

Newsletter

Friday 17th September
2021



Penwortham Girls'
High School

Important Dates:



7th October
**OPEN EVENING 4.30pm-
6pm & 6.30pm-8pm**
(School closes at
12.30pm)

8th October
INSET DAY

25th-29th October
Half Term Closure

20th December – 3rd
January
Christmas Closure

Tuesday 4th January
Re-open

Hike to Help

During the summer term, students and staff once again demonstrated their enormous generosity by participating in the school's 'Hike to Help' charity initiative raising money for St Catherine's Hospice in Lostock Hall. Each year group walked their own route. Year 7s walked from school to Walton Le Dale, returning via Avenham and Hurst Grange Park. Year 8 students walked a circular route from Abbey Village to Darwen Tower and Year 9 students walked a linear route from Formby to Southport. The Year 10 students walked over 10 miles from Lytham to Blackpool, with all students clocking up a combined total of 33 miles! Students and staff raised an amazing £2505 for St Catherine's Hospice and Norman Cutler on behalf of the hospice, collected the cheque this week. Penwortham Girls' High School raises thousands of pounds each year for local, national and international charities. The next big event taking place on the 24th September is a bake sale in aid of Macmillan Cancer Support.



Mr Herbert, Associate Assistant Headteacher



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

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Penwortham Girls'
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Creative Arts and Technology Faculty News

Introduction to New Staff Within the CAT Faculty

We are very excited in the CAT faculty to have 2 new members of staff who have joined us this academic year!

Miss S Scott – Teacher of Food Preparation and Nutrition



Hi! I'm Miss Scott. As the teacher of Food Preparation and Nutrition at PGHS, I hope to inspire, motivate and challenge students to achieve their full potential. I aim to provide opportunities within Food Preparation and Nutrition in the classroom and within extra-curricular activities, contributing to their moral, social and cultural education, as well as their academic achievement.

Prior to completing my PGCE, I worked as a wedding planner and venue stylist. This experience of catering and hospitality allows me to easily convert curriculum tasks into real-life challenges, giving purpose to learning. I feel it is important to encourage and inform students of the many careers available to them.

Learning about food is very important. It gives them the power to take control of the food they eat and instils a healthy lifestyle that will last a lifetime. I am on a mission to get the students at PGHS growing more herbs, plants and vegetables. I'm running a competition within the whole school to grow bay trees. This is just the start of working towards having our own sustainable food to use in the Food lessons at PGHS! Alongside this, I'm working with a selection of Year 9 students in the 'Bite Back School Food Champions' programme to lead social action projects, improving the food provision and culture within the school and the local community.

Miss L Watkins- CAT Faculty Technician



From a young age, I've always had a passion for creativity. My educational background is primarily focused around the arts and I began my creative journey as a past student at Penwortham Girls' High School. From studying Graphics and Art & Design at GCSE, I progressed to achieving a First-Class Honours Degree in Fine Art in Newcastle. I began to specialise in sculpture and ceramics but in my own time, expanded my skills and began learning the art of weaving. My background also includes working in different mediums such as painting, photography, woodwork and textiles.

As the Creative Arts Technician, you may see me pottering around the CAT faculty and helping out in some lessons. I'm very excited to begin my journey here and see what new skills I can learn along the way!

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Key Stage 3 Computing

Key Stage 3 Computing has started this academic year with year 7 students starting to investigate and use a variety of programming codes ranging from Scratch to Python. In year 7, the girls will be designing and creating their own game using Scratch. The game must include a theme about healthy eating and educating others all about being healthy. The game will also contain a variety of scripts, sprites and variables and these games will be then be evaluated and assessed. I am looking forward to seeing what games are planned and hoping for some imaginative designs.

Year 8 students are learning about internet searching techniques and looking into a variety of research including primary and secondary research. The girls will conduct their own primary research around the topic of aliens. The girls will be analysing their findings and then producing an information leaflet about aliens using a variety of sources.

Year 9 students are learning about advanced publisher skills. They have conducted some secondary research around the designs of magazines and publications, which they have reviewed so that they can begin to generate ideas for their own magazine design. The girls are in the process of carrying out primary research into magazine designs and topics for magazines. They will then analyse their findings and using this research, start to design their own professional looking magazine.

