

Newsletter

Friday 19th November
2021



Penwortham Girls'
High School

Important Dates:



8th December
**Christmas Celebration
Concert**

17th December
**Closure for Christmas at
1.30pm**

20th December – 3rd
January
Christmas Closure

Tuesday 4th January
Re-open



Last week, students from Penwortham Girls' High School took part in a number of Remembrance events. The Head Girl and Deputy Head Girl, Carla and Eva, laid wreaths at Penwortham War Memorial on behalf of the school on Armistice Day and on Remembrance Sunday. They also read the names of those soldiers from the local area who lost their lives during the First World War during the Remembrance Sunday service at the war memorial alongside students from Priory Academy and All Hallows Catholic High School. It was fantastic to see so many students from school at the event, whether they were representing other organisations such as the Scouts, or those who had come with their parents. The school charity council members have been raising money for the British Legion by selling poppies in school. Assemblies this week have focussed on the range of Remembrance activities that people from this country participate in, and the significance of the tomb of the unknown warrior in Westminster Abbey.



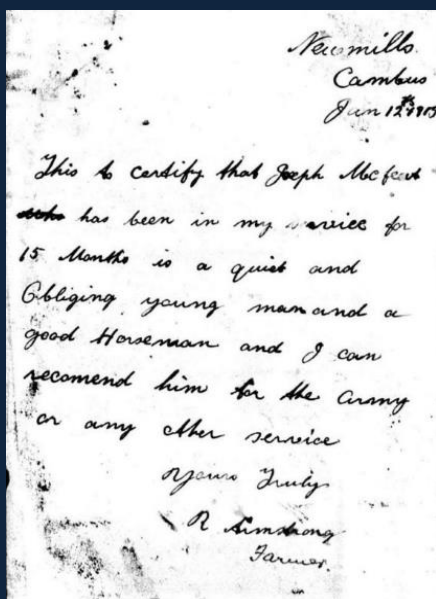
Newsletter

Friday 19th November
2021



Penwortham Girls'
High School

At 11am on Armistice Day a two-minute silence was observed by all in school. This was followed by a recital of the Reveille by Mrs Little and a superb rendition of Abide with Me by the school brass band.



Caitlin J (Year 9) has been conducting research on the life of one of her great grandfathers, Joseph Anderson Macpheat, who fought during the First World War. Having studied photographs, documents and interviewed her grandfather, this is what she has found out:

PTE 7799 Joseph Anderson Macpheat was only around 18 years old when he joined the army. Before then, he worked on a farm and his employer, the farmer, had to write a reference letter to show how able Joseph is to join the army. This is a photograph of the letter.

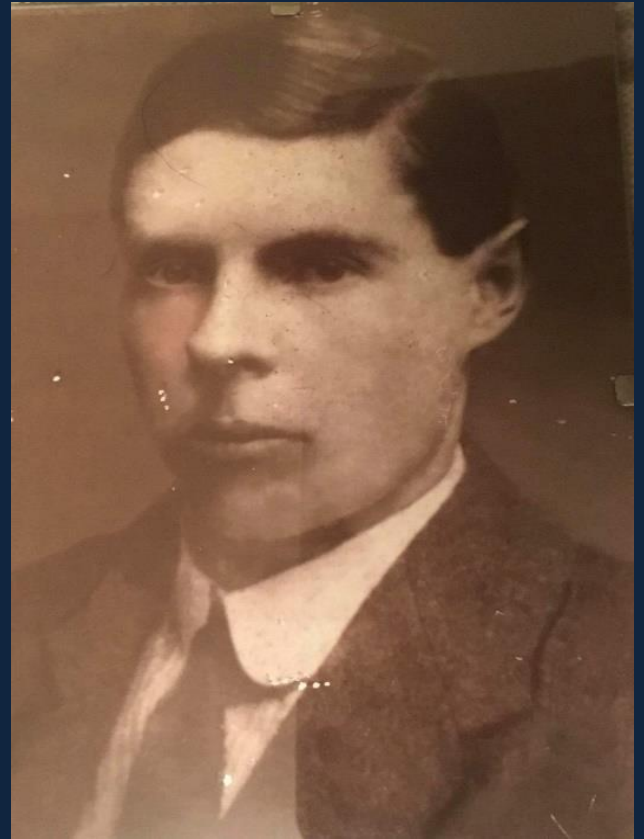
Friday 19th November
2021



Penwortham Girls'
High School

On the 14th January 1915, he joined the 10th Battalion (military unit in the army). On the 19th September 1918, a shell exploded and blew a piece of shrapnel into Joseph's left arm. He was then left wounded on the battlefield from 5:30am on the 19th Sep till 9:00pm the following day (he was left lying there for nearly 40 hours). He was found by Canadians and taken back to his country. He was then officially discharged from the army on the 30th October 1918 (he served in the army for 3 years and 290 days). During his time, he achieved multiple awards- 1914/1915 Star, War Medal, Peace Medal, Silver War Badge (SWB).

He died on the 16th February 1936, leaving his wife (Mary Munro Smith) and his son (Duncan Macpheat).



If you would like to know more about how to research records from the First World War or advice on how to research your family tree, please see any member of the History Department.

