



PTA COFFEE AND CAKE MORNING

The Parent Teachers Association will hold a coffee morning at Penglais School on Saturday 21st October from 11 am to 12.30 pm. A warm invitation is extended to all, and in particular to parents of new pupils at the school, to come and meet the PTA. There will be a cake stall – all proceeds go to the PTA fund raising activities and this year a significant renovation of the Main Hall is planned. Come and have a look at the plans at the coffee morning!

The PTA has traditionally held an Autumn Fair and Raffle as its main fund raising activity. The committee believes that the Fair has not been as well supported in the last two years and this year has decided to try a new fund raising activity. Basically the PTA is asking each family to contribute at least £5 this autumn to support the fund raising activities at the school. This is an alternative to buying raffle tickets and coming to the Autumn Fair.

The PTA raises funds for the School Council, school clubs and societies, additional equipment for departments, as well as projects to improve the environment at the school. If you can contribute please fill in the pro-forma on page 7 with your contribution and return it to the school office, marked PTA Fund Raiser. (Cheques to be made payable to Penglais PTA).

Thank you for supporting your children's school.



JAPANESE EXCHANGE

On the 28th October students will arrive from Japan in the latest exchange between Aberystwyth and Yosagun in the Kyoto prefecture. The party will be made up of the usual 6 students accompanied by three adults. The adults are, one official from the town hall and the translator Yuka who will be visiting Aberystwyth for the fifth time and on this occasion the Mayor of Yosagun. The students will be staying with host families, as do all the students on both sides of the world.

This unique exchange owes its origins to the late Frank Evans who lived in Aberystwyth and Talybont. Frank was interred in the nickel mines in Kaya, Japan in the Second World War as a POW. Many years later Frank returned to Japan and from this visit an exchange of students has taken place.

I have felt that this exchange is one of Aberystwyth's secrets and I am very fortunate to have been the teacher accompanying the past two visits. Not only is it a joint venture between both schools it is also seen in Japan as the Aberystwyth students' exchange. So we, at this end, are busy preparing an interesting programme for our visitors to enjoy. Everyone who has had the opportunity to participate in this venture has found it to be a life changing one. I have found each visit to be extremely moving.

While a year ago Dafydd Pearson and Michael Hughes led the procession at the kimono festival through Kaya and the rest of us were dressed in kimonos I am not sure we will be able to produce such a spectacular event here. Both sides of the world produce similar agendas for the visits, so the Yosagun visitors will be visiting local tourist spots and seeing what a taste of education from pre-school to 18 is like in Aberystwyth. The visitors will be in Penglais on Friday 3 November.

The last visit was photographed extensively with just over 1,500 pictures being taken in just under two weeks. These pictures can be viewed at <http://www.flickr.com/>



Kaya Memorial, Yosagvn. The stone was erected by Frank Evans in memory of the P.O.W.'s who died.

L/R Jake Goodband, Caroline Goodband - staff, Hedydd Phylip-Penweddig, Angharad Jones - Penweddig, Bethan Harries - Penweddig, Dafydd Pearson - Penglais, Grace Lewis - Penglais, Michael Hughes-Penglais.

Caroline Goodband

HELP WITH SPELLING AND LEARNING

Parents who would like to help their children to improve their spelling and reading skills might be interested in something called Nessy Games Player. This is a system already used in our Dyslexia Centre but the games player has been produced for home use and would benefit a wider range of pupils than those who have support in school. The package costs £19.99 plus £1 postage and packing. You can find more details at www.nessy.co.uk. Each copy contains a £1 cash back voucher for the school. If you decide to buy, we can benefit from the voucher if you can pass it on to us. It will help us to buy more resources for use in support lessons.