GCSE Computer Science

Computer Science is off to a great start this academic year! Year 11 have started to plan a variety of programs using different algorithms. They will be putting their planning into practice to ensure they can code these programs successfully.

Year 10 have made a fantastic start to Computer Science. They have learnt about the CPU components and how the CPU works. We are currently learning about a variety of storage devices and how they work.



Year 7 and Year 8 Computing Club

Come along to room 50 on Monday lunchtimes from 12:45pm until 1:15pm! You will learn about programming and will be able to take part in a variety of cyber security challenges as the weeks progress. There is also the potential to enter competitions nationally! The club starts Monday 27th September. Sign up with Mrs Bennett in room 50. There are a limited number of spaces and these will be allocated on a first come first serve basis.

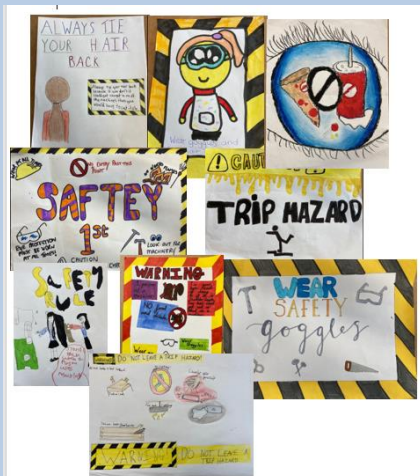
Mrs Bennett, Curriculum Leader for the Creative, Arts & Technology Faculty

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Penwortham Girls'
High School

Design and Technology Product Design



Year 7 D&T Product Design

The students have already learnt all about health and safety in the workshop and have produced some fantastic posters that will be displayed in the room. Well done! They will soon be designing and making wooden automata using coping saws, tenon saws, pillar drills and a range of different timbers.

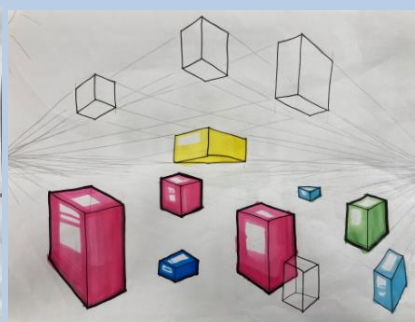
Year 9 D&T Product Design

This year in Product Design, Year 9 will be learning about the environmental impact of different materials. They have already researched how we can recycle plastic bottle lids made from HDPE plastic and we have experimented reheating the plastic using the heat press in the workshop. Soon the students will use their understanding of metals and plastics to make recycled jewellery by casting pewter in the brazing hearth and adding recycled plastic inlays.



Year 10 D&T Product Design

The Year 10 group have made a great start to their GCSEs. So far, we have been developing 3D sketching skills using 2-point perspective and have learnt how to use markers for quick rendering of designs. The students have also done some independent research into design companies which should hopefully help inspire and inform future designs. We will soon be moving onto learning 3D CAD design using Autodesk Fusion 360 in order to start 3D printing prototypes.



Mrs Gornall, Teacher of Design & Technology

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Penwortham Girls'
High School



PRODUCT DESIGN

LUNCHTIME CLUB

With Mrs
Gornall
Open to all years!

Monday

(12.30-1pm)

Cold food allowed only

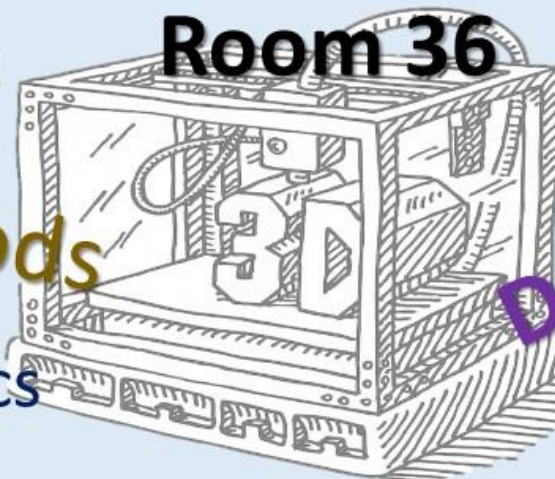
Room 36

Metals

Woods

Plastics

Design



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Penwortham Girls'
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Bite Back School Food Champions is here!

