



'Head' Lines

Headteacher's welcome - Friday 1st December



Welcome to this week's newsletter 'Head' Lines.

It's been an action-packed week at school, fighting off the effects of the cold weather and darker days. Despite this, there's been no change in the excellent behaviour and attitudes of our students in school.

There has been lots going on this week at Pensby High. Year 9 students have been learning about important issues from County Lines to Drug and Alcohol Abuse with the 'In the Zone' workshop on Tuesday.

In this edition, we also have some information about the Mentors in Violence Prevention Programme with students who are taking part in an exciting initiative on how we interact with one and another.

In addition, this week we saw the launch of Pensby's Got Talent. For all you budding actors, comedians, singers etc, please have a look and give it a go.

There are also features about the great things that have been going on in Spanish and Drama.

Year 11 have been busy undertaking mock examinations and they must be commended for their attitude towards them and their behaviour in the examination hall. Keep it up!

On a final note, as it has been another brilliant couple of weeks at Pensby High School, I hope you're following our updates on various social media platforms – Instagram, Facebook and X.

<https://twitter.com/pensbyhighsch?lang=en>

<https://twitter.com/pensbyhighschInstagram>

<https://www.instagram.com/pensbyhighschool/>

<https://www.facebook.com/PensbyHighSchool/>

Have a great weekend,

With kindest regards,

Mr K Flanagan
Headteacher

Useful Information

[**Term dates 2023-24**](#)

[Key diary dates](#)

[**Letters home**](#)

[**School uniform policy**](#)

[Employment opportunities at Pensby High School](#)

5 on a Friday

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Celebrating success here at Pensby High School

Congratulations to the following students across the year groups for featuring in our rewards leaderboard and receiving nominations for a 'shout out' from teaching staff including their Heads of year.

Well done!

Sullivan Edwards - Year 11

Caleb Welch - Year 11

Amelia Oswell-Ireland - year 11

Reuben Taylor - Year 11

Lexie Reid - Year 11

Wilson Owens - Year 10

Alesha Witten - Year 10

Isabel Weston - Year 10

Ruby Rooke - Year 10

Amelie Poteau - Year 10

Hollie Forfar - Year 9

Phoebe Francis - Year 9

Isabella Ford - Year 8

Latazia Beardsmore - Year 8

Katie McCluskey - Year 8

Grace Woods - Year 8

Connie Fee - Year 8

Isla Bratherton - Year 7

Fred Sutcliffe - Year 7

Ella Atherton - Year 7

Jude Lynch - Year 7

Lottie Meyer - Year 7

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SEND Champions shine at SENDLO Live



Last week, a group of our SEND Champions had the opportunity to visit the SENDLO Live event at the Floral Pavilion. We had an amazing time speaking to different SEND providers in the community and trying out some of the activities on offer. We're looking forward to discussing how we can incorporate more of these ideas into our school provision.





New initiative to tackle gender based violence, bullying and abuse.



Mentors in Violence Prevention Programme

As a school we were recently invited to join an initiative aimed at empowering our young people to challenge the attitudes, beliefs and cultural norms that underpin gender-based violence, bullying and other forms of abuse, whilst building resilience and promoting positive mental health: <https://educationmvp.co.uk/>

The programme is funded by Merseyside Police and run by Merseyside Youth Association (MYA).

How does the programme work?

The Mentors in Violence Prevention (MVP) programme explores a series of 'scenarios' involving a range of behaviours, such as name-calling, sexting, controlling behaviour and harassment. Using a 'bystander' approach, individuals are not considered potential victims or perpetrators; instead, they are empowered and active bystanders with the ability to support and challenge their peers in a safe way.

MVP is based on [five core components](#):

- Exploring violence through a gendered lens;
- Developing leadership;
- Adopting a bystander approach;
- Recognising the scope of violent behaviour; and
- Challenge victim-blaming.

