

Newsletter

Friday 10th September
2021



Penwortham Girls'
High School

Important Dates:



7th October
OPEN EVENING

8th October
INSET DAY

25th-29th October
Half Term Closure

20th December – 3rd
January
Christmas Closure

Tuesday 4th January
Re-open

GCSE RESULTS DAY 2021



PGHS is delighted to maintain their record of academic success despite the challenges of the past 18 months. The school has maintained its legacy of excellence with a rigorous process, which means they have complete faith in their students' results and their abilities. Yet again, there have been some stunning individual performances, with 110 Grade 9s across all subjects and 18 students gained top grades (7-9) across all subjects.

Headteacher, Karen Pomeroy, is full of praise for the students' resilience, work ethic and ambition. "I am immensely proud of their achievements and have no doubt that they will be equally successful in the next stage of their journey". Chair of Governors, Ms Lorimer Russell-Hayes, also acknowledged the dedication and commitment of the staff. "Teachers at PGHS worked tirelessly to support students throughout the process, enabling them to achieve their full potential."

Looking ahead to the future, the school community will be returning to a resilient school that has thrived, despite the challenges of the past year. With extensive improvements to facilities during the holidays, as well as ambitious plans for the future, including an exciting programme of enrichment and extra-curricular activities, PGHS is determined that September sees a return to school life bigger, better and stronger.

Mrs Pomeroy, Headteacher



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

Friday 10th September
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Penwortham Girls'
High School

Introducing our Head Girl and Deputy Head Girl

Carla D (Head Girl) *right*
Eva W (Deputy Head Girl) *left*



We feel privileged to be able to represent Penwortham Girls' High School; an outstanding school that works hard, year on year, to maintain exceptional academic results. More importantly, the teachers here feel a responsibility to help each student with her own character development. At this school, we are constantly encouraged to fulfil our potential, through a range of extra-curricular activities and enrichment days. These opportunities help students to feel fully prepared for their future, both on an academic and personal level.

Throughout our time at PGHS, we have been able to rely on our teachers for support; not just with our studies, but also our wellbeing. The staff at Penwortham Girls' never fail to clarify their high expectations of us in every aspect of school life. They equip every student with the values and qualities that will enable us to contribute to society and become successful, confident young women.

Carla D (Head Girl)
Eva W (Deputy Head Girl)

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Penwortham Girls'
High School

It was a Super Summer School!



We were absolutely delighted to host our Olympics themed Summer School this year and judging from the overwhelmingly positive feedback, the girls enjoyed it too! An impressive 98% said the Summer School was either 'good' or 'great', with 109 of the 136 surveyed selecting 'great'! Every student surveyed said they would recommend our Summer School to a friend.

On the first morning, we were greeted by some anxious faces and looks of trepidation (from students and parents!) before all pupils went off to meet their form, to meet their new form mates, present their 'All about me Projects', play rounders and even paint their very own tile with Jane from Fired 4 U. Once the finished mural is mounted on the wall in the Quad, we will be sure to feature it in a future newsletter.

On the Tuesday, pupils were mixed into different groups and did some core skills work based on the Olympics, including numeracy bingo and TV news interviews. Wednesday was an action-packed day with the girls rotating around 8 different cultural blasts, with Japanese/Olympics themes tasks ranging from Sushi making, decorating fans and Japanese calligraphy. As the girls left the building with posters, tote bags and crabstick in their hands, they looked tired but happy- as did the staff!

On Thursday, the girls were again in new groups, meeting more of the year group. During the day, the girls rotated through 5 practical subjects, including hands-on tasks such as blossom painting in Art and making Pokémon key rings in Technology. On the final day, the girls were back in their forms producing presentations on the week's activities which were presented at the Closing Ceremony in front of a hall packed with parents.

It was great to get to know so many of the new Year 7 students before they officially started at school and this hopefully smoothed over any concerns. In the final survey, over 100 girls selected that were expecting a good start at PGHS, with over 90% stating that the Summer School had made the transition to secondary school easier.

