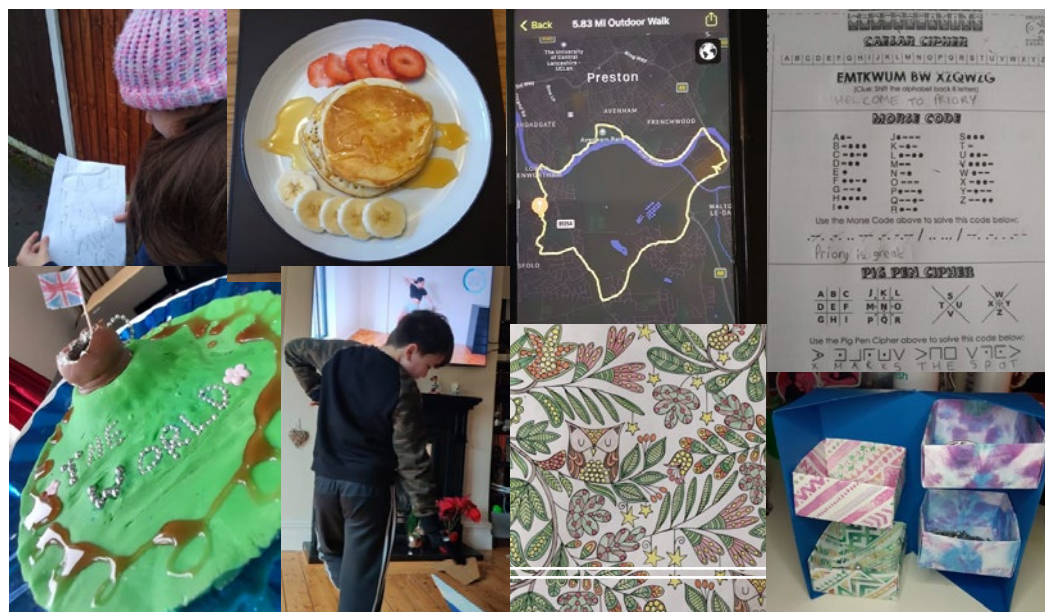


Penwortham Priory Post



Priory's Wellbeing Day - How Did it Go?

Last Wednesday saw the staff and pupils enjoy Penwortham Priory Academy's first Wellbeing Day. The normal school timetabled lessons were temporarily suspended and everyone was encouraged to get involved in a wide variety of leisure activities. The aim was to allow everyone an opportunity to break from the routine and get away from the screens, to spend time doing something they enjoy or even to try a completely new skill.

Mrs Hopes, Head of Learning for Life, said "We recognise the importance of everybody's mental health and wanted the whole school community to have chance to focus on themselves."

Activities included origami, yoga, model-making, baking, code-breaking, geography walking, reading, letter writing and artwork. There was also a range of opportunities to visit famous world landmarks and museums with 'virtual tours'. The MFL staff encouraged pupils to remake the recent Kelloggs advert featuring the song 'Ca plane pour moi!'

Other activities offered pupils the chance to reflect on where they are at now and what goals they wanted to set for themselves personally. Some also enjoyed the chance to do some 'decluttering' of their bedrooms or their electronic files and photo collections.

Mrs Cowell, Deputy Headteacher, who promoted a cooking challenge said, "We are delighted with the response from the school community and have enjoyed the very positive feedback from all who took part."

Communications Updates

Through these uncertain times, please ensure that you check the school's communication channels for updates on the dynamic situation we find ourselves in.

All updates are emailed / texted to parents so please ensure we have your most up to date email address and mobile number.

If you are not receiving messages, please check your spam in the first instance before getting in touch with the school office to verify your details. You may also update us by emailing enquiries@priory.lancs.sch.uk.

All whole-school broadcasts are also posted to the school website via the News and Letters pages and are also on our social media.

www.priory.lancs.sch.uk/news

www.priory.lancs.sch.uk/parents/letters

Are you following our social media channels?

Twitter @PriorySTC

Facebook /priorystc



Year 9 Options Programme



The Year 9 options programme will commence next week and will follow this timeline:

- W/c 8 February Year 9 full report and options booklet posted to all Year 9 pupils
- W/c 15 February The online Parents/Options Evening booking system will go live.
- Mon, 22 February Subject teachers to deliver an options information lesson to all Year 9 pupils



Mon, 1 March Year 9 Parents/Options Evening (3.45pm-8pm)

Mon, 8 March All options application forms submitted online

The Parents/Options Evening will use an online system that allows parents to book appointment times and will then coordinate the whole evening, moving you automatically between teachers for your chosen time slot via a video call. In addition, the system will allow you to book an options talk delivered at various times in the evening where the whole options process will be explained and will provide the opportunity for parents to ask questions.

Full instructions on how to use the software will be forwarded to parents prior to appointment bookings going live.

If you have any questions please email Mr Gee, Assistant Headteacher, at n.gee@priory.lancs.sch.uk

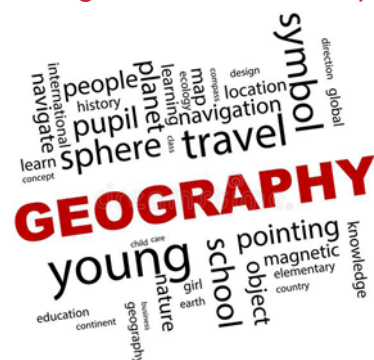
A letter has been emailed to all parents of Year 9 pupils on Tuesday. A copy can also be downloaded from the school website at >> www.priory.lancs.sch.uk/parents/letters



Year 10 & 11 GCSE Geography Pupils

The Geography department has created an excellent Unseen Fieldwork colour folder with a series of studies in both river and urban fieldwork.

We would like parents/pupils to collect their named copy from the school reception as it must be signed for. School is open Mon-Fri 8am-3.30pm during term time. This important resource will be used for the GCSE lessons starting Mon, 22 February.



The large A4 folder contains a wide range of resources including maps, survey and questionnaire and graphing techniques. There are many GCSE questions about sampling procedures. The questions are all provided by the Edexcel A exam board and have been set as compulsory elements for the next year at least. It is crucial that GCSE Geography pupils are completing the work as set during the live lessons.

If parents or pupils have any questions please email Geography teacher, Mr Watters at a.watters@priory.lancs.uk and he will call you back.

Learn to succeed



School Governors



Welcome Our New Parent Governors!

We are pleased to announce the appointment of three new parent governors following the recruitment advertisement last month.

Governors are volunteers who work together with the executive leaders of the school to set its vision, ethos and strategic direction. They hold the executive leaders to account for the school's educational and financial performance for the good of all pupils

Each parent will take up their four year term of office after the full governor's board meeting on 16 March.

