now know what we need to do to improve and look forward to competing again next year. Well done, girls. You were amazing!

Mrs Freer,

Technology Department



Food Technology

Year 11 Non-Examination Assessment Task 2.
3 hours, 3 dishes practical exam.

The year 11 Food preparation and nutrition group have just completed their final practical exam.

Under extreme pressure and highly commendable time planning and organisation, the girls performed at their very best.

The pressure of this task tested everyone involved. However, the girls rose above expectations and really challenged themselves, often working out of their comfort zone.

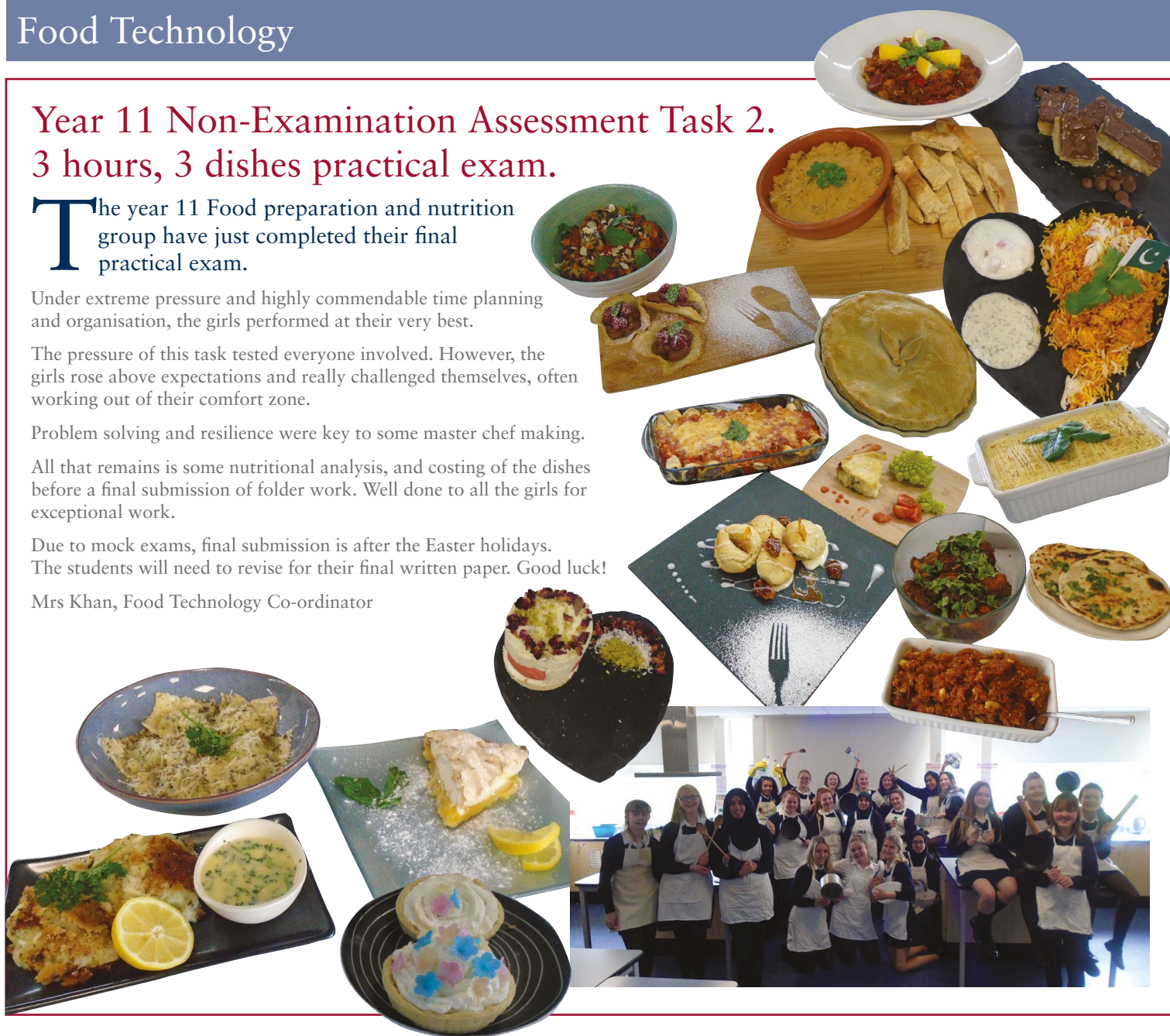
Problem solving and resilience were key to some master chef making.

All that remains is some nutritional analysis, and costing of the dishes before a final submission of folder work. Well done to all the girls for exceptional work.

Due to mock exams, final submission is after the Easter holidays.