Mr Herbert, Curriculum Leader for History

Friday 19th November
2021



Penwortham Girls'
High School

Miss L Murgatroyd – ITT student joins the History Department



I have recently joined the fantastic History department here at Penwortham Girls' High School and I am already impressed by the enthusiasm of the pupils due to the brilliant lessons that the teachers deliver here. While studying for my history degree at the University of Central Lancashire, I studied a range of different topics covering a plethora of different eras, countries and continents. It was at university that I was able to tailor my specialism towards British social history, particularly Britain in the 19th Century. Although I am absolutely fascinated by studying the lives of Kings and Queens, my main interest is the history of the ordinary person, looking at their day to day lives and how over time this has changed. My love of history started at a very small age by collecting weekly magazines about Egypt. It was from those stories within the magazines that my passion for history began to grow. Whilst studying at GCSE, I decided to travel to Poland and visit Auschwitz. It was here that I was able to see and feel the real impact that history can have on people and the importance of studying and remembering the past. This, along with the fantastic example set by my own history teachers, further inspired me to become a history teacher. In my spare time I can often be found exploring historical sites, both in Britain and abroad, to further enhance my historical understanding.

Miss L Murgatroyd
Trainee Teacher (History Department)

Friday 19th November
2021



Penwortham Girls'
High School

'Class of 2021' GCSE Awards Evening

On Thursday 11th November, we welcomed our Class of 2021 to our GCSE Awards Evening to celebrate their success. Prizes were awarded for exceptional achievement, notable effort, determination and progress. Thank you to Hannah, former Head Girl and student for presenting our prizes to the girls and delivering such an inspiring and moving speech. The following girls received subject prizes and special awards:

SUBJECT AWARDS

ART & PHOTOGRAPHY

The Trophy for Artistic Excellence

Tegan L

Outstanding Progress and Effort (Art)

Olivia K

COMPUTING

The Computing and ICT Award

Samantha C

Outstanding Progress and Effort (Computing)

Sana M

Outstanding Progress and Effort (Creative Media Production)

Grace A

ENGLISH

The Enid Eaton Memorial Trophy for English

Tamena S

Outstanding Progress and Effort (English Language)

Sana M

Outstanding Progress and Effort (English Literature)

Maliha A

GEOGRAPHY

The Dunscair Trophy for Achievement in Geography

Mariam A

Outstanding Progress and Effort

Lori R

HISTORY

The Patricia Jones Cup for History

Freya C-S

Outstanding Progress and Effort

Rebecca F



Newsletter

Friday 19th November
2021



Penwortham Girls'
High School

MATHEMATICS

The Mathematics Cup

Molly B

Outstanding Progress and Effort

Millie P

MODERN FOREIGN LANGUAGES

The Russell Family Cup for Languages

Aminah M

**The Richard Pye Award for Outstanding
Progress and Effort in German**

Hiba Z

Outstanding Progress and Effort (French)

Ash S

MUSIC

**The Emma MacDougall Trophy for
Achievement in Music**

Lottie G

Outstanding Progress and Effort

Darcy A

PERFORMANCE, SPORT AND HEALTH

**The Hewetson Cup for Outstanding
Contribution to School Sport**

Katie B (PE)

Abigail Johnson (Health & Social Care)

Outstanding Progress and Effort

Lydia H (PE)

Emily N- D (Health & Social Care)

RELIGIOUS STUDIES

**Exceptional Achievement in Religious
Education Trophy**

Molly B

Outstanding Progress and Effort

Aisha D

SCIENCE

The Angela Ball Award for Science

Aimee C

**Outstanding Progress and Effort in Science
Combined**

Molly B

The Dame Sue Ion Physics Award

Lily T

Outstanding Progress and Effort in Physics

Sana M

The Dame Nancy Rothwell Biology Award

Evie S

Outstanding Progress and Effort in Biology

Saarah A

The Dorothy Hodgkin Chemistry Award

Mariam A

Outstanding Progress and Effort in Chemistry

Maliha A

TECHNOLOGY

**The University of Central Lancashire Trophy for
Technology**

Chloe F (Design Technology)

Millie M (Food Technology)

**Design Technology: Outstanding Progress and
Effort**

Aimee C

**Food Technology: Outstanding Progress and
Effort**

Ella A



Newsletter

Friday 19th November
2021



Penwortham Girls'
High School

SPECIAL AWARDS

Headteacher Award for Resilience
Samantha C

Headteacher Award for Curiosity
Lily T

Headteacher Award for Compassion
Tegan L

Headteacher Award for Ambition
Mariam A

Headteacher Award for Dignity
Katie B

Headteacher Award for Social Responsibility
Bailey Y

The Prize for Outstanding Achievement
Hannah B

The Award for Service to School
Darcy S

The Governors' Cup for Excellent Attendance
Lily T

The Joan Fitz-Gibbon Award for Outstanding Effort
Ruth B

The Joanne Sanderson Memorial Trophy
Haala A Z

The Melissa Smith Memorial Trophy
Jess B



Friday 19th November
2021



Penwortham Girls'
High School

Anti-Bullying Week



This week was Antibullying week across the UK and the theme was 'One Kind Word'. We supported Antibullying week by hosting odd sock day. The girls showed their support by wearing an array of colourful and unique socks to school.

We have also hosted assemblies for each year group highlighting the importance of our six school values and promoting the importance of 'One Kind Word'. These are some of the quotes Year 11 students chose to share at the assembly:

"Carry out a random act of kindness with no expectation of reward, safe in the knowledge that one day, someone might do the same for you."

I chose this quote because it's putting a really thoughtful message across that it's important to act out of the kindness of your own heart, to make others feel good, rather than for your own personal gain. Carla

My quote is from Oprah Winfrey and she said, "When you make loving others the story of your life, there is never a final chapter because the legacy continues. You lend your light to one person and he or she shines it on another and another and another."

I've chosen this quote because I think it shows that no matter how small you think your act of kindness might be, you never know how many people it could potentially influence. It's not just the person who you do something for/ say something to who is affected- it reaches much further than that, and has a greater impact than you would ever know. Ellie

"Never underestimate the power of a single act of kindness. Your act may just be the added lift that someone needs to go from falling to flying".