Welcome to:

Mr Savage, parent of Year 8 pupil

Mr Barnes, parent of Year 7 pupil

Mr Russel, parent of Year 8 and Year 11 pupils

Thank you to our current parent governors, Mrs Herd and Ms Vohra, who will now switch to Community Governors when their term ends in March.

Year 8 Immunisations

The link for the Year 8 HPV (Human Papilloma Virus) vaccination consent form has now been issued to parents.



<https://www.nhs.uk/HPV/information?Id=138948&Type=HPV>

The link will close on Mon, 22 February.

This vaccination would normally take place at school in Spring, for both male and female pupils. Whilst a date has not been set for the vaccinations to take place in school, IntraHealth, the schools' immunisation team, would like to obtain consent as soon as possible so that they are ready to move forward when circumstances allow.

The link will direct parents to a secure online portal where there is information about the vaccine, and you can complete your child's details and submit consent or non-consent. This will then go directly to the IntraHealth immunisation team for processing.

You should submit a response even if you wish to decline - the form allows you to consent or opt out.

If you have any queries please contact the vaccination team direct on 0333 358 3397 option 6.



Year 9 Immunisations

The link for the Year 9 Diphtheria/Tetanus/Polio (DTP) and Meningitis ACWY vaccinations closes this Sun, 7 February.

www.nhs.uk/TDIPVACWY/information?Id=138948&Type=TDIPVACWY

Please note, you should submit a response even if you wish to decline - the form allows you to consent or opt out.



Penwortham Food Bank

Penwortham Food Bank continues to operate at the Community Centre, Kingsfold Drive, PR1 9EQ on Friday mornings.

The charity is grateful to the people of Penwortham, churches and schools who have continued to give generously over recent months.

Any person or family in hardship during this difficult time is welcome to call on them for support. Referrals are not always necessary.



The Modern Foreign Languages Department's Lockdown Challenge

Head of MFL, Mrs Scully, along with Mrs Bailey and Mr Taylor, have launched a competition with their French classes called **THE MEMRISE LEAGUE**. Using the language learning app, Memrise, pupils can accrue points as they progress with their French practice. The top three leaders from each class will be announced every fortnight to coincide with the publication of the newsletter.



The Memrise Lockdown League

Who is leading the way in lockdown language learning???

Results as at 4 February



	W1	W2	W3	E1	E2	E3
YEAR 7	1 st = Bradley G 2 nd = Chloe W 3 rd = Angel D	1 st = Jaiden F 2 nd = Daniel Mc 3 rd = Anthony T		1 st = Abbie S 2 nd = Elise B 3 rd = Charlie G	1 st = Emily P 2 nd = Eloise G 3 rd = Lauren C	1 st = Ethan H 2 nd = Thomas R 3 rd = Logan T
YEAR 8	1 st = Aisha B 2 nd = Lewis T 3 rd = Daniel WB	1 st = Mahir D 2 nd = Alex I 3 rd = Emily C		1 st = Owen B 2 nd = Josef H-A 3 rd = Lily H	1 st = Lily Mc 2 nd = Sam D 3 rd = Anais Mc	1 st = Sarah S 2 nd = Oli H 3 rd = Henry S
YEAR 9	1 st = Jake H 2 nd = Lucas C 3 rd = Ben M	1 st = Dylan P 2 nd = Harry W 3 rd = Joshua S	1 st = Corey M 2 nd = Lily T 3 rd = Paige G	1 st = Jess S 2 nd = George H 3 rd = Chloe Q	1 st = Shah A 2 nd = Fatima H 3 rd = Ceri D	1 st = Sam H 2 nd = Koushal K 3 rd = Phoebe B
Year 10	1 st = Lily H 2 nd = Will J 3 rd = Owen L Mrs Scully's class	1 st = Rhianne L 2 nd = Emily B 3 rd = Josh B Mrs Bailey's class				

Learn to succeed



Religious Education in the News

**As a weekly challenge, please
submit any religious news
story that surprises you.**

Why did it surprise you?
What did this news story make
you think about?

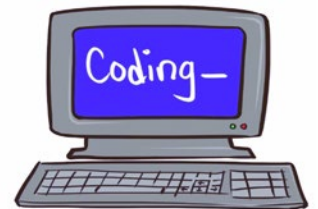
Send your entries by 12 noon each Friday to Mrs Ham, Lead Teacher for RE, by email at: k.ham@priory.lancs.sch.uk.

The most interesting will entries will receive a prize and all entrants will be rewarded with achievement points.



In the News





A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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A ● -	J ● - - -	S ● ● ●
B - ● ● ●	K - ● -	T -
C - ● - ●	L ● - ● ●	U ● ● -
D - ● ●	M - -	V ● ● ● -
E ●	N - ●	W ● - -
F ● ● - ●	O - - -	X - ● ● -
G - - ●	P ● - - ●	Y - ● - -
H ● ● ● ●	Q - - ● -	Z - - ● ●
I ● ●	R ● - ●	

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A	B	C
D	E	F
G	H	I

J	K	L
M	N	O
P	Q	R

~~$\begin{matrix} & S & \\ T & & U \\ & V & \end{matrix}$~~ ~~$\begin{matrix} & W & \\ X & \cdot & Y \\ & Z & \end{matrix}$~~

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YOU'RE THE STAR OF THE WEEK!



The following students have really impressed their science teachers this week, with their continued effort and determination as we approach the end of this half term. It's extremely pleasing to see so many students taking responsibility for their learning and demonstrating an attitude for success. This is just a selection of those nominated!

Year 7

Elise B, Afnan S.

Year 9

Jake H, Eliza W, Corey M, Kayla W, Chloe C, Alfie B, Jimmy S, Harry J.

Year 10

Lara M, Rhianne L, Zach D, Katie B, Laura B, Keira M, Ella R, Yasmine B, Joshua B, Tom H, Tom P, Harrison B, George E.

Year 11

Joe B, Louisa R, Lillie E-H, Nicole C, Maddie W, Jack D, Abby B, Charlie A, Maisie B, Louis F, Eleanor R, Amy L.



Humanities Superstars Of The Week

Students in Humanities continue to work hard and stretch and challenge themselves during the remote home learning. Attendance in lessons is outstanding and each week the Humanities staff select their star pupil...



This week, your superstar students are:

Reuben K (Year 10)

Nominated by Mr Watters for his excellence in engaging with higher level work.

Mia McD (Year 11)

Nominated by Mr Metcalfe for her continued dedication to meet deadlines and submit high quality work.

