

Friday 30th April
2021



Penwortham Girls'
High School

Important Dates:



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

Celebrating Empathy and Equality at PGHS



Earlier this year, we took part in the international celebrations for Empathy Week. Empathy Week is an opportunity for young people across the world to feel empowered to grow into conscious and empathic leaders. We felt that this was a brilliant opportunity for our students to develop our core values of compassion and social responsibility. It is also a chance for them to learn about current global issues and develop their own ideas about how to make our school community and the wider world, a more empathic and equal place.



Our Respect Council in Year 10 have responded to the activities in Empathy Week by creating a thoughtful and well researched assembly all about promoting respect and equality. They have looked at important issues such as racism, ableism, homophobia and transphobia and thought carefully about how we can work together to help ensure that everyone is treated with respect and given the chance to thrive. Additionally, this project underpins the work we are doing as a school to increase awareness of the concept of universal human rights and supports our progress in working towards achieving the UNICEF Silver Rights Respecting Schools award.



**Artsmark
Gold Award**
Awarded by Arts
Council England

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Penwortham Girls'
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Supporting Mental Health



Everybody has the right to have support
with their physical and mental health.

We can help one another by
remembering to be empathetic and
compassionate to all members of our
school community.

If you are struggling with your mental health at the moment or
feel like you want some more support, here are a few places
where you can find some help and advice:

Mind 0300 123 3393 Text: 86463 www.mind.org.uk	Samaritans 116 123 Free any day 24/7 www.samaritans.org.uk	YoungMinds 0800 1111 Txt: YM to 85258 www.youngminds.org.uk
SANE 0300 304 7000 www.sane.org/support	PAPYRUS 0800 0684141 www.papyrus-uk.org	Beat 0808 801 0711 www.b-eat.co.uk
OCD UK 0333 212 7890 www.ocduk.org	Anxiety UK 03444 775 774 www.anxietyuk.org.uk	CALM 0800 58 58 58 www.thecalmzone.net

In response to empathy week, we've also been developing ideas about how to encourage empathy and provide support for those who may be struggling with their mental health. We've created posters and leaflets, which will be displayed and made available around school as a reminder that everyone has the right to help with their mental and physical health and to encourage compassion and empathy within our school community.

We want to continue celebrating the importance of empathy and equality, so in the coming weeks we will be taking part in a 'Unitee' competition. This is a competition organised by the 'Global Acts of Unity' campaign, that aims to spread the message of tolerance and unity among young people by challenging them to design a t-shirt (or 'unitee shirt') inspired by the theme of unity. We are looking forward to seeing all the creative and original designs created by our students!

*Mrs Hall, Deputy Headteacher
and Miss Starkie, Equality Lead*



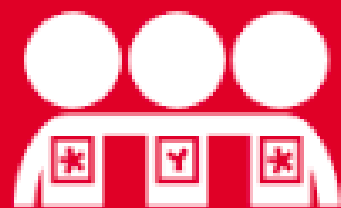
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NO DISCRIMINATION



12

**RESPECT FOR
CHILDREN'S VIEWS**



30

**MINORITY CULTURE,
LANGUAGE AND
RELIGION**

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Penwortham Girls'
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Science Department News

British Science Week

British Science Week this year was a ten-day celebration of Science, Technology, Engineering and Maths. It took place between 5th- 14th March.

The theme for this year was 'innovation for the future.' In class, some of the students took part in some of the activities. There was also an opportunity to enter a school poster competition. Students could come up with their own innovation, research a famous innovator or raise awareness of innovations that are overlooked.

Please see the 5 winners below with their creative and informative posters. These entries have been selected to be entered in to the British Science Week competition. Only 5 per school were allowed. These are the best of over 150 entries.

Eloise-Mai F Year 7 – Had an innovative idea about an allergy intolerance agency. This is an app that you can add all your allergies or intolerances to and scan barcodes on products in shops, which will tell you if it is safe to use that product.

