

Friday 16th April
2021



Penwortham Girls'
High School

Important Dates:



29th April
Year 9 Parents' Evening
(Virtual)

3rd May
MAY DAY CLOSURE

13th May
Year 10 Parents'
Evening (Virtual)

31st May – 4th June
Half Term

7th June
Students Return

13th July
Year 11 Valedictory
Dinner

16th July
Closure for Summer
Break

19th and 20th July
INSET DAYS

Perfect Presenter KS3 Form Competition



As a school, we actively promote the importance of the content and presentation of work that students complete in their exercise books and our staff routinely reward students for work that has been completed to the highest presentational standards.

To further inspire our students to take the utmost pride in the presentation of their work, we are holding a 'Perfect Presenter' competition for all students in years 7-9.

This half term, staff will be taking special notice of the presentation of student work and will award the 'Perfect Presenter' medal on Class Charts to those students who have demonstrated that a real pride has been taken or if they have made impressive recent progress. Prizes (including impressive stationary hampers) will be awarded at the end of the half term to individual students, as well as the form group in each year that accumulates the most perfect presenter medals.

To help students better understand the high expectations that we have of the presentation of written work at PGHS, Mr Ramsdale has created a poster which shows the steps to follow in order to be awarded the perfect presenter medal, now displayed in each form room.

Mr Herbert
Associate Assistant Headteacher



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MODERN FOREIGN LANGUAGES

As well as learning how to communicate in French and German and learn all our vocabulary and grammar, it is also one of our priorities here in the MFL department to learn about the culture and people in that country. With this in mind during the last few weeks, we have been exploring our links with France and Germany and we have begun our venture into setting up our pen pals with our Year 9 German classes. This is something our pupils have been really excited about and we started by sending Easter cards over to our new German school just before the Easter holidays.

We are exchanging letters with the Sickingen-Gymnasium in Landstuhl, a grammar school in the Kaiserslautern district in southwestern Germany. The town of Landstuhl is steeped in history and culture. It has a population of over 8,000 people and is situated northwest of Stuttgart, an hour away from Heidelberg and not far from the French and Luxembourg borders. It is home to the Sickingen Schloss, a small castle.



The school itself was founded in 1873 and is a wonderful school that offers a huge range of subjects to all the pupils ranging from geography, art, sport, IT to a huge range of languages such as Russian, Spanish, French, English and Latin.