Alfie K (Year 8)

Nominated by Miss Ackers for his excellent engagement and work ethic in Geography.

Eloise G (Year 7)

Nominated by Miss Makinson for excellent engagement in History.

Josie M (Year 10)

Nominated by Mr Eccles for consistent production of outstanding work.

Callum K (Year 9)

Nominated by Mrs Ham for consistent production of outstanding work.

Learn to succeed

**YOU'RE THE
STAR OF
THE WEEK!**

EnglishDepartment

Year 7

Reece R, Eloise G, Joseph B, Jake S, Alisha May H, Sophia T, Caitlin P, Jake L, Daniel McC, Tom M, DaMari S, exander P

Year 8

Shannon T, Sam D, Harry C, Alex W, Leila M, Abi T, Luke B, Lucas C-D, Troy C, Tristan W, Mahir D, Molly P, Cameron S, ames S, Olivia C, Lewis T, Lucy B, India P, Jack L.

Year 9

Brad C, Paige C, Holly E, Dylan P, JAck W, Jack N, Mat S, Fatima H, Ceri D, Harrison S, Lydia S, Koushal K, Sam W, Millie H, Luke G, Maisie B, Leo S, Jake H, Uzair B, Lucas C, Eliza W.

Year 10

Rhianne L, Jake B, Jack K, Emily B, Keira M, Paige C, Josh P, Laura B, Kieran I-T, Thomas F, Stephen P, Declan C, Eleanor H, Ella C, Tom H, Alfie P, George E.

Year 11

Jack M, Adam W, Caitlin W, Maddie W, Ishaq B, Diogo P, Charlie T, Tilly McN, Robyn W, Louis F, Nathan S, Ella W, Kian B, Darcey E, Amy L, Courtney K-W, Jack D, Alex C.



Year 10 English Literature

During the summer term Year 10 pupils will study the compulsory Shakespeare unit of GCSE English Literature. This set text is one they'll eventually be examined on in their final exams.

This year pupils will study Macbeth.

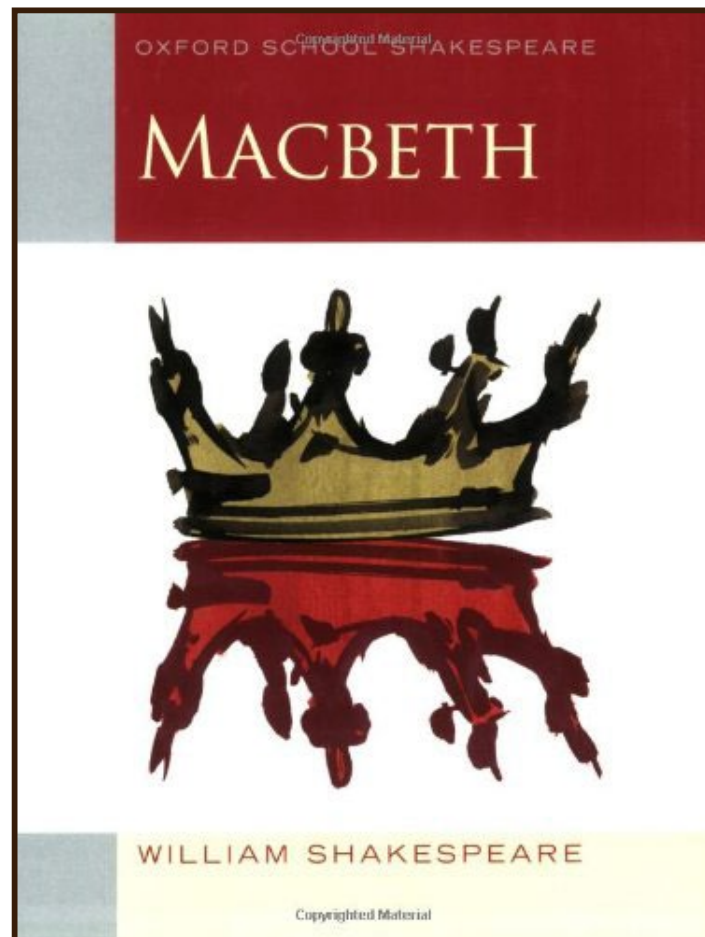
It is in your child's best interest to purchase their own copy of the text. Whilst this is not compulsory, stock in the department is limited and having their own copy will mean your child can highlight and annotate, making the text a valuable revision aid.

Texts can be ordered from retailers such as Amazon for usually around £3.00-£5.00. Pupils will need the actual play-script not a text guide or revision guide.

If you wish to purchase one of these texts, it is recommended that you do so before the end of the Easter break.

Please note, some of you may have purchased a copy last summer when we touched on this unit and therefore needn't do anything further.

Photo for illustration purposes only; other texts are available.



Learn to succeed

EnglishDepartment

In English, our Year 8 pupils are currently working on how to express their opinions clearly and powerfully. Although we appreciate empowering them like this may create problems for you parents and carers 😊, we want our young people to be convincing and confident in their written ideas.

We've been hugely impressed by the quality of the work they have been producing and decided to share a piece with you that you may find very relatable!

Those Turbulent Teens!

Ah, the wonders of the most difficult human beings to live with. Teenagers, the infants of adulthood. The source of our worst nightmares. You aren't alone if you think this. I'd like to share some of the ridiculous things I have experienced living with teenagers.

Does your teen understand the value of money? The otherwise worthless pieces of paper you work so hard for? Now, if you live in a household like mine, then you'll understand what I mean when I say that teenagers are the worst when it comes to asking for things. "Dad, can I get this?", "Dad can I get that?", the question that will forever play on repeat in my nightmares! The monarchs of muddling, the rulers of repeating, the champions of choosing. I look forward to the day when they finally get a job and realise how expensive the clothing is that they ask for daily!

I want you to ask yourself, what is your teenager's curfew? Now, ask yourself, how many times have they stuck to that curfew? I imagine not often. Sneaking off to their mates at stupid o'clock! Awful sleeping habits! And to top it all off, the audacity to ask for treats when

they haven't done anything to deserve it! Besides that, I suppose you can't lead a horse to water, I guess they'll just have to learn the hard way.

Ever heard the term "couch potato", notice how it perfectly describes your teenager? My teenagers are the worst when it comes to moving around and just being all around lazy. Just the other day, I went to use the toilet after one of my daughters had, and I see that the toilet roll is sitting limp and empty where there should be a perfectly full roll, ready to be used. I poked my head out the door and asked my daughter, "Darling, why didn't you change the loo roll?" and I was met with a drab, negligent response, "I dunno, do it yourself!" I was ready to run up to her and snatch her phone off of her, but then I realised that I'd only end up with a grumpy 15-year old and no one wants that on a Saturday morning.