If you are in Year 9 and want to make a difference to your school food, this is your chance!

Join a movement of over 1000 School Food Champions around the country leading social action and making changes on issues that really matter, by redesigning the food system to put child health first.

Work as a team, learn leadership skills and make an impact on the food you and your friends eat every day.

All young people should have the opportunity to thrive and be healthy, no matter where they live. By joining Bite Back, you can help to make sure this happens.

Sessions will run every week after school on Wednesdays. To find out more or sign up, speak to Miss Scott.



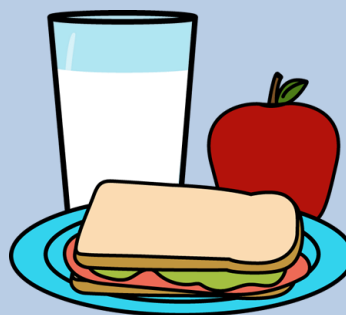
Miss Scott
Teacher of Food Preparation and Nutrition

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Penwortham Girls'
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Lunch Menu Week Commencing 20th 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'
High School

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
¼ 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

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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

Drinks

Calypso Aquajuce 330ml	75p
Calypso Aquajuce 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

Sandwich Meal Deal

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

only £2.30

cookies / cakes and Desserts

Home Produced Cakes, Flapjack and Energy Bar	60p
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

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

hot deli

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

Extras

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

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Lancashire
County Council

www.lancashire.gov.uk

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Penwortham Girls'
High School

Sports, Clubs & Societies – Year 7

YEAR 7 SPORTS, CLUBS AND SOCIETIES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Quiet room * Rm 7 AHA	Quiet room * Rm 7 AHA	Quiet room * Rm 7 AHA	Quiet room* Rm 7 KMG	Quiet room * Rm 7 AHA
LUNCH	Brass Group Rm 15 ACA Geography society Rm 39 GBO Cooking society Rm 23 SSC Computing society Rm 50 JBE Table tennis Gym MSH BASKETBALL Courts HOW Product design Rm 36 LGO	Choir Rm 11 VLI Athletics Gym KFI Philosophy society Rm 5 GST Cross country Courts MSH	Science club Rm 47 GFO Soroptimists Rm 30 MBR Keyboard/Ukulele club Rm 15 ACA French and German film society Rm 26 KGI Cheer Gym RSI Circle time * Rm 6 DEM	Woodwind group Rm 15 ACA Rs reading society Rm 30 MBR (After October Holiday) Mfl spelling bee Rm 26 CGE Badminton Gym MSH Ultimate frisbee Courts SNA Hw Club * Rm 35 LVE	Chess society Rm 39 BWA Orchestra Rm 15 ACA History society Rm 37 JBR Multi-sport Gym KFI Craft society Rm 1 DEM & RLU
AFTER SCHOOL	DRAMA SOCIETY Hall AGA & GST STEM Rm 34 RFR NETBALL Courts SNA, MSH & KFI	DEBATE club Rm 1 CWO DANCE CLUB Dance studio SNA HANDBALL Courts MSH BADMINTON Gym KFI	GYMNASTICS Gym MSH Football Courts KFI	MUSIC STUDIO TIME Music studio MOW (After October Holiday) HOCKEY Courts RWO CRICKET TBC	

* INVITE ONLY

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Penwortham Girls'
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Sports, Clubs & Societies – Year 8

