

Friday 2nd October



Penwortham Girls'
High School

Introduction:

This newsletter is intended to provide you with some practical tips to help you support your daughter throughout her first year at secondary school and beyond.

We are often asked by parents if there is anything that they can do to support their child in school and we hope this newsletter pulls together some useful information for you; however, if you do have any further questions please get in touch.

Mrs Cattanach

Uniform:

Year 7 pupils, as always, look fantastic in their brand new uniforms. Here are a few noteworthy reminders and school rules with regards to uniform:

- Blouses should have the rever collar
- Shoes should be black, 'polishable' & suitable for wet weather – no boots.
- Hair accessories should be black, navy or cherry red – no colourful braids.
- Only one stud earring in each lobe which must be removed for PE. No hoops.
- Make-up, nail varnish, acrylic nails are not permitted.
- No unnatural hair colours.

The full uniform list can be seen on our school website.

Ready for Anything:

This is a list of items we expect pupils who are 'Ready for Anything' to have in school with them each day:

- Black, Blue, Red and Green Pens
- Pencil, Sharpener, Rubber
- Ruler, Small pair of Scissors, Glue Stick
- Pencil Crayons,
- A whiteboard pen
- A Maths set (protractor, set square & compass)
- Calculator (Casio FX83GT or FX85GT)

How can you support your daughter?

- Check she packs her bag with the books required the night before.
- Ensure she has the 'Ready for Anything' equipment with her.
- Find a quiet space for her to work at home.
- Ask if she has completed her homework for each lesson.
 - You can use 'Class Charts' to check this.
 - Ask her to show you her homework for a subject.
- Check and sign her planner each weekend.
- If she has had to be absent from school – check she has copied up any missed work.
- Monitor your daughter's merits using Class Charts and ensure achievements are celebrated at home.
- Encourage her to participate in extra-curricular activities
 - These will help her make new friends.
 - Provide her with new interests.
- Let us know if she is experiencing challenging circumstances that we might not be aware of.



Promoting safe, sensible and sensitive online habits

As your daughter becomes more independent, she may well be increasing the time that she spends on the internet. At Penwortham Girls', as part of our commitment to promoting healthy lifestyles, we regularly provide our pupils with information regarding appropriate screen time, the age restrictions of social media apps and always promote safe, sensible and sensitive habits when girls are online.

There are a number of strategies, rules and routines that as parents you can establish and promote, to ensure that your daughter's experience online is safe and positive. www.internetmatters.org provides an incredibly useful and practical resource for parents. We often find girls encounter fewer problems as they get older when sensible routines are established lower down the school. This page on our school website has lots of useful information too:

<http://www.penworthamgirls.lancs.sch.uk/online-safety/2118.html>

In Year 7, pupils do not meet the age restrictions for many social media platforms and therefore if incidents are reported, our advice will always be that girls should not be using these social media apps.