I chose it because I think that sometimes people forget to be kind to others. This quote helps us to understand the importance and significance of such a simple act. Eva

"If kindness were to be profiled into a shape, it would be the most beautiful shape anyone would have witnessed"

I chose this quote because it presents the power of kindness and shows how beautiful kindness can be in the eyes of a person. We shouldn't take it for granted and intend to want to spread it amongst everyone. Hidayah

My quote is, "You cannot do a kindness too soon because you never know how soon it will be" by Nelson Mandela.

I chose this quote because it really highlights how you never know when someone will be in need of your kind actions and you never know what anyone is going through, therefore be kind to everyone no matter who they are. Aisha

Newsletter

Friday 19th November
2021



Penwortham Girls'
High School

To link in with Anti-bullying Week, Year 7 have spent the last few weeks understanding online safety, bullying and cyberbullying..

Year 8 have also been looking at discrimination, racism, prejudice and stereotyping for several weeks now. Again, this has strong links to antibullying week and the theme of 'One Kind Word'. This week, students looked at ageism, especially towards the elderly.

Year 11 have explored social injustice and looked at the cases of Stephen Lawrence and Sophie Lancaster.

In form time, via the student bulletin, all students have looked at the relevant articles and suggested strategies and support. The articles are below.



Jenny introduces the Anti-Bullying Week Articles



Article 2 - Non-discrimination The Convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background.

Article 12 - Respect for the views of the child Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. This right always applies, for example during immigration proceedings, housing decisions or the child's day-to-day home life.

Article 19 - Protection from violence, abuse and neglect Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents or anyone else who looks after them.

[Watch Jenny on YouTube](#)



Friday 19th November
2021



Penwortham Girls'
High School

One Kind Word – Student Reflections

This week, to further discuss the important issues raised in our Anti-Bullying Week assemblies, we have also had the opportunity to explore issues around bullying in our English lessons.

Students have looked at the role that social media can play in spreading negativity and cyber-bullying. They have also considered the power of positivity and have discussed the importance of the theme for this year's Anti-Bullying Week: One Kind Word.

We tasked our students with writing a short speech, explaining why it is important to spread a message of kindness and to encourage others to be more kind. Here are a few extracts from inspirational speeches created by students in Year 7 and Year 10:

"Just smile. It's contagious. It can start with just one person smiling at someone on the way to school. They then put a smile on their face and smile to someone else. Then they pass it on and soon, lots of people are smiling and you would know that you started it. Be the main character. Smile at someone, today." Megan H (Y10).

"This year, we should spread kindness. You could spread it in many different ways. An example of this is something as simple as smiling, or holding the door open for someone. One kind word is all you have to say to put a smile on someone's face. The best way to spread kindness is with the thought of getting no reward." Sara D (Year 7).

"Saying one kind word can improve someone's mood and brighten their day. If you treat people with kindness, it creates a domino effect of positivity – by giving a compliment to someone, it can elevate them and they'll pass on the positivity to others." Louise P-R and Stevie M (Year 10).

"This week is it Anti-Bullying Week and the theme is 'One Kind Word'. This is our challenge to you – to spread just one kind word. It's not that hard, just one simple word is all we are asking for. You might not realise this, but one kind word can go a *long* way. Even if you only pass on a few kind words, it will mean a lot to whoever you say them to and it will be sure to make them smile and make their day!" Aurora S-W and Chloe A (Year 7)

"A compliment, no matter how small can brighten up someone's day and after a while, this good deed will come back around to you and your day will also be brightened. Even if you feel like you aren't good enough, a compliment will help to validate you, even if it is from a complete stranger." Maia F (Year 10).

"This year and every year from now on, everyone should be kind. You don't just want to be kind for one day! That won't make a difference. However, if you are kind every day it will make a difference and make the world a better place. If you smile at someone, then that person smiles to another person and another and another that is spreading kindness. Kindness comes from the heart." Lucia V (Year 7).

Friday 19th November
2021



Penwortham Girls'
High School

Anonymous Reporting for Students



Penwortham Girls'
High School

If you have a problem at school or at home you can report it to a member of staff using **Impero Confide**. You can either report it using your name or anonymously.

When to report;

- You or your friend are being bullied
- You are concerned about another student in school
- A student, a member of staff or a parent has behaved inappropriately
- You need to talk to someone about a problem
- You have a suggestion to make school a safer and kinder place

You can find the Impero confide icon on the desktop of all the computers in school. Just click on it and you can send a message to a member of staff who can help you.

You can send your message to

Mrs Hall

Mr Ward

Mr Ramsdale

Mr Bowles

Mr Coogan

Mrs Goodwill

Mrs Cattanach

Mrs Singleton

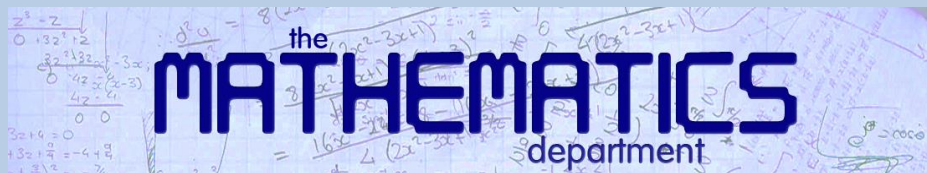
Mrs McKeown

Mrs Cahill

Friday 19th November
2021



Penwortham Girls'
High School



Mr McVey's Mysterious Maths – November 2021

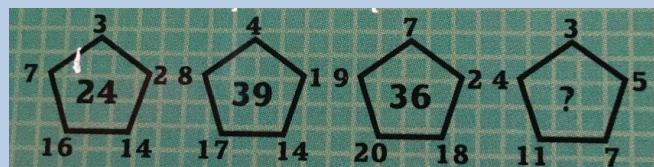
Well done to those who solved last month's mystery, correctly identifying Mr Cheal as the culprit!