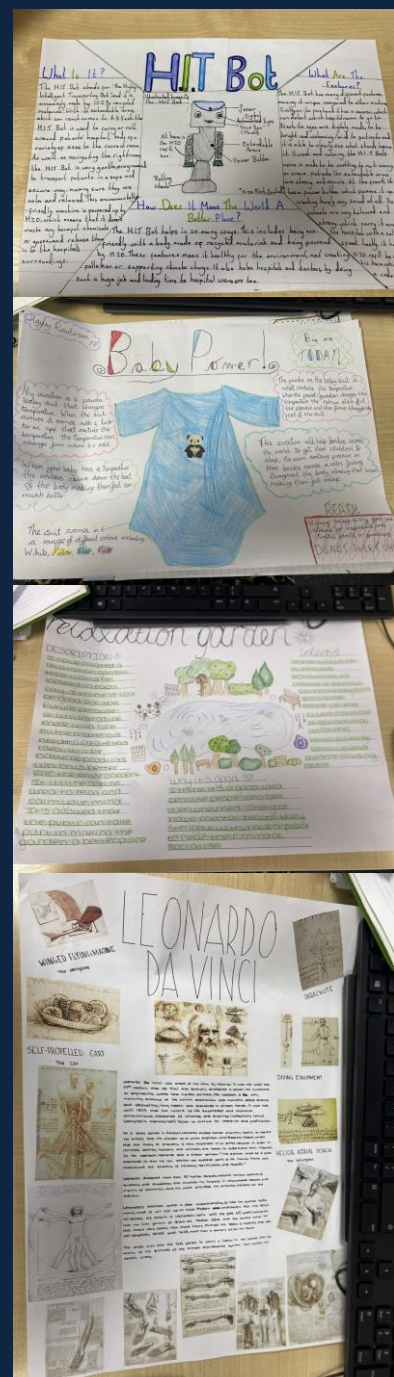
Vidhya P Year 7 – Invented a H.I.T Bot. Made with 100% recyclable materials, it can carry or move patents around hospital beds, as well as navigating the right room for them to be transported to.

Hayley R Year 7– Designed a baby power baby suit. This great innovation changes temperature. It is linked to an app that can be controlled by whoever is looking after the baby. The temperature can be adjusted for the comfort of the baby and aid parents/carers in getting them off to sleep.

Violet N Year 8 – Had a lovely outdoor innovation of a relaxation garden to be placed in every city. It will be created using all-natural products with the sole purpose of improving people's mental health.

Maisie W Year 8 - A superb write up about Leonardo Da Vinci. Maisie writes about how he was ahead of his time and talks about his sculptures, paintings engineering work and deep understanding of the human body.

Mrs Cahill, Science Department



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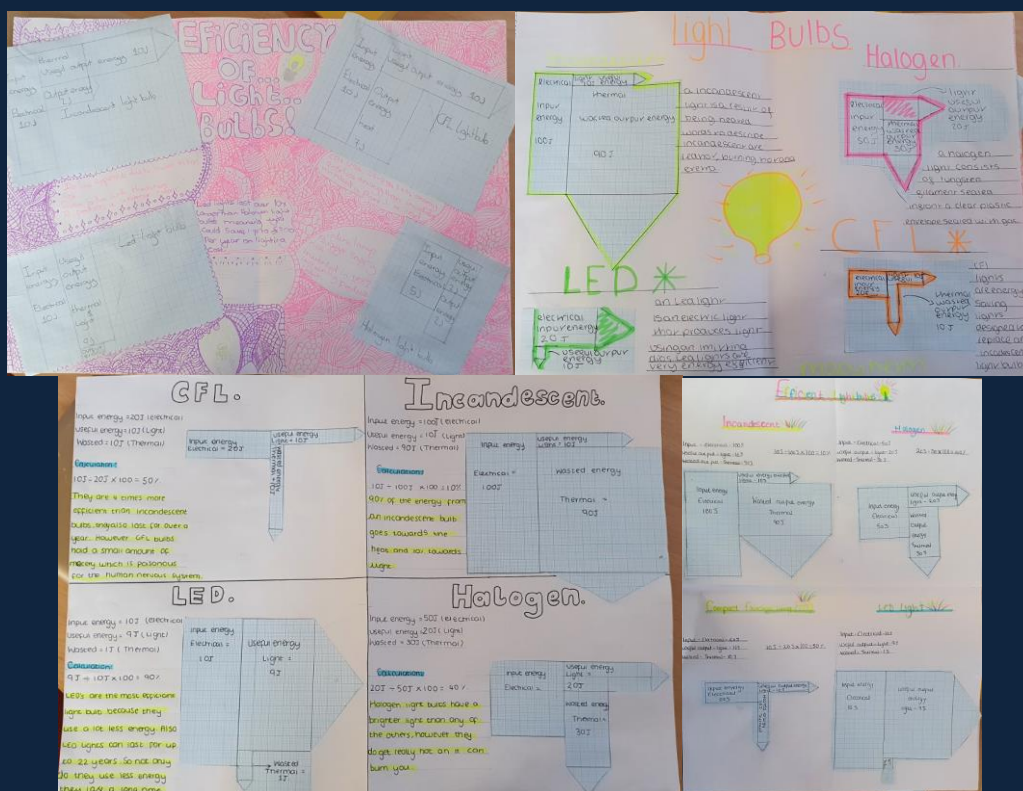


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Energy and Efficiency

The International Energy Agency (IEA) is predicting a major surge in CO₂ emissions from energy this year as the world rebounds from the COVID 19 pandemic. The agency says that total energy emissions for 2021 will still be slightly lower than in 2019 but CO₂ will rise by the second largest annual amount on record. (BBC - 20th April 2021).