This week 41 of our Year 9 students took part in two days of training run by MYA to understand the programme and to prepare themselves for delivering training to Year 7s after Christmas. We are very proud of the way students engaged with the process, thinking through difficult issues, as well as reflecting on and questioning their own ideas before they begin to teach the younger students.

Staff also attended a training delivered by MYA about this programme during their Wednesday afternoon CPD time on 29th November.

Please look out for some surveys which will be sent out soon to students, parents and staff which will help us to identify areas that are a concern such as online bullying, so that sessions 3, 4 & 5 can be tailored to the needs of our students.

There will be a graduation ceremony at the end of the year for those students who have taken part in MVP.

Please see the video below for more information.



<https://sway.office.com/mvMFE6CsvEC4dXH1#content=8Iny12rhsUB4em>

Pensby's Got Talent

**PENSBY
HIGH
SCHOOL
PENSBY'S
GOT
TALENT**



**LAST DAY OF TERM
FRIDAY
DECEMBER 22
2023
PERFORMANCES
KS3 SHOWS
KS4 SHOWS**

The Process..
Stage 1
Week of 27th Nov - 1st Dec
Forms choose best talent in form groups during pastoral time.
(form tutors email auditionees
names and chosen talent by Fri 1st
Dec)
Stage 2
Prospective Talent Audition TUESDAY 5th December after School @ The
Drama Studio (long wait possible!)
Rehearsal w/b 11th December, DAYS/TIMES TBC

CAST WILL PERFORM THE SHOW 3 TIMES ON THE LAST MORNING ON THE LAST DAY BEFORE
CHRISTMAS FRIDAY 22ND DECEMBER 2023

Max of 2 acts can get through per form (forms decide this week) to the Auditions stage on Wednesday 6 December 2023, after school drama studio A 2.20pm -5pm

REMEMBER TALENT CAN BE ALMOST ANYTHING,

TOP PRIZES FOR 1ST PLACE, 2ND PLACE AND 3RD PLACE.

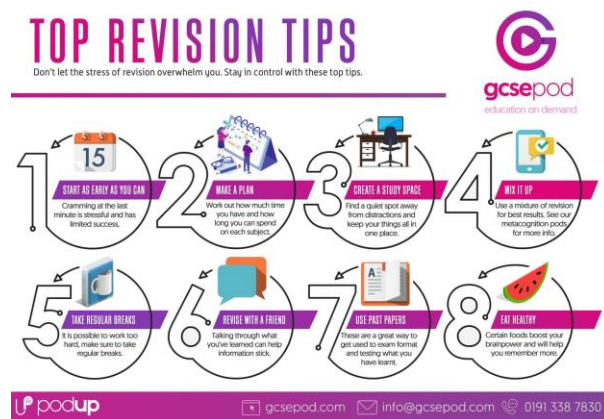
REMEMBER,

TALENT CAN BE ALMOST ANYTHING, SINGING, RAP, BANDS, MUSICAL, POP, ROCK...STAND UP COMEDY, PLAYING AND INSTRUMENT, COMEDY SKETCH.... DANCING (individual or group) classic or modern...STREET DANCE.....BEATBOX....DJ SKILLS.....PUPPET SHOW.....BREAKDANCE...JUGGLING....AND MORE!



Mock Examinations Monday 27th Nov - Wed 13th Dec 2023

#mocksmatter



Mock Examination timetable: [Click here](#)

[Mock Exam Schedule](#)

GCSE Information for Year 10 and 11 Students:

<https://www.pensbyhighschool.org/parents/gcse-information/>

Here are the top 10 ways to help your child revise for GCSE.

10 GCSE revision tips for parents

1. Help them create a revision timetable.

Having a revision timetable helps the student cover the content in the syllabus (exam specification). They will need to organise their timetable by including not only their GCSE subjects but also the specific topics in each subject. This is a good way to ensure they've planned their revision so they to cover all the content over time. If they are struggling with creating a revision timetable, help them with it.

We have gone through revision timetables / schedules in last Friday's assembly (Friday 17th Nov).

Parents....Keep a copy of the revision timetable for yourself or just ensure that it's boldly displayed where they study. Then occasionally, check in to see that they are following the timetable.