Newsletter

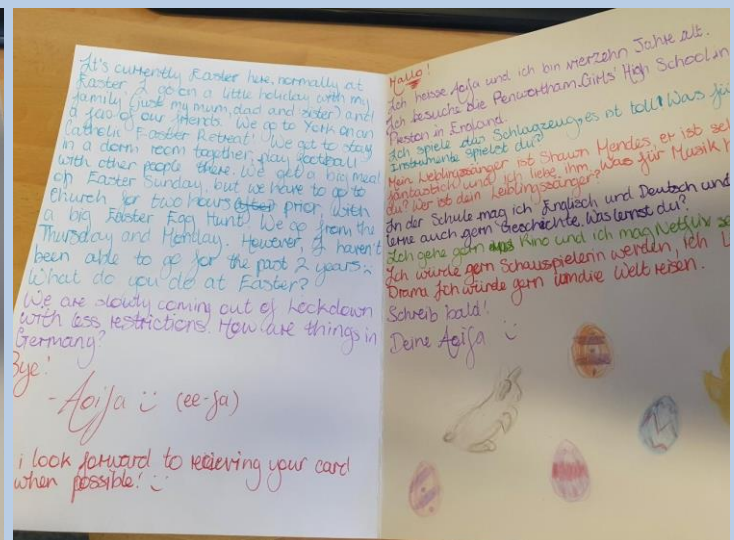
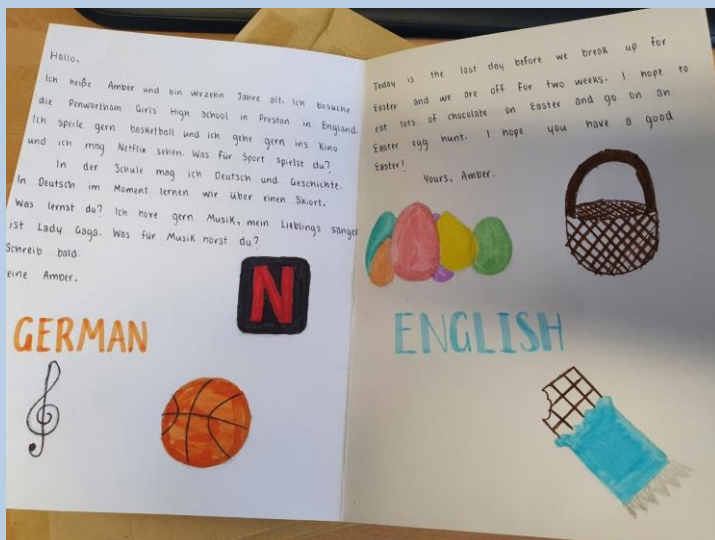
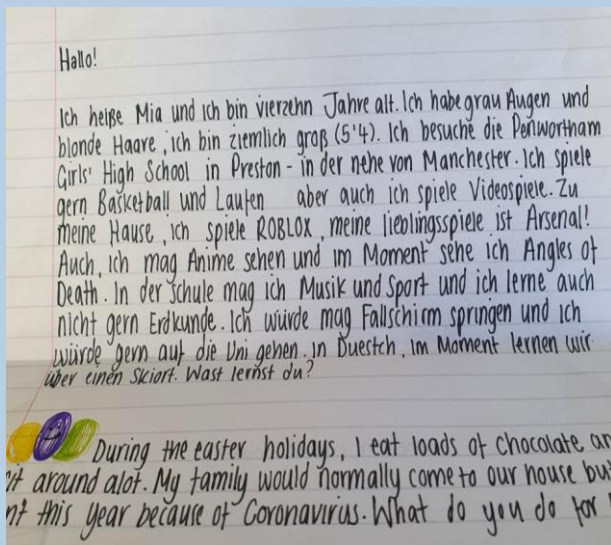
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We began writing our cards and letters just before Easter and we wrote a little bit in English about our own traditions over the holidays. We also wrote some information about ourselves in German. We wrote about our hobbies, our interests, what we do at school and our ambitions for the future. Some of our students also drew some pictures and wrote some little poems for the German pupils to read. We are now eagerly awaiting our returned cards from our German school so that we can return their letters with information about us, our school and our family traditions. We hope over this term to video call the school during our lessons and talk in German to them. We are also planning a video tour of our school for the German pupils and we hope to see their school too. Who knows? One day we may get to visit in person!

Here are some photos of the cards we sent:



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Here is what our Year 9 students thought about our new penfriend programme:

At the end of the Easter term, we wrote letters to a German school telling them about our Easter traditions. We also told them about ourselves and what we enjoy. We hope to do video calls with the German school and maybe go and visit them. I can't wait to receive my letter. Lola U 9P

Closer to the Easter period, our class decided to get in touch with a school in Germany and we made festive Easter cards. In doing this, we hope we can make some new friends, share our Easter traditions with them and when they reply, we will get a taste of their culture too. This is a fantastic experience, as we get to apply vocabulary into real life situations. Sanuli W 9P

At Easter my class began our exchange with a German school. We made creative Easter cards to send to Germany whilst waiting for a return letter. This lesson was not only fun but very important for our grammar knowledge. We learnt lots of new vocabulary, which we are currently applying as we prepare for our upcoming assessment. Liv W 9P

In German, we have been learning a lot about a ski resort in South Germany and what we can do there and we had the opportunity to write pen pal letters to students in Germany. In the letters, we wrote about our Easter traditions and what we enjoy about our holidays. I hope to continue writing to them so that I can improve my German and make world-wide friends. Hibba A 9P

?

Year 7 German	Year 8 German	Year 9 German	Year 10 German	Year 11 German
Rebecca I 7H	Imogen K 8J	Maddy T 9P	Grace S	Isabelle W
Holly W 7H	Khitam A 8J	Grace T 9P	Anna S	Eleanor P
Hannah P 7H	Olivia H 8J	Maryam M 9G	Felicity A	Hana L
Eden F 7H	Eleanor NJ 8J	Tilly P 9G	Sophia R	Rebecca F
Grace C 7H	Elizabeth T 8J	Olivia R 9H	Emily S	Evie S
Nusaibah B 7H	Charlotte R 8S	Molly H 9H	Amelia S	
	Savo A 8S		Holly B	
	Bismah C 8P		Mia B	
	Katherine W 8P			

Year 8 French	Year 9 French	Year 10 French	Year 11 French
Imogen C	Amirah P	Antonia S	Ash S
India A	Keira-Leigh R	Ella McB	Juwairiyah B
	Stevie Mc	Katie H	Lottie G
	Mia S	Danya H	Erin N
	Sophie M	Hannah E	Eden S
	Megan H		Maariyah A
			Katie B
			Jess B
			Hannah B

Mrs Gill, Curriculum Leader for MFL

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Life Skills

KS3 Life Skills lessons are now being taught with the new Collins resources. The feedback has been extremely positive from both staff and students.