In this edition, I've set you a *question mark* mystery. You need to work out the number that should replace the question mark in each of the puzzles below.

There will be a Head's Breakfast for students who email me a correct entry complete with explanations to justify their answers. A special mystery prize will be awarded for the first correct entry!

Good luck!

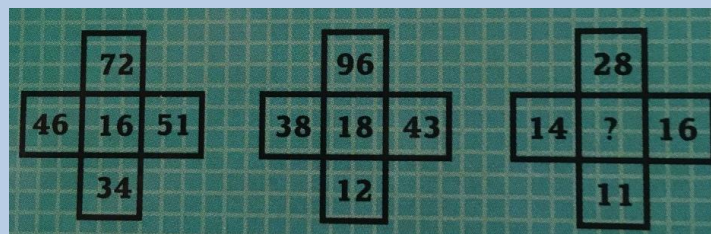
Puzzle 1 – What should replace the question mark?



Puzzle 2 – What should replace the question mark?



Puzzle 3 – What should replace the question mark?



Puzzle 4 – What should replace the question mark?




Mr McVey, Maths Department

Friday 19th November
2021



Penwortham Girls'
High School


Lancaster University School of Mathematics (LUSOM) Visit




Lancaster University School of Mathematics

Challenge Question:
Which two digit number when you turn it upside down increases by 12?

As part of the Mathematics Department's continuing links with the Lancaster University School of Mathematics (LUSOM), students from 11A were visited by lecturers to discuss college entries and their upcoming events, revision sessions and visiting speakers.



OUTREACH FOR ALL



REVISE +

- 12 ONLINE SESSIONS FOR YEAR 11 STUDENTS
- FOCUSING ON IMPROVING YOUR GCSE GRADE
- LOOKING AT GCSE TOPICS INCLUDING QUADRATICS, SURDS AND INDICES, TRIGONOMETRY AND RATIO
- STARTS THUR 25th NOV 5pm
- REGISTER INTEREST AT WWW.LUSOM.AC.UK

Firstly, pupils at PGHS have been invited to join the LUSOM 'Revise +' programme which is a set of 12 online revision sessions aimed at high achieving pupils in mathematics. These will focus on GCSE topics which have been covered in lessons, such as surds, trigonometry and quadratics.



OUTREACH FOR ALL



EXTEND

- DESIGNED FOR HIGH ABILITY KS4 STUDENTS
- 6 ONLINE SESSIONS
- USING MATERIALS OUTSIDE THE CURRICULUM
- AIMING TO INCREASE DEPTH OF UNDERSTANDING AND DEVELOP MATHEMATICAL THINKING
- STARTS TUE 7th DEC 5pm

LUSOM have also offered "Extend" sessions designed for high ability KS4 pupils aimed to increase Mathematical thinking and understanding. This is ideally aimed for those students who want to continue their studies in mathematics beyond GCSE level.

Friday 19th November
2021



Penwortham Girls'
High School



LANCASTER UNIVERSITY
SCHOOL OF MATHEMATICS



CARDINAL
NEWMAN
COLLEGE



Lancaster
University

OUTREACH FOR ALL



Guest Speaker
Katie Steckles
Tuesday 15th June
'Maths's Greatest
Unsolved Puzzles'
REGISTER TO ATTEND



Nira Chamberlain
Thursday 13th May
'What is the point
of Mathematics'
REGISTER TO ATTEND



Digital World
REGISTER TO ATTEND

TALKMATHS

- TALKS FROM INDUSTRY EXPERTS AND INSPIRING MATHEMATICIANS
- ANYONE CAN ATTEND
- FUN AND ENGAGING TOPICS
- ALL ONLINE

Finally, LUSOM are continuing to have a number of high-profile guest speakers who will talk about some of their favourite mathematical topics. The three lectures offered last year were well attended by PGHS pupils and well received by those involved.

For further information about these events and LUSOM, please register your interest by going to the following website link <https://lusom.ac.uk/>

Mr Cheal
Mathematics Department

Friday 19th November
2021



Penwortham Girls'
High School

Miss Batty –ITT student (Maths Department)

I've been at Penwortham Girl's for over a month now, and I'm really enjoying getting to work with all the wonderful mathematicians here! So far, we've been working through one of my favourite topics in algebra – sequences. Sequences can be used for all sorts of interesting things like calculating interest, working out consistent population increase/decrease, and most importantly spotting patterns in escape rooms! We've also been learning about some famous sequences like the Fibonacci sequence, notable for the distinctive spiral found in nature. Most importantly, working with sequences gets us thinking about patterns and relationships between numbers, which is an incredibly useful skill for helping with our mathematical fluency. I'm happy to see the progress Year 10 have been making, and I'm looking forward to moving onto the next topic with them this week.

In Year 9, we've been learning about standard form and surds. Standard form (also called scientific notation) is a standardised format for writing really large or really small numbers – this has meant we've been grappling with the distance from the earth to the sun (one hundred forty-nine billion six hundred million metres), and thinking about the diameter of a gold atom (0.000000000144g). Whilst this has meant a very quick learning curve for me with the SMART board in order to write out 27 zeros in one go, it also means that Year 9 are ready to take the scientific world by storm – there's some future astrophysicists in the class! Now, we're moving onto surds, another form of mathematical notation. We've been realising the importance of knowing our square numbers, and remembering to simplify, simplify, simplify! I can't wait to see how the girls in both classes progress over the next term.