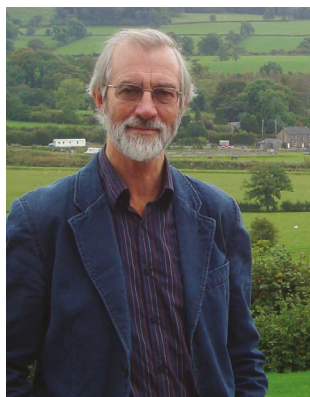
The students will need to revise for their final written paper. Good luck!

Mrs Khan, Food Technology Co-ordinator



Author Visit – Joseph Delaney

We were really lucky this term to be offered a last minute visit from local author Joseph Delaney – an internationally best-selling children's writer, some of whose books have been made into Hollywood films - Joseph Delaney used to be an English teacher, before becoming the best-selling author of the Spooks series, which has been published in 24 countries and has sold over a million copies.



The first book, *The Spook's Apprentice*, is now a major motion picture starring Jeff Bridges and Julianne Moore.

Even more exciting is that Mr Delaney still lives in the Preston area and all his books are set in and around Preston – many iconic Lancashire landmarks feature prominently in his novels such as Pendle Hill, St Walburge's Cathedral and Chipping village. He uses many local legends and ghost stories and incorporates these into his novels – he runs a website called "Spooks World" where you can read more on the ideas he uses in his novels.

Many students will have read the first novel "The Spook's Apprentice" in English lessons, but there is a whole series of novels so that you can go further into the magical and mysterious world he has created. A large number of these books are available in our library.

If you enjoyed reading this, you may also enjoy "Cold Bath Street" by A J Hartley. This is another spooky novel, again set in Preston and inspired by local legends and ghost stories. A J Hartley visited last summer, and since then the novel has been shortlisted for the Carnegie Prize and a sequel is on its way – there must be something inspirational about Preston!

Mrs Woodhouse, Head of English

"Women that Wander" – Community Rail Writing Project

This term, a group of Year 10 students took part in the "Women that Wander" project – this aims to give young people the opportunity of travelling by train, gain an insight into the rail industry and the under representation of women in this sector.

We began our day at Preston Station, bound for Oxford Road Station in Manchester with our chaperone Daisy, an educational officer from Community Rail. Daisy gave all the students a briefing which focused on the diverse range of careers and opportunities in the Railway Companies and explained her role in extending the opportunities to young people and especially young women. Another aspect of her role was to feedback the experiences of students on the trains to executives in London. During the journey, students began making notes and collecting ideas for a piece of writing for the project.



Did you know....?

Only 16% of people working in the rail industry are female.

A train driver can earn up to £80,000 a year.

Once in Manchester we headed to The People's History Museum. Students gathered more ideas for their writing, focusing particularly on the Suffragette movement. We then headed to the Museum of Science and Industry. We were fortunate that Stephenson's Rocket has just arrived as a new exhibit – metres from the site of its original journey. Very fitting for a day focused on train travel!

After a quick lunch we then headed to The John Rylands Library – a spectacular place that must have been the inspiration for Hogwarts. After some time exploring, students settled to work in the Historic Reading Room to develop their original writing.

Finally, we headed home, on a slightly busier train this time. As ever students were fantastic ambassadors for School and their exceptional conduct was commented on throughout the day. Students will complete their writing this week at school and their work will be submitted to the Community Rail Writing Project.

Mrs Woodhouse, Head of English

Geography Department News

Year 11 – the home straight!

Just this week, Year 11 classes have completed the GCSE course content. This means we can now look ahead to an effective and focused period of exam preparation.

As we checked through the notes produced over the two year course; I was struck by the quality of the work and feel confident that the Year 11 students have the foundations on which to build great success in Geography.

On the 11th March we had our Year 11 fieldtrip to the River Wyre catchment in the Forest of Bowland and the Fylde. The weather was kind as we caught a break in the wind and rain. The students performed extremely well in the collection of river data, and the journey itself was an insightful one as we saw the changes in the river from near source to mouth.

This was followed up with a successful day in the staff training suite when Geographers performed amazingly well and produced extremely high quality work. A big thank you and well done to the entire cohort.

Students have just completed their final Mock examination of the GCSE Geography course and initial discussions with the students suggest it was a positive experience for them - results to follow and then the big push to the summer exams.



From this... (the river on Calder Fell)



...to this (the river near Poulton-le-Fylde)

Easter Holidays – a chance to see some Geography

There have been some excellent programmes on TV lately that fit nicely with our topics of study.

For Year 9 there is Blue Planet Live. This is available via the BBC iPlayer, as well as the entire series of Blue Planet II (in case you missed it the first time round). The final episode of the series is definitely worth a watch.

For Year 8, there is Planet Earth on the iPlayer. This has a specific episode on mountains. If you have a Netflix account, the 2015 movie Everest is a must see for our topic. Heart-racing stuff!