This half term, students will be exploring some of the more sensitive topics of RSE and health education. Here is the half termly update with sources of further information and support should you wish to continue to conversation at home.

Year 7

L1 – You and bullying.

L2 – Cyberbullying.

L3 – Protecting your online identity.

L4 – The Right to education. (Linked with international women's day and the rights of a child.)

L5 – UNICEF – Rights of the child.

L6 – Gender and your identity.

L7 – Exploring your sexuality.

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

<https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/>

www.thinkuknow.co.uk/11_13/

www.safetynetkids.org.uk/personal-safety/online-safety/

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

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gender-identity-issues/>

www.childline.org.uk/info-advice/your-feelings/sexual-identity/sexual-orientation

www.youngstonewall.org/get-support/coming-out-lgbt

Year 8

L1 – Your developing sexuality.

L2 – Understanding your gender identity.

L3 – LGBT+ rights.

L4 – Sex facts and myths.

L5 – Consent and contraception.

L6 – Sexting.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gender-identity-issues/>

www.childline.org.uk/info-advice/your-feelings/sexual-identity/sexual-orientation

www.youngstonewall.org/get-support/coming-out-lgbt

<https://www.stonewall.org.uk/our-work/campaigns/campaigning-global-lgbt-equality>

www.healthforteens.co.uk/sexual-health/

<https://www.childnet.com/parents-and-carers/hot-topics/sexting>



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Year 9

- L1 – Money and mental health.
- L2 – Credit and debit.
- L3 – Gambling and online fraud.
- L4 – Social media and body image.
- L5 – Sexually transmitted infections.
- L6 – Symptoms of STI's and sexual health clinics.

<https://natwest.mymoneysense.com/students/students-12-16/>

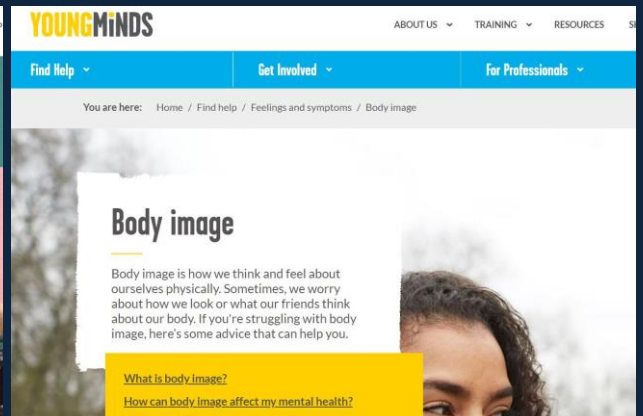
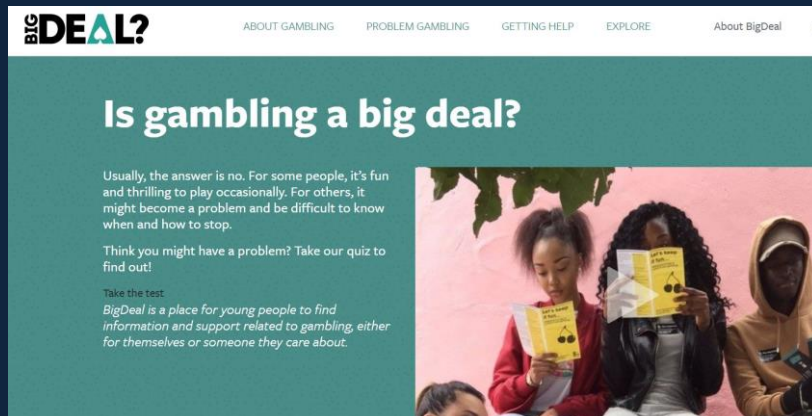
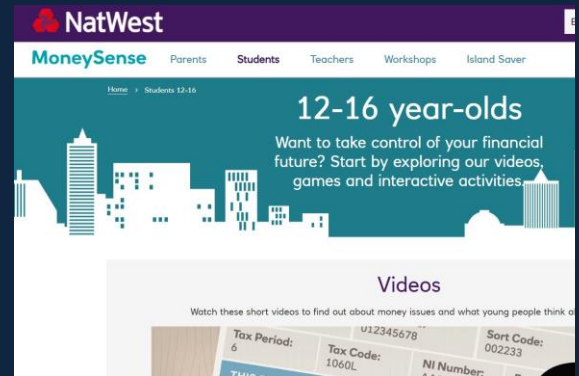
<https://www.bigdeal.org.uk/>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/>