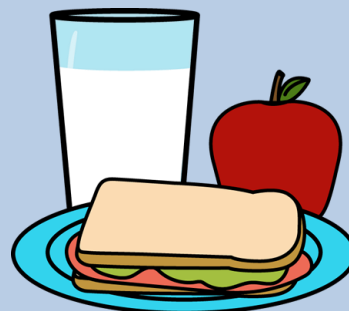
Mr Ward (Senior Assistant Headteacher) and Mrs Cattanach (Associate Assistant Headteacher)

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Penwortham Girls'
High School

Lunch Menu Week Commencing 13th September (Week 2)



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Choice Meal Deal	Pork Meatballs with Creamy Peppered Sauce Crispy Paprika Potatoes Fine Green Beans & Carrot Batons	Chunky Fish Fingers with Herby Potatoes Mixed Vegetable Medley & Lemon Mayonnaise	Roast of the Day with Traditional Trimmings Roast & Mashed Potatoes & Seasonal Vegetables	Ploughman's Pie with Creamy Mashed Potatoes Broccoli Florets & Carrot Batons	Crispy Battered Fillet of Fish with Chips & Mushy Peas
Global Choice Meal Deal	BBQ Chicken Flatbread with Crispy Paprika Potatoes Homemade Coleslaw & Mixed Salad	Beef Madras Curry with Turmeric Rice & Coriander Naan	Chicken & Leek Lasagne with Garlic Bread & Green Leaf Salad	Seafood Paella with Green Leaf Salad & Crusty Bread	Homemade Cheese & Tomato Calzone Pizza with Chips & Mixed Salad
Vegetarian Choice Meal Deal	Vegetarian Chilli Tortilla Basket with Mixed Rice	Cheddar Cheese Whirl with Herby Potatoes & Baked Beans	Vegetarian Sausages with Yorkshire Pudding Roast & Mashed Potatoes & Seasonal Vegetables	Tomato & Mascarpone Pasta with Roasted Vegetables & Garlic Dough Balls	Vegetable Korma Curry with Turmeric Rice & Coriander Naan
Meal Deal Sandwich or Baked Potato	Choice of Hot or Cold filled Sandwich or Choice of filled Baked Jacket Potato with Mixed Salad	Choice of Hot or Cold filled Sandwich or Choice of filled Baked Jacket Potato with Mixed Salad	Choice of Hot or Cold filled Sandwich or Choice of filled Baked Jacket Potato with Mixed Salad	Choice of Hot or Cold filled Sandwich or Choice of filled Baked Jacket Potato with Mixed Salad	Choice of Hot or Cold filled Sandwich or Choice of filled Baked Jacket Potato with Mixed Salad
Desserts of the Day	Carrot & Orange Cake	Summer Fruit Crumble & Ice Cream	Jam & Coconut Sponge & Custard	Seasonal Berry Eton Mess	Chocolate Brownie & Chocolate Sauce
	Chocolate Cookie	Lemon Muffin	Ginger Cookie	Chocolate Muffin	Banana Flapjack
	Fresh Fruit or Fruit Yoghurt	Fresh Fruit or Fruit Yoghurt	Fresh Fruit or Fruit Yoghurt	Fresh Fruit or Fruit Yoghurt	Fresh Fruit or Fruit Yoghurt

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Penwortham Girls'
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Your menu **expresscofe**

breakfast and morning break

Cereals & Fresh Milk	60p	Boiled/ Scrambled or Poached Egg	35p
Hot Buttered Toast	25p	Egg/ Beans or Cheese on Toast	70p
Buttered Crumpet	40p	Baked Hash Brown	40p
1/2 Plain Bagel	40p	Sausage Barm	£1.20
Fruit Teacake	40p		

Pizza and Garlic Bread (morning break only)

Freshly Baked Pizza	£1.00	Freshly Baked Pizza with Topping (1/2 Portion)	70p
Freshly Baked Pizza (1/2 Portion)	60p	Homemade Garlic Bread	70p
Freshly Baked Pizza with Topping	£1.15	Homemade Cheesy/ Tomato Garlic Bread	75p