2. Bitesize Revision

You cannot revise Maths. Think about how big the topic is.

You can revise Algebra or Trigonometry.

You may remember, for those of a certain age...the BBC adverts of how would you eat an Elephant... ?

It is a bit bizarre but experts advise that you should break revision into small and manageable chunks.

Clearly...you wouldn't eat an elephant - but you get my point. Revision should be in bitesize chunks.

If they are studying History - Get them to say to you that... I am revising 'Hitler's rise to dictatorship'.

3. Ensure they have a distraction-free study space

Exam time is highly stressful. With huge specifications to cover over several different subjects. Plus, students getting to grips with learning how to revise. Your child will need a quiet space where they can focus. Whether it's in their bedroom, a study room or living room table. Make sure they have a designated space they can revise during their revision hours and there's no distractions like kids running around, television on loudly or video-games.

Just a tip....sort the revision playlist of tunes ready before they start the revision and try to avoid clicking on different songs.

4. Work with them to create a study routine

Create a simple plan where your child knows what activities will be happening at different days and times of the week. It could be that they have dance classes on Tuesday, a science tutor on Thursday, English & French homework on Monday for example. Having a routine helps the child instil good habits and but also means you can check in occasionally to see how to are getting on. Many students leave routines until the last year of GCSE but I recommend starting this habit from as early as year 8.

5. Make sure they have all their study equipment

During exam period, every second count. The child will want to ensure they maximise the limited amount of time they have to revise. So, it is important that not only do they have all their equipment available, but they can easily find them. Have student books, revision books, notebook, pens, highlighters etc in a place where they can easily reach them. This really helps with organisation and focus.

6. Make sure they get a good night's rest

Sleep is more important than many of us think. In the long term, a lack of sleep is linked with disorders like obesity and Alzheimer's. In the short term, sleep helps your child process the study material they have learnt and improve their memory. [Research](#) has shown a relationship between sleep length and exam performance in students. Make sure your child has a night-time routine. They should stop working at a set time each night so they can unwind and relax before bed. You may also want to turn off phones and TV before bedtime as these can be huge distractions. The [national sleep foundation](#) recommends that teenagers should sleep between 8 to 10 hours a day.

6. Make sure they eat well

As a busy parent, it can be easy to send your child to school with a quick pack-lunch or rely on the school's canteen. But, the last year of GCSE and the months leading up to the exams are particularly important. If you give them pack-lunch for school, make sure that they have a balanced and varied meal. If you rely on them to buy their own lunch, make sure they know the importance of healthy eating so that they make correct food choices.

7. Make sure they schedule in relaxation time

With the stress around GCSE and all the studying the child has to do, we can forget to take breaks and relax. Relaxing is very important as helps the child achieve a calm and clear mind, recharge and get ready to start again full of energy. Make sure your child has scheduled in breaks in their revision timetable. It is important to have at least 5 to 15 minutes break between each study session, depending on how long they study for. They also need longer breaks so they can have dinner and spend time with family. And of course, they need times during the week for extracurricular activities or for spending time with friends. Make sure these are scheduled in the timetable also.

8. Instil a growth Mindset

People having either an external or internal locus of control. People with an external locus of control tend to blame the environment ('external factors') such as their teachers, their school and other's around them for their circumstance. People with internal locus of control take responsibility for their life and make changes within themselves to effect the change that they want.

You can guess which mindset many teenagers have. Help your child to develop the right mindset. Make it clear that there are always obstacles in life but it's how we push to overcome them that matters.

9. Make studying fun

Sometimes, everyone in a household can get tense and anxious around exam period. But it doesn't have to be that way. Learning can be fun! Especially with increasing online learning tools in today's day and age. Learn together with your child. Play educational games and quizzes with them.

Use post it notes - Keyword that you as a parent can see. Then you use clues for your child to guess what the keyword is.