Not only are they rude and lazy, they're also the most judgemental creatures on Earth at such a young age, teenagers are constantly judging the parenting that we work so hard to give. Ask them about the suitability of an outfit? You get screamed at. Suggest a new approach at homework? You're told to get lost. Ask them to do something? It isn't done for another 3 hours. They seem to think that they know more than their parents. While it may be true in some situations, all I want is the best for them but they brush off my advice with a glint of disgust in their eyes.

All in all, teenagers can be a pain to live with, but at the end of the day, they're our kids and we will always do our best to love and protect them...and remember, it only lasts 7 years!

Written by Lewis T (Year 8)



Year 7 Pupils



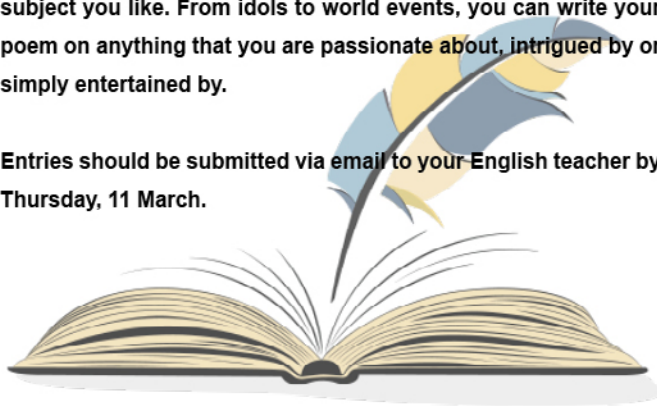
2021

Poetry Competition

Now Launched!

We invite you to get creative, be inspired and enter our poetry competition. Your poem can be written in any form and on any subject you like. From idols to world events, you can write your poem on anything that you are passionate about, intrigued by or simply entertained by.

Entries should be submitted via email to your English teacher by Thursday, 11 March.



Year 9 English Competition!

In your **Of Mice and Men** study, you will have seen how unfairly women, particularly Curley's wife were treated back in the 1930s. History was cruel and unfair to women.

In Dustbowl California, for women like Curley's wife, it's almost as if the suffragette movement never happened.

The movement was started in 1903 and in 1918, women finally won the right to vote in England through years of protests and campaigns. America followed a year later in 1919.

Your task...

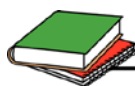
Imagine it's 1915 and you're a suffragette. Write a speech or song to perform at a 'Votes for Women' rally OR design a poster or flier to support the campaign.

To help you, you may wish to research the suffragettes and the women's rights movement.

Email your entry to Mrs Gidden at a.gidden@priory.lancs.sch.uk by the deadline: Weds, 10 February.

We would love to accept video entries of you performing your speech or song!

COMPETITION TIME



English



Word of the Week:

Hypothesis

Noun
1. A prediction based on some evidence e.g. my hypothesis is that it will rain tomorrow
Etymology:
Late 16th century: via late Latin from Greek *hypóthesis* 'foundation', from *hypó* 'under' + *thesis* 'placing'.

Word of the Week:

Contribution

Noun
A gift or payment to someone or something E.g. My contribution of £50 to the charity was much appreciated
Etymology:
Late Middle English (denoting a tax or levy); from late Latin *contributio* (-i), from Latin *contribuere* 'bring together'

Word of the Week:

Transmission

noun
1. an act or process of transmitting, spreading, or passing along. E.g. the transmission of a disease
Etymology:
based on Latin *transmissio*.

Word of the Week:

Approach

Verb
To come near or nearer to (someone or something) in distance or time E.g. I could see he was about to approach me.
Noun
A way of dealing with a situation or problem E.g. My approach to dealing with my worries is...
Etymology:
Middle English: from Old French *aproucher*, *aproucher*, from ecclesiastical Latin *apropinquare* 'draw near'

Word of the Week

Lockdown Challenge



The **Word of the Week** and **Literacy Tip** will be rested during the lockdown period. Instead we're running a **Pupils' Word of the Week** where you can email Mrs Gidden weekly giving her a new word you have learnt anywhere in the curriculum. The most interesting ones will have their name and word included in the newsletter the following week along with earning achievement points.

Send an email to a.gidden@priory.lancs.sch.uk to nominate your **Word of the Week**. Don't forget to tell her which subject you learnt it in and the definition.

Yay for words. Enjoy!

Mrs Gidden
Head of English

Learn to succeed

Are you a Random Reader?

COMPETITION TIME

As it's impossible to run this term's Get Caught Reading at the moment, in its place we've got 'RANDOM READER'.

The winners (one per year group) will be the pupils who send Mrs Gidden the most RANDOM of reading pictures. As long as a) you're actually reading the book and b) it's creatively random, you could be in with a shot of winning. It's a perfect excuse to read and be a little bit silly!

Entries must be in by Fri, 12 February via email and must be captioned 'Here's me (name) reading (book title) in (random place or random situation)'. The winners will be announced on w/c 22 February with achievement points and gift vouchers awarded to the winners.

We hope you have a bit of fun with it and, more importantly, share your love of books and reading.

Email your photos Mrs Gidden at a.gidden@priory.lancs.sch.uk



Hello from Learning Support!

We may be in lockdown but LEAP and the Learning Support staff and pupils are in full swing!



All those pupils who have additional needs in school or access LEAP on a regular basis have been linked up to a member of the Learning Support team so they still have access to the 1:1 help they need and would normally receive in school. Mrs Holland reports that both she and the rest of the team have been really pleased with the level of engagement with the online learning by the pupils and have had regular contact with them via email or Microsoft Teams. The quality of work being shared by some pupils has been excellent and a real credit to their positive attitude and desire to do well.

Well done to the pupils who received their lockdown award for w/e 29 January 2021.

- Scarlett S (Year 9) – nominated by Mrs Gidden for fantastic in English and overall effort and engagement.
- Troy C (Year 8) – nominated by Mrs Scully for trying very hard and engaging well
- Isaak H (Year 8) - nominated by Mrs Scully for great attendance to live lessons.
- Charlie N (Year 7) - nominated by Mrs Scully for trying very hard and engaging well
- Alfie W (Year 9) – nominated by Mrs Isherwood for attendance to live lessons
- Ethan F (Year 7) - nominated by Mrs Kinsman for great progress in Science
- Harvey M (Year 7) - nominated by Mrs Kinsman for great engagement and effort in Science
- Freddie S (Year 11) – nominated by Mr Watters for producing great answers in Geography
- Luke B (Year 8) – nominated by Mrs Bailey for engagement in French
- Alex P (Year 7) – nominated by Mrs Bailey for engagement in French
- Zack H (Year 8) – nominated by Mrs Bailey for effort and helping others.
- William C (Year 9) – nominated by Mrs Ali for great effort and engagement.
- Ciaran R (Year 10) – nominated by Mrs Willis for engagement and actively seeking support.
- Will B (Year 10) - nominated by Mrs Nayler for engagement and actively seeking support.

