

Newsletter

Friday 11th December
2020



Penwortham Girls'
High School

Important Dates:



21st December – 1st January
CHRISTMAS CLOSURE
18th December -
KS4 – Early close 1pm
KS3 Early close 1.15pm

4th January
INSET DAY

5th January
School Re-opens

28th January
Year 7 Parents Evening

4th February
Year 8 Parents Evening

15th – 19th February
HALF TERM

Mental Health Awareness Award



This week, we were delighted to be awarded the Carnegie Centre of Excellence for Mental Health in Schools 'School Mental Health Award' – Bronze Status.

Since September 2019, a range of staff across school have been working hard to develop our provision for both students and staff. This has included training a team of Mental Health First Aiders, creating tracking systems, developing links with external agencies and ensuring that staff wellbeing is always a top priority. Staff reported high levels of wellbeing and satisfaction in the most recent staff survey, despite the circumstances we find ourselves in currently.

Quote from the assessing team:

"We are delighted for the school and hope that we will be able to stay in touch with you and celebrate the great work you are doing for your pupils and staff. Congratulations again on your successful completion of the School Mental Health Award."

Professor Damien Page, Dean Johnstone, Rachel Bostwick and the Carnegie Centre of Excellence for Mental Health in Schools Team.

Our aim is to develop our provision even further and we intend to secure Silver Status in the future.

*Mr Ramsdale
Senior Assistant Headteacher*



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Science Department News



Girls into Engineering



On Wednesday 25th November, all of Year 10 took part in a virtual careers event organised by STEMFirst. The aim of the event was to allow all of our students to hear from multiple female STEM ambassadors about their careers. This opportunity allowed students to hear from a variety of women in the field of engineering and have all of their questions answered. The STEM ambassadors who joined the event were from BAE systems, Sellafield, Orsted and James Fisher Nuclear.

Year 10 were incredibly positive about the event and it was lovely to hear such great feedback. Here are some of their comments:

"It was inspirational to hear from all the female STEM ambassadors and it has inspired me look into the different engineering opportunities available to me."

"I feel more interested in STEM now because the ambassadors were amazing. They gave such amazing advice and made the session so engaging. I was thinking of studying English or Psychology but now I am considering Engineering because it actually seems really cool!"

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Did you know:

- Only 10% of engineers worldwide are female.
- We need 1.5 million more engineers before 2026.
- 60% of young people will be doing a job in the future which currently does not exist.

Meet the future you!

Have you ever wondered what your skills or passions could lead to in the future?

Take this short quiz at www.mtfy.org.uk

Meet the future you



Ever wondered what an engineer does?

Answer a few short questions and find out how **YOUR** skills and passions could lead to an exciting job in the future.

Whether you're just starting out, or are ready to think about your next steps, this is the quiz for **YOU**.

Take the quiz and get ready to be inspired...



**Tomorrow's
Engineers**



Miss Forrest
Science Department

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Baking in Space

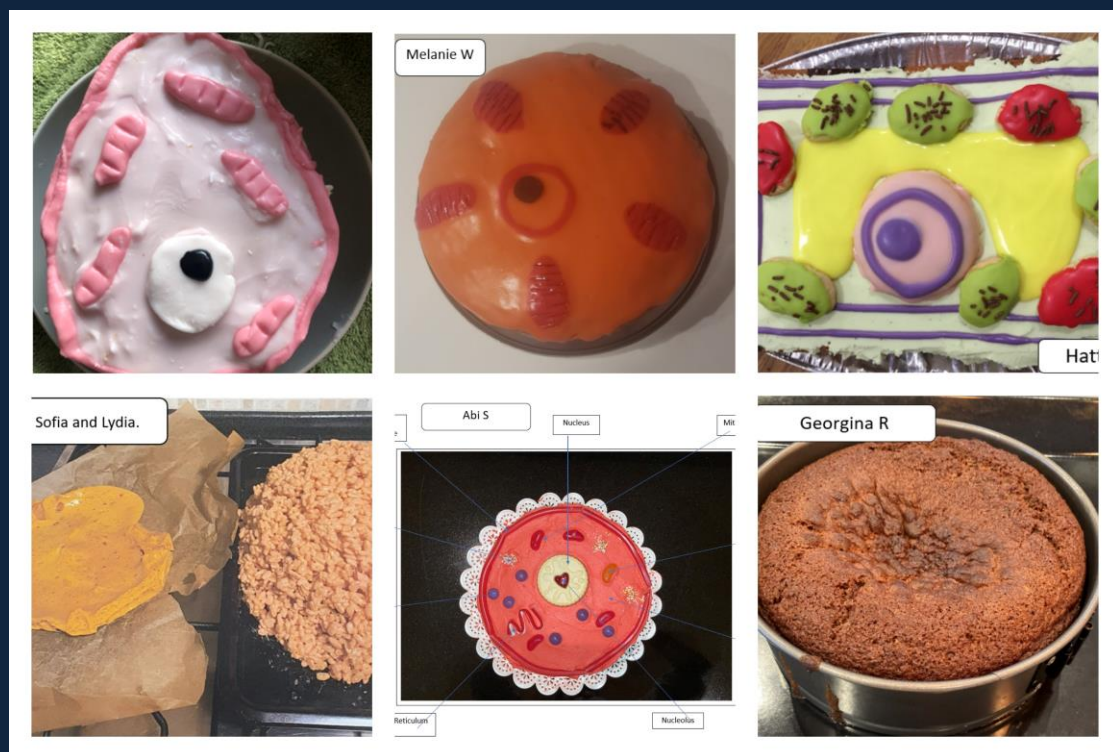
Year 7 students were invited to take part in an exciting free online event. This was part of Science week from 8th – 15th November 2020.