In Year 7, there are a couple of good Stacey Dooley documentaries about migration (Migrant kids in crisis and Border Wars) – parents please be advised that both come with warnings as they may contain upsetting scenes.

Better than all of these is of course, getting out into some Geography! Walk up a hill or along a river/canal, visit somewhere new on the train, go and explore a piece of the coast you have not been to before; Geography is all around us! Have a lovely break.

Geography Club

Our Geography Progress Leaders (Ava W, Scarlett S & Olivia O – all Year 10) run a Geography Club on Monday at lunchtime in Rm 39.

There is a massive box of Geography themed games and there will be challenges set up once we get established. It is currently open to Year 7 and 8 students – if you would like an early lunch pass for this club please see Mr Bowles.

Year 9

Year 9 are currently embarking on a brand new topic for the Department, Marine Environments.

We will learn about the various marine ecosystems, the value of and threats facing coral reefs and the geomorphological processes that change the coastline, like erosion and deposition.

You may consider watching Blue Planet Live over the Easter break. This will be available in the BBC iPlayer.

Year 7 Hurricane Reports

The standard of work submitted by Year 7 for the Preston Hurricane assignment was excellent and a number of Head's Commendations have been awarded. Well done to all concerned.

The work will be on display in reception.

Some students have also taken the opportunity to do this half terms Geo-star task, designed to facilitate independent Geographical research by students. A list of the current Geo-star tasks are currently posted on 'Show My Homework'.



Mr Bowles, Head of Geography

History Department News

Thankyou

We would like to thank Miss Hughes for her hard work and contribution to the History Department since joining us in September.

During her two terms at PGHS she has built up strong relationships with her classes, form group and staff. However, she has recently made the decision to pursue a career outside of teaching.

We would like to wish her all the very best for the future. In the short term, Mr Wood, an experienced history teacher will join the department after the Easter break. A permanent replacement for Miss Hughes will be in post from September 2019.

Spirit of Normandy Competition

Year 9 students are once again invited to take part in the Spirit of Normandy's annual Second World War essay writing competition.

The winning entry will receive £100 in cash. The focus of this year's competition is: World War 2 events and their historical significance. This subject is wide enough in scope for students to choose an area of personal interest. You could perhaps research the Dunkirk evacuation, the bravery of RAF pilots during the Battle of Britain or the events surrounding D-Day. All entries must be submitted to Mr Herbert by 13th July.



Maths Department News

Royal Institution Mathematics Masterclasses 2019



During February and March, Holly W and Megan H (Year 10) were fortunate enough to be invited to attend the Royal Institution Mathematics Masterclasses 2019, held at Lancaster University.

This is a very prestigious opportunity; only fifty students from the north-west of England are given the chance to participate. For six weeks, guest speakers from around the country presented a series of lectures on their chosen Mathematical topics. This provided students with a greater understanding of the uses of Mathematics in the outside world.

The lectures were as varied as they could be, ranging from "The Movement of Structures through different dimensions", "The Symmetries of 3D shapes" and "An Investigation into the different versions of infinity."

During three of the sessions, I was invited to assist. It was a real honour to be in the same space as accomplished practitioners. During the lectures, it was a privilege to see Megan and Holly develop in confidence and get more involved from week to week. We were also able to investigate diverse topics such as, "The Mathematics of investing in the Bonds market" and "Knot theory". Interestingly, this leads into quantum dynamics and the, "Decision Making Mathematics involved in medical trials".

Overall, the Masterclasses were a wonderful opportunity to present Mathematics to school age pupils. This enabled them to gain greater sense of the importance of Mathematics in the greater world of work. Many ideas from the lectures have already been shared during class time. Holly and Megan were an absolute credit to the school. We look forward to being invited back next year for the 'Mathematics Masterclasses 2020'!

Mr S Cheal
Mathematics department

United Kingdom Mathematics Trust Intermediate Mathematical Challenge 2019



During February our Year 9 and 10 students took on the UKMT Intermediate Mathematics Challenge 2019. Expectations were high, particularly after a very strong performance from the Year 9 students in the Intermediate Challenge back in 2018.

All classes involved, began their preparations in advance. When the day finally arrived, students strode confidently into the exam hall.

Once over, there was a long wait for the results. However, the department was, once again, delighted to see a large number of students recognised for their individual performances. Over 4000 schools across the UK took part in this event and the standard of participation was high. Only the best students receive an award, and to do so is recognition of their effort and ability.

This year's prize winners are as follows:

Hannah H (Year 10) – Best in School, Best in Year and Silver award

Lily T (Year 9) – Best in Year and Bronze award

Silver awards also went out to:

Carys B (Year 10)

Bronze awards also went out to the following students:


(Year 10) Millie W, Megan H, Rai P, Darcey J, Lauren P and Raahima S.