<https://lancashiresexualhealth.nhs.uk/>

<https://www.healthforteens.co.uk/health/about-chathealth/>

<https://legacy.brook.org.uk/press-releases/new-sexual-health-services-for-lancashire>



Mrs Cahill, Life Skills Co-ordinator

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Penwortham Girls'
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Religious Education Department News

An inspirational speaker

Based on the PGHS value of social responsibility and as part of International Women's Day, KS3 had the opportunity to hear from an inspirational speaker, Emma Slade via zoom. Here's some snapshots of our assembly and the book which she has written telling her story in depth. We will certainly be purchasing a copy for our RE library. Will you?



EMMA SLADE
EXPERT IN MINDFULNESS
CEO of the UK Charity Opening Your Heart to Bhutan



Born in Kent and offered an unconditional place at Cambridge University she was also educated at Goldsmiths London and the London School of Economics. Emma had a highly-successful international career in finance. She is a Chartered Financial Analyst (CFA) and worked as a Senior Analyst in London, New York and Hong Kong for HSBC working on an investment portfolio of \$1bn.

Following a life-changing visit to Jakarta, Indonesia, where she was held hostage at gun point, she discovered in herself a yearning to understand the deeper aspects of what it is to be a human being. Emma put her financial career on hold and began travelling, and exploring yoga and meditation. She qualified as a British Wheel of Yoga instructor in 2003 and has since, for over 15 years, taught both yoga and meditation, simultaneously deepening her life-long interest in Buddhism.

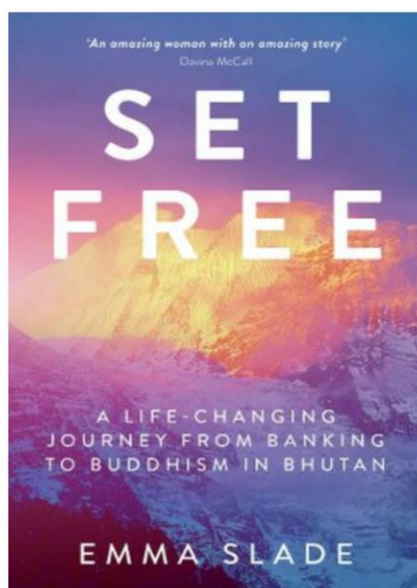
A chance meeting with a Buddhist Lama on her first visit to Bhutan in 2011 led to her studying Buddhism with this Lama and, eventually, becoming the first and only Western woman to be ordained in the Himalayan Kingdom of Bhutan as a Buddhist nun.

Continuing with her energetic and entrepreneurial spirit Emma founded the registered UK charity, 'Opening Your Heart to Bhutan' in 2015. This has built medical and educational facilities to help special needs children in Bhutan. In 2017 Emma was given a Points of Light award by the UK Prime Minister in recognition of her exceptional volunteering. Her first book, 'Set Free', was published in April 2017 and details her inspirational story.

Topic: Social Responsibility Assembly
Time: Mar 24, 2021 08:45 AM London

Join Zoom Meeting
<https://zoom.us/j/91647591717?pwd=eW1FaE1vRjFSQXF6NkRXS0tEbTJQZz09>

Meeting ID: 916 4759 1717
Passcode: xeX3Lu



Set Free: A Life-Changing Journey from Banking to Buddhism in Bhutan

By Emma Slade (Author)

The Blurb: The man with the gun pushed me down onto the carpet. I tried to cower to make my body curl smaller, instinctively covering my head. 'Oh God, please don't kill me.' My words clung to my teeth and now my whole body was so cold. All I had left were these words. 'Please. Please don't kill me. Jesus. God. Please.' I wanted to live and I knew it with absolute certainty. I don't want to die. Emma Slade was a high-flying debt analyst for a large investment bank, when she was taken hostage in a hotel room on a business trip to Jakarta. She thought she was lucky to come out of it unscathed, but over the ensuing weeks and months, as the financial markets crashed, Emma became her own distressed asset as the trauma following the event took hold. Realising her view on life had profoundly changed she embarked upon a journey, discovering the healing power of yoga and, in Bhutan, opening her eyes to a kinder, more peaceful way of living. From fast-paced City life to the stillness of Bhutan's Himalayan mountains, Set Free is the inspiring true story of Emma's astonishing life lived to extremes and all that that entails: work, travel, spirituality, Buddhism, relationships, and the underlying question of what makes a meaningful life.