'Baking In Space – Bake to the Future' explored our planet in lockdown and how we have learned to adapt. It also looked at the parallels between living in space and living during COVID-19.

Andrew Smyth, aerospace engineer and Great British Bake-Off finalist, and Dr Niamh Shaw, scientist, performer and space explorer, presented four virtual shows. These took us on a journey from Earth to the Moon and back, with demos and bakes – all from your kitchen!

It was encouraging to see so many of our students get involved.

To coincide with this, we also invited the students to bake their own cell cake to demonstrate their knowledge of the topic of the cells that they are doing at the moment. Here are just some of the amazing uploads. The only downside being that we didn't get to taste them in school this year.



Mrs R Cahill
Science Department

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Virtual Christmas Concert



Usually at this time of year, we are busy rehearsing for our annual Christmas celebration. Sadly, this year, whilst we are not able to welcome you into school for this event, we thought we would find a small way of bringing the Christmas Celebration to you in a virtual capacity. It is our intention to parentmail you a link next week, to a closed YouTube channel where you will be able to watch our virtual Christmas celebration. Pupils in Year 7 have been rehearsing 'Jingle Bells' using hand chimes, whilst Year 10 have been working on 'Walking in the Air'. There is also a performance from the brass group and a number of individual soloists. We hope you enjoy this but sincerely hope we will be back to normal in 2021!



Mrs Cattnach
Associate Assistant Headteacher

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Root Word of the Week

ROOT WORD
OF THE
WEEK

“CLAR” – CLEAR

CAN YOU THINK OF ANY WORDS THAT USE THIS ROOT?



Non-Uniform Day and Early Closure on Friday 18th December

As you may be aware, we normally finish at the earlier time of 2pm on the last day of the Autumn term. However, due to KS3 (Year's 7, 8 and 9) and KS4 (Year's 10 and 11) having staggered start and finish times this year, the finish time on the last day before the Christmas holidays (Friday 18th December) will be 1.00pm for KS4 and 1.15pm for KS3.

Please note, that KS3 students will be able to eat their lunch in school at the normal time, however due to timings, KS4 students will not be having their lunch in school. ('Grab' bags will be available for KS4 students on free school meals).

The school buses have been notified of the change of times on this day.

Friday 18th December is also Non-Uniform Day. Pupils are welcome to wear a festive related outfit, for example, a Christmas jumper if they wish.

We are asking students to please bring in £1; monies raised will go to local charities.



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Lunch Menu – Week commencing 14th December

There is now a 'hot meal' option available every day. This will include a vegetarian option.

Week 1

Monday

All day brunch – pork/vegetarian sausage, omelette, hash browns and beans

Tuesday

Chicken or vegetable Tikka served with rice and naan bread

Wednesday

Beef or vegetarian lasagne served with salad and garlic bread

Thursday

Meat and potato pie/cheese pie served with broccoli and pickled beetroot

Friday

Fish/pizza served with chips, peas or beans

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Head's Commendations



Millie S and India A (Year 8)

Outstanding design of a 'positive posting' social media website.

Carly W (Year 7)

Completion of the Immigration Geo-star task. (Geography)

Ebony M (Year 7)

Ebony produced an outstanding weather forecast report. She clearly described the weather condition would change as a depression passed over Norwich. Great job! (Geography)

Olivia N-M, Annie M, Immy B, Lucy B, Michelle M, Sama G, Eleanor S, and Mya P (Year 10)

A massive well done on having exceeded your end of Year 11 target on just your second Geography exam of Year 10. Brilliant! Keep up the hard work. (Geography)

Amy M, Vidhya P, Sasha H, and Jameelah V (Year 7)

Amazing Covid-19 posters! (Science)

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Covid Response



If your child has:
a high temperature
a new, continuous cough, or
a loss of, or change in, sense of
smell or taste

This could be a sign of
coronavirus

Book a test

If your child has:
a runny nose, is sneezing or
feeling unwell
But they don't have:
a high temperature
a new, continuous cough, or
a loss of, or change in,
sense of smell or taste

These are
not normally symptoms of
coronavirus

Seek advice from a pharmacy, dial
111 or see your GP

Please visit our Attendance Policy Appendix on our school '**Covid Response**' webpage for Attendance information.