(Year 9) Ash S, and Nabeelah M.

Congratulations to all students involved. The department is very much looking forward to the new mathematical challenges this year.

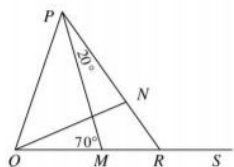
Some advanced dates for your diaries.

UKMT Junior Challenge (Years 7 and 8) – Tuesday 30th April 2019



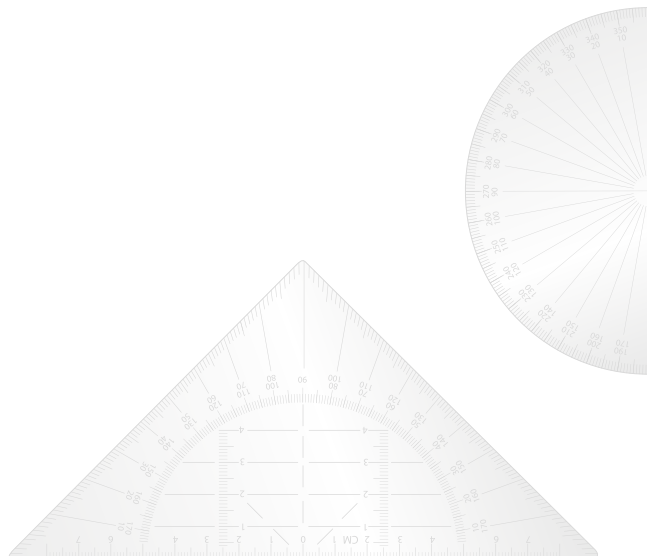
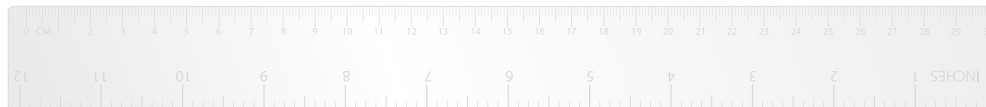
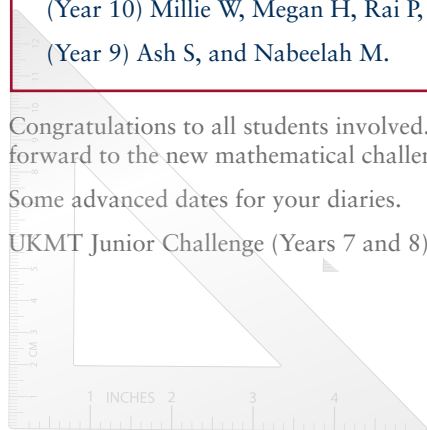
United Kingdom
Mathematics Trust

In the diagram $\angle RPM = 20^\circ$ and $\angle QMP = 70^\circ$. What is $\angle PRS$?



A 90° B 110° C 120° D 130°

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This problem was adapted from the UKMT Mathematical Challenges. For more information see www.ukmt.org.uk



Modern Foreign Languages News

Frohe Ostern!

As we reach the Easter holidays it is always useful for students to find out about some of the German traditions and customs.

Easter (Ostern) in Germany is the time for coloured eggs, chocolate bunnies, bonfires and spring cleaning. Osterieier (Easter eggs) are very common and many families will blow and decorate eggs. These eggs are hidden on Easter Sunday and children will hunt for them. Some families will also have a tree branch, which is used for hanging the eggs from.

Furthermore, the Easter bunny (Osterhase) will deliver chocolate eggs to the children as well.

Over the Easter weekend there will be bonfires lit (Osterfeuer), and it is traditional to have a Spring clean on Easter Monday. Traditional food for Easter Sunday would most likely be lamb. At the start of lent many Germans celebrate Karneval, or Fasching, which is basically a big party or parade through the streets. Cologne (Köln) has probably the most famous one.

Mr Pye, MFL Department



Year 9 German

All good linguists know, certainly in the early stages of their language studies, that at times being economical with the truth is the best option if you want to impress with your language skills.

This term, Year 9 have been focusing on the topic of fashion, culminating in them writing a piece about a shopping trip they may (or may not!) have been on. A consistent issue is that everyone wants to write about the exciting things they really did when they last went into Preston, but have not yet developed the skills to manage this. The answer? Be 'flexible' with the truth! (in other words, tell fibs!). Your audience will never realise and will be impressed at how fluently you can describe what you did. We look forward to reading the end result of all their hard work.

Mrs Akers, Modern Foreign Languages Department



Francophonie

Miss Waterhouse's Year 8 and 9 French class entered teams for an online quiz, organised by the Alliance Francaise to celebrate journée de la francophonie on 21st March.

