## Friday 25<sup>th</sup> March 2022



## Penwortham Girls' High School

### **Important Dates:**



4<sup>th</sup> – 18<sup>th</sup> April Easter Closure

Tues 19<sup>th</sup> April Students Return

2<sup>nd</sup> May May Day Closure

30<sup>th</sup> May – 3<sup>rd</sup> June Half Term Closure

28<sup>th</sup> June Year 11 Valedictory Dinner

13<sup>th</sup> and 14<sup>th</sup> July The Sound of Music Production

### **PGHS Poet Laureate Society – Poems for Mother's Day**

### Mother, Take My Hand



Mother, grasp my hand as I lean towards the water's edge, And lead me away from the temptations of the clear unknown. Laugh at me as I cluelessly fumble with the rope's knots, In awe as you dance through reefs and half hitches with grace, Stumbling as I look up at your example.

Mother, take my hand as I trace over the creases of your experiences, And gently brush past the rough skin of your misfortune, To explore the stories hidden within your puzzled eyes.

Smile at me as I meddle restlessly with the rudder,

Trying desperately to lie in the regions of your wake.

Mother, clap your hands as I hoist the mainsail to the peak with perfection, And sigh as the cold winds of time make you sway in melancholy contemplation, To make you hesitate at the thought of my inferiority.

Ponder over me as I leave your side and clamber the shroud,
And stare longingly at the currents of uncertainty.

Mother, shake my hand as you pull the anchor,
And watch me thread my gentle fingers through the rough ropes,
Casting my sail into the winds with the confidence of your teachings.
Watch me as I sail into the clouds of sea mist and the uncharted,
And with pride drift slowly into a fading sunset of resolution.

By Issy H















## Friday 25<sup>th</sup> March 2022



## Penwortham Girls'

### **A Mother Figure**

I was deemed too sensitive, enraptured by accommodating,

I was deemed too self-preserving, incapable of release,

I was called weak and far too fragile,

I was called strong-willed and far too stubborn,

but you would tell me to be brave,

and you would tell me to let go,

"tell me that you won't give up",

"sob into the nook of my neck",

being guarded isn't a bad thing,

being able to show emotions isn't a bad thing,

and even though you weren't,

and even though you couldn't be,

you were like a mother to me,

you were like a mother to me.

By Louise P-R



## Friday 25<sup>th</sup> March 2022



## Penwortham Girls' High School

### Life Skills

### KS3 E-safety Drop Down Session - Thursday 10th March 2022

school or childline safenetorg impero in school impero or childline childline impero Young minds child line www.youngmindsorguk ability action fraud

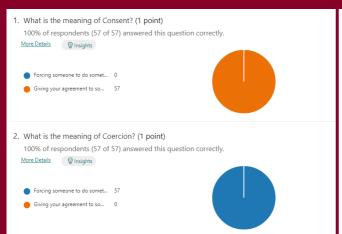
KS3 students recently spent an afternoon looking at certain aspects of e-safety. This is to compliment the work covered in Life Skills, computing, and other aspects of personal development at PGHS. Mark Naylor from Lancashire Constabulary joined students on Teams for a talk on current issues around e-safety and the reporting process. Students asked lots of interesting questions. This was followed by a session on healthy and unhealthy relationships online, including consent and coercion, live streaming, the sharing of images and other information online.

This was continued in the Life Skills lessons with a forms quiz and a parentmail was sent should you wish to continue the conversation at home or gain more information. Below are some of the responses from Year 8 and 9. The sources of support that have been shared with the students are:

www.childline.org.uk www.themix.org.uk

www.youngminds.org.uk

www.childnet.com





## Friday 25<sup>th</sup> March 2022



## Penwortham Girls' High School

### **PREVENT and CHANNEL Question of the Week - Whole School**

Last week, students took part in the 'Question of the Week' on the Prevent duty and Channel. This is to reinforce the messages already covered in Life Skills and other areas of personal development at PGHS. A short forms quiz was successfully completed to demonstrate understanding and how to report or access support.

These are both important topics that are revisited regularly. It is reassuring to know from the forms quizzes completed, that students here do know to tell a trusted adult in these situations.

## PREVENT and CHANNEL



Channel is a multi-agency approach to safeguarding, supporting and protecting children, young people and vulnerable adults at risk of radicalisation, extremism or terrorist related activity.

https://www.ltai.info/what-is-channel/

Radicalisation is defined as the process by which people come to support terrorism and extremism and, in some cases, to then participate in terrorist groups. In 2011, the Government released a document called the prevent duty. What they are hoping to prevent is terrorism.

