

# Newsletter

Friday 13<sup>th</sup> November  
2020



Penwortham Girls'  
High School

## Important Dates:



19<sup>th</sup> November  
Year 11 Parents Evening

9<sup>th</sup> December  
Parent Council Zoom  
Meeting

10<sup>th</sup> December  
Year 9 Parent Evening

21<sup>st</sup> December – 1<sup>st</sup> January  
**CHRISTMAS CLOSURE**  
KS4 – Early close 1pm  
KS3 Early close 1.15pm

4<sup>th</sup> January  
**INSET DAY**

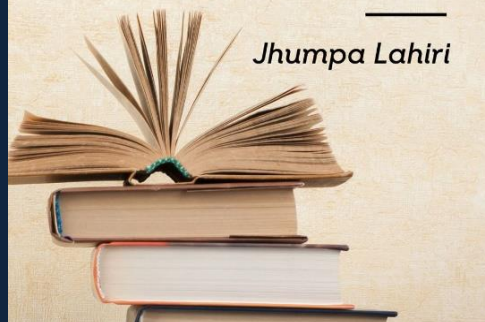
5<sup>th</sup> January  
**School Re-opens**



## Supporting Reading at Home

That's the thing  
about books.  
They let you  
travel without  
moving your feet.

— Jhumpa Lahiri



Time and time again, research demonstrates the importance of reading on a child's emotional, intellectual and social development. At the moment, when the range of activities open to us is severely limited, books can provide an escape to somewhere and something different to our current situation. I know how tempting screens can be, but finding a short amount of time in the day for your child to read can have enormous benefits.

### Reading increases vocabulary and helps to improve communication skills.

Those who read tend to have a much better vocabulary than those who don't. Having a more varied range of words to express how we feel and get our point across allows us to become clear communicators.

### Reading makes us better spellers and writers.

Reading exposes us to other styles, other voices, other forms and genres of writing. Importantly, it exposes us to writing that is better than our own.

### Reading improves focus and concentration.

Sitting down with a book often involves long periods of focus and concentration, which at first is challenging to do. In fact, it's probably one of the main reasons that we choose not to read in the first place.



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National Teaching School  
designated by  
National College for  
Teaching & Leadership



National Support School  
designated by  
National College for  
Teaching & Leadership



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## **Reading improves imagination.**

Our ability to imagine impacts everything we do, think about and create. We are only limited by what we can imagine. The worlds described in books, as well as other people's views and opinions, help us to expand our understanding of what is possible.

## **Reading reduces stress.**

In a world where stresses and strains are ever present, reading often tends to take a back seat, and why not, when there's so much else that needs to be done? Studies show that reading actually helps to reduce stress. Taking a moment out of our busy schedule to read and enter the realms of escapism, has been proven to slow down heart rate and ease tension in muscles.

## **Reading improves memory.**

Reading gives us a unique pause button for comprehension and insight. When we read, we have more time to think and contemplate.

## **Reading leads to academic success.**

When we read, we often don't even realise how much knowledge we are actually taking in. It's no surprise to learn that books at home have been strongly linked to academic achievement when we consider all the skills reading helps to develop and improve.

## **Reading increases capacity for empathy.**

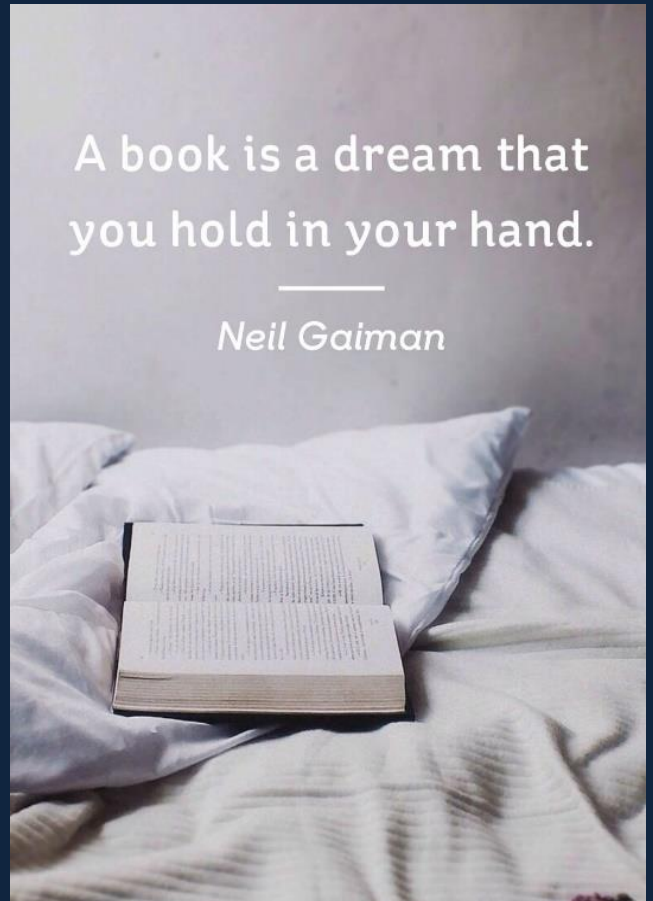
Reading fiction has been shown to develop empathy by increasing our knowledge of others' lives and experiences, helping us to recognise our similarity to them; it has the power to disrupt our stereotypes, making us contemplate and often reassess our position on a particular subject.