Year 8 got 75% of their answers correct, but there were some quite challenging questions and we had to answer against the clock! It was interesting to learn how the French language is different in different countries. For example, in Senegal, the word for a filling station is 'essencerie'. However, in France it is 'station-service'. Furthermore in Canada, the word 'magasiner' means to go shopping, whereas in France you would say 'faire les magasins'.

Miss Waterhouse, MFL Department



Language Immersion

In the Modern Foreign Languages Department we are always thinking of new ways for our students to learn French and German outside of the classroom.

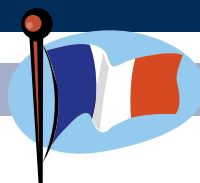
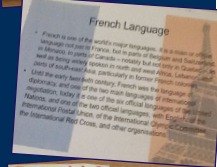
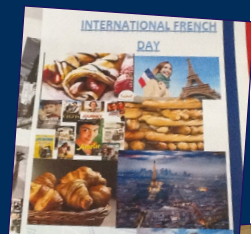
Tried and tested websites such as 'linguaspice', 'duolingo' and 'quizlet' are our favourites. They help students to learn random words as well as class content. Increasingly, we encourage students to watch the news on 'YOUTUBE' and to listen to singers/ groups in either of the languages. We offer suggestions in class but it is always amazing when students tell us they have found their own! Foreign Language films and short clips of TV programmes, sometimes without subtitles, also give our students the opportunity to develop their listening skills.

This term, as well as our Year 7 and 8 Easter Card competition, we have introduced an Annual day for celebrating the French language. The competition winners will be announced after Easter.

Students from Years 9, 10 and 11 have been invited to research an aspect of French language and culture that they are interested in. We had lots of perfume and clothes focussed entries, as well as food!

Finally, a big thank you our catering team. They arranged a special menu to celebrate French food on March 20th: International Francophonie Day.

Mrs Rourke, Head of MFL



Music Department

GCSE Music students raise money for charity

In early March, students from Year 10 and 11 GCSE Music classes performed in concerts in order to practise for their examination coursework submissions.

The Year 11 girls delivered some outstanding performances as ensembles in the concert, which allowed them to prepare for their real exams. The girls were supported by their instrumental teachers and Music Department staff, and we were incredibly grateful to them for giving us their time. Year 10 students had another opportunity to showcase their performance talents, which they did brilliantly. We look forward to their coursework submissions in the next academic year. The girls took the opportunity to raise money for charity and on this occasion, Muscular Dystrophy UK. This charity provides support to 70,000 people living with muscle-wasting conditions in the UK. In total, they raised £161.79! A fantastic evening was had by all.

Mrs Cattnach, Head of Music



Les Miserables

On February 27th, 49 students and 4 staff went to watch 'Les Miserables' at the Palace Theatre in Manchester.

The show was absolutely tremendous and had students mesmerized by the amazing talent of the performers. A number of girls had watched the recent film and TV drama, but I don't think any of them were truly prepared for how fantastic the show was. As usual, students were a pleasure to take and we look forward to the show!

Mrs Cattnach, Head of Music



PE Department

Congratulations Amalie!

Amalie is progressing from strength to strength in Boxing!

Amalie won the 'Esler Cup' in Ireland in October 2018, beating the reigning English National Champion. She also beat the Scottish National Champion during her home show. Amalie won a silver medal in a prestigious 'Box Cup' in Sweden last month, only just being beaten by the reigning European Junior Champion! Amalie then went on to represent the North West, in Oxford, beating last year's junior finalist. Amalie will be competing in the National Championships in Rotherham and is hoping she will come home with the National Championship belt. We wish Amalie good luck in her upcoming preparation and competitions. Well done, Amalie! We are very proud of what you have achieved!



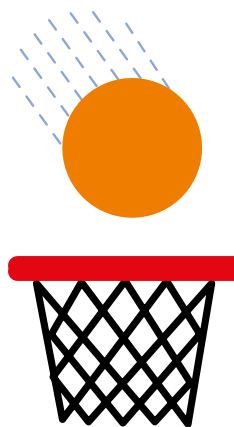
Staff V Pupil Netball Match

This half term, Grace in Year 8 organised a Year 8 v Staff netball match to raise money for St Catherine's Hospice.

The team spirit the netball game brought to PGHS was fantastic and a large amount of supporters gathered outside the netball courts to watch the match! The Year 8s were victorious, using very accurate team tactics and a solid team defence.

Thank you to everyone for sponsoring such a worthy cause. Thanks also to all the students and staff that took part. Grace managed to raise a staggering £150 for St. Catherine's Hospice. Well done Grace, for organising and advertising the event.

Mrs Naylor, Head of Performance, Sports and Health Faculty



Congratulations Laura!