Prevent is safeguarding and supporting vulnerable people to stop them from becoming terrorists or supporting terrorism.

Question of the week.

What would you do if a close family or friend was at risk of becoming radicalised?

<a href="https://forms.office.com/Pages/ResponsePage.as">https://forms.office.com/Pages/ResponsePage.as</a>
<a href="px?id=GkARh27PckqAhRMK-">px?id=GkARh27PckqAhRMK-</a>
<a href="PwjQhB0DsG7vaNPuvrwixdD2T5UOUg0VDk4S1dXszBQOUZGUIJQSUZHS1JLQS4u">PwjQhB0DsG7vaNPuvrwixdD2T5UOUg0VDk4S1dXszBQOUZGUIJQSUZHS1JLQS4u</a>

Mrs Cahill Life Skills Co-ordinator

Friday 25<sup>th</sup> March 2022



Penwortham Girls' High School



### MODERN FOREIGN LANGUAGES



The MFL department have been busy finishing off all the displays and walls in our new classrooms in our Richard Pye Language Innovation Zone and I think you will agree they look fantastic! The facility is dedicated to the memory of Mr Pye, a committed and much respected MFL teacher at Penwortham Girls' High School from 2005 – 2019. We are incredibly grateful for the donation that has given us the amazing opportunity to purchase our brand-new laptop and listening studio. This is equipped with laptops and headsets which look amazing and is a great asset to our languages area. It gives all of our students the opportunity to use the fantastic facilities that we have now and they will be able to access language specific software and websites in small groups to enhance their learning further in French and German. We may even get chance to watch some German and French series in this area too, as well as accessing Quizlet, Blooket, Active Learn and other language websites.





### Friday 25<sup>th</sup> March 2022



## Penwortham Girls' High School

A huge well done to our Year 11s this term for their hard work in getting all their speaking work ready for the second week back after the Easter holidays when we have our final speaking exams. They have worked hard in their preparation for this. Year 7 have been busy in German learning about pets and families and are now learning about free time and sports. Year 8 are just embarking on a wonderful journey learning all about German food. We have even been tasting some German Brezls and we had a Brezl competition. Here are some of our entries:



Year 9 have been learning about German music, bands and festivals and we even sampled some German music such as Rammstein, Helene Fischer and Namika, who was the most popular (we really liked 'Ein Gummibär'). Year 10 have been busy learning about free time activities and festivals in Germany and have found out about how much our German friends like to party!

Year 8 French have been busy learning all about life in a French school and Year 9 French have been learning about French towns and what there is to do there.

Mrs Gill Curriculum Leader for MFL

## Friday 25<sup>th</sup> March 2022



## Penwortham Girls' High School

### Catering Charges from 1st April 2022



Dear Parent / Carer

I am writing to inform you that from 1<sup>st</sup> April 2022 the price for a full secondary school meal ("meal deal") will be increasing from £2.30 to £2.40 per meal.

I'm sure that you can appreciate that costs of food are currently very volatile and a number of factors have led to the largest food price inflation that the catering sector has encountered within the past decade. Lancashire County have completed supplier review meetings with their suppliers with an average of almost 4% increase in costs, which I am pleased to report is lower than the national average. However, the resultant cost pressures across the catering service, including the increase in staffing costs, have meant we have had to make the difficult decision to increase the "meal deal" cost mid academic year. The rest of the menu pricing will be reviewed during the summer term with a view to any new tariff being in place for September 2022.

Whilst I understand that an increase in costs may present a challenge, I hope you will understand the reason why this has been necessary, and agree with me that this still represents a great value meal. Our lunch service has become increasingly popular and we hope your daughter continues to enjoy the vast variety of tasty food on offer each day.

Thank you for your understanding and ongoing support.

Yours sincerely Andrea Barnes Business Manager

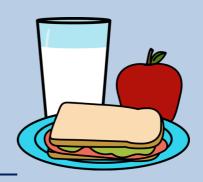
## Friday 25<sup>th</sup> March 2022



## Penwortham Girls' High School

## **Lunch Menu Week Commencing 28<sup>th</sup> March (Week 2)**





### **High School Spring/Summer 2**



				Behaviour			
Week 2	Monday	Tuesday	Wedne		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 Pízza 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		