Miss Batty, Trainee Teacher (Mathematics)



Friday 19th November
2021



Penwortham Girls'
High School

'Luminated' Maths Lessons

'Lumio' (formerly known as SMART Learning Suite Online), is a digital learning tool for today's changing teaching environments. This web-based software helps create engaging lessons that students can interact with in class, remotely or on their own time all on their own devices.

Now we can once again book devices in the classroom, we can use Lumio to create engaging and interactive lessons. All lessons can be enhanced using the customisable components including games, collaborative workspaces and much more. The customised activities and games provide automatic feedback to keep learning on track. These can then be delivered to student devices quickly and easily, all from a browser. Using Lumio, students can take ownership of their learning independently and the game-based activities, keeping students motivated and actively learning through interactive content on their own devices.

All learning is visible to the teacher and the class with a dashboard master view of each student's work.



The example below shows an interactive activity 'Rank Order' where the students are ordering decimals interactively from smallest to largest. Immediate feedback supports learning. Pupils can then work through other pages at their own pace so that no time is wasted.



I particular enjoy the 'Monster Quiz' where students work together to answer mathematical questions. This activity tests students' knowledge on a topic of your choice. The quiz format is great for reviewing material, and collaborative game play reinforces the value of teamwork.

Mrs S Bennett (UK Smart Ambassador)

Friday 19th November
2021



Penwortham Girls'
High School

Hegarty Heroes

With the addition of Hegarty Maths to the Maths department, we are handing out rewards to those showing maximum effort into furthering their understanding. Below are the top 3 pupils for each year! Well done, girls! You will be receiving a certificate in recognition of your achievements.

Year 7

<u>Name</u>	<u>Number of questions completed</u>
Katelyn K	902
Mia S	815
Amber S	720

Year 8

<u>Name</u>	<u>Number of questions completed</u>
Chloe W	1797
Eden F	1196
Neve H	522

Year 9

<u>Name</u>	<u>Number of questions completed</u>
Abigail P	1239
Lojaina A	691
Molly T	535

Year 10

<u>Name</u>	<u>Number of questions completed</u>
Amirah P	928
Aminah A	826
Grace T	777

Year 11

<u>Name</u>	<u>Number of questions completed</u>
Safurah H	816
Tuva G	806
Lucy T	740

Mr Cafferkey
Maths department

Friday 19th November
2021



Penwortham Girls'
High School



Hegarty MemRi Competition

For every MemRi task you complete you will receive points.

During this half term, do your best to achieve as many points as possible.

The top three pupils of each year group will receive prizes!

Remember there is a new MemRi task set every day, so there are lots of points to be gained!

Friday 19th November
2021



Penwortham Girls'
High School

Penwortham Christmas Markets Donations for Tombola Prizes

On December 15th, we (Head Girl, Deputy Head Girl, Mrs Pomeroy & Mrs Hall) will be running a tombola stall at Penwortham Christmas Markets.

We will be raising money for the Soroptimists' food bank. One £5 donation is enough to feed one child in Swaziland for a month.

It would be greatly appreciated if you could donate a tombola prize to help us raise money for this important cause.

This could be items such as chocolate, and cosmetics.

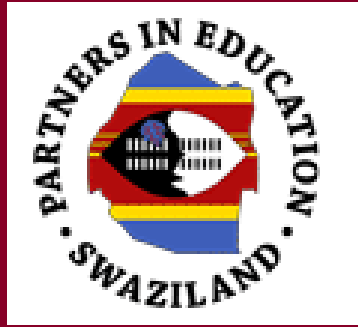
Please make sure that all donations are in school by Tuesday the 14th of December, Thank You.

Friday 19th November
2021



Penwortham Girls'
High School

About the Charity



We will be supporting PIES (Partners in Education Swaziland) through our Tombola at the Penwortham Christmas Markets. Here is some information about them to show you just how influential the money we raise will be.

They are a small North West of England based registered charity with eight Trustees who raise money to provide the necessary finance to meet their Mission Statement: To provide support in terms of food, education and loving care for the most vulnerable children in Eswatini (Swaziland). They do this through fund-raising events, regular and single donations and sponsorship.

In Eswatini, they run two purpose-built care centres which provide food each day, pre-school education and, through community representatives, loving care which the children so desperately need.

What will the money we raise go towards?

- Provide a hot meal and basic education each day
- Seek out sponsors for their school fees
- And most importantly give them the love and affection they most need

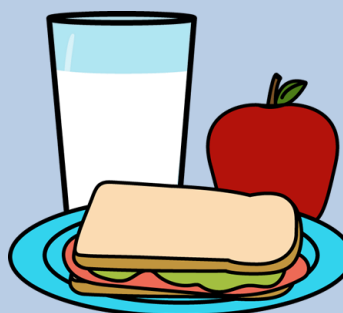


Friday 19th November
2021



Penwortham Girls'
High School

Lunch Menu Week Commencing 22nd November (Week 1)