## **Reading is entertaining.**

Although mentioned last, this is probably one of the most important reasons for reading. If reading wasn't entertaining, then it would simply be a chore.

A book is a dream that  
you hold in your hand.

—  
Neil Gaiman



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In the English Department, we are only too well aware of how many teenagers lose the good reading habits that they developed at primary school – this is something many parents discuss with us at Parents' Evening. We have an important role to play here. To promote and encourage reading, we are launching a reading challenge at KS3.



Students will receive a 'reading passport'. The aim is to read their way around the world – each step on their journey is 10 minutes reading. We want to encourage students to read a little each day and gradually build up their reading stamina and create a reading habit. Their reading will be recognised in school by their teachers but we would like parents at home to support this too.

So, the question you're probably asking now is, how can I support my child to read at home? Some of the ideas below are very simple; others require a little more investment but the most important way to support your child's reading is to show them that it is an enjoyable, worthwhile activity. By modelling this good habit to your child, you'll be setting them a good example. Please remember that all reading is valuable – magazines, kindles, cook books, and with Christmas just around the corner, this is a great time to support your daughter with some of these suggestions.



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## **No cost suggestions:**

- Join the local library. Kingsfold Library is still open during the national lockdown, although it is operating reduced hours: <https://www.lancashire.gov.uk/libraries-and-archives/libraries/find-a-library/kingsfold-library/>
- Join the virtual library <https://www.borrowbox.com/>
- This app allows the download of e-books completely free.
- Encourage your daughter to use the form libraries in school. If she can't find what she wants, our form librarians will take suggestions and ensure these are ordered.
- Many newspapers and magazines are available for free online and don't require a subscription.
- Many authors run their own websites with extra chapters and character biographies. These are a really engaging way into reading. The most famous is [www.pottermore.co.uk](http://www.pottermore.co.uk) but there are many others.

## **Low cost suggestions:**

- Make sure that your home contains books that will interest your teenager.
- Encourage your teenager to read magazines, newspapers or the sports guide. Leave them around your home. It doesn't really matter what your child reads, as long as they read!
- Share articles you've read from the newspaper or a magazine, especially if it's something your teenager is interested in. Sunday supplements are particularly good.
- Play audio books in the car. This will encourage reading for enjoyment. Recommend adult-themed books that would be appropriate.
- Introduce books which are part of a series and biographies.
- Ask teenagers to recommend books for younger readers in the family.
- Many charity shops have a range of books that have been donated and are both in excellent condition and extremely cheap. St Catherine's Hospice runs a bookshop on Wellington Road which is a great place to browse – you can stock a home library in an inexpensive way and support the local community.

## **More cost suggestions:**

- As Christmas is fast approaching, you could consider a subscription to a magazine that your teenager has an interest in as a present; subscriptions often represent a discount compared to buying the magazine weekly or monthly.
- Create a 'book nook' in your home to encourage reading. There are lots of fantastic ideas on sites such as 'Pinterest' and this could provide a place that is a welcome escape during lockdown.
- Invest in a kindle or e-book. E-books are often significantly cheaper than physical books and research has proven that kindles are more effective in encouraging reluctant readers in particular.