Remember there are always staff available to help. If you need any support please contact one of the team -

Mrs Holland - a.holland@priory.lancs.sch.uk
Mrs Willis - a.willis@priory.lancs.sch.uk
Mrs Whalley - f.whalley@priory.lancs.sch.uk
Mrs Dixon - s.dixon@priory.lancs.sch.uk
Mrs Eastham - s.eastham@priory.lancs.sch.uk

Mrs Nayler - j.nayler@priory.lancs.sch.uk
Mrs Swire - d.swire@priory.lancs.sch.uk
Mrs Simpson - j.simpson@priory.lancs.sch.uk
Mrs Ali - j.ali@priory.lancs.sch.uk

Stay safe!
Mrs Holland, SENCo

Learn to succeed

Wellbeing Day:

How did it go, Year 8?

Wellbeing

Year 8 had a great day participating in the Wellbeing Day. They kept me up to date with what they were up to during the day. The range of activities that the students took part in was incredible. We had some wonderful cakes that were baked, books that were read, dogs that were walked and playlists that were created. One student even did a 360 degree virtual field trip of the White House in Washington. Students played board games with siblings, did some mindful colouring, created a vision board for their future and made pitta pizzas for lunch.

The day gave the students the opportunity to focus on developing new skills but it also allowed them time to reflect and this quote from one Year 8 pupil certainly shows that other lessons were learned...

"One thing wellbeing day has taught me, is to be grateful for the people around me." Harry

Well done Year 8 for making the most of Priory's Wellbeing Day!

Images:

Colouring by Harry C

Cakes by Alex W

Solar System by Luke B

Pizza making by Jack J

Mrs Bailey
Head of year 8



Did you have a go?

Even if you didn't (or missed the deadline), it's still a task anyone can do when you want to unwind.

Mrs Gidden's favourite quote is obviously one about reading! (see page 18)

What's yours?

Email Mrs Holland at

a.holland@priory.lancs.sch.uk

Decorate Your Own Mindfulness Quote

COMPETITION TIME

"Sometimes the smallest things take up the most room in your heart."

"Promise me you'll remember, you are BRAVER than you believe, STRONGER than you seem, SMARTER than you think."

-Christopher Robin

It's no use to go back to yesterday because I was a different person then.

-Leo Tolstoy

EXPRESS YOURSELF

Place2Be's CHILDREN'S MENTAL HEALTH WEEK

1 - 7 FEBRUARY 2021

It's Children's Mental Health Week and, to celebrate, Mrs Holland would like you to find a mindfulness quote you like - and decorate it!

Here are some examples or you can write your own quote.

Take a photo of your entry and email it to Mrs Holland at a.holland@priory.lancs.sch.uk.
Deadline: Friday, 5 February.

Learn to succeed

Wellbeing Day - Bake On!

It seems baking is a well-liked pastime for Priory pupils. Year 7 pupils Eloise G had a go at cake pops, Reece R made brownies whilst Logan S-G made caramelised fruit. Meanwhile, Year 8 Lochlan attempted the Tunnock's Teacake challenge!



Year 7 pupil, Kai W made peanut butter and chocolate chunk cookies from the BBC Good Food website.

Mum said, "They taste just like Reece peanut cups!! Delicious!"

"Kai also completed some creative work on Minecraft and then enjoyed a good read of some old Beanos on his favourite bean bag (cookie in hand of course)..what a great day!!"

Other evidence of bakery and lunchtime delights came from Thomas P (Year 8) and Paige H (Year 9).



don't
do it
alone

You don't need to deal with your mental wellbeing alone.

kooth

Visit kooth.com for free,
safe and anonymous
mental wellbeing support.



Learn to succeed



Shrove Tuesday Pancake Day



Food Technology

What's the History of this event?

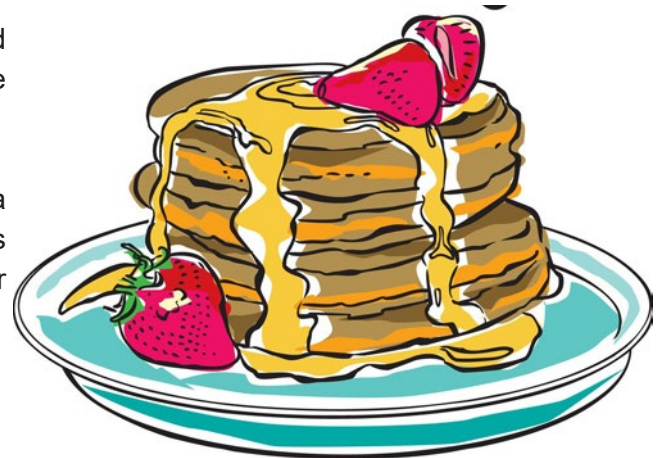
Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins).

A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today.

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between 3 February 3 and 9 March. **In 2021 Shrove Tuesday will fall on 16 February.**

Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.

A pancake is a thin, flat cake, made of batter and fried in a frying pan. A traditional English pancake is very thin and is served immediately. Golden syrup or lemon juice and caster sugar are the usual toppings for pancakes.



Get your ‘flip’ on.

If you're intending to cook up a batch of pancakes in half term, we'd love to see you flipping pancakes so send us your photos! Email Food Technology teacher, Mrs Cowell at l.cowell@priory.lancs.sch.uk

Here's a basic recipe and method...

www.bbcgoodfood.com/recipes/easiest-ever-pancakes-0


HM Government

CORONAVIRUS
STAY HOME
SAVE LIVES
Find out more at
gov.uk/coronavirus


STAY HOME
PROTECT
THE NHS
SAVE LIVES

Learn to succeed

Quick Draw Rewards

Each week, teachers will nominate individuals who have particularly impressed them with their effort, attitude and engagement with their learning - giving a brief reason why. Heads of Year will then draw a name at random from the list, one per year group. Parents of the lucky pupils will then be contacted by Miss Thornton and will receive a £5 voucher through the post.