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Choice Meal Deal	Brunch Pork or Veggie Sausages Free Range Omelette Hash Browns & Baked Beans	Crispy Fish Fillet Burger with Crispy Paprika Potatoes & Mixed Vegetable Medley	Roast of the Day with Traditional Trimmings Creamy Mashed Potatoes & Seasonal Vegetables	Chicken & Leek Pie with Baby Baked Potatoes Broccoli Florets & Carrots Batons	Crispy Battered Fillet of Fish with Chips & Mushy Peas
Global Choice Meal Deal	Spaghetti Neapolitan with Garlic Dough Balls & Green Leaf Salad	Chicken Tikka Curry with Turmeric Rice & Coriander Naan	BBQ Pork or Veggie Meatball Sub Roll with Cajun Potato Wedges & Mixed Salad	Chilli Beef with Cheesy Nachos & Tomato Salsa	Thai Vegetable Curry with Lemon & Coriander Rice
Vegetarian Choice Meal Deal	Lancashire Butter Pie with Vegetarian Gravy Broccoli Florets & Sliced Beetroot	Spanish Tortilla with Crispy Paprika Potatoes & Mixed Salad	Vegetable Lasagne with Garlic Bread & Green Leaf Salad	Cheese & Onion Loaded Potato Skins with Homemade Coleslaw & Mixed Salad	Homemade Margherita Pizza with Chips & Mixed Salad
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	Apple Pie & Cream	Peach Melba & Raspberry Sauce	Chocolate & Mandarin Sponge & Custard	Jam & Cream Scone	Lemon Drizzle Cake
	Chocolate Muffin	Lemon Shortbread	Raspberry Bun	Chocolate Cookie	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

Newsletter

Friday 19th November
2021



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

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

Drinks

Calypso AquaJuice 330ml	75p
Calypso AquaJuice 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 180ml	85p
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	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

faster fresher fitter

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

Homemade Garlic and Herb Bread ½ Portion	40p
Homemade Cheesy/ Tomato Garlic Bread	75p
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

Friday 19th November
2021



Penwortham Girls'
High School

Immersive STEM & Medicine Summer Experiences Use code SUMMER15 for 15% off by 31st December

[Architecture](#) | [Dentistry](#) | [Engineering](#) | [Forensic Science](#) | [Investment Banking](#) | [Medicine](#) | [Nursing](#) | [Psychology](#) | [Tech](#) | [Vet](#)

We are delighted to present 11 ground-breaking summer experiences in STEM and medicine-related careers for ages 12-18, which students can register for now. They include hands-on, highly-immersive experiences that students simply cannot find anywhere else. Examples include:

Young Doctor Summer Experience: we have secured exclusive access for our students to view a live surgery; the surgeon will talk through each step as it happens.

Young Engineer Summer Experience: we have privately hired a Boeing 747 jumbo jet; students will explore it alongside aerospace engineers from the likes of British Airways and Virgin Atlantic.

All experiences take place in London for up to 15 days, with UCL accommodation available.

Places are filling up already. Please share this email with students and parents so they can register now. Students can use code SUMMER15 by 31st December for 15% off. You can download a pdf of this email [here](#).

Friday 19th November
2021



Penwortham Girls'
High School

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:

September 2021	<ul style="list-style-type: none">• Wednesday 8th September 2021• Wednesday 15th September 2021• Wednesday 22nd September 2021• Wednesday 29th September 2021
October 2021	<ul style="list-style-type: none">• Wednesday 6th October 2021• Wednesday 13th October 2021• Wednesday 20th October 2021
November 2021	<ul style="list-style-type: none">• Wednesday 3rd November 2021• Wednesday 10th November 2021• Wednesday 17th November 2021• Wednesday 24th November 2021
December 2021	<ul style="list-style-type: none">• Wednesday 1st December 2021• Wednesday 8th December 2021• Wednesday 15th December 2021

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

careers@penworthamgirls.lancs.sch.uk

Registered Professional Careers Practitioner/Member



Friday 19th November
2021



Penwortham Girls'
High School

Head's Breakfast

Ruby T, Ruby W, Purdey A (Year 8)

Rigorously researching their chosen dishes and practicing at home before the lesson.

Ebony M (Year 8)

Ebony gave a lot of thought for her final project in Food Preparation and Nutrition and spent time at home preparing her final dish. Well done!

Eva M, Ruby C, Lexie P, Ruby W, Abigail S, Emerson W, Georgia J (Year 8)

Awarded for the production of a beautiful pastiche in the style of William Blake.

Emma B, Amber I R, Grace T, Sanuli W (Year 10)

Consistently high efforts and attainment in German. Excellent understanding of the German school system and the different schools that pupils can attend in Germany. They also became one of Frau Gill's 'Experts in Class', teaching your fellow students about the schools in Germany. Well done!

Eesha N, Brook L, Sandra H (Year 10)

Awarded for producing a convincing and genuinely harrowing horror story!

Lola U, Evie M, Tuva G, Violette F, Leonie O (Year 10) and Freya A, Immy B, Sophie R, Amelia S and Donalia M (Year 11)

Runners up in the South Ribble Football Tournament.

Amber T (Year 9)

Amber came to class after spending the morning part-cooking food, ready for her practical lesson. Well done for being so organised!

Erin D (Year 9)

Erin has taken great care and pride in her work throughout her time in Food particularly in practical lessons. She has always been socially responsible, looking after the equipment in the food room and being particular about the cleanliness of equipment after using it ready for the next lesson.

Head's Commendations

Eva M, Amber T, Erika J, Alexandra D, Maryam B, Zansha P, Isabelle H, Leeman M S, Hanya Ahmed, Vedika V, Georgia R, Eshaal M, Aruhi G, Ebba G (Year 9)

Outstanding entry for the Spirited Arts Competition. (RE)

Saskia H, Leah C, Angel A, Ruby C, Vidhya P, Katie T (Year 8)

Producing a phenomenal pastiche based on the works of William Blake as part of a competition. (English)

Laura G (Year 11)

Working on all the German vocabulary from Modules 1 - 8 and being the top scorer on all the match up games. Consistent German revision and showing an ability to apply herself in all the vocabulary learning. Well done, Laura!

