

# Penwortham Priory Post



## Year 11s Aims & Ambitions

As our Year 11s are currently sitting their GCSE exams, we have spoken to a few about their hopes for the future as their five years at Priory draw to a close.

### *This is Part 2 of a two part report:*

Student **Lee** has put aside his acting career and is now concentrating on his future plans and boxing.

"I was an extra in Coronation Street and auditioned for Hollyoaks," said Lee. "I have moved on from that really, I have started boxing with the Lancashire School of Boxing and I am going to take it more seriously after my GCSEs. I am going to be a Plumbing Apprentice with JTL, which is linked with Preston's College."

Footballer **Oliver** has secured a scholarship at National League side AFC Fylde.

"I was at other academies when I was younger but then I went to AFC Fylde for trials. It was really competitive and I had to have four trials but I have now signed a scholarship. It's exciting as they have gone to Wembley twice recently and are hoping to get promoted to League Two."

**Emina** has already won a prestigious prize at Priory – and hopes to take her love of physics further. Emina was awarded the UCLan Science Award last year for the Ogden Trust.

"That was an honour, we went to UCLan and heard speeches and it was inspiring. I want to go to Newman College and study Maths, Physics, Chemistry and Geography, then go onto UCLan to do Astro Physics and do something with space and physics in the future."

**Sabrina** is a singer in her spare time but hopes to go to Preston's College to do a BTEC in Science and A-Level Biology.

"I have just always sung and I have performed pop songs at open evenings and things like that, it's all self-taught. It is a hobby but I would like to do something with forensic science in the future, I watch all the TV programmes!"

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## Attendance Winning Forms

Each week the attendance officer calculates the form with the best attendance for 'Year 11s' and 'The 'Rest' of the school. As the Year 11 form groups are smaller than the others, they are more likely to achieve full attendance. Therefore to ensure fairness, results have been separated out.

This week's winners are:

**Year 11 - C5 and H1  
(100%)**

**Rest - H3 (99.06%)**

Well done to Mr Sneddon's, Mrs Isherwood's and Mrs Whalley's forms.

## Trip: The Lake District Year 8 Pupils

Year 8 pupils are invited to attend a full day visit to Bowness in the Lake District to support their Geography studies.

We will be taking two cohorts of pupils over Tues, 18 and Weds, 19 June.

The trip costs £10 including return transport and boat tour. Please return permission slips by Fri, 14 June.

Letters have been given out to pupils this week however they can also be downloaded from the school website at >> <https://www.priory.lancs.sch.uk/parents/letters>

## KEY DATES

**Healthy Eating Week**  
10-14 June 2019

**Year 11 Last Day**  
Fri, 14 June 12.30pm

GCSE Further Maths pupils will need to stay for their exam at 1.30pm and return on Mon, 17 June for the second paper. V Cert Graphics pupils will need to return on Mon, 17 & Tues, 18 June.

**College Sampling Days**  
(Year 10 pupils)

Runshaw - Mon, 17 June  
Newman - Thurs, 20 June  
Preston's - Tues, 2 July

**Lake District Trip**  
(Year 8)

18 and 19 June 2019

**Year 7 Parents Evening**  
Weds, 19 June 2019  
4pm-7pm

**PSHE Day**  
(Early lunch followed by early closure at 1:30pm)  
Thurs, 20 June 2019

**South Ribble Schools Athletics Championships**  
Robin Park (by invitation)  
Fri, 28 June 2019

**Work Experience Week**  
(Year 10 pupils)  
24-28 June 2019

**Italy Trip**  
25-29 June 2019

**Year 11 Prom**  
Charnock Farm  
Thurs, 27 June 2019

**Rewards Trips**  
Tues, 9 July 2019

**Year 10 parents Evening**  
Weds, 10 July 2019

## A Message from the Headteacher

*Dear Parent/Carer*

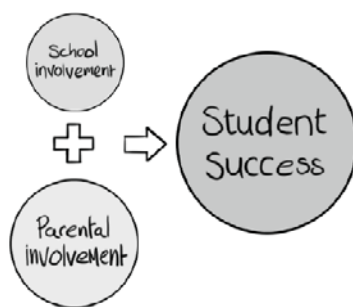
### Helping your child get into good habits - Information for parents and carers

Healthy habits are essential to living a long and happy life, and they are important to instil in children from a young age. If you help them form these habits now, you will be giving them the tools to navigate any obstacles they may face as they grow into adulthood.