## **Stuck for ideas?**

Helpful websites providing advice on choosing books are below. A great way into reading is often with a film or TV tie-in:

<https://www.whichbook.net/>

<https://www.goodreads.com/>

<https://www.lovereadingschools.co.uk/>

Happy reading!

*Mrs Woodhouse, Curriculum Leader for English*

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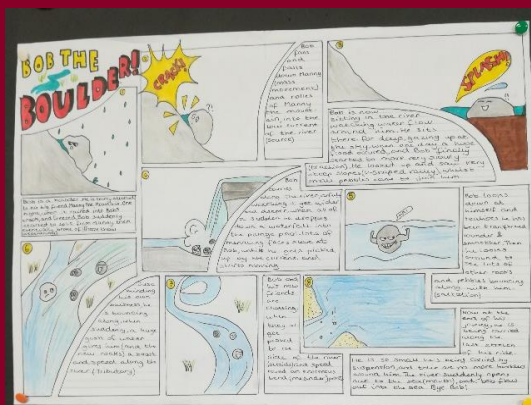
## Geography News



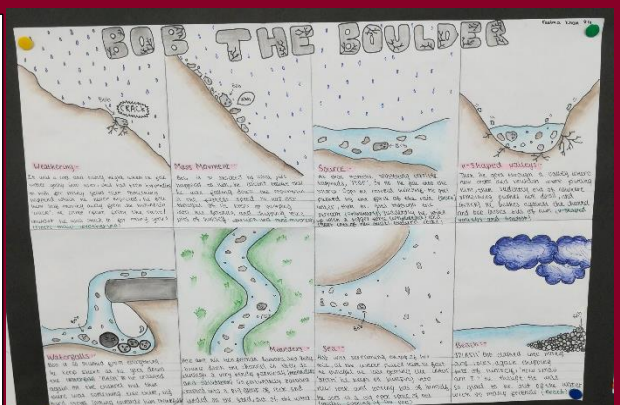
A new half term brings new units of study in the lower school – Year 7 are looking at 'Wild Weather', Year 8 are on 'Buried Treasure' and Year 9 are studying 'Energy Resources'.

There is a wealth of background reading and documentaries on all three of these subject areas and as always, I would urge students to do their own reading and watching around the subjects to better their own understanding.

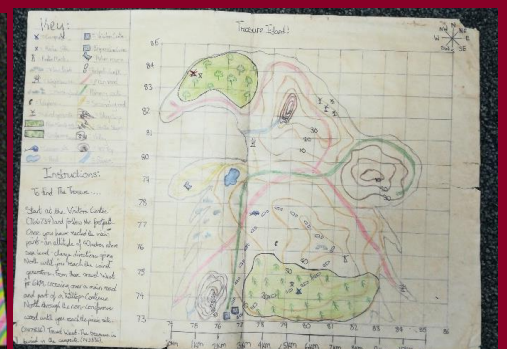
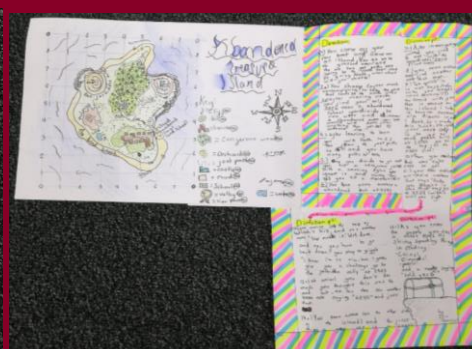
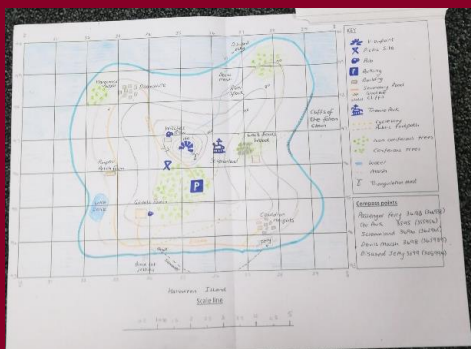
Some recent highlights in the work completed so far this term are shown below. All of these have received Head's Commendations.



The reason I liked these two 'Bob the Boulders' by Fatima and Jenna, is because the time and effort that went into them is evident. They combine excellent presentation, with detailed and accurate Geography.