Randomly chosen winners from w/e 22 January were:

Year 7 - Bradley G - Nominated by Mr Raynor for great effort in Maths
Year 8 - Preston McM - Nominated by Mrs Bailey for engagement in remote learning in French
Year 9 - Freya H - Nominated by Mrs Hopes for great classwork and homework submission effort in Art
Year 10 - Lara M - Nominated by Mrs Massey for great work in Biology
Year 11 - Alex C - Nominated by Mrs Elliott for consistently active engagement and effort in English

Randomly chosen winners from w/e last week were:

Year 7 - Lauren C - Nominated by Mr Raynor for great effort in Maths
Year 8 - Akram R - Nominated by Mrs Scully for French engagement and enthusiasm
Year 9 - Tom S - Nominated by Miss Hardwick for fantastic Technology research
Year 10 - Angel D - Nominated by Mrs Holland for top marks in Childcare quiz
Year 11 - Mason B - Nominated by Mrs Massey for a great score in Biology quiz

Miss Thornton
English Teacher and Specialist Leader for Education

It's The Light Fantastic for Head Boy, Louis

Well done to Head Boy, Louis F who, on finding a love for photography through the Priory Photo Competition last year, has recently won first prize in a national calendar competition. Louis entered his photo of Spectacular Sparkler for the Priory photo competition in the 'light' themed week, where his photo was judged as one of the winning entries.

He since went on to enter his photo for a national calendar, and was successful in achieving first prize - securing himself a prime spot in the calendar and a brand new 43" Smart HDTV in the process as the main prize. What a great achievement! We are very proud of you.



Check out the full story here >>

www.hpponline.co.uk/newsdetail/33230/meet-our-2021-calendar-competition-winners

Well done Louis!

Original Priory story >> www.priory.lancs.sch.uk/news/2020-04-24-humanities-photo-challenge-week-3-light

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Priory's Photo Competition

INC-RED-IBLE!

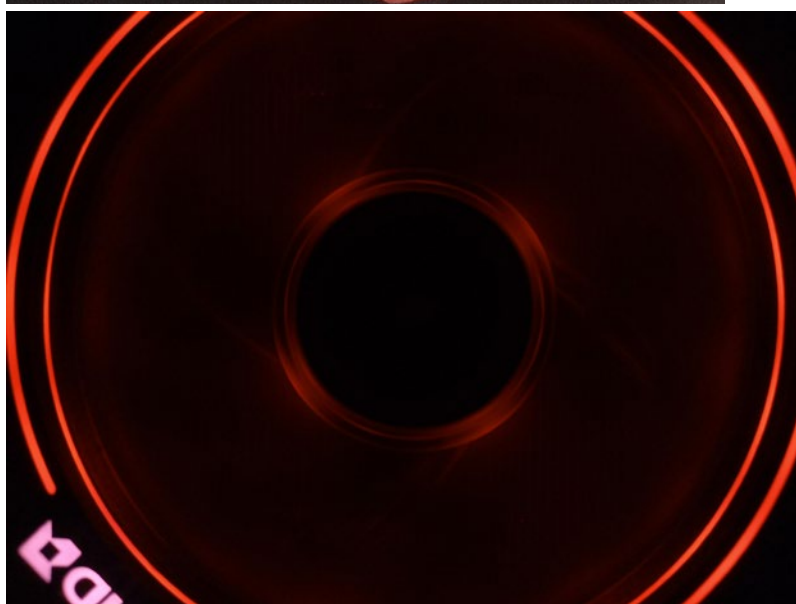
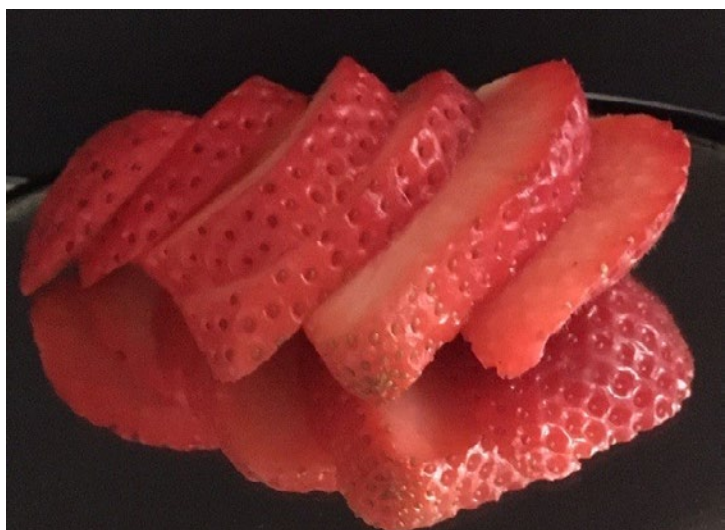
Wow!! Another dazzling week of entries for the theme of RED. From garden flowers, to evening sunsets the entries came flooding in and there were some difficult decisions to be made.


Thank you to everyone who entered this week. It's great to hear your stories of where and why you have taken your photos. Keep them coming.

The theme for the next fortnight is **WATER**.

All entries to be emailed to p.metcalfe@priory.lancs.sch.uk by Thurs, 25 February 2021.


As for this week, your superstar winners were (in no particular order):





Priory Photo Competition

After monumental success over the first lockdown, the Priory Photo Competition has started again. A great excuse to get outside and get some fresh air during your home schooling – take a break! Why not join our fortnightly photo challenge? Whether you use your smartphone or you are a budding photographer – send us your photo!



The theme next week is **WATER**

Email your photos to p.metcalfe@priory.lancs.sch.uk

Each week, Mr Metcalfe and Mr Eccles will choose their top 3 photos that will be published in the school newsletter and on our social media platforms.

Entries in by 12 noon Thurs, 25 Feb and winners announced on Fri, 26 Feb 2021.



Caitlin W (Year 11) – Rotating Fan
Eloise G (Year 7) - Holly Berries
Jack J (Year 8)- Sliced Strawberry

Mr Metcalfe
Head of Humanities



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In memory of: Mrs Caine

Head of Music 1960s-1980s

We have received communication from two ex teachers letting us know that Jean Caine, previous music teacher here at Priory, has passed away last week.

Jean was in her 90s.

We understand, by all accounts, that she was very successful in promoting music here in the school and conducted a very good pupil orchestra.

Jean was Head of Music. She had no children and lost her husband, Peter, quite a long time ago. We are told that she only had two other family members, who live down south. Jean was in a nursing home in Croston in the latter stages of her life. We're sure those who were at Priory during her tenure will remember her with fondness.

Do you have any memories of Mrs Caine to share? If so, please email the Alumni Administrator, Mrs Yates at j.yates@priory.lancs.sch.uk or visit the Facebook Alumni Group at www.facebook.com/groups/penworthamprioryalumni

Here's what some of our alumni had to say:

Mrs Caine was my music teacher in the mid sixties. Thoroughly enjoyed her lessons and enthusiasm. I also remember taking a record in and having to explain why we liked it. I took Hey Joe by Hendrix, and although you could tell she wasn't really impressed with the record she was happy with my reason for selecting the record.