Laura has had a fantastic few months as she's competed in the Kickboxing Irish Open in Dublin, and has been selected to train and fight for Team GB!

Laura is set to fly to New York in November to represent Great Britain in her biggest competition yet!

She's been working incredibly hard to achieve this fantastic accolade, and we wish her the best of luck during her training over the next couple of months.

Well done Laura, we are so proud of what you have achieved!



Performance, Sport & Health Faculty Department News

PE Department

Netball

Wow! What a netball season it has been! A high standard of netball has been played across all year groups with some amazing results against South Ribble schools.

Stay tuned to see where we have finished in the leagues; we are just currently finishing off all our league games.

Extra-curricular programme

After half term, we say goodbye to netball fixtures and hello to Rounders and Athletic competitions.

Therefore, a change of the extra-curricular programme will start after the Easter holidays. Please see below the extra-curricular programme starting after the Easter holidays.

U15 Cricket team





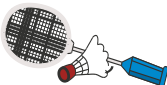

Well done to the U15 Cricket team, they were selected to represent Lancashire in the North West regional competition on Tuesday 12th March.

A tough group means that we didn't get out of the group stages. A fantastic team spirit and display of skills was evident in the fantastic team performance.

Well done, girls!



Penwortham Girls' High School Extra-Curricular Programme

When?	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
Lunch Time (12:45-1:10)	Y9 & Y10 Rounders Courts/Field NBU	Field Events Athletics Gym/Courts/Field MSH	All Years Cricket Courts NBU	Y8 Rounders Courts/Field NBU	Tennis Courts MSH
	Y11 Health & Social Care Intervention Room 1 MSH 12:30-1:00	GCSE PE Revision Room 26 SNA & NBU	Y11 GCSE Dance & PE Intervention Dance Studio SNA		Y7 Rounders Courts/Field SNA
	Y11 GCSE Dance & PE Intervention Dance Studio SNA		Track Events Athletics Courts/Field MSH		
After School (3:30-4:30)	All Years Rounders Courts SNA, NBU & MSH	All Years Athletics Courts/Field SNA, NBU & MSH	Cheerleading Gym BWI	NO CLUBS DUE TO STAFF TRAINING	All Years Football Field AFA

Krypton Factor

In February, a small number of Year 10 students were invited to Runshaw College, to participate in the 'Krypton Factor Challenge'.

The students had to complete 3 different challenges against other schools. The first challenge was a Physics challenge. They had to decode messages, using the periodic table and a series of questions.

The second challenge was a biological challenge. Students had to work out the time of death of a body that had been found in the college, using maggots to determine this. They measured the lengths of different maggots, worked out an average length, and cross referenced this with a list of data. Based on the age of the maggots, students determined that the body had died 36 hours previously. For a bit of fun, students raced the maggots on a specially designed track. They used different techniques to attract the maggots towards the finish line!

The final challenge was a Chemistry/Geology one. Students had to use a variety of information to become forensic palaeontologists. They had to figure out which dinosaur was responsible for the murder of another dinosaur. They analysed different rock samples, looked at different fossil samples and track marks. There were 6 suspects and each analysis eliminated a suspect, until only one remained.

Each different task was worth a varying amount of points. These were added up and collated to form an overall winner. Sadly, our students narrowly missed out on the top spot. However, they finished with 260 points and came 2nd overall. Well done, girls!

Mr Dean, Science Department

Operating Theatre Live

Did you know that in the NHS there are: 106,500 doctors, 286,000 nurses, 21,500 midwives, 20,000 paramedics, 135,000 biosciences staff and almost 20,000 support and managers!



The NHS is a huge employer and future posts in the healthcare sector will be filled by people like you. So, if you are in Year 10 or 11 and want to be a Doctor, or perhaps a Dentist, Nurse, Midwife, Physiotherapist, Pharmacist, Paramedic, Radiographer or Occupational Therapist then the award winning Operating Theatre Live offers the rare opportunity for you to gown up and step into a fully functioning operating theatre. You will follow the journey from patient care through anaesthetics to incisions and the dissection of all

main organ systems including attempting real surgical procedures. Every event is built to directly match the GCSE AQA specification meaning all content has direct impact on student attainment. 100% of attendees rated the experience as exceptional, many of whom go on to successfully apply for places at medical schools throughout the UK.

Students have the opportunity to see 'Operation Theatre Live', if you would like to find out more then please visit <http://www.operatingtheatrelive.co.uk> and see Mrs Cahill to register your interest.

Mrs Cahill, Science Department



Medical Marvels

On 6th March, a group of Year 10 students visited Runshaw College for a Medical Marvels course.

The course is aimed at students considering a career in medicine or a related field. It gives students the opportunity to experience science in a higher education setting.