How to contact school when closed regarding COVID19.

Dear Parents/Carers,

Please use the email, covidquestions@penworthamgirls.lancs.sch.uk (out of school hours), if you need to inform us that your daughter has received a positive COVID test result. Please also include the following information:

- 1) Your daughter's name, form, date of birth, if there are siblings at the school
- 2) When they were last in school
- 3) Names of friends/close contacts
- 4) How they travel to/from school
- 5) Details of the symptoms
- 6) The dates their symptoms started
- 7) The date of the test
- 8) The date the positive test result was given.

Please also use the above email if you need to notify us that a household member has tested positive/displaying symptoms and your daughter is now self-isolating.

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Do you need
careers
advice?



Independent Careers Adviser *Mrs Khan*

Available for 1:1 Careers Appointments & Drop In sessions in
The Careers Room (Situating first floor next to the ICT Suite)

Drop In sessions Times:

Morning : 8.15am to 9.00am
Lunchtime : 1.00pm to 1.40pm

Careers Adviser Dates:

January	Wednesday 6 th January 2021 Wednesday 13 th January 2021 Wednesday 20 th January 2021 Wednesday 27 th January 2021
February	Wednesday 3 rd February 2021 Wednesday 10 th February 2021 Wednesday 24 th February 2021
March	Wednesday 3 rd March 2021 Wednesday 10 th March 2021 Wednesday 17 th March 2021 Wednesday 24 th March 2021

If you would like a 1:1 appointment, please email

careers@penworthamgirls.lancs.sch.uk
Registered Professional Careers Practitioner/Member



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Struggling at Christmas: Dealing with Loss

Christmas is a holiday that sees people gathering together to celebrate the festive season. At Christmas we are expected to spend time with the ones we love the most, but what about the times when our experiences don't match up with what we see of other's celebrations? We may also wonder just how much will Covid-19 impact the holiday period?

There are many reasons why you might not be feeling the Christmas spirit this year: it could be worries about Covid, struggles with loneliness, social anxiety, family difficulties or dealing with the loss of a loved one.

These issues can be particularly hard to talk about this time of year, as it may feel like everyone would rather try and enjoy the festivities than listen to someone's problems. This is why it's so important to know you're not alone in any hard times you're experiencing.

If you ever feel you don't know who to talk to over the festive season, Kooth is open on Christmas Eve, Christmas Day and Boxing Day with our team of counsellors available for you to talk to. Sometimes it can help just to know you're not alone in what you're feeling!

Everyone's family is different, and sometimes the biggest struggle with family isn't to do with the problems you face with the family around you, but with the loss of a family member you love.

Dealing with Loss

For many, family can either make or break Christmas. Sometimes there is one member in particular, whether it's a parent, sibling or grandparent, that can make the festive season extra special.

If that special person is no longer with us, this can make the thought of Christmas much harder to handle. These feelings don't only apply to family. It could be a close friend, a partner or anyone who has mattered to you in some way over your life.

Check out Kooth today at www.kooth.com



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Struggling at Christmas: Dealing with Loss

There is no easy fix for the grief you may feel on these special occasions. The memories of past holidays spent together will always be there.

While this can act as a sad reminder for what is missing this year, it can also be used as a way to share with the people around you how you feel, and to process those emotions together. No amount of time will ever change the love felt for that person.

On occasions like Christmas, the best anyone can really do is continue to carry the memory of that person with them, and take as long as needed to process their bereavement throughout the holiday period.

To read more about grief and ways to deal with it, check out our Kooth magazine at www.kooth.com.

When faced with the expectation to be social and happy at Christmas, it's so important to know it's ok to not always feel this way. It's vital for a person's wellbeing to acknowledge any emotions they're going through, even if they seem negative and against the holiday spirit to others.

Refusing to repress difficult emotions like sadness and grief is the first step to a more meaningful Christmas period.

Why not let us know at Kooth if you can relate to any of the struggles talked about throughout our **Struggling at Christmas** series. By reaching out and sharing, you may help each other see that you're not alone in how you feel this Christmas.

You can visit Kooth anytime at www.kooth.com.

Check out Kooth today at www.kooth.com



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You can still access
support over the
holiday period

kooth

We're online every day
including **Christmas Day**
Sign up for free at **Kooth.com**