These three fantasy maps really caught my eye because they all get one of the hardest aspects of cartography correct; accurate and realistic use of contour lines. Well done, Ruby, Lois and Nusaibah!



Mr Bowles,  
Curriculum Leader for Geography



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## Where's Earthy?



Earthy is following in the footsteps of Shakespeare by visiting this local Tudor building. Be as specific as possible and email your answer (from your school account) to [g.bowles@penworthamgirls.lancs.sch.uk](mailto:g.bowles@penworthamgirls.lancs.sch.uk). Class Chart medals for every correct answer.

(Last time, Earthy was at the Ashton Memorial in Williamson Park, Lancaster. Correct answers came from: Katherine W, Lily-Anna J, Maia F, Grace B and Ruth B – well done! There were quite few incorrect guesses too; better luck this time to those people!)

*Mr Bowles,  
Curriculum Leader for Geography*



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## Being a Young Carer.

My name is Felicity and I am a young carer. I cared for my sister before she moved away to university. She has a medical condition called type 1 diabetes. This is where the body's immune system attacks and destroys the cells that produce insulin. She also has epilepsy and many other conditions. Looking after my sister entailed changing cannulas, treating hypos and making sure she took her medication. One of the worst experiences was when she had her first seizure in the middle of the night. I woke up to her on the floor and my mum and older sister sat next to her. An ambulance crew came and took her to hospital. I visited her every day before and after school. This was very stressful because my family and I were very tired every day and I could not focus on my studies.

This is what it is like for lots of young carers around the UK, not just me. However, they have support systems like the charity called 'Wigan and Leigh Young Carers'. This charity takes carers out on fun days like an indoor Go Ape, which I joined in on. They support and give the best options to people like me.



Follow the link below to watch a short video starring me and my sister, Purdey and find out more about young carers.

<https://we.tl/t-aoramHaHmG>

*Felicity (Year 10)*

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**NHS**  
Lancashire Teaching  
Hospitals  
NHS Foundation Trust



## **Chorley and South Ribble Hospital Emergency Department is open 8am–5pm 7 days a week**

**The Emergency Department is open to adults only, anybody under 18 years of age needing emergency care will go to Royal Preston Hospital.**

The Urgent Care Centre at Chorley Hospital remains open 24 hours a day, 7 days a week and continues to treat adults and children for a range of conditions and ailments that are not life threatening emergencies.

More details about the care available at the Emergency Departments and the Urgent Care Centres can be found on the Lancashire Teaching Hospitals website.



Please scan here for more details



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## ROOT WORD OF THE WEEK



“PUT” - THINK



CAN YOU THINK OF ANY WORDS THAT USE THIS ROOT?



## Remembrance

On Wednesday 11<sup>th</sup> November, we held a two-minute silence at 11am to mark Remembrance. Mrs Little performed 'The Last Post' on a cornet, which was heard throughout school.



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## Mental Health Matters

As we enter our second lockdown, it is vital that we ensure our mental health is our priority. Miss Wignall has created a 28-day challenge for our students to participate in to improve their mental wellbeing and add some positivity to their day.

#28-daychallenge #Mentalheathmatters #Makeyourmentalhealthapriority.



## PGHS 28-DAY WELLBEING CHALLENGE



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

### MONDAY

1. Set yourself a new goal for the week.

8. Do something kind for someone.

15. Read for 20 minutes before bed.

22. Make someone else smile.

### TUESDAY

2. Drink only water today.

9. Eat healthy for the day.

16. Listen to your favourite song.

23. No TV night.

### WEDNESDAY

3. No social media day.

10. Have a phone free evening.

17. Go a full day without complaining.

24. Declutter or clean your room.

### THURSDAY

4. Try yoga or meditation!

11. Write down 3 things you are grateful for.

18. Eat 5 pieces of fruit & veg.

25. Treat yourself to a tasty treat (e.g. chocolate).

### FRIDAY

5. Share a funny story.

12. Do an activity you really enjoy.

19. Have a pamper night.

26. Watch a documentary.

### SATURDAY

6. Watch your favourite movie.

13. Go for a 30 minute walk.

20. Bake some tasty treats.

27. Have a video call with a friend or friends.

### SUNDAY

7. Call or facetime a family member.

14. Have an early night.

21. Do a home workout.

28. Listen to a podcast.



#MENTALHEALTHMATTERS



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

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## BBC News North West

On Tuesday, Peter Marshall and the film crew from BBC News North West came to PGHS for a follow-up interview with Mrs Pomeroy, Headteacher to find out how the school is managing with remote working and the changes that have taken place in school due to the COVID19 pandemic.