The day included diagnosing patients based on their symptoms, a crash course in using a stethoscope to listen to a patient's breathing

and heart, learning about the skeletal structure of the chest, being taught how to correctly bandage a patient and practicing suturing using both an orange and fake skin.

Our students found the day interesting and, at times, challenging (particularly suturing the orange).

These extra-curricular activities enable students to make an informed choice about what they decide to do after their time at Penwortham Girls'.

Mr Coogan, Science Department

Stem Club

Our STEM club recently entered the Talent 2030 competition (a national engineering competition for girls).

Students were tasked with solving one of the great engineering challenges of the 21st century. All of the girls in STEM club entered this competition as part of a group and carried out one of the following research projects:

- cleaning the oceans from plastic. Students investigated technologies used/created to tackle the increasing level of litter accumulating in the world's oceans.
- upcycling clothes to stop pollution from manufacturing. Students designed a business scheme that upcycles clothes to try and reduce the amount of waste clothes that are being thrown away and decreasing the demand on the clothes industry.
- designing mobile apps to educate people on medical/mental health to raise awareness and to assist in potential medical emergencies (for example, helping people with diabetes if they need to work out how much insulin they need)
- discussing various causes of deforestation and the impact that this has on wildlife. They also looked at what is being done to help rebuild the forests and how long this takes.
- debating the disadvantages of processes like fracking and how this might impact on us. They are also looking at why the government is allowing this and what the alternatives are.

Although none of our students were selected for the competition, they all received a certificate. Next term in STEM club, we will be focussing on building rockets for the 'Race for the Line' competition. Students will compete against schools around the country to design, build, test and race their rockets.

Students from STEM club are in the process of finding a local company to sponsor the development of their rockets.

Ready, set, go!

Miss Forrest, Science Department



Chemical Cookery

In February, a group of Year 6 students visited from Ashbridge Independent School.

They came to understand the Science behind cooking, and to try out some molecular gastronomy techniques. With my background as a chef, I was able to design a meal that the students got to make and eat. They were tasked with creating a meal of spaghetti and meatballs, with parmesan cheese (but not as they know it) and using chemicals such as sodium alginate, calcium lactate and agar agar. The students had to create their dish of "white chocolate spaghetti, raspberry meatballs and lemon glass parmesan."

The students needed to understand concepts about the 3 states of matter and they melted, boiled and condensed their respective states. Students used different apparatus, such as syringes and hollow tubing, to create the spaghetti. Silicon moulds and chemical baths were used to solidify the different aspects of the substances.

The students had a great time and created some really good examples of the dish! Excellent work, Ashbridge!

Mr Dean, Science Department



Surprising Science Trip to Runshaw College

A team of 4 Year 9 students will take part in a 'Surprising Science' event at Runshaw College on 13th March.

Competing against students from other local schools, students will be able to display their developing scientific skills whilst experiencing a variety of practical activities in a further education setting. The experience will hopefully inspire students to consider sciences as a career pathway.

Mr D Knee, Science Department

Year 8 STEM Day at Runshaw College

On the 1st March, 14 Year 8 girls were fortunate enough to be invited to the new STEM centre at Euxton Lane in Chorley.

They spent the morning in a classroom looking into the importance of STEM in engineering. The morning consisted of a lecture on the uses and importance of "Energy". The afternoon was spent creating a solar powered car using their engineering skills.

The girls then raced their products, and the winner was Zahra. Well done! They even got to take the car home!

Before we returned to school they made an LED torch, and even got to personalise it with an engraving tool! #Engineering.

Mrs Honeyman, Head of Science



Forensic Psychology

5 Year 10 AGT students attended a workshop at Runshaw College on Forensic Psychology Offender Profiling.

Students spent the morning learning about the UK/US approaches to profiling and about psychopaths.

In the US, they developed their profiling method by interviewing 36 convicted serial killers; including Ted Bundy and Charles Manson. They categorise offenders into two types: 'organised' and 'disorganised' because the crimes committed were either: premeditated and carefully planned, or sudden and impulsive. In the US, profiling is completed by experienced detectives and is based on intuition and past experiences. The conclusion they reach about the offender is unlikely to change.

In the UK, psychologists that are not part of the police force are used. They make use of statistical analysis of previous crimes, and focus on the information gained from the crime scene. The conclusion they reach about the offender is changeable. This approach also uses geographic profiling; this suggests the location of the crime and provides clues about where the offender lived.

Finally, students considered what a 'psychopath' is. There are three key areas that make a psychopath: no brain activity in certain areas of the brain, possessing the warrior gene and having a split personality, and often showing a lack of empathy. Interestingly, a person may have all of these factors but may not actually be a psychopath. If an individual has had the benefit of a good childhood they will not necessarily present any of these factors.

The students found it very interesting, and it allowed them to gain a useful insight into Psychology A-Level.