YEAR 8 SPORTS, CLUBS AND SOCIETIES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Quiet room * Rm 7 AHA	Quiet room * Rm 7 AHA	Quiet room * Rm 7 AHA	Quiet room* Rm 7 KMG	Quiet room * Rm 7 AHA
LUNCH	Brass Group Rm 15 ACA Computing society Rm 50 JBE Table tennis Gym MSH BASKETBALL Courts HOW Product design Rm 36 LGO	athletics Gym KFI Philosophy society Rm 5 GST Cross country Courts MSH Circle time * Rm 1 NBY	Science club Rm 47 GFO Soroptimists Rm 30 MBR Keyboard/Ukulele club Rm 15 ACA French and German film society Rm 26 KGI Cheer Gym RSI	Woodwind group Rm 15 ACA Rs reading society Rm 30 MBR (After October Holiday) Badminton Gym MSH Ultimate frisbee Courts SNA Hw Club * Rm 35 LVE Choir Rm 15 VLI	Chess society Rm 39 BWA Orchestra Rm 15 ACA History society Rm 37 JBR Multi-sport Gym KFI Craft society Rm 1 DEM & RLU
AFTER SCHOOL	DRAMA SOCIETY Hall AGA & GST STEM Rm 34 RFR NETBALL Courts SNA, MSH & KFI	DEBATE CLUB Rm 1 CWO DANCE CLUB Dance studio SNA HANDBALL Courts MSH BADMINTON Gym KFI	GYMNASTICS Gym MSH Football Courts KFI	MUSIC STUDIO TIME Music studio MOW (After October Holiday) HOCKEY Courts RWO CRICKET TBC	

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Penwortham Girls'
High School

Sports, Clubs & Societies – Year 9

YEAR 9 SPORTS, CLUBS AND SOCIETIES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Quiet room * Rm 7 AHA	Quiet room * Rm 7 AHA	Quiet room * Rm 7 AHA	Quiet room* Rm 7 KMG	Quiet room * Rm 7 AHA
LUNCH	Brass Group Rm 15 ACA Table tennis Gym MSH BASKETBALL Courts HOW Circle time * Rm 6 LDA Product design Rm 36 LGO	athletics Gym KFI Philosophy society Rm 5 GST Cross country Courts MSH	Soroptimists Rm 30 MBR Keyboard/Ukulele club Rm 15 ACA French and German film society Rm 26 KGI	Woodwind group Rm 15 ACA Rs reading society Rm 30 MBR (After October Holiday) Badminton Gym MSH Ultimate frisbee Courts SNA Hw Club * Rm 35 LVE Choir Rm 15 VLI ANIME SOCIETY Rm 53 GMO	Chess society Rm 39 BWA Orchestra Rm 15 ACA History society Rm 37 JBR Multi-sport Gym KFI DANCE Dance Studio SNA
AFTER SCHOOL	DRAMA SOCIETY Hall AGA & GST STEM Rm 34 RFR NETBALL Courts SNA, MSH & KFI	DEBATE CLUB Rm 1 CWO HANDBALL Courts MSH BADMINTON Gym KFI	GYMNASTICS Gym MSH Cooking society Rm 23 SSC TEAM CHEER Hall RSI Football Courts KFI	MUSIC STUDIO TIME Music studio MOW (After October Holiday) HOCKEY Courts RWO CRICKET TBC	

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Penwortham Girls'
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Sports, Clubs & Societies – Year 10

YEAR 10 SPORTS, CLUBS AND SOCIETIES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Quiet room * Rm 7 AHA	Quiet room * Rm 7 AHA	Quiet room * Rm 7 AHA	Quiet room* Rm 7 KMG	Quiet room * Rm 7 AHA
LUNCH	Brass Group Rm 15 ACA Table tennis Gym MSH BASKETBALL Courts HOW Product design Rm 36 LGO	athletics Gym KFI Cross country Courts MSH	Soroptimists Rm 30 MBR Keyboard/Ukulele club Rm 15 ACA French and German film society Rm 26 KGI Hw Club * Rm 35 SPK	Woodwind group Rm 15 ACA Rs reading society Rm 30 MBR (After October Holiday) Badminton Gym MSH Ultimate frisbee Courts SNA Choir Rm 15 VLI	Chess society Rm 39 BWA Orchestra Rm 15 ACA Multi-sport Gym KFI DANCE Dance Studio SNA
AFTER SCHOOL	DRAMA SOCIETY Hall AGA & GST STEM Rm 34 RFR NETBALL Courts SNA, MSH & KFI	DEBATE CLUB Rm 1 CWO HANDBALL Courts MSH BADMINTON Gym KFI TEXTILES Rm 34 RFR Product design Rm 36 LGO	GYMNASTICS Gym MSH Ks4 Art society Rm 52 LGE TEAM CHEER Hall RSI Football Courts KFI	MUSIC STUDIO TIME Music studio MOW (After October Holiday) HOCKEY Courts RWO CRICKET TBC	Ks4 PHOTOGRAPHY society Rm 53 GMO