Drinks

Tea	40p
Coffee	50p
Hot Chocolate	50p
Fruit Juice	from 65p

Extras

Fruit Yoghurt	45p
Frozen Yoghurt or Smoothie	50p
Piece of Fresh Fruit	30p
Fresh Fruit Bags/ Fruit Salad	70p
Large Fresh Fruit Salad	£1.00
Sauce Sachet	from 10p
Flora Portion	15p

faster fresher fitter

Lancashire
County Council

www.lancashire.gov.uk

Your menu **expresscofe**

cold deli

Freshly Made Sandwiches

Regular Range - Plain Egg, Cheese, Ham, Tuna	£1.20
Premium Range - Any other Fillings	£1.70
Filled Baguettes, Wraps and Speciality Breads	£1.95
Add Salad to any of the above	15p
Pasta Salad Pots	from £1.20
Fresh Salad Pots	from £1.20
Plated Salads	from £1.55

* Please see separate tariff for our speciality range of sandwiches

Sandwich Meal Deal

Add up to 3 pick and mix items to enjoy a great value meal deal!

only £2.30

Drinks

Calypso Aqua Juice 330ml	75p
Calypso Aqua Juice Carton 200ml	50p
Milk Carton 250ml	45p
Fruit Slush 7oz	90p
Fair Trade Fruit Juice Carton 200ml	70p
Water 330ml	65p
Water 500ml	80p
Radnor Fruit Still Water	90p
Radnor Fruit Fizz	75p
Tropicana Fruit Juice 150ml	95p
Tea	40p
Coffee	50p
Hot Chocolate	50p

cookies / Cakes and Desserts

Home Produced Cakes, Flapjack and Energy Bar	80p
Home Produced Cookies	40p
Hot Dessert of the Day with Sauce	75p

Extras

Fruit Yoghurt	45p
Frozen Yoghurt/Smoothie	50p
Piece of Fresh Fruit	30p
Fresh Fruit Bags/Fruit Salad	70p
Large Fresh Fruit Salad	£1.00
Sauce Sachet	from 10p
Flora Portion	15p

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Lancashire
County Council

www.lancashire.gov.uk

Your menu **expresscofe**

hot counter

Main Meals

Served with Accompaniments

only £2.00

Main Meal Deal

Served with Hot Dessert and Sauce or Piece of Fruit of Yoghurt or Carton of Juicy Water

only £2.30

Crispy Battered Fish	£1.20
Baked Fishcakes x2	£1.20
Fish Fingers x3	£1.20
Veggie Burger	£1.00
Meat Free Sausages x2	£1.00
Freshly Baked Omelette	£1.00
Homemade Soup 7oz with Crusty Bread	65p
Homemade Soup 12oz with Crusty Bread	90p
Baked Jacket	75p
Baked Jacket with 1 filling	from £1.00
Baked Jacket with 2 fillings	from £1.50

hot deli

Snacks to Go

Burger in a Bun	£1.80
Hot Sandwiches and Filled Panini	from £2.00
Hot Baguettes and Wraps	£2.00
Homemade Margherita Pizza	£1.00
Add Extra Toppings	from 15p
Homemade Garlic and Herb Bread	70p
Homemade Garlic and Herb Bread 1/2 Portion	40p
Homemade Cheesy/ Tomato Garlic Bread	75p

Extras

Chips/Fries/Wedges/ Hash Browns	£1.10
All Other Potato Choices	65p
Fresh Vegetables/Side Salads/Baked Beans	45p
Rice/Pasta/Noodles	65p

faster fresher fitter

Lancashire
County Council

www.lancashire.gov.uk

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Penwortham Girls'
High School



Teenagers helping teens to use Mental Health Apps!

The Digital Healthy Schools programme recognises the power teens hold and the difference they can make - and that begins with themselves.