Mrs Goodwill, Science Department

Religious Education and Community Studies Department News

Why is RE important today?

This term I have been asked frequently by students “Miss, why do we have to learn about RE?” This is a question I have tried to tackle with students, and break the stigma that RE is an old-fashioned subject!

As we live in a multi-faith society today, RE is arguably more important than ever. RE is not about teaching students to believe in God or religion. We teach from a completely neutral and unbiased perspective, offering students a chance to explore faiths from across the ages and all across the world. Students are encouraged to question religions and make comparisons between them. The reason this is so incredibly important for students can be seen not just in the classroom but in the news every day.



Educating students about religion and challenging stereotypes can prevent conflicts between faiths. It is important to remember that peace is at the heart of every religion. https://www.youtube.com/watch?v=CHR8h_g3Mj4

Soroptimist News:

This term saw the first ever Soroptimist visit. 15 of our members represented our school at The International Women's Day conference at AKS High School in Lytham.

We were honoured to be invited and it was incredible to hear from guest speakers, Rosie Dunn and Chris Green.

It was a great opportunity to celebrate being a woman and promote the importance of equality all around the world. Some of the performances, video clips and speeches were incredibly moving and thought-provoking. AKS even treated us to a free school dinner, which included mussels!



The girls were a credit to both the school and the Soroptimist Society. We look forward to meeting with the AKS Soroptimists again, and possibly inviting them back to PGHS!

You can read more about the conference and the theme for the day which was #BalanceforBetter at the following website. I hope you find it just as inspiring as we did!

<https://www.akslytham.com/news-and-events/news/category/news/challenging-attitudes-reaching-potential>

Miss Brooks, RE Department

Learning Support News

This term Ella and Ella have been learning about road safety with Mrs Embley. They used the internet to carry out research on how to be safe near roads and then discussed what they thought are 'top tips'. Using their research, Ella and Ella then created their very own 'Road Safety Rap':

*Road safety is cool
if you follow our rules.
Cross where it's safe,
not a dangerous place.*

*On your phone is bad.
It will make your friends sad.
Near a bus,
not for us.
Parked cars no way.
Motorways not today.*

*Road safety is cool
if you follow our rules.
Cross where it's safe,
not a dangerous place.*

*Stay safe, it's fun.
But remember not to run.
Focus on what's around,
then you don't hit the ground.*

*Road safety is cool
if you follow our rules.
Cross where it's safe,
not a dangerous place.*

I'm sure you will agree that it's very catchy whilst also being full of excellent advice!!

Mrs Parker,
Learning Support Department



Inclusion News

Inclusion
This term we will be taking a small group of students into Hurst Grange Park for a pilot for future sessions of Forest School at PGHS as part of our Inclusion provision.



Forest school is nature-based learning that focuses on the holistic development of the individual and as spring brings a new season to explore the outdoors, we are looking forward to watching the environment change over the next couple of months. What is Forest School?

FOREST SCHOOL HELPS TO DEVELOP:

- Confidence, self-esteem and a healthier lifestyle;
- Communication physical and social skills;
- Greater understanding and awareness of the natural environment;
- Natural motivation and a positive attitude to learning;
- The ability to recognise and manage risk;

FOREST SCHOOL AIMS:

- To provide an opportunity for pupils to develop, to learn about and to enjoy themselves in a natural environment.
- To provide a safe and non-threatening environment in which pupils can take risks, make choices and develop self-esteem, confidence and a positive disposition to learning through the completion of small, achievable tasks.
- To provide ways of developing practical life skills in an outdoor environment, to develop social and team working skills and enable pupils to be independent, self-motivated and considerate.

FOREST SCHOOL ACTIVITIES:

- Exploration, storytelling, creative structures, arts and crafts; working with wood and natural materials; whittling.
- Games, team building, problem solving, using and respecting the environment; shelter building, ropes and knots.

Mrs Powney, Mrs Walker & Mrs Davda, The Inclusion Team

Alumnae

School Reunion

The years rolled away when a group of former students were reunited in March.

Former students of Penwortham Girls' Grammar School, who had attended the school from 1972 – 1977 (or 1979 for those who stayed on for 'A' Levels) organised a grand reunion at the end of March.

The "old girls" returned to Preston from across the country, joining many who live locally, to reconnect after 40+ years. The main reunion event was on a Saturday night and was attended by a whopping 50 people, all from the same year group at school. For many, it was the first time they had met since leaving school.

Earlier that day, we were delighted to welcome former students back into PGHS for a tour of the school.

We've made many improvements to the premises since the 1970s, but the group found the building to be familiar, and the memories came flooding back. Our alumni wall was of particular interest, with some people finding themselves in the photos on display.

The visit was nostalgic and emotional and was a fitting prelude to the celebrations that followed in the evening.





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