Research highlights that the late teenage years have been identified as the peak age for exposure to health risks with lifelong implications. The report, by the Association for Young People's Health (AYPH), revealed teenagers eat eight times the recommended sugar allowance and almost half have tooth decay. This worrying research also found out that most smokers start by the age of 25.

Research reveals that there is a strong link between healthy habits and pupil achievement. Poor health habits add up to poor grades, and research suggests that healthy habits and good health-related decisions can lead to improved academic performance. For instance, research has shown that students who eat breakfast exhibit improved concentration when compared to their peers who skip it.

Next week, is our Healthy School Week where pupils will focus on the five key areas of a healthy lifestyle; further details can be found later in the newsletter.



**Mr M Eastham, Headteacher**

## What can you do?

Cultivate healthy habits by being a role model to your child. Try to exhibit good habits, offer health advice and build fun healthy activities into your family life. Examples include being active as a family, having evening and sleep routines, providing a water bottle to encourage hydration, or making family meals together.

Good nutrition can help improve concentration, so pay attention to the food you buy for your family. Provide a healthy balanced diet of meals which include fresh vegetables, fruit, proteins, good fats and whole grains. Encourage your child to snack on low sugar foods and drinks, which you could make together.

Help and encourage your child to get enough sleep, live a physically active life and feel good about themselves. Work with them to map out their week to include healthy habits such as exercise, relaxation and seeing friends. Set some healthy lifestyle goals together, and keep each other motivated to stay on track.



*Learn to succeed*



## Year 11s Aims & Ambitions

*Continued from front page*

**Cerys** has her future set out – and it involves animals!

"I have already done some volunteer work at Hillcrest Animal Hospital, will be working there over the summer and I will also do my placement there from Myerscough College next year. I am doing Animal Studies there and will stay on to the university to do a Veterinary Nurse Degree."

Triathlete **Trista** is ranked eighth in the North West at the three events – running, cycling and swimming – and she wants to be a physiotherapist in the future.

"I run for Lions Running Community, I swim once a week and enjoy cycling. I compete in the North West Series and I am eighth at the moment. I also have taken part in charity events at school, raising funds for Rainbow House which is something I am keen on continuing. I want to go to Runshaw College to study A-Levels in Biology, PE and English Language and then hope to be a physiotherapist. It requires a lot of training but I am prepared for it!"

**Zoe** has her sights set on the Harrogate Army College – and hopes to secure a place. Zoe is a staff sergeant in the Lancashire Army Cadet Force and recently, after learning First Aid, came across a road accident. She was given the Praiseworthy First Aid award for calming the victim and putting them in the recovery position.

"I had just done my First Aid so I knew what to do when I saw it happen. It was a surprise to be given the Praiseworthy First Aid certificate, I was proud. I was also presented with a prize at the Lord Lieutenants Award Ceremony recently. It will be tough getting into Harrogate, I have just sent my medical off and have to spend two days in Scotland. I want to be a Combat Medic."



## VOLUNTARY & COMMUNITY

### Come and support us at the Gala - Sat, 8 June

Once again, we will be hosting a stall at Saturday's Penwortham Gala.

The procession starts at 12.30pm from Hill Road South and finishes on Hurst Grange Park at approximately 2.05pm (please note road closures).

The park will be filled with lots of fantastic stalls and attractions as well as the wonderful funfair. The popular Priory stall will be selling wares created by the Technology Department. Last year we were awarded 'Best School' on what was a sun-filled day - let's hope for bright skies this weekend too!