Wendy Crockett, SENCO

SCHOOL COUNCIL NEWS

The form reps. have now elected their committee for 2006-7. They are:

Year 13	Lauren Babcock and Craig Marshall
Year 12	Lauren Houghton and Taron Egerton
Year 11	Kelly Waters and Jamie Morgan
Year 10	Ruth Taylor and Thomas Slater
Year 9	Stephanie Worrall and Rhys Jones
Year 8	Libby Houghton and Justin Quinn

They have also drawn up their list of priorities for the year:

1. Re-siting of the water fountain or installation of additional unit elsewhere in the school.
2. Organisation of whole school fund raising events.
3. Introduction of School Council issues into the PSHE programme.
4. Purchase and renting out of additional games and sports equipment.
5. New printers throughout the teaching areas and library
6. Improvement in pupil/teacher relationships
7. Improvement in the provision of lunchtime rooms.
8. Improvement in the fittings and hygiene of the boys' toilets.

There are two members of the committee who have been chosen to be pupil governors. They are Lauren Babcock Year 13 and Taron Egerton Year 12.

Delegates to the Ceredigion Youth Forum will be Lauren Houghton, Ruth Taylor, Rhys Jones and Libby Houghton.



CLWB CLEBRAN

Mae'r Clwb Clebran yn cwrdda bob yn ail Ddydd Mercher rhwng 3.20yp a 4.30yp yn ystafell A2. Mae croeso i bob aelod o'r Urdd i ymuno â'r Clwb. Bydd y cyfarfod nesaf B'nawn Mercher, Hydref 11^{eg} pan fyddwn ni'n gwneud pethau diddorol gyda phwmpen! Dylai unrhyw aelod l'r Urdd sydd eisiau dod i'r clwb gael llyttr oddiwrth Ms. Nia Gruffydd a chaniatâd oddiwrth riant. Rhieni sy'n gyfrifol am drefnu cludiant adref ar ddiwedd y clwb.

Clwb Clebran meets every other Wednesday between 3.20 and 4.30 pm in room A2. All members of the Urdd are welcome to attend the club, first language speakers and Welsh learners. The next meeting will be on Wednesday 11th October when we'll be doing interesting things with pumpkins! Anyone interested in attending the club must get a letter from Ms. N. Gruffydd and written permission from a parent. Parents are responsible for arranging transport home from the club.

GREASE

GREASE at Ysgol Penglais School will be on 6th, 7th and 8th November at 7.30pm in the Main School Hall. Admission is strictly by **TICKET ONLY**. The price for tickets is £5 for adults and £3.50 concessions. Tickets will be available at reception from Monday 16th October. Do not miss this fantastic show.

Ysgol Penglais School

yn cyflwyno /
presents

Ticket No.

1

**Adults
£5.00**

**Concession
£3.50**



**Tuesday
7th November**

7.30 p.m.

**Neuadd Ysgol
Penglais
School Hall**

Admission by ticket only

CATERING

Back to basics! Chris Williams, head chef at Harry's restaurant, returned for the third year to work with Years 10 and 11 Catering pupils. He showed them how to make stocks, soups and sauces in an hour. Pupils responded enthusiastically and tasted all finished dishes. He will be in again on 16th October to judge the school heat of Futurechef 2007. Pupils are very lucky to have his input.

HISTORY

This year marks the 150th anniversary of the Victoria Cross and to commemorate the occasion the History Department is running a competition. Readers of the Cambrian News will be aware of the local Victoria Cross holder, Lewis Pugh Evans, the only holder of the award to be buried in Ceredigion. He was awarded the honour for an action near the Belgium town of Ypres during 1917, which we were able to point out to the pupils who participated in the Battlefields trip in July. Any pupil from the school can enter the competition, although age will be considered when deciding on the winners. We have fifteen presentation packs of the new collection of stamps from the Royal Mail to award as prizes. It should be remembered that many VC holders won the award for saving human life whilst hazarding their own. To enter the competition pupils can do any of the following:

- Look at an individual winner of the award like Lewis Pugh Evans or the most recent recipient Private Johnson Beharry.
- Focus on a group of winners from a single action like that of Rorke's Drift in the Zulu War or the Charge of the Light Brigade in the Crimean War.
- You could look at a range of winners from across the 150 year history of the award and explore how the award has become increasingly hard to win.
- You could look at Welsh winners of the award or you could explore the way in which the VC was awarded to soldiers from all over the British Empire.