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Penwortham Girls'
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Sports, Clubs & Societies – Year 11

YEAR 11 SPORTS, CLUBS AND SOCIETIES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Quiet room * Rm 7 AHA	Quiet room * Rm 7 AHA	Quiet room * Rm 7 AHA	Quiet room* Rm 7 KMG	Quiet room * Rm 7 AHA
LUNCH	Brass Group Rm 15 ACA Table tennis Gym MSH BASKETBALL Courts HOW Product design Rm 36 LGO	athletics Gym KFI Cross country Courts MSH	Soroptimists Rm 30 MBR Keyboard/Ukulele club Rm 15 ACA French and German film society Rm 26 KGI Hw Club * Rm 35 SPK GCSE Dance Dance Studio SNA	Woodwind group Rm 15 ACA Rs reading society Rm 30 MBR (After October Holiday) Badminton Gym MSH Ultimate frisbee Courts SNA Choir Rm 15 VLI	Chess society Rm 39 BWA Orchestra Rm 15 ACA Multi-sport Gym KFI
AFTER SCHOOL	DRAMA SOCIETY Hall AGA & GST STEM Rm 34 RFR NETBALL Courts SNA, MSH & KFI	DEBATE CLUB Rm 1 CWO HANDBALL Courts MSH BADMINTON Gym KFI TEXTILES Rm 34 RFR	GYMNASTICS Gym MSH Ks4 Art society Rm 52 GMO Football Courts KFI	MUSIC STUDIO TIME Music studio MOW (After October Holiday) HOCKEY Courts RWO CRICKET TBC	Ks4 PHOTOGRAPHY society Rm 53 GMO

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Penwortham Girls'
High School



Attention all parents!

Download the ParentMail App for the best way to pick up school messages

**FREE
DOWNLOAD**

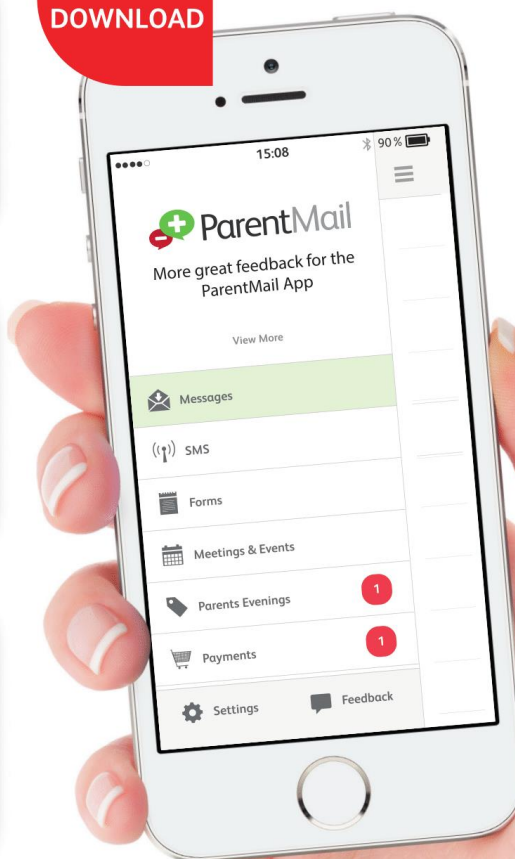
"Nice simple little App but such a great, effective way of accessing important school information"



"Great communications tool - makes life a bit more organised"



"Brilliant! I don't have to go back to all my emails to check up what's going on at my children's school, 10 out of 10"



Search "ParentMail" in your App store...



Please note: If you are not already registered, you will need to register online on the ParentMail website before trying to access the App. Please ask the school office to send you a registration message