

Friday 8th January
2021



Penwortham Girls'
High School

Rock FM Cash 4 Kids Collection



PGHS supported Rock FM's Cash for Kids Mission Christmas again this year and the generosity from students and staff was extraordinary!

In these unprecedented times, Cash for Kids needed the help and support from the public more than ever and PGHS most definitely gave their all! PGHS have supported Mission Christmas for the last 6 years and each year their generosity has amazed me. However, this year was like no other! From the start, the gifts started rolling in and I very quickly had to empty the gift boxes and take a car load full of presents to Rock FM's Mission Christmas headquarters. The boxes continued to fill up once again and I was growing a little concerned as to how I was going to transport all the presents to Mission Christmas headquarters. Thankfully, our new site supervisor, John, came to my rescue and offered to help me deliver them all.

A huge thank you to everyone who supported Mission Christmas this year, especially Year 8 who bought presents with their winnings from the Manga Hi competition!

Mrs Davda



Mrs Gill and her form raised over £70 for presents for children this Christmas. Well done!



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Penwortham Girls' giving back at Christmas!

Throughout December, the RE Department arranged a reverse advent and encouraged the students to bring in donations for Penwortham Booths Food Bank. We felt it was important this year to contribute to the local community as best we could and help those in need. The number of donations from the girls has been truly outstanding and they are all a real credit to the school. We were able to donate 5 big shopping trollies worth of toiletries, tinned goods, baby foods, drinks and much more. These donations will go directly to support local people and as a school this is something we are incredibly proud of. When the donations were delivered, the Booth's staff commented that this was really nice and generous of the girls and the largest donation they had received!

Thank you to everyone for your donations!

Miss Hollier
RE Department



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PGHS 28-day Wellbeing challenge

Before Christmas, during the second lockdown, I set the students a task to try and complete the 28-day wellbeing challenge. I knew many students were struggling so therefore wanted to create something that would improve their mental health, whilst adding some positivity to their day. I am delighted to see that so many students, across all years, participated. A HUGE thank you to all that took part in this challenge and WELL DONE for completing it!

Many students have submitted evidence of what they have done each day so they can tick off the 'wellbeing' element of their 'Passport to Success'. I am currently making my way through these with a huge smile on my face. I am really enjoying seeing all the different films you have watched, the music you have listened to, the books you have read, your home workouts and treats that you have baked! Certificates will be emailed out to you over the next week!

PGHS 28-DAY WELLBEING CHALLENGE

Make your mental health a priority and participate in the 28-day challenge!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Set yourself a new goal for the week.	2. Drink only water today.	3. No social media day.	4. Try yoga or meditation!	5. Share a funny story.	6. Watch your favourite movie.	7. Call or facetime a family member.
8. Do something kind for someone.	9. Eat healthy for the day.	10. Have a phone free evening.	11. Write down 3 things you are grateful for.	12. Do an activity you really enjoy.	13. Go for a 30 minute walk.	14. Have an early night.
15. Read for 20 minutes before bed.	16. Listen to your favourite song.	17. Go a full day without complaining.	18. Eat 5 pieces of fruit & veg.	19. Have a pamper night.	20. Bake some tasty treats.	21. Do a home workout.
22. Make someone else smile.	23. No TV night.	24. Declutter or clean your room.	25. Treat yourself to a tasty treat (e.g. chocolate).	26. Watch a documentary.	27. Have a video call with a friend or friends.	28. Listen to a podcast.

#MENTALHEALTHMATTERS

Your mental health is just as important as your physical health!

Challenge complete - well done everyone!

Miss Wignall
(Teacher of Geography & Mental Health First Aider)

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Looking After Your Mental Health While Studying From Home.

Unfortunately, we have started the new year in a full lockdown and the majority of you are currently studying at home. Below are some top tips for coping with remote learning- you must ensure you look after your mental health and make it your priority.

1. **Form a routine-** The best way to do this is by following your school timetable. Get up, have breakfast, get changed and sit at a desk to be more productive. Also, make sure you take breaks throughout the day.
2. **Exercise-** This doesn't have to be an intense hour workout, it could simply be a 30 minute walk each day after you have finished your schoolwork. It is well reported that exercising and getting fresh air helps to look after your mental health and wellbeing.
3. **Communicate with people-** Your friends may not be in the same room but they are still there! Make full use of video chats and phone calls to keep in touch with them. Maybe have virtual lunch together and all sit down at the same time on a video call.
4. **Support-** If you are struggling with your schoolwork please contact your teachers as they are there to help. Don't be afraid to drop them an email if you want a task clarifying or you want them to explain part of a lesson again! We are also here to support you if you are feeling overwhelmed and struggling to cope during lockdown.
5. **Remember we are all in this together-** Every single person in the world is currently being affected in one way or

Head's Commendations



Agata K (Year 8)

An outstanding presentation delivered on Blake's poetry. You blew me away with your knowledge and confidence. Well done, Agata! (English – Mrs Snowdon)

Lacey S (Year 8)

For a superb and detailed leaflet on 'Mining'. Beautifully presented too. (Science)

Eshaal M (Year 8)

For completing the red cabbage indicator practical at home and sharing the results. (Science)

Hannah B (Year 8)

For producing a superb set of results and video on the red cabbage indicator practical and completing it at home. (Science)

Katherine W (Year 8)

For completing the red cabbage indicator practical at home and producing an amazing video for it. (Science)

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Life Skills

For KS3 Life Skills this term, students will continue with the course during home-schooling. Here are the topics below with some sources of support for any home discussion:

Year 7

- L1 – Money and budgeting.
- L2 – Ways to pay.
- L3 – Borrowing and lending.
- L4 – What is democracy?
- L5 – Parliament and the UK government.
- L6 – The Monarchy.
- L7 – What it means to be British.