## John Whalley Virtual Meeting



This week, through a live Zoom meeting, our Year 10 students played 'virtual hosts' to the internationally renowned American Photorealist, John Whalley.

John Whalley delivered a workshop showcasing his talents with graphite. Students had the rare opportunity to put their own questions directly to the artist.

The calibre of John Whalley's work is truly exceptional. Examples of his work can be found below and online through his website, <http://johnwhalley.com/>

Please watch the You Tube video about the workshop  
<https://www.youtube.com/watch?v=W6n4hfg8mBs&feature=youtu.be>

*Miss Morris,  
Curriculum Leader for Art and Photography*



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## Lunch Menu – Week commencing 16<sup>th</sup> November

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

Olivia S, Tilly P and Stevie M (Year 9)

Creating a delicious dessert by following a recipe in French.



Mousse au chocolat by Olivia and truffles au chocolat by Stevie

Maryam Z, Isabel W, Millie S, Eleanor H, and Sophia B (Year 8)

Great work for the STEM and food challenge over half term (Technology).

Megan M (Year 9)

Fantastic pumpkin bread made over half term (Technology).

Amy L, Abigail K, Ruby C, Grace R, Hayley R, Olivia J, Esme H, Lucy F, Sofia W, Lydia W, Hayley R, Tilly C, Alesha-May R, Kyra T, Sofia W, Lydia W, Tess S, Grace D, Maryam Z, Isabel W, Millie S, Eleanor H, and Sophia B (Year 7)

Great effort in the STEM challenge over half term. Well done! (Technology)

Libby W (Year 8)

GCSE standard Formative Assessment (RE).

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## Head's Commendations

Nusaibah B (Year 7)

Excellent fantasy map and accompanying direction – good job! (Geography)

Lois F (Year 7)

A fantastic fantasy treasure map – well done! (Geography)

Ruby W (Year 7)

Excellent cartography on your fantasy map (Geography).

Neve H (Year 7)

Excellent cartography skills on your Harry Potter map. Well done! (Geography)

Olivia S (Year 8)

Outstanding afterlife ultimate questions homework (RE).

Jemima B (Year 8)

Outstanding formative assessment on animal testing (RE).

Maddy L (Year 10)

Outstanding formative assessment (RE).

Hattie C (Year 7)

For producing an outstanding and insightful birth ceremony poster in RE.

Lily T (Year 9)

Amazing homework on the jaguar and rainforest adaptations. Imaginative presentation and in-depth research.

Katie B (Year 11)

Outstanding performance in the Maths Progress Test.

Eliya D, Ellie R, Aisha W, Hidayah (Year 10)

An amazing calculation using conversions and complicated scientific terminology (Science).

Hana M (Year 9)

Excellent progress on the summative assessment – well done! (Maths).



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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\*\*](mailto: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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Myerscough  
College

## Course Advice Sessions

- ✓ School Leavers
- ✓ Apprenticeships
- ✓ University Degrees



**Saturday 7th November, Tuesday 17th November  
and Saturday 5th December 2020**

*Check website for details of whether events are 'on campus' or virtual*

Myerscough College, Bilsborrow, Preston, Lancashire PR3 0RY



[www.myerscough.ac.uk](http://www.myerscough.ac.uk)





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## SCHOOL LEAVER OPEN EVENTS

Saturday 7th November 2020 **VIRTUAL**  
10.00am – 2.00pm  
VISIT [www.preston.ac.uk](http://www.preston.ac.uk) TO REGISTER

Thursday 28th January 2021  
4.00pm – 7.00pm

Wednesday 24th March 2021  
4.00 – 7.00pm



PRESTON'S  
COLLEGE

TECHNICAL & VOCATIONAL

APPRENTICESHIPS

T-LEVELS

A-LEVELS

**THE BEST  
PERFORMING  
COLLEGE**  
IN CENTRAL  
LANCASHIRE

Attend our open events and learn more about the fantastic opportunities available to you at Preston's College.

Speak to our tutors, take a tour of our campus and explore our industry standard facilities.