## Friday 25<sup>th</sup> March 2022



## Penwortham Girls' High School







## Friday 25<sup>th</sup> March 2022



## Penwortham Girls' High School



## Independent Careers Adviser Shamim Khan

Available for 1:1 Careers Appointments & Drop In sessions in The Careers Room

### **Drop In sessions Times:**

Morning : 8.30am to 9.10am Lunchtime : 12.30pm to 1.20pm

### Careers Adviser Dates:

March 2022

Wednesday 2<sup>nd</sup> March 2022 Thursday 3<sup>rd</sup> March 2022 Wednesday 9<sup>th</sup> March 2022 Wednesday 16<sup>th</sup> March 2022 Wednesday 30<sup>th</sup> March 2022

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

careers@penworthamgirls.lancs.sch.uk

Registered Professional Careers Practitioner/Member





## Friday 25<sup>th</sup> March 2022



Penwortham Girls' High School

### **Head's Breakfast**

### Zara H (Year 8)

Well done on producing a great response to the aid programme task (Kibera). (Geography)

### Isabel P (Year 9)

For showing confidence and being articulate when expressing pupil voice.

<u>Faatimah V, Jessica O, Zahraa A, Jade B, Niamh C, Hettie C, Erin G, Summer L, Sana H (Year 7)</u> Superb work on creating a pastiche of a poem we looked at in class. (English)

#### Louise P-R (Year 10)

For writing a beautiful poem for Mother's Day. (English)

### Ruby S, Elise B, Darcey R, Aaliya B, Rebecca S (Year 10)

Outstanding progress in your first Health and Social Care assignment. (Health & Social Care)

Esha C, Bethany G, Molly H, Naomi J, Evie M, Darcy P, Tilly P, Olivia S, Lola U, Olivia W (Year 10) Outstanding performance at the South Ribble Netball tournament. (PE)

### **Head's Commendations**

### Issy H (Year 10)

For writing a beautiful poem for Mother's Day.

<u>Vritika S, Imogen K L, Jessica M, Libby H, Rose W, Unaysah P (Year 7)</u>
Fabulous creative writing with your pastiche poetry in English. Well done!



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## Penwortham Girls' High School

	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	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	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  BEDROCK CLUB (+ English Support) Library CWO & DSN
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	

<sup>\*</sup> INVITE ONLY

## Friday 25<sup>th</sup> March 2022



## Penwortham Girls' High School

YEAR & 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	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	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  BEDROCK CLUB (+ English Support) Library CWO & DSN	
AFTER	STEM Rm 34 RFR/PDE/SCH NETBALL Courts SNA, MSH & KFI	DRAMA SOCIETY Hall AGA & GST DANCE CLUB Dance studio SNA	GYMNASTICS Gym MSH FOOTBALL Courts KFI	HOCKEY Courts RWO CRICKET TBC		
SCHOOL		HANDBALL Courts MSH BADMINTON Gym KFI				

<sup>\*</sup> INVITE ONLY

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### Penwortham Girls' High School

	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	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	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  BEDROCK CLUB (+ English Support) Library CWO & DSN
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	

<sup>\*</sup> INVITE ONLY

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## Penwortham Girls' High School

		YEAR TO SPURIS,	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  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	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  BEDROCK CLUB (+ English Support) Library CWO & DSN  Ks4 PHOTOGRAPHY society
AFTER School	STEM Rm 34 RFR/PDE/SCH NETBALL Courts SNA, MSH & KFI	Hall AGA & GST  HANDBALL Courts MSH  BADMINTON Gym KFI TEXTILES Rm 34 RFR  Product design Rm 36 LGO	Gym MSH  Ks4 Art society Rm 52 LGE  TEAM CHEER Hall RSN  FOOTBALL Courts KFI	Music studio MOW  HOCKEY  Courts RWO  CRICKET  TBC	Rm 53 GMO

<sup>\*</sup> INVITE ONLY

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## Penwortham Girls' High School

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  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	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  BEDROCK CLUB (+ English Support) Library CWO & DSN	
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 Ks4 Art society Rm 52 GMO FOOTBALL Courts KFI	MUSIC STUDIO TIME Music studio MOW  HOCKEY Courts RWO  CRICKET TBC	Ks4 PHOTOGRAPHY Societ Rm 53 GMO	
		TEXTILES Rm 34 RFR				

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Penwortham Girls' High School

# Penwortham Care & Share



# Clothes & Toys Hub Coffee & Chat

Penwortham
Community Centre
Kingsfold Drive, Penwortham PR1 9EQ

9am - Noon Last Tuesday Every Month

Donations welcome please telephone Lindsay 07763 197 615



Email: harringtonlindsay10@gmail.com

Supported by Penwortham Town Council