With this mind, Year 7 have been looking into energy and how we can live more sustainably to reduce our energy usage and so do our bit to reduce climate change. We had a silent debate over 'coal free days in the UK'. Each student put forward arguments for and against coal free days. They were well-reasoned arguments and the students spoke very passionately about their viewpoint. It was an excellent debate and the students gained a lot from this. We then followed this by looking at different light bulbs that can be used in the house – incandescent, halogen, LED and CFL. The students researched each one, then using this, were able to produce some excellent posters to display their research, showing which bulb was the most efficient and so better for the environment. They used Sankey diagrams and the efficiency equation to calculate the efficiency of each light bulb. They produced some excellent work and put some great effort into the posters! Each student concluded that LED's were the most efficient lightbulb and should be used for a greener home. They were a pleasure to read! Well done, 7P!



Mr Dean
Science Department

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Penwortham Girls'
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NASA Launches 'Ingenuity' Helicopter from Mars

On Monday, 19 April, NASA successfully launched this little 1.8kg helicopter successfully on Mars. Using 'Perseverance', the famous rover on Mars, the helicopter was taken to a launch spot and successfully flew for less than a minute. This may not sound impressive but this is just the start of things to come, as this is the first ever controlled flight on another world.

It may seem confusing that we can't control flights on Mars when we can on Earth. There is less gravity on Mars so surely it is easier for an aircraft to become airborne? The big problem is the density on the air around Mars. At only 1% of the density of air on Earth, the blades on the aircraft have very little to contact in order to lift the helicopter. At such a low density, the air has very, very few particles which is why Ingenuity had to be made so light and with a really high power at a max of 350 Watts – meaning the blades can turn at 2,500 revolutions per minute!

What about controlling the helicopter? On Earth, we can control drones in flight using radio signals from a hand-held control. That's not so easy when we are 300 million km away (Preston is 34 km across). Instead they have to programme the route the helicopter takes in advance.

Finally, so that they know whether the helicopter is successful, a satellite on Mars relays the data back to earth. More flights are already planned for Ingenuity. How exciting to think where this will take us and what is out there for us to discover.



Miss Avery
Science Department

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Electricity

Our Year 10 physicists are currently studying the Electricity unit. As part of this unit of work, students learn about mains electricity and the national grid. Our physicists will also learn about electrical plugs and how to wire them. Students in 10a/Sc5 took to this task very quickly; I think we might have a few future electricians in our midst! Here is a photo of Grace wiring a plug. Electrical plugs consist of three different coloured wires (live, neutral and earth) connected to the three brass pins on the outside of the plug. All three of these wires are made out of copper. Do you know why? There is an easy way to remember where the wires go in a plug; **b**Rown on the **R**IGHT, **b**Lue on the **L**EFT and **s**Triped on the **T**OP!

Miss Forrest
Science Department

Educake Leaderboard

March & April

LEADERBOARD



Educake Science
Online Homework and Revision

Year 7

Natalie K
7H

Year 8

N/A

Year 9

Maarya B
9H

Year 10

Felicity A
10P

Year 11

Aamina B
11H

MOST QUESTIONS ANSWERED: Eleanor P (11J)

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On This Day in Science:

May 10: The element 'caesium' was discovered on this day in 1860. Caesium (Cs) was discovered in spring waters by Robert Bunsen and Gustav Kirchhoff. Although they were the first to identify the new element, Carl Setterberg was the first to isolate the metal itself.



May 12: British chemist, Dorothy Hodgkin was born on this day in 1910.

Hodgkin is one of the most famous female chemists and is known for her investigations into the structure of natural products using x-ray analysis. She was awarded the Nobel Prize in Chemistry in 1964 for these contributions.



May 14: Edward Jenner performed his first vaccination against smallpox on this day in 1796.