[www.preston.ac.uk](http://www.preston.ac.uk)

[prestoncollege](https://www.facebook.com/prestoncollege)

## VIRTUAL TASTER PLATFORM

Use our Virtual Taster Platform to get an introduction to your chosen course, the teaching staff and some of the course content you will be studying.

**Get a taste of Preston's College!**  
[www.preston.ac.uk/virtualtasters](http://www.preston.ac.uk/virtualtasters)

## CAREER COACH

We have recently launched Career Coach, a new platform to further help you with finding a career path that suits you.

- Search careers, wages and local jobs
- Search up to date and thorough labour market info
- Use our CV builder to create an impressive CV
- Take our Career Coach assessment if you are unsure on what career path or college course to take

**Give it a go now!**  
<https://preston.emsicc.com>

## APPLY NOW

### STEP 1 APPLY

Complete an application form online at [preston.ac.uk/apply](http://preston.ac.uk/apply) by Friday 26th March 2021

### STEP 2 INTERVIEW

After submitting your application, we will get in touch with you to arrange an interview with one of our careers advisors.

At your interview you can discuss your course choice, career options and ask any questions you have about the college and your chosen course.

### STEP 3 ENROL

Before you get your GCSE results in August we will send you details of how to enrol online.

After you enrol, you'll get your timetable and we'll see you on your first day of college.

[www.preston.ac.uk](http://www.preston.ac.uk)

[prestoncollege](https://www.facebook.com/prestoncollege)



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Our final Open Evening of the Year will take place on **Tuesday 17 November 3.30-7.30pm!**

Throughout the evening our teachers will be running **LIVE** video sessions to answer all of your questions...You will also get access to amazing course information, an It's All About You section where you can see how we look after your well-being, as well as brand new student videos, tours & interviews!

Don't miss out as places will be limited on the live sessions, [register here today](#), we can't wait to say hi & show you why we're so proud of our lovely college here at Runshaw!



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**BAE SYSTEMS**

## Our apprentices are our future so we invest in theirs

We offer comprehensive, high-quality training with support from people passionate about nurturing talent and developing skills, paid-for top qualifications and hands-on experience in world-class projects and products.



Whether you are interested in engineering or business, we have a variety of exciting roles for you across a wide range of levels.

Could you be our next Avator?

### BAE Systems Apprenticeships UK Virtual Career Open Events

To find out more about our existing apprenticeship opportunities, please register for one of the virtual career open events by selecting [here](#). Each Scheme has 4 dates to choose from.

#### Dates of Event

• 16th Nov 2020 • 8th Dec 2020 • 27th Jan 2021 • 18th Feb 2021  
Level 3 Business Administrator & Level 3 Supply Chain Practitioner

• 17th Nov 2020 • 9th Dec 2020 • 28th Jan 2021 • 15th Feb 2021  
L3/L4 Technician & L3 Craft/ Level 3 Aircraft Maintenance

• 18th Nov 2020 • 10th Dec 2020 • 25th Jan 2021 • 16th Feb 2021  
Project Management Degree & Project Control Degree & Finance & CMI  
& Human Resources Higher Apprenticeship

• 19th Nov 2020 • 7th Dec 2020 • 26th Jan 2021 • 17th Feb 2021  
EDAS Software & EDAS Aerospace

#### Time of Event

18.30 - 19.30

18.30 - 19.30

18.30 - 19.30

18.30 - 19.30



Connect via social media/online  
[www.baesystems.com](http://www.baesystems.com)

Please note, you must register a place in order to attend the Career Open Events. Our apprentice application window opens on the 1st November 2020 until the 28th February 2021. You can pre-register your interest and apply online at: [www.baesystems.com/apprenticeships](http://www.baesystems.com/apprenticeships)

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Newman College has adapted the virtual tour from its open day for schools to share with pupils.

Pupils can access the tour at any time and the college will be adding more subject information and content throughout the next few months.

**Virtual tour** - <https://tourmkr.com/G1QagzcTmE/8938473p,2802706m,-40.21h,88.68t>

You can also register for their next virtual open event on Sat, 14 November 10am – 1pm via the college's website where you will be able to access live Q&A sessions with subject teachers.

**Cardinal Newman College also have Virtual Open Events. Please visit the website**  
<https://www.cardinalnewman.ac.uk/about-us/college-open-events/>