Friday 19th November
2021



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	Geography society Rm 39 GBO Cooking society Rm 23 SSC Computing society Rm 50 JBE Table tennis Gym MSH BASKETBALL Courts KFI Product design Rm 36 LGO BEDROCK CLUB Library CWO & DSN	Choir Rm 11 VLI Athletics Gym KFI Cross country Courts MSH Brass Group Rm 15 ACA DEBATE club Rm 1 CWO MATHS HEGARTY Club Rm 50 RMV/RCA/SHS	Science club Rm 47 GFO Keyboard/Ukulele club Rm 15 ACA French and German film society Rm 26 KGI Cheer Gym RSN Circle time * Rm 6 DEM BEDROCK CLUB Library CWO & DSN	Woodwind group Rm 15 ACA Soroptimists Rm 30 MBR Badminton Gym MSH Ultimate frisbee Courts SNA Hw Club * Rm 35 LVE Mfl spelling bee Rm 26 CGE	Chess society Rm 39 BWA Orchestra Rm 15 ACA History society Rm 37 JBR Multi-sport Gym KFI Craft society Rm 1 DEM & RLU MINDFULNESS CLUB* Rm 6 KMG
AFTER SCHOOL	STEM Rm 34 RFR/PDE/SCH NETBALL Courts SNA, MSH & KFI	DRAMA SOCIETY Hall AGA & GST DANCE CLUB Dance studio SNA HANDBALL Courts MSH BADMINTON Gym KFI	GYMNASTICS Gym MSH FOOTBALL Courts KFI	HOCKEY Courts RWO CRICKET TBC	

* INVITE ONLY

Friday 19th November
2021



Penwortham Girls'
High School

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	Computing society Rm 50 JBE Table tennis Gym MSH BASKETBALL Courts KFI Product design Rm 36 LGO BEDROCK CLUB Library CWO & DSN	athletics Gym KFI Cross country Courts MSH Circle time * Rm 1 NBY Brass Group Rm 15 ACA DEBATE CLUB Rm 1 CWO MATHS HEGARTY Club Rm 50 RMV/RCA/SHS	Science club Rm 47 GFO Keyboard/Ukulele club Rm 15 ACA French and German film society Rm 26 KGI Cheer Gym RSN BEDROCK CLUB Library CWO & DSN	Woodwind group Rm 15 ACA Soroptimists Rm 30 MBR 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 BOOK CLUB Rm 4 DSN MINDFULNESS CLUB* Rm 6 KMG
AFTER SCHOOL	STEM Rm 34 RFR/PDE/SCH NETBALL Courts SNA, MSH & KFI	DRAMA SOCIETY Hall AGA & GST DANCE CLUB Dance studio SNA HANDBALL Courts MSH BADMINTON Gym KFI	GYMNASTICS Gym MSH FOOTBALL Courts KFI	HOCKEY Courts RWO CRICKET TBC	

* INVITE ONLY

Friday 19th November
2021



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	Table tennis Gym MSH BASKETBALL Courts KFI Circle time * Rm 6 LDA Product design Rm 36 LGO BEDROCK CLUB Library CWO & DSN	athletics Gym KFI Cross country Courts MSH Brass Group Rm 15 ACA DEBATE CLUB Rm 1 CWO MATHS HEGARTY Club Rm 50 RMV/RCA/SHS	Keyboard/Ukulele club Rm 15 ACA French and German film society Rm 26 KGI BEDROCK CLUB Library CWO & DSN	Woodwind group Rm 15 ACA Soroptimists Rm 30 MBR 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 BOOK CLUB Rm 4 DSN MINDFULNESS CLUB* Rm 6 KMG
AFTER SCHOOL	STEM Rm 34 RFR/PDE/SCH NETBALL Courts SNA, MSH & KFI	DRAMA SOCIETY Hall AGA & GST HANDBALL Courts MSH BADMINTON Gym KFI	GYMNASTICS Gym MSH Cooking society Rm 23 SSC TEAM CHEER Hall RSN FOOTBALL Courts KFI	HOCKEY Courts RWO CRICKET TBC	

* INVITE ONLY

Friday 19th November
2021



Penwortham Girls'
High School

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	Table tennis Gym MSH BASKETBALL Courts KFI Product design Rm 36 LGO BEDROCK CLUB Library CWO & DSN Study room* Rm 11 SIB & LRI	Athletics Gym KFI Cross country Courts MSH Brass Group Rm 15 ACA DEBATE CLUB Rm 1 CWO MATHS HEGARTY Club Rm 50 RMV/RCA/SHS Poet laureate Rm 5 GST	Keyboard/Ukulele club Rm 15 ACA French and German film society Rm 26 KGI Hw Club * Rm 35 SPK BEDROCK CLUB Library CWO & DSN	Woodwind group Rm 15 ACA Soroptimists Rm 30 MBR Badminton Gym MSH Ultimate frisbee Courts SNA Choir Rm 15 VLI ANIME SOCIETY Rm 53 GMO	Chess society Rm 39 BWA Orchestra Rm 15 ACA Multi-sport Gym KFI DANCE Dance Studio SNA Study room* Rm 11 SIB & LRI MINDFULNESS CLUB* Rm 6 KMG
AFTER SCHOOL	STEM Rm 34 RFR/PDE/SCH NETBALL Courts SNA, MSH & KFI	DRAMA SOCIETY Hall AGA & GST 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 RSN FOOTBALL Courts KFI	MUSIC STUDIO TIME Music studio MOW HOCKEY Courts RWO CRICKET TBC	Ks4 PHOTOGRAPHY society Rm 53 GMO