The event continues on Sunday with several activities on the park including the funfair which will run until 4pm.

Please come along and support this fantastic community event.



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# Meet the Teacher - Miss Smith (English)

**Our new English teacher will be starting in September but she is already a familiar face around Priory!**

Miss Smith is currently on a placement at Priory after she impressed Head of English Mrs Gidden at an interview.

"I was at Edge Hill studying my PGCE and I came for an interview for the English teacher's role. I hadn't yet done my second placement so Mrs Giddens offered me a placement and a job!

"It was on International Women's Day as well so I felt it was meant to be. I officially start in September but I have settled in already."



Miss Smith decided she wanted to become an English teacher after being inspired by her own teacher.

"Miss Pickering was my teacher at Stanley High School in Southport and I was a bit naughty in school but she never treated me like that, she was a really good teacher.

"When I left university I wasn't sure if I did want to be an English teacher or whether it was just because of Miss Pickering so I went to Korea to teach English for a year.

"I had always been interested in

the culture and I learnt Korean. I taught kindergarden children and it was a fantastic experience but it helped me realise I wanted to teach secondary school English and return to England."

Miss Smith has brought her Korean links into school.

"I run the Korean Extra Curricular Club and it is quite popular! I did used to speak Korean every day but now I just help students to study Korean and read and write it."

Mrs Gidden said: "Miss Smith was extremely competent at interview and myself and the rest of the department commented on her natural aptitude for teaching and how the students warmed to her almost immediately. I'm sure she will be an asset to our already strong team; she's already made such an impact, we can't wait for September and the future with Miss Smith officially in our team."

**Korean Club is every Tuesday lunchtime with Miss Smith in EN1. Open to all pupils.**

**EN1**

**TUE**

**한국 클럽**

( K O R E A N C L U B )

**LUNCH**

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# Healthy School Week 10-14 June

Next week is the British Nutrition Foundation's National Healthy Eating Week. Adopting this idea, we are having a Healthy School Week focusing on five areas of health that are important for both pupils and staff.

As we are all well aware, none of us function well without eating well, drinking plenty, sleeping well, staying active and keeping safe in the sun, and our wellbeing is significantly impacted when we do not address these. Therefore this campaign has been put together to encourage our pupils to promote a healthy lifestyle.

In preparation, this week has been an education week where pupils have discussed each health area in their PM Prep sessions. Each day had a different focus. Next week we will put into action what they have learnt, again each day having a different focus.

An email was sent to parents on Tuesday detailing the plan for the week. We would appreciate it if parents could read through the plan and assist us in the forthcoming week by encouraging and supporting our youngsters as they try to put some ideas into practice. This may include buying a water bottle for school, encouraging the drinking of water or weak cordial instead of fizzy drinks, topping up a fruit bowl, trying different salad types or vegetables, encouraging good sleep habits etc.

During Healthy School Week there will also be a number of activities around school for pupils to get involved with including input from the PE and Food Technology departments and the Catering team. Mrs Cowell is offering pupils the chance to make a 'fake-away' on Fri, 14 June after school for £2 per pupil including all ingredients (limited places) - please see advert.

If you would like more information, please visit: <https://www.nutrition.org.uk/healthyliving/hew.html>

## Healthy School Week

	Eat Well	Drink Plenty	Sleep Well	Stay Active	Sun Safe
	Monday	Tuesday	Wednesday	Thursday	Friday
Week one Wkb 3 June	Let's learn and discuss how to do this and why it is important. Education sessions in PM Preps, information on Doddle, emails to parents to help us.				
Week two Wkb 10 June	<b>Healthy School Week - Let's do this!!!</b> A week of making changes, which we will attempt to continue for a healthier future. PM Prep discussions about what we are doing and sharing ideas. Activities to assist us in having healthier futures.				