For teens who struggle with their mental health, this has been an incredibly difficult year and a half, and learning to safeguard your own mental health is vital to your wellbeing. Whether or not you struggle with your mental health, learning to look after it is vital to a happy, healthy, confident and successful life. We have created the Digital Healthy Schools programme to empower young people in taking control over your health and wellbeing.

The apps chosen have been vetted by ORCHA and chosen by a group of teenagers at project Clear Mind. To find these apps and many more - head to your Digital Healthy Schools site!



Assessing apps for the NHS since 2015 **NHS**



Teenagers helping teens to use Mental Health Apps!

Top rated apps - DOWNLOAD ONE TODAY



WYSA

Struggling with exam stress, lock down or general stress? Try this app today!



MeeToo - Helping you to connect with other Teens with similar mental health issues in a SAFE place.



Eating Disorder Management. -This can help you log your progress on your road to recovery

FOR TEENS STRUGGLING WITH MENTAL HEALTH THIS HAS BEEN AN INCREDIBLY DIFFICULT YEAR AND HALF, AND LEARNING TO SAFEGUARD YOUR OWN MENTAL HEALTH IS VITAL TO YOUR WELLBEING.

THE APPS CHOSEN HAVE BEEN VETTED BY ORCHA AND CHOSEN BY A GROUP OF TEENAGERS AT PROJECT CLEAR MIND

TO TRY THESE APPS AND MANY MORE - HEAD TO YOUR DIGITAL HEALTHY SCHOOLS SITE!



Assessing apps for the NHS since 2015 **NHS**

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Penwortham Girls'
High School



STRUGGLING WITH EXAM STRESS, LOCK DOWN OR GENERAL STRESS? TRY
THIS APP TODAY!

Wysa: Stress, Depression & Anxiety Therapy Chatbot

Developer: Touchkin

Platforms: Apple IOS | Android

Cost: In-app purchases | All students get premium free

ORCHA score: 85%



Wysa is an AI chatbot that uses cognitive behavioural techniques to ensure that patients feel heard. The app's conversational coaching tools are powered by the AI bot to allow users to express their feelings confidently and anonymously. These tools help users to cultivate confidence, reduce anxiety and improve general wellbeing. The chatbot responds by suggesting resources and offering encouragement without feeling like you are talking to a computer.

Digital Healthy
Schools

Assessing apps for the NHS since 2015 **NHS**



HELPING YOU TO CONNECT WITH OTHER TEENS WITH SIMILAR MENTAL
HEALTH ISSUES IN A SAFE PLACE

Mee too

Developer: Mee two education ltd

Platforms: Apple iOS | Google | Android

Cost: Entirely free

ORCHA score: 81%



MeeToo is an app that allows users to share their struggles and receive advice from other users. It is aimed at anyone who is above the age of eleven and creates an accessible and comforting atmosphere for users going through a variety of issues. The app has a social media-like layout which the majority of teenagers will be very familiar with, making it more appealing and engaging. MeeToo has an age band feature that connects app users to others of a similar age in hope that they're going through similar experiences and can therefore help each other more effectively. Overall, the MeeToo app has a warm, community feel whilst staying effective and helpful.

Digital Healthy
Schools

Assessing apps for the NHS since 2015 **NHS**

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Penwortham Girls'
High School



THIS CAN HELP YOU LOG YOUR PROGRESS ON YOUR ROAD TO RECOVERY

RR eating disorder management

Developer: Recovery Record

Platforms: IOS | Android

Cost: Entirely free

ORCHA Score: 82%



RR eating disorder management is voted as the best app on the app store for helping and managing eating disorders by trained professionals. It allows users to input a log of feelings and meals which the app then determines the best course of action for you to take and helps you try and control your feelings. There is also a feature in which you can gain easy access to healthcare professionals if you are really struggling and want a more in-depth personal conversation and advice. The app keeps track and logs your meals and feelings from previous days so therefore you can see how you have progressed over time.



Assessing apps for the NHS since 2015 **NHS**

Road Safety



Please can students take care crossing Cop Lane as they get off the public buses. They should not cross in front of the buses, as cars do overtake them. Please use the zebra crossings available.