Kahoot is a common one used in schools that students love, but there are others. This becomes fun and exciting as you both try to improve your scores to win. Offline, you can use a flashcard that your child has created to ask them questions. If you can, try and link what's going on in the world, on television and around us to what they are learning. And don't forget to reward them. If they've done well in the quiz or questions you've asked them. Give them something they like as a reward. It could be something small like their favourite drink for example. Children respond positively to rewards and it pushes them to try even harder next time.

10. Support them

Mocks matter! However, they are not the end of the world. They help the teacher to assess where students are at this point of the GCSE course. There is time to put it right.

It is a marathon and not a sprint!

GCSE revision tips for parents: Final Thoughts

Good revision techniques are essential to help your child pass their GCSEs. This post is focused on GCSE revision tips for parents. As a parent, you can use the strategies here to help your child revise for their GCSE. By working with your child to use the strategies in both posts, they'll be well on their way to passing their GCSEs.

Parents make a massive difference.

Christmas Toy Appeal



It is that time of year again when we are thinking about Christmas, as you know Cash for Kids run **Mission Christmas**.

Mission Christmas collects new toys to give to children who wouldn't have anything to open on Christmas day

If you can support Mission Christmas by buying a gift and bringing it into school that would be brilliant, we know that times are tough so we understand if you are unable to.

The link to their website is below, so you can have a look:

<https://cashforkids.org.uk/mission>

If you bring a gift in, please either drop this off at reception or get your child to bring it into school and hand to your form tutor or head of year.

Members of the charity action team will come and collect your gifts.

Thank you

Miss K Simons



Pensby Parent Voice

As a school we aim to work in close partnership with our parents and carers, and listening to parental feedback is an important aspect of this work.

We want parents to get more involved with the school and are introducing a Parent Voice group. From January 2024, a group of parents will meet to discuss the issues that matter at Pensby High. It is envisaged that the group will meet once or maybe twice a term.

There will be a senior member of staff present at every meeting, ably supported by a dedicated secretary who will handle the communication and administration for the group.

The Parent Voice Forum will also be used by teaching staff to gauge opinion or feedback about ideas or initiatives. You can be sure that when new directives from the government or Ofsted are introduced they will be shared and discussed at the Parent Forum.

Here are some of the areas that might be discussed:

- Reporting system
- The curriculum
- Communication between school and parents
- Teaching and learning
- Behaviour
- Rewards
- Fundraising ideas
- Schools long term vision and values

We cannot accommodate every wish....but we will use the...You Said.... We did approach

You Said...	We did...
<i>We need more information that highlights the success of the school...</i>	<i>A termly newsletter will be introduced</i>

If you are interested – please register your details on this online form.
<https://forms.office.com/e/xNtd4n7h7A?origin=lprLink> or scan the QR Code
Closing date 1st December 2023.



Pensby High School is a great school. Our students are ambitious, our staff are specialists in their subject areas, our parents/carers are supportive and our partners enrich what we offer in and beyond the curriculum.

Link to form to sign up

<https://forms.office.com/e/xNtd4n7h7A?origin=lprLink>

Careers Guidance and Support



On **Saturday 9 December 2023** Airbus will be holding an Apprentice Careers open day at their Broughton Site. This event is the perfect opportunity to learn all about a career with Airbus.

The event is aimed at learners over the age of 12.

What to expect on the day

Airbus has a wide range of exciting apprenticeship opportunities - giving employees the opportunity to gain globally recognised qualifications all whilst learning and earning on-the-job.

The event will allow attendees to discover the wide range of programmes available from their craft and technical programmes, to degree apprenticeships.

They would like to welcome anyone with an interest in pursuing an apprenticeship with them into their impressive North Factory (home of the revolutionary A350 wing), where you will be hosted by a number of their current Early Careers population of apprentices, graduates and interns - who will be on hand to share their experience of the application process and what it's like to be part of their world leading Early Careers programmes.

Their education partners will also be there to help you understand the academic side of the apprenticeship programme, as well as the recruitment team who can support you with any application queries.