# The Weekly Challenge (Week 30)

These weekly challenges which pupils are asked to think about are made of content that will enhance learning in all subjects and widen Tier 2 vocabulary.



## Parents - How would you get on?

1. What is a curfew?
2. Write 20,000 as words.
3. What is a dromedary?
4. What is an ungulate?
5. If you're a narcissist what are you?
6. If you're lachrymose, what are you?
7. Give an example of a simile.
8. Provide an antonym for the following: like, hairy, gargantuan.
9. What is alliteration?
10. What does adding the prefix 'maxi' signify?

Answers at the bottom of page 11

## Health School Week Activities



Food Tech will be having a 'Guess the Fruit' competition at lunchtime on Weds, 12 July. Correctly guess and win a 'jump the lunch queue' pass.

Cook a meal to take home - see poster. This event is £2 per person (subsidised) and has limited numbers.

Mr Graham will be rallying pupils and staff to run, jog or walk a few circuits of the 3G pitch - from 8am every morning.

Also see poster for the full week of PE & Sport events to raise funds for Heartbeat.



### Healthy School Week offer – staff and pupils

Learn to cook...

Healthier fish and chips for fish supper  
or  
'fake away' Sweet and Sour chicken or Vegetables and rice  
on  
Friday 14<sup>th</sup> June after school – 3.40 – 5.00 p.m.

14 places available, £2 per person – reserve your place with Mrs Cowell (all ingredients and a take away box provided!)



Go wild for  
**20% off**  
school uniform



## M&S

Come and Visit us at M&S Preston Fishergate

### 20% off School Uniform

4<sup>th</sup> June – 2<sup>nd</sup> July 2019.

T&C's Apply.

Excludes footwear, accessories, underwear, hosiery and coats. Available in select stores and online. Subject to availability. See online or ask in store for details.

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## Healthy Schools Week Starts Monday 10<sup>th</sup> June

The PE Department will be hosting a range of sporting activities for pupils to take part in at lunchtime. It is a £1 entry into the sportshall. All money raised will go to the Heartbeat Charity in Preston.

### Activities:

1. **Staff v Pupil Table Tennis**
2. **Indo Board (Balance Competition)**
3. **Hula Hoop competition**
4. **Basketball Shooting Competition**
5. **Archery Competition**
6. **Wicket Bowling competition**



**Monday Lunch**  
**Year 7**

**Tuesday Lunch**  
**Year 8**

**Wednesday Lunch**  
**Year 9**

**Thursday Lunch**  
**Year 10**



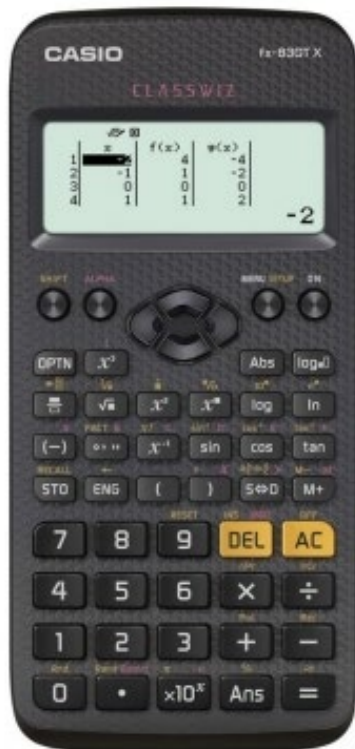
# Calculators

Please ensure your child brings a scientific calculator to school.

The CASIO FX83GTX Scientific Calculator (see opposite) is recommended and can be ordered from the Finance Office at a cost of £8.50.

Pupils should see Mrs Cookson in the Finance Office. Cash or cheques accepted (payable to Penwortham Priory Academy).

Any queries should be directed to Mr Kenrick, Head of Maths, by email: [p.kenrick@priory.lancs.sch.uk](mailto:p.kenrick@priory.lancs.sch.uk)



## SPORTS REPORT

### Year 7 South Ribbles Cup Final

It was the final of the South Ribbles Cup on Wednesday night where the Year 7 football team came runners up.