The English doctor inserted pus from a cowpox pustule into an incision on the arm of eight-year-old James Phipps. From then on, Phipps was immune to smallpox, one of the most virulent killer diseases of the time.



May 15: French physicist, Pierre Curie was born on this day in 1859. Pierre Curie co-discovered polonium (Po) and radium (Ra) with his wife Marie Curie. He was also a pioneer in crystallography, magnetism and radioactivity.



May 24: German physicist, engineer and glass blower Daniel Gabriel Fahrenheit was born on this day in 1686. He invented the alcohol thermometer (1709) and mercury thermometer (1714). He also developed the Fahrenheit temperature scale by reference to three fixed points of temperature, where a mixture of ice, water and ammonium chloride was taken as 0°F.

Mrs Goodwill, Science Department

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To add variety to the Science departments expanding plant collection, we have purchased some creepy carnivorous plants. Any guesses on what they are called?

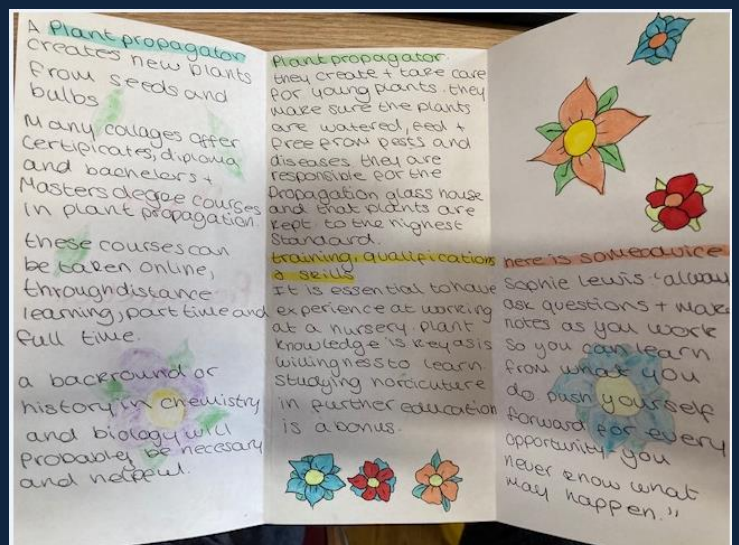
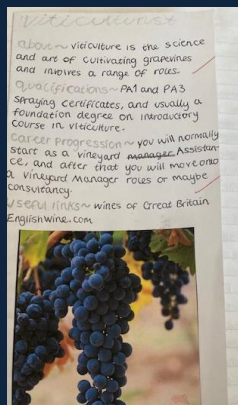
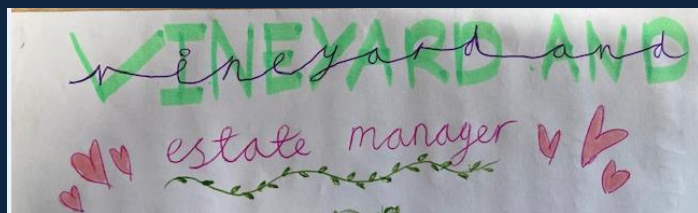


Mr Turner, Science Technician

Careers in Horticulture

Year 8 students have been learning about reproduction in plants, learning the structure of flowers, different methods of pollination, fertilization, fruit formation and seed dispersal. They have also become aware of how an understanding of reproduction in plants is a vital for agriculture and horticulture. They have also looked at how plant breeders can use selective breeding to improve crop yields and develop new varieties of flowers, fruit and vegetables.

The girls have researched a variety of careers in horticulture to understand how the topics learnt in science are linked to everyday life and career progression.



Mr Knee
Science Department

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Penwortham Girls'
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Year 9 Subject Showcase Sessions

Our Year 9 Subject Showcase sessions are part of the Options process. They are 1 hour GCSE taster sessions.

SUBJECT SHOWCASE SESSIONS

Week Beginning	Subject(s)	When?	Where?	Qualification(s)
12 th April	Music	Normal Lessons	Room 15	GCSE Music
19 th April	PE and Dance	Normal lessons	Gym / Outside	GCSE PE and Dance
26 th April	Drama	Wednesday 28 th April SESSION A – Periods 2 & 3 SESSION B – Periods 4 & 5	Drama Studio	GCSE Drama
4 th May	Health and Social Care	Friday 7 th May	Room 11	BTEC Health & Social Care
10 th May	Design Technology, Art, Computing	Normal Lessons	Rooms 50, 52, 53, 34, 36	GCSEs: Art & Design, Computing, Photography, Design Technology (Product Design and Textiles) BTEC Creative Media Production
17 th May	Food Nutrition & Preparation	Wednesday 19 th & Friday 21 st May	Room 23	GCSE Food Nutrition and Preparation