* INVITE ONLY

Friday 19th November
2021



Penwortham Girls'
High School

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	Table tennis Gym MSH BASKETBALL Courts KFI Product design Rm 36 LGO BEDROCK CLUB Library CWO & DSN Study room* Rm 11 SIB & LRI	athletics Gym KFI Cross country Courts MSH Brass Group Rm 15 ACA DEBATE CLUB Rm 1 CWO MATHS HEGARTY Club Rm 50 RMV/RCA/SHS	Keyboard/Ukulele club Rm 15 ACA French and German film society Rm 26 KGI Hw Club * Rm 35 SPK GCSE Dance Dance Studio SNA BEDROCK CLUB Library CWO & DSN	Woodwind group Rm 15 ACA Soroptimists Rm 30 MBR Badminton Gym MSH Ultimate frisbee Courts SNA Choir Rm 15 VLI ANIME SOCIETY Rm 53 GMO	Chess society Rm 39 BWA Orchestra Rm 15 ACA Multi-sport Gym KFI Study room* Rm 11 SIB & LRI MINDFULNESS CLUB* Rm 6 KMG
AFTER SCHOOL	STEM Rm 34 RFR/PDE/SCH NETBALL Courts SNA, MSH & KFI	DRAMA SOCIETY Hall AGA & GST 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 HOCKEY Courts RWO CRICKET TBC	Ks4 PHOTOGRAPHY Society Rm 53 GMO

* INVITE ONLY

Friday 19th November
2021



Penwortham Girls'
High School

PRESTON
COLLEGE

YEAR 10 & 11
OPEN EVENTS

VISIT OUR CAMPUS
SPEAK TO TUTORS
SEE THE FACILITIES

DATES & TIMES

Wednesday 6th October
4-7pm

Saturday 6th November
10am-2pm

Wednesday 9th March
4-7pm

VISIT

www.preston.ac.uk

- > Register for events
- > Apply online
- > Get college updates



Friday 19th November
2021



Penwortham Girls'
High School

BAE SYSTEMS

Apprentice Recruitment Evenings

**Our apprentices are our future
so we invest in theirs**

We offer comprehensive, high-quality training with support from people passionate about nurturing talent and developing skills, paid-for quality qualifications and hands-on experience in world-class projects and products.

We have a variety of apprenticeships for you across our business.

BAE Systems Apprenticeships UK Virtual Early Careers Recruitment Events

To find out more about our exciting apprenticeship opportunities, please select the relevant scheme and date (below) and register your details via the link.

Welcome to BAE Systems An introduction to the Business	Date & Time of Event (Nov)		Date & Time of Event (Dec)	
	15th November 2021	19:45 - 20:45	2nd December 2021	18:30 - 19:30
Apprentice Scheme	Date & Time of Event		Date & Time of Event	
Level 3 Advanced Supply Chain	16th November 2021	18:30 - 19:30	9th December 2021	19:45 - 20:45
Level 3 Advanced Business + Level 5 Human Resources (HR) Consultant Partner	16th November 2021	19:45 - 20:45	9th December 2021	18:30 - 19:30
Level 6 Aerospace Software Development Engineer (Degree) Apprenticeship (EDAS)	18th November 2021	18:30 - 19:30	6th December 2021	19:45 - 20:45
Level 6 Aerospace Engineering Development Engineer (Degree) Apprenticeship (EDAS)	18th November 2021	19:45 - 20:45	7th December 2021	18:30 - 19:30
Level 6 Digital Technology Solutions (DTS) NEW	18th November 2021	18:30 - 19:30	7th December 2021	19:45 - 20:45
Level 3 Advanced Engineering Technician	22nd November 2021	19:45 - 20:45	13th December 2021	18:30 - 19:30
Level 3 Advanced Engineering Craft	22nd November 2021	18:30 - 19:30	13th December 2021	19:45 - 20:45
Level 6 Project Manager (Integrated Degree)	22nd November 2021	18:30 - 19:30	14th December 2021	19:45 - 20:45
Level 4 Advanced Engineering Manufacturing Technician	23rd November 2021	18:30 - 19:30	7th December 2021	19:45 - 20:45
Level 3 Advanced Aircraft Maintenance (Humbly Grove) + Level 3 Advanced Engineering Technician (Brough)	23rd November 2021	19:45 - 20:45	6th December 2021	18:30 - 19:30
Level 7 Finance Higher	25th November 2021	19:45 - 20:45	14th December 2021	18:30 - 19:30
Level 6 Project Control Degree	25th November 2021	19:45 - 20:45	13th December 2021	18:30 - 19:30

Please note: you must register a place in order to attend the Career Events.
Our apprentice application window opens on the 1st November 2021 until the 28th February 2022.
You can apply online at: www.baesystems.com/apprenticeships or use the QR Code here.



Newsletter

Friday 19th November
2021



Penwortham Girls'
High School

RUNSHAW COLLEGE

Your Future Starts Now!

- Inspirational Teaching**
- Outstanding Progression**
- Beautiful Campus**
- Academies in every subject**
- Progress Mentor:** to look after your well-being
- Industry Placement** opportunities for every student

Autumn Open Events at our Leyland Campus

Thursday **14th October** 3.30pm- 7.30pm
Tuesday **23rd November** 3.30pm- 7.30pm

runshaw.ac.uk/openevent

Myerscough College
INSPIRING EXCELLENCE

Course Advice Dates 2021

- Sat 2 Oct** 10am - 12:30pm
- Tues 12 Oct (Virtual)** 7pm - 8pm
- Sat 6 Nov** 10am - 12:30pm
- Tues 16 Nov (Virtual)** 7pm - 8pm
- Sat 4 Dec** 10am - 12:30pm

The North-West centre for land-based, sport, engineering and science education