Kindle Edition
£2.49

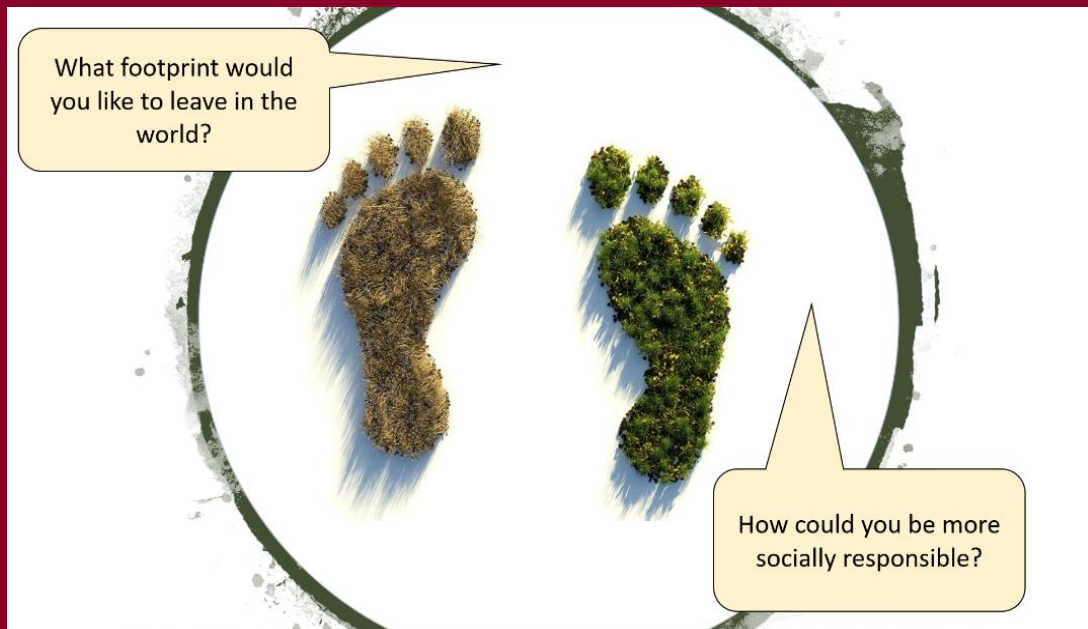
Audiobook
£0.00

Paperback
£7.85

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Penwortham Girls'
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Postcards to persecuted Christians around the world

Persecution

Christians at risk of high,
very high or extreme
levels of persecution

2018	215 million
2019	245 million
2020	260 million

Christians killed because of their faith

2015	7,106	
2016	1,207	
2017	3,066	(2,000 in Nigeria)
2018	4,305	(3,731 in Nigeria)
2019	2,983	(1,350 in Nigeria)

Year 10 were shocked and saddened to hear about the persecution which Christians face all over the world today. Some extremely kind and considerate students decided to send a postcard via the charity, 'OpenDoors' to some of those who are suffering.

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How can you help today? Write a brief postcard / letter to a Christian suffering from persecution.



Encourage children such as Daniela (12) and Sebastián (5) from Colombia. Like other children, they love drawing and football. They have fond memories of spending Christmas with family and friends. But in other ways, their story is tragically different. Their father was shot dead in his own home. He was a pastor in a dangerous part of the country, and he paid the ultimate price for speaking out against organised crime.



Provide Hajaratu from Nigeria. In 2019, she lost her husband leaving her to care for 5 children alone. While fleeing an attack by in July 2020, she tried to cross a fast-moving river with her young daughter strapped to her back. Hajaratu reached the riverbank to discover she was alone. For Hajaratu, it is yet more unthinkable grief. But she is holding on to Jesus, still praising Him and clinging on to the hope He gives.



RE in the World this Week: Ramadan

What is Ramadan?

During Ramadan, Muslims fast from dawn to dusk. It is intended to focus the mind on prayer, spirituality and charity, as well as to purify the body and mind.

How will COVID change Ramadan this year?