<https://www.bbc.co.uk/bitesize/subjects/ztv9j6>

Year 8

- L1 – UNICEF – Rights of the child.
- L2 – Rights and responsibilities.
- L3 – Rules and laws and the roles of the police.
- L4 – Consumer rights.
- L5-L7 – Futures.

<https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>

<https://www.bbc.co.uk/bitesize/subjects/ztv9j6>

Year 9

- L1 – Managing conflict with family.
- L2 – Running away.
- L3 – Mature understanding of identity.
- L4 – Gender identity and stereotyping.
- L5 – Homophobia, biphobia and transphobia.
- L6 – Peer pressure and drug use.
- L7 – Health risk of drugs.

<https://www.youngstonewall.org.uk/lgbtq-info>

OK2BBE website.

<https://kidshealth.org/en/teens/coming-out.html>

<https://www.railwaychildren.org.uk/what-we-do/our-work-in-the-uk/advice-for-adults/why-do-children-run-away/>

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

The KS4 Life skills program is currently under review but students can access the following websites for sources of advice and support.

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

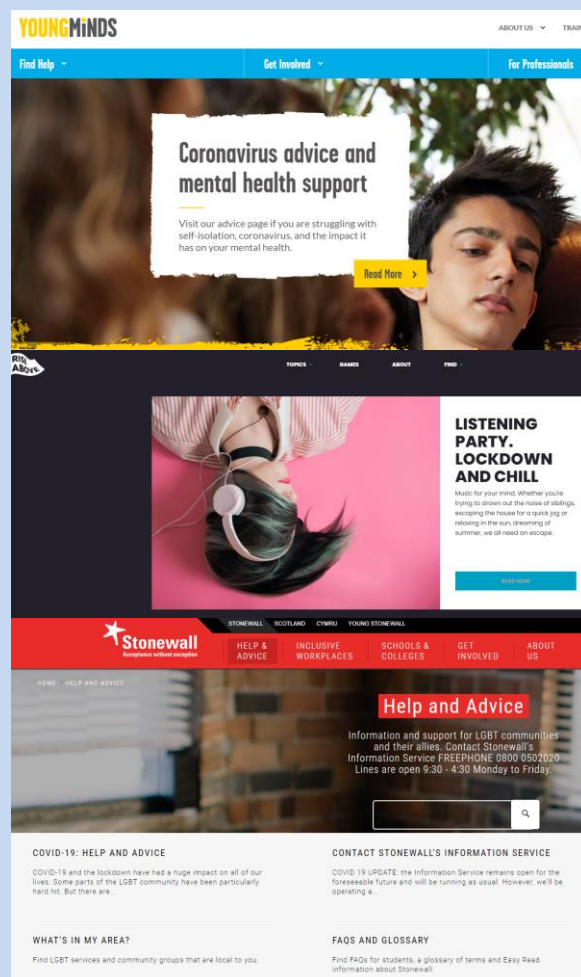
<https://youngminds.org.uk/>

<https://www.stonewall.org.uk/help-and-advice>

<https://www.brook.org.uk/>

Mrs Cahill.

Life Skills Co-ordinator



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Careers Advice

Welcome Year 11 and Happy New Year to you all! Hope you have all had a lovely, safe Christmas break. As the government has announced another lock down, please be rest assured that I will continue to provide remote careers advice and guidance during the days I am designated as the Independent Careers Adviser for the school.

I have listed below the days from January until the February half term break where I will be available and working remotely from 8.15am to 2.30pm, so please get in touch.

January 2021

- Wednesday 6th January 2021
- Wednesday 13th January 2021
- Wednesday 20th January 2021
- Wednesday 27th January 2021



February 2021

- Wednesday 3rd February 2021
- Wednesday 10th February 2021
- Wednesday 24th February 2021

In addition, I will be carrying out telephone careers appointments over the following weeks during my designated days, so please ensure you are available to speak and explore your careers options after leaving high school in the summer.

Mrs S Khan
Independent Careers Adviser

careers@penworthamgirls.lancs.sch.uk

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OFFERING
THE MOST
**FOR SCHOOL
LEAVERS**

PRESTON'S COLLEGE  

PRESTON'S COLLEGE
SCHOOL LEAVER
VIRTUAL OPEN EVENT
THURSDAY 28TH JANUARY,
4-7.30PM

Register now:
www.preston.ac.uk/jan21