Date: Saturday 9 December 2023

Time: 13.30 - 16.30

Venue: Airbus Main Entrance, Chester Road, Broughton, Flintshire, CH4 0DR

Please note:

- **No one under the age of 12 is permitted on site**
- Limited number of places per application (please bring no more than four additional people with you)
- There is no access on site before 13:00 on the day



LGBTQ+ Support - Pride Action Team





Pensby High School is an inclusive environment and all students, staff, parents and visitors should feel welcome and supported. The award focuses on positive LGBT+, (lesbian, gay, bisexual, trans, plus other related identities), inclusion and visibility.

Our School Governors are in full support of the award and the inclusive practices we have at Pensby High School.

We will often promote activities within the community and for students through the newsletter however we understand that you may want to explore LGBTQ+ identities further. If you are seeking additional information, advice or support then please follow the links below.

Pride Action

We run an inclusive Pride Action Team in school regularly that is open to all students. Details are published regularly via form notices. This is a safe space for students to self organise as well as seek out further support if required. Previously the group has run social events and coordinated whole school form activities.

Pride action team put up this display and posed this question for class discussion:

What can schools do to raise awareness and support for trans pupils?

LGBTQ+ Resources

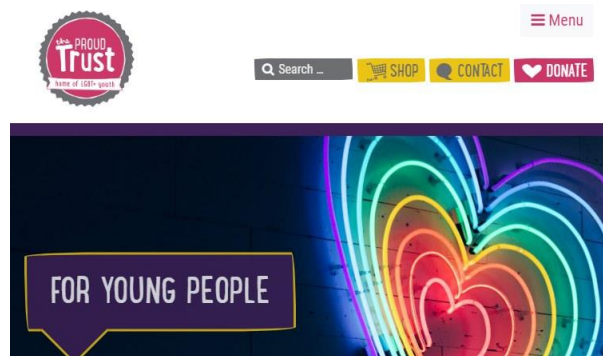
[Stonewall Young Futures](#)

Helpful advice and information. If you need to talk to someone, you can also call the Stonewall information service on 08000 50 20 20.



[The Proud Trust](#)

The Proud Trust are a charity who support LGBT+ youth. They have lots of help and advice for young people on their website.



[LGBT Foundation](#)

LGBT Foundation is a national charity delivering advice, support and information services to lesbian, gay, bisexual and trans (LGBT) communities.



Trans & Gender Diverse Resources

[Mermaids](#)

Mermaids work with young people who feel at odds with the gender they have been assigned. They also work with parents and carers of young people going through these feelings.

As well as reading information on their website, you can also call the Mermaids helpline on 0344 334 0550 (Monday-Friday, 9am-9pm) if you'd prefer to talk to someone. Mermaids also operates an emergency text service – if you need help now, text 'Mermaids' to 85258.



[Gendered Intelligence](#)

Gendered Intelligence runs projects for young people who identify as trans.

Their [Knowledge is Power](#) resource is a great place to start educating yourself about trans people and trans issues. They also have information for parents and families, as well as for adults who work with young people (such as teachers and youth workers).

Mrs Lamara is made up about Year 9s make up

In Drama, Year 9 have been studying 'theatre design' over the last half term. This has involved learning all about different careers in theatre from stages, set, costume, lighting, script writing and special effects makeup.

Mrs Lamara has attached some photos of some of their shoe box theatres.

Students have also been busy making their very own shoe box theatres and using gel lights to add atmosphere to their scenes







Spanish Club



**At Spanish Extra Club we're having a great time!
Tuesdays 3:25pm to 4:25pm A6. All welcome!**

Crafting: Mexican Huichol Yarn paintings.	Cooking and feasting on nachos with delicious homemade Mexican dips.	Celebrating El Día de los Muertos with mask designs, popcorn and "Coco"
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Spanish extra club is a great way to learn more about the Spanish speaking world and have fun. It's open to all years and those doing Duke of Edinburgh are welcome to come along and volunteer their time to the Spanish department too. All ideas for new activities are welcome. Just come along to A6.

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