With strict curfews and physical distancing to limit the spread of the highly contagious COVID-19 disease, many of Ramadan's rituals and traditions will be curtailed this year. Breaking of the fast is usually a communal affair. It is common for mosques to host large iftars, especially for the poor. Because of the pandemic, which has spread to 185 nations, many countries this year have advised citizens to avoid large gatherings and have suhoor and iftar individually or with family at home.
<https://www.aljazeera.com/news/2020/4/23/how-will-the-coronavirus-pandemic-change-ramadan-for-muslims>

Miss Brooks, RE Department

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Planting in Spring



Spring is in the air and it's time to get growing something.....anything!!!! So we, (the Science Department) have taken over the raised beds outside The Haven.

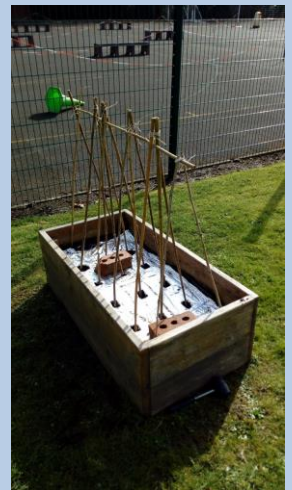
Over the next few months we will update you all on what is growing in the beds. Can anybody guess what is growing by the bamboo canes and why the tin foil?

While clearing weeds out of the raised borders and preparing the beds, I noticed the first ladybird of 2021; hopefully there will be plenty more as we will not be using any chemicals.

In time, we will start up our sunflower seed growing competition, which proved quite literally a huge success in previous years!!!!

Hopefully, in the next few weeks seedlings will start to appear.

*Mr Turner,
Science Technician*



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Penwortham Girls'
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PGHS PE After-School Clubs

Starting W/B 12th April!

<u>Monday</u>	<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>
Year 7	Year 10 & 11	Year 9	Year 8

Year 7, 8 and 9 practices will start at 3:00pm and finish at 4:30pm. Y10 and 11 will start at 3:20pm and finish at 4:30pm.



Please bring trainers with you and you may also bring a pair of dark coloured plain tracksuit bottoms, this is optional.

You will be given a choice of a wide range of different activities each week. The sports will be different every session so you can experience a variety of different activities.



PGHS PE After-School Clubs

The most popular sports from the list below will be available each week. Popularity will change from one week to the next to cater for all students.



Our extra-curricular programme began on Monday 12th April

If you have any questions or queries, please contact Mrs Naylor. s.naylor@penworthamgirls.lancs.sch.uk

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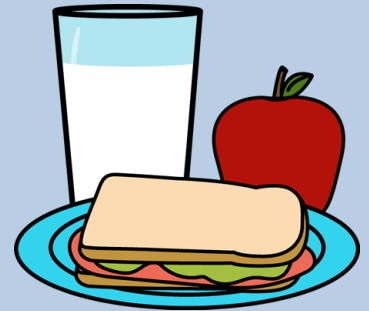


Penwortham Girls'
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Lunch Menu

Week commencing 19th April



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

Freshly made sandwiches from £1.00

Hot Sandwich selection from £1.85

Cold drinks from 45p

Homemade cookies and cakes from 40p

All menus are planned to meet the food-based standards for food in schools and are checked using a recognised programme to analyse nutrition.

Whilst every effort is made to produce the published menu, please note that they may vary occasionally subject to availability.

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Penwortham Girls'
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Do you need
careers
advice?

Independent Careers Adviser

Shamim Khan

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

Drop In sessions Times:

Morning : 8.30am to 9.10am
Lunchtime : 12.30pm to 1.20pm

Careers Adviser Dates:

March 2021	Wednesday 17 th March 2021 Wednesday 24 th March 2021
April 2021	Tuesday 13 th April 2021 Wednesday 14 th April 2021 Wednesday 21 st April 2021 Tuesday 27 th April 2021 Wednesday 28 th April 2021
May 2021	Wednesday 5 th May 2021 Wednesday 12 th May 2021 Wednesday 19 th May 2021 Wednesday 26 th May 2021
June 2021	Wednesday 9 th June 2021 Wednesday 16 th June 2021 Wednesday 23 rd June 2021 Wednesday 30 th June 2021
July 2021	Wednesday 7 th July 2021 Wednesday 14 th July 2021

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

careers@penworthamgirls.lancs.sch.uk

Registered Professional Careers Practitioner/Member