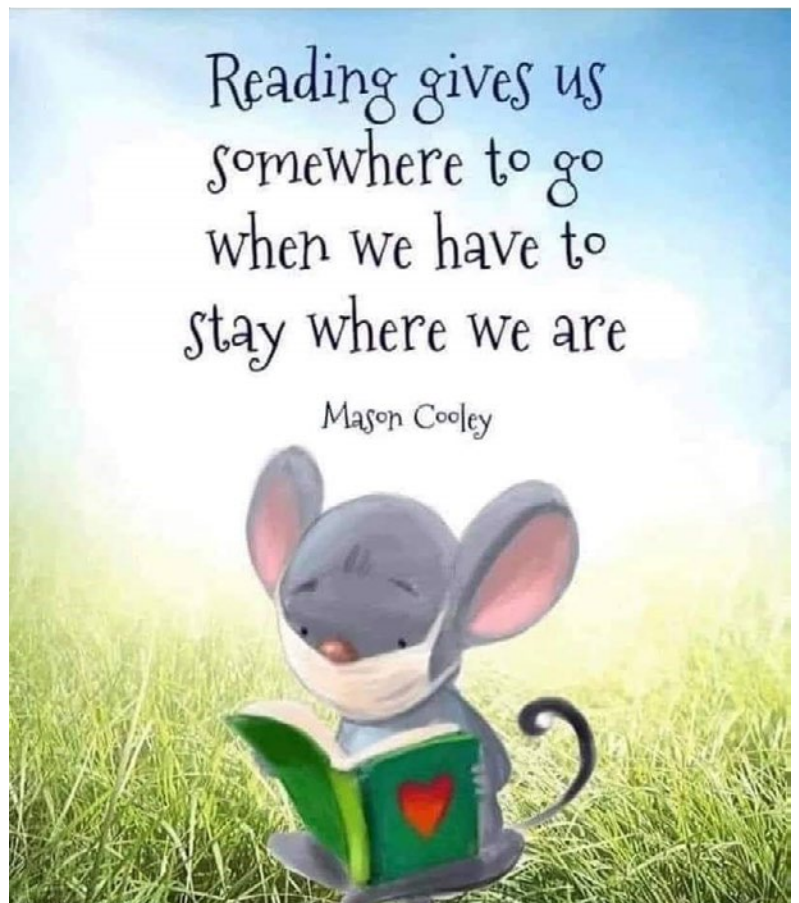
Ah how sad I remember her well she used to play music and sit listening with her eyes shut; you could tell she was passionate about music.

She was my music teacher late 60s. Used to play a classical piece of music at the end of each lesson and we'd each take it in turn to bring a record of our choice to play too. A lovely lady who worked hard to instil music appreciation in us all x

Rest in Peace Mrs Caine with your love of music you left a lasting legacy in a lot of those that had the privilege of being taught by her xx

Dvorak's New World Symphony and Holst's Planet suite - my favourite Composers and whenever I hear that music I think of her.

I'm so sad to hear this news. She was my form teacher for two years and was a kind and inspirational lady.



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It seems everyone's keen to go the extra mile for their art lesson. Head of Art, Mrs Hopes was very pleased to receive these fine examples this week.

Year 8 pupil, Henry W has developed his Mexican Day of the Dead artwork using materials he had at his grandma's house.

Meanwhile Year 7, Sophia T has got creative by paying tribute to the NHS with this imaginative drawing.



Word of the Week:

Empowerment

word
of the
week

Noun

to give power and agency to someone or something

Etymology:

The word "empower" is of French and Latin **derivation** consisting of the preposition "em" and the noun "power". "Em" probably comes from the Old French for "en" - they were, at one time, interchangeable words meaning "in".

Pupils' Word of the Week Challenge

We have a winner!

This one's from Kiera H in Year 11 - **Empowerment**. Head of English, Mrs Gidden adds, "Feminism is about female empowerment!"

If you want to submit a Word of the Week to be featured here then please see Page 10 for details.

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Pastoral Support During The Pandemic

Priory's school counsellor, Charlotte Lowe, has produced a video to help parents support their children with anxiety during the pandemic.

Take a look >>

www.youtube.com/watch?v=JYr1KocSWlg&feature=youtu.be

In the presentation, Charlotte talks through coping strategies to manage anxiety.

The resources section of Charlotte's website has lots of resources which you may also find useful.

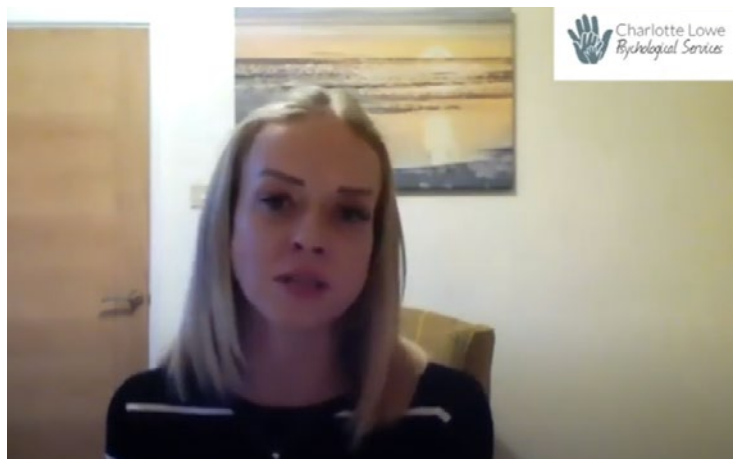
www.charlottelowepsychologicalservices.co.uk/resources.php





Did you know?...

We have a dedicated page on the school website full of information and support which you might find particularly helpful at the moment.

www.priory.lancs.sch.uk/about-priory/pastoral-care/support-during-the-coronavirus

As always, our pastoral team is here to support our families.