The above can be in any format from a straight forward written account right the way through to a power-point presentation and pupils should feel encouraged to be as creative as possible in their entries. The final date for entries is Monday 27th November 2006.



MATHS

I would like to remind parents that pupils should be bringing a calculator to school each day (see page 13 of the Pupil Planner). The Maths Department keeps a very small supply of calculators which are lent to pupils whose parents cannot afford to buy one. Unfortunately, a number of these have been damaged and will not be replaced. If a pupil cannot do the work in a lesson because he/she is persistently not bringing a calculator then they will receive lunchtime detentions. It is essential that pupils practise using their calculators. Much of the work cannot be done without one.

Can parents check if there are any old Key Maths textbooks in their homes. We have lost a number of these over the years despite keeping records of pupils who have been issued with them. A raffle ticket will be given to each pupil who returns a book with a prize draw later this season.

Mrs. Keirle is running a lunchtime 'Code Breakers' club on Thursday in B5. It is part of a national competition with major prizes.

Students of all ages will be invited to take part in a series of Maths Challenges taking place on 9th November for Years 12 and 13, 1st February for Years 9-11 and 26th April for Years 7 and 8. These are national competitions aimed at pupils mainly in top sets.

MODERN LANGUAGES

The Modern Foreign Languages has been out and about recently:

Poland – in July Mr. Pearson took 5 A level German students to the annual European Youth Project week in Lower Silesia. Here, our students worked with Sixth Formers from other European countries on various themes. Central to discussion was a comparison of the modern European Union with the plans for Europe after the overthrow of fascism as drawn up by the Kreisau Circle, a resistance group in the Third Reich.

The students also went on a visit to a former concentration camp and the nearby city of Wroclaw, and entertained each other during the evenings by presenting aspects of their own country's culture. With German being the main means of communication, the students took full advantage of the opportunity to meet other young Europeans and to practise their language skills in a variety of contexts.



Kronberg – a party of 18 pupils in Years 10 and 11 who are studying German at GCSE level has just returned from an 8 day stay in Kronberg. The pupils stayed in a Youth Hostel and went to the Altkönigschule on two occasions. The AKS pupils accompanied the group to the Phantasialand theme park and joined us for a barbeque on the final evening. The pupils also enjoyed many other activities, both 'fun' and cultural.

Parc Astérix



Parc Astérix – During the last week of term 86 pupils in Year 7 set off on the annual trip to Paris and Parc Astérix. Accompanied by 8 members of staff, they were able to enjoy the sights of Paris from a river boat on the river Seine, followed by a full day in the Astérix them park. As usual, a fun time was had by all, even in temperatures in the mid-thirties!

French – The French Department will be taking a group of forty three Years 8 and 9 pupils to France from 20-24th November. We will be staying in a converted Château and have a full programme of excursions, including visits to a French bakery, Boulogne market, an underground factory where V2 rockets were produced . . . and Disneyland!



MUSIC

An evening of Music for Christmas with Penglais Choirs and Instrumentalists will be held at Llanbadarn Church on Thursday 14th December in aid of the Sudan Appeal and on Friday 22nd December Carol Services will be held during the morning at Llanbadarn Church



PHYSICAL EDUCATION

Hockey - Five pupils have been chosen to represent Ceredigion county teams again this year. Alice Griffiths and Sophie Griffiths were selected for the U18s, Eleanor Thorogood for the U16 A team, Rosie Bailey and Gemma Pugh, both Year 9 pupils, for the U14 team. All players will be available for selection at the South Wales Hockey Trials to take place on 2nd November.