The boys played an even game against All Hallows but unfortunately lost 3-4.

Full report and photo in next week's issue.

**Team:** A Evans, S Podmore-Napin, C Clarke, M Stuart, K Fletcher, C Heaton, L Cawood, J Singleton, J Thompson, T Russell, J Eastham, O Snape.

## Preston Youth Dance are looking for new dancers!

Preston Youth Dance Company are looking for dancers of Preston aged 12-19 who want to develop contemporary dance technique, creative practice and produce high quality performances.

Further info at:  
[bluemoosedance.org.uk](http://bluemoosedance.org.uk)

Their next audition takes place on:

**Thursday, 27 June 2019 5pm - 7pm**  
**Media Factory, UCLan, Kirkham Street, Preston, PR1 2XY**

Everyone is welcome to audition, however you must first complete the registration form to register your place. If you have any further questions, please email:

[pydc@bluemoosedance.org.uk](mailto:pydc@bluemoosedance.org.uk)

DISCOVER. CREATE. EMPOWER.

YOU

PRESTON YOUTH DANCE COMPANY

NEXT AUDITION  
Thursday 27th June  
5pm - 7pm  
Media Factory, UCLan

Join us for the next audition to join Preston Youth Dance Company! Open to anyone aged 11 - 19 years living or studying in Preston and the surrounding areas. Register now at: [www.bluemoosedance.org.uk/pydcaudition](http://www.bluemoosedance.org.uk/pydcaudition)

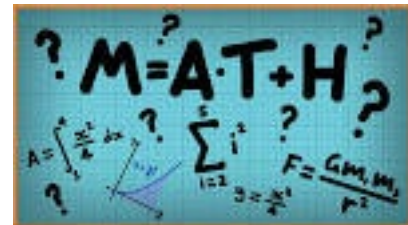
BLUE MOOSE DANCE COMPANY

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# The Maths Department

## *Like a challenge?*



The Head of Maths, Mr Kenrick, will be testing our brain power each week with one of his puzzles.

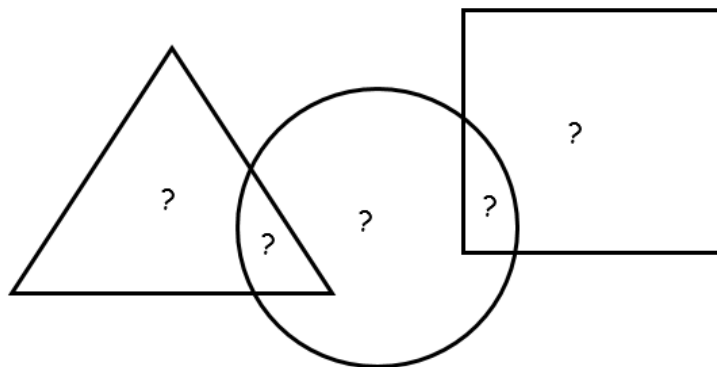
Here you will find a puzzle or a problem solving task - these can help to build students' perseverance, mathematical reasoning, ability to apply knowledge creatively in unfamiliar contexts, and confidence in tackling new challenges. Why not have a try yourself!

The numbers represented by question marks are consecutive, ie) they can be written one after another, such as 1, 2, 3, 4, 5.

They are not necessarily in order on the picture however.

If the numbers add up to 80, what do the numbers in the circle add up to?

Answers bottom of page 11.



## English Literature Theatre Workshops (Year 10)

To support GCSE English Literature studies we have invited Initiate Theatre into school on Mon, 1 and Weds, 3 July to deliver workshops to Year 10 pupils, covering Jekyll & Hyde and A Christmas Carol.

The workshops consist of an edited performance of texts, a discussion, Q & A session and interactive work. To aid pupils with their mock exams and revision as well as provide best opportunity to obtain their potential grade, **we strongly recommend that pupils attend one of these workshops** depending on their studied 19th Century text.