My Coping Skills Card

When I am feeling upset, angry, or worried I know that the thinking part of my brain goes offline. The things I need to remember to calm myself down and to feel more in control of my feelings are:

1. My **breathing** - 3,4,5 or another breathing technique which is helpful to me?
2. How can I **distract myself**? Counting in my head, thinking of something funny or is there anything I could physically do to distract myself, such as listening to music, getting outside or talking to a friend or family member?
3. Remember to do things I find **relaxing** and which help me to feel physically calmer- doing some exercise, being around nature, playing with pets, creative activities, listening to music etc.
4. Use my **imagination** - remember my **'okay' place**.
5. Try to spot my negative thoughts, unhelpful thinking habits and **try to challenge these negative thoughts**, reminding myself that I can cope with how I am feeling (coping statements).
6. Practise the **mindfulness and grounding techniques**- focus on your breathing, things you can see around you, sounds you can hear, sensations you feel in your body etc.
7. Remind myself how important it is to **take care of myself**- am I sleeping and eating well, getting enough exercise, making sure that I am balancing my life based on **ACE activities**?
8. Manage my worries well- write them down, speak to others, use the **worry tree**, and set **designated times to worry**. Which worries do I have some control over so I can problem-solve?
9. What am I **grateful for** and what is going well in my life?
10. Keep setting myself **short and long-term goals** to work towards. Is there anything new I want to learn about or try? Remember my confidence will only grow the more **I face my fears**.

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Talking to a child worried about COVID-19

If your child is anxious or worried about coronavirus, there are things you can do to help. And if they're struggling with their mental health, the NSPCC has advice to help you support them and keep them safe.

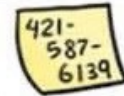
www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health

EMERGENCY CARE WALL

for sadness

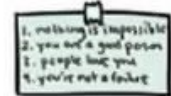


for loneliness



best friend's phone #

for self-doubt



list of reasons why you can

for anger



for worry



for other



Depression, anxiety and mental health

If you're worried a child may be struggling with their mental health or has anxiety about coronavirus (COVID-19), we've got advice to help you support them.



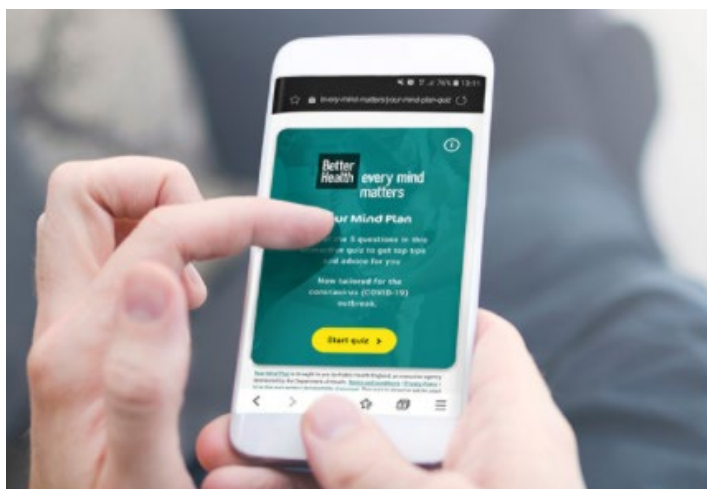
Create Your Mind Plan

This is a quick online quiz that pupils can do to get their free Mind Plan which will help them deal with stress and anxiety, improve sleep, boost mood and feel more in control.

Answer the 5 questions in the interactive quiz to get top tips and advice for you.

This has also been tailored for the coronavirus (COVID-19) outbreak.

www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz



Get Your Mind Plan

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Try the quiz >

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YEAR 10 & 11 PUPILS: Dentistry Virtual Conference

Birmingham Widening Access to Medical Sciences society (BWAMS) at Birmingham University is hosting its annual FREE Dentistry Conference aimed at Year 10-13 students who are considering a career in Dentistry.

Their aim is to inspire and inform students about a career in Dentistry by providing an insight into life as both a dental student and dentist, as well as advising on next steps to prepare for an application.

The event will consist of inspiring talks, workshops and panels made up of dentists and dental students from around the country. Workshops will include an introduction to clinical skills, Q&A with dental students from different universities and work experience advice.

Date: Saturday, 20 February | Time: 9am to 5pm

The event will be hugely beneficial for your students considering studying Dentistry at university.

Please aim to apply before Wednesday, 17 February 2021 12pm using the following link:

<https://bham.onlinesurveys.ac.uk/dream-dentistry-2021-application>

To find out more about what the BWAMS does, please visit their website: www.bwams.co.uk. BWAMS aims to encourage and support students from disadvantaged backgrounds in undertaking careers in medical sciences.



ARE YOU A FUTURE DR?

DR.EAM

Virtual Dentistry Admissions Conference

A free national event for state school pupils.

Practical skills, talks from dentists, life as a dental student, work experience advice, Q&A panels and MORE!

Saturday 20th February 2020

9am to 5.00pm

Birmingham Widening Access to Medical Sciences

<https://bham.onlinesurveys.ac.uk/dream-dentistry-2021-application>

BWAMS

Careers in Nursing Virtual Taster Day for Yr 11,12 & 13 9th of March 10am-3pm

10am - 10.45am **NHS Insight Session**
11.10 - 12pm **Applications, Values, Behaviours and Attitudes**
1pm-2pm **Speed Networking with Different Nursing Specialisms**
2:10-3pm **Q & A Panel**

[Register here](#)



NHS Nursing Careers

Online Event for students in Years 11-13 hosted by Health Education England.

Tues, 9 March 2021 | 10am-2.50pm

Have you thought about becoming a nurse? If you want to explore various nursing career options, this event will help you discover the next steps towards your ideal career.

www.eventbrite.co.uk/e/careers-in-nursing-taster-day-tickets-136937041377



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CARDINAL NEWMAN COLLEGE

ATTN YEAR 10 & 11 PUPILS

A reminder to all Year 10 & 11 pupils that you can still register for the college's last Virtual Open Event happening tomorrow from 10am-1pm - with brand new content!

If you attended their last event but still have questions then just register again at>>

www.cardinalnewman.ac.uk/about-us/college-open-events

If you're considering Performing Arts for your next route, here is a short promotional video of their Performing Arts Department on YouTube: www.youtube.com/watch?v=iuElkJ_yIU8



#BuildTheFuture

This year we will be taking part in celebrating National Apprenticeship Week!

Join us on our Facebook (Plumbs People) and LinkedIn (Plumbs Ltd) pages where we have a jam packed schedule

Monday- National Apprenticeship Launch Day

Tuesday- #Askanemployer- ask us about why at Plumbs have these apprenticeships

Wednesday- #Askanapprentice- ask one of our own apprentices any questions you have about our apprenticeship scheme

Thursday- Thank You Thursday

Friday- Celebrate our Current Apprentices



NLTG
NORTH LANCS TRAINING GROUP



Apprenticeships
National Apprenticeship Week
8 to 14 February 2021

Apprentice Upholsterer Vacancies

[www.nltg.co.uk/
job/apprentice-
upholsterer-35/](http://www.nltg.co.uk/job/apprentice-upholsterer-35/)

The weblink will direct you to more information, where you can apply for the position, as well as details regarding starting salary, working hours etc.

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