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MFL Weekly Stars

Year 7 German	Year 8 German	Year 9 German	Year 10 German	Year 11 German
Ruby W 7H	Attiyah B 8J	Isabel C 9J	Jaz C	Aaminah M
Grace C 7H	Sana K 8J	Beth G 9J	Jamie-Jo CM	Sophie C
Eden F 7H	Agata K 8J	Rukaya R 9J	Zahraa K	Victoria MW
Eloisa-Mai 7P	Mariyah M 8J	Megan M 9J	Sarah T	Molly B
Imogen F 7P	Ileeman M-S 8P	Louise PR 9J	Nur A	Anna G
	Jennifer K 8P	Kaoma M 9J	Leah B	Poppy J
	Bismah C 8P	Brenda C 9H	Jaspreet K	Ellie B
	Alice W 8S	Elle H 9H		Jessica B
	Annabelle G 8S	Abigail B 9H		Lily T
	Fatima-Zahra K 8S	Aasiya H 9G		Aimee C
		Amber I-R 9G		Heather P
		Tilly P 9G		Grace A
				Chloe F
				Emily M

Year 8 French	Year 9 French	Year 10 French	Year 11 French
Molly T 8g	Aaminah A 9p	Beth P	Ash S
Grace S 8g	Charlotte B 9p	Aisha B	Rose L
Millie T 8g	Aoifa C 9p	Katie H	Lucy W
India I 8g	Anna K 9p	Antonia S	Zahra A
Zarisha P 8g	Hana M 9p		Eden S
Jemima B 8g	Amirah P 9p		Erin N
Alice W 8S	Zahra S 9p		Shanze A
Libby W 8S	Mia S 9p		Juwie B
Charlotte B 8s			Elise H
Freya M 8s			
Mariyah D 8s			
JennaH K 8s			
Annabelle G 8s			
Savo A 8s			
Vanika M 8s			

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Head's Commendations



Khadijah S, Danya H, Chloe H, Safirah H, Eliya D. (Year 10)

Excellent project work for Empathy week.

Adanna A (Year 8)

Outstanding guide produced for surviving an avalanche. (Geography)

Mariyah M, Sana K and Atiyyah B (Year 8)

Amazing German speaking exam completed with no notes or support. You spoke for a long time about food and fitness and your pronunciation and fluency was excellent. Well done! (MFL)

Imogen F and Ruby C (Year 7)

Outstanding Supreme Hindu God creation. (RE)

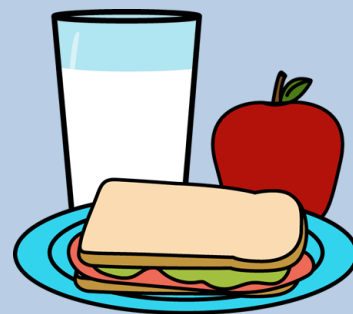
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Penwortham Girls'
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Lunch Menu

Week commencing 3rd May



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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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.



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.



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



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.



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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Do you need
careers
advice?

Independent Careers Adviser

Shamim 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 : 8.30am 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



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Health Education England

FREE VIRTUAL EVENT

NORTH WEST 350+ CAREERS IN HEALTH & SOCIAL CARE VIRTUAL TASTER DAY

JUNE 2 2021
9:45 - 15:00

Explore Careers in:

- Psychological Professions
- Finance
- Dental
- Estates and Facilities
- Ambulance Service
- Healthcare Science
- Public Health
- Innovation Agency
- Pharmaceutical medicine

'Do you know there are over 350 careers available in the Health and Social Care. Join us to hear more about what opportunities there are, the different routes in, and how to apply for roles with us. maximise your chances in health careers. There's something to suit everyone. It's not just about doctors and nurses!'

[CLICK HERE TO SECURE YOUR PLACE](#)

PATHWAY
Careers Training & Mentoring

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Penwortham Girls'
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Prom Dress Sale at St Catherine's Occasion-wear Boutique

IS YOUR PROM BACK ON?

Pay a visit to our Preston city centre shop which has a fabulous range of prom dresses in all colours and styles. No appointments are needed, but please feel welcome to call 01772 378481 for further details. The St Catherine's occasion-wear boutique is located on Lune Street and is open Monday to Saturday, 10am to 4pm.