Each workshop costs £4. Letters have been given out to pupils and can be downloaded from our website at: <https://www.priory.lancs.sch.uk/parents/letters>



## Key Stage 3 and Year 10 Exams

End of year exams for Years 7-10 will commence Monday, 3 July.

Year 10 exams will be in the Assembly Hall and KS3 exams in classrooms. Pupils will be informed of the dates of the exams so that they can organise their revision preparation.



## English Revision Guides (Year 10)

A reminder to all Year 10 parents and pupils that we have English Language and English Literature revision guides for sale at discounted prices. These will prove useful for the upcoming mock exams.

Letters/order forms can be collected from Mrs Gidden or can be downloaded from the school's website at: [www.priory.lancs.sch.uk/parents/letters](https://www.priory.lancs.sch.uk/parents/letters)

Please note there are no cut off dates for orders as we now have these in stock. Orders and remittance can be given direct to Mrs Gidden or the school office.



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# By Royal Appointment

On Weds, 22 May Headteacher, Mr Eastham, and Lead Teacher for Geography, Mr Watters, were invited to attend Buckingham Palace as Special Regional Guests for the Duke Of Edinburgh Awards.

The prestigious event celebrated the achievements of 1500 young people from across the UK who have spent 12-18 months challenging themselves to complete their Gold Duke of Edinburgh's Award.



The DofE allows young people to develop skills and attributes that are transferable to the workplace. It gives young people the opportunity to evidence, in applications and interviews, real life situations where soft skills have been gained.

Achieving this award is an amazing accomplishment with all those completing having volunteered in the local community, learnt a new skill, improved at a physical activity, planned and undertaken an expedition and spent 5 days working away from home.

The event was in the presence of the Duke of Edinburgh himself alongside the Earl and Countess of Wessex. During the day, Mr Eastham and Mr Watters met with the young people to hear their truly inspiring DofE journeys; clearly showing their commitment, resilience and determination.

Peter Westgarth, Chief Executive of the DofE said "The DofE changes lives; opens doors to employment and education; enables young people to build strong relationships; and introduces them to a broad range of interests. I want to give a huge thank you to all the schools and academies and their volunteers that run the DofE; the impact their dedication has on the lives of their pupils and local communities is second to none."

The DofE journey at Priory begins in Year 9. The co-ordinator for the award is Mr Watters and any enquiries can be emailed to him at [a.watters@priory.lancs.sch.uk](mailto:a.watters@priory.lancs.sch.uk).



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# Word <sup>of</sup> THE Week

Each week Progress Leaders will be introducing a new word to pupils in their AM or PM Prep time.

Progress Leaders will clearly explain the literacy tip of the week in Prep time and teachers will be challenging pupils in curriculum time and awarding achievement points for correct use of Word of the Week.

The Literacy tip of the week is repeated from the previous week as we're still seeing it too often. Pupils, make sure you have checked through your work to ensure you have applied the literacy tip correctly.

**Pupils:** If you fancy a challenge and the chance to win a treat, write a sentence which includes the 'Word of the Week' on an entry slip and put it back in your form folder to be collected by Mrs Gidden. Synonym of the Week entries can be written on the back of the slip.

Try your best to use the word accurately!  
Who will the winner be?

Three pupils were awarded for the correct use of the Word of the Week before the half term break. Well done to: Patryk K - H5, Harley H - R2, Rocky B - R2

Who will this week's winner be?

## Word of the Week: Significant



*adjective- Important or worthy of note.*

I have made some significant changes to my classroom.  
Kieran's homework has made significant improvement.

## Literacy tip of the week...

**COULD  
HAVE/WOULD  
HAVE/MUST  
HAVE.**

Because people speak quickly, and contract words together, when we say 'Could have' etc, it sounds like 'could of'

**BUT:**

It is **WRONG** to write it. We're really saying 'That must **HAVE** hurt' 'I might **HAVE** missed your call.'