Netball – Teleri Donnelly, Year 11 and Rosie Bailey, Year 9, are both members of the County Netball teams. Selection took place at Newcastle Emlyn on 2nd October and are due to play their first matches against Pembrokeshire on 11th October. Good luck.

Football – On 12th October all Penglais Boys’ football teams will be competing in the Ceredigion Football Tournament at Blaendolau. The U18s Ceredigion Tournament will be held at Penglais on the 19th October. The Girls’ Ceredigion Tournament will also be held on 18th October at Penweddig. Good luck to all Penglais teams.

Golf – Congratulations to Zachary Galliford who has qualified for the Welsh U14s Golf Squad.



TRIPS

Details of all PE department trips will now be placed on the Penglais web site. This will also include all future fixtures.

Rugby – Andrew Pugh and Sam Hughes Evans have been selected for the U15 Ceredigion Rugby County side.

PTA pro-forma.

The PTA raises funds for the School Council, school clubs and societies, additional equipment for departments, as well as projects to improve the environment at the school. If you can contribute please fill in the pro-forma below with your contribution and return it to the school office, marked PTA Fund Raiser. (Cheques to be made payable to Penglais PTA).

Thank you for supporting your children’s school.

H.J. DAVEY
Headteacher

PTA FUND RAISER

NAME OF PUPIL: _____

FORM: _____

AMOUNT: _____

HEALTHY EATING

Oh no! Everybody is pushing healthy eating, it's that Jamie Oliver! The fact is that we are a product of 'what we eat'. Wrong choices mean obesity, poor behaviour and lack of concentration, high blood pressure, heart disease, osteoporosis, cancer of the bowel and diabetes. Research has shown that a poor diet can lead to all of the above from a very young age. The primary responsibility for an individual's healthy diet starts in the home, however it is recognised that eating choices made away from the home can have considerable influence on diet and health especially for children.



The balance a good health is divided in to 5 food groups:

1. Fruit and Vegetables
2. Bread, other cereals and potatoes
3. Meat, fish and alternatives
4. Milk and Dairy foods
5. Foods containing fat and sugar

The balance of good health us based on the following principles for healthy eating:

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount to be a healthy weight
- Eat plenty of foods rich in starch and fibre
- Eat plenty of fruit and vegetables
- Don't eat too many foods that contain a lot of fat
- Don't have sugary foods and drinks too often
- If you drink alcohol, drink sensibly
- Eat the right amount to be a healthy weight

Remember:

- Drink lots of non-alcoholic fluids
- Enjoy being active

In Penglais we will aim to get the 'Balance' right in the food that is sold in the school canteen and the vending machines. We would appreciate support from parents in providing healthier lunchbox options.

Current advice from the School Food Trust is set out below:

- 1) A starchy food to provide energy – bread preferably wholegrain, potatoes, pasta, cous cous, cereals
- 2) A protein food for growth – meat, fish eggs, cheese, houmous and nut spreads / patés
- 3) Fruit and Vegetables / salads for essential nutrients such as anti oxidants –fresh fruit, dried or tinned, salad in sandwiches on in a separate pots sticks of celery, carrot, cucumber, pepper, cherry tomatoes
- 4) A dairy food to provide – calcium for growing bones, milk or anything made from milk cheese, yoghurt, fromage frais, lower fat versions are even better
- 5) A drink for hydration – (and additional nutrients) preferably water, semi skimmed milk or fruit juice, smoothies made from fruit, and milk / yoghurt are also good.

This is the first of many bulletins on healthy eating in school, and I would be pleased to receive comments, and suggestions for school lunches and products for our vending machines, savoury healthy products at a price our pupils can afford is currently our biggest problem.

Mrs. C. Hague
Healthy Eating Co-ordinator

COLOUR Penglais Newsletter

View the newsletter in
full colour on the
school website

www.penglaisschool.org.uk



Mike Binks,
Penglais Reprographics
10 -2006.