**NEVER EVER** write 'Could of' or 'Should of'

It's **COULD HAVE**.  
Be careful

## Synonym of the week...

What is a synonym?

A synonym is a word that have a very similar or the same meaning as another word.

So synonyms for 'tired' include 'depleted' and 'weary'

**TASK:**

Find me a super synonym for the word:  
**'SAID'**

Each student may only enter with **ONE** word.

The best synonym will **WIN!**

## ANSWERS TO THE WEEKLY CHALLENGE

1. A curfew is a rule that requires someone to stay indoors between specified hours.
2. 20,000 as words is twenty thousand.
3. A dromedary is an Arabian camel.
4. An ungulate is a hoofed animal.
5. A person who has an excessive interest in yourself.
6. Lachrymose means you're tearful or given to weeping.
7. e.g. As innocent as an angel – a simile compares two things.
8. Antonym means opposite so the antonyms could be: dislike, bald, miniscule.
9. The occurrence of the same letter or sound at the beginning of adjacent or closely connected words e.g. Kim's kid kept kicking like crazy.
10. Maxi means big/as big as possible.

**MATHS CHALLENGE ANSWERS** :  $14 + 15 + 16 + 17 + 18 = 80$  | Circle = 48

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## HEALTHCARE WEEKEND



**YEARS 10 - 12 AND PARENTS, JOIN US AT MEDIC MENTOR'S 2 DAY CONFERENCE FOR ASPIRING MEDICS, DENTISTS AND VETS.**

**Day 1: Making it Into Medicine, Dentistry or Veterinary**  
An introduction into your future career. Network with current students and professionals, whilst gaining an in-depth understanding of CV building, work experience and choosing the right university for you.

**Day 2: Medical Masterclass**  
A full day of lectures covering the medical application process including personal statements, interview skills, UCAT, BMAT and medical ethics led by our team of doctors and medical scholars.

<b>Stirling</b>	<b>15th - 16th June</b>
<b>London</b>	<b>6th - 7th July</b>
<b>Cardiff</b>	<b>13th - 14th July</b>
<b>Birmingham</b>	<b>20th - 21st July</b>

Registration:\*

Day 1 starts from £25

Day 2 £150

\*Students from low income backgrounds can apply to attend for free  
Teachers attend free  
Proceeds from events are reinvested to support the next generation of healthcare professionals.

Register now at [medicmentor.co.uk](http://medicmentor.co.uk)  
or call 01524 389772

  
**Medic Mentor**  
Motivating Medical Minds

## National Healthcare Weekend

**See poster above for full details.**

Medic Mentor is a social enterprise who mentor aspiring medics, dentists and vets from schools nationwide. With their help many have successfully gained university offers.

During the National Healthcare Weekend (see poster above) doctors, dentists and vets will provide invaluable insight and network with students.

Registration starts at £25. Students from low-income backgrounds can apply to attend for free.

Students can register and find out more information here:

<https://medicmentor.co.uk/national-healthcare-weekend/>

All proceeds are used to support healthcare students with scholarships, elective bursaries, free training and educational initiatives.



**W/C 10 June 2019**

### Monday

Brunch

Cheese pie served with diced potatoes and beans or peas

### Tuesday

Pepperoni arrabiatta served with garlic bread

Cheese or plain omelette served with hash browns and beans or peas

### Wednesday

Cheese & Tomato | Ham | Pepperoni Ciabatta Pizza  
Meatball barm

Both served with potato wedges and beans or peas

### Thursday

Roast dinner

Tomato pasta served with garlic bread

### Friday

Battered Fish | Cheese & Tomato Pizza | Beefburger  
All served with chips and peas or beans

### Available Every Day

Southern fried chicken wrap

Cheese | Cheese & Ham | Cheese & Pepperoni Panini  
Jacket potato with tuna, cheese or beans

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