



A Message from Year 13 Students to Staff

We would like to thank all of the teachers and support staff at Ysgol Penglais for their support, dedication and hard work throughout the years. We have enjoyed our studies and are now looking forward to new adventures.

- Year 13

Images of Aber

Miss' Southgate who is a keen photographer has provided us with the beautiful imagery through this term's newsletter.

"I'd just like to say how lucky I am living in such a beautiful place! Surrounded by mountains and beautiful beaches. It really does make me happy! I love photography and sharing beautiful local images."

Important Dates

7th June - Students return on week 2 timetable. Year 12 will be studying virtually from home during this week.

9th June - Inset day.

16th June - Provisional results shared with Years 11, 12 & 13..

25th June - Deadline for centre reviews.

1st - 2nd July - Year 11 to 12 induction days.

16th July - Last day of Summer term.



News

My Young Yale Scholars Experience

"Yale Young Global Scholars is a two-week global programme hosted by Yale University designed to connect students from 130 countries from across the globe. The YYGS Programme offers over 12 sessions of a variety of topics including Law & Politics to 'Solving Global Challenges' and accepts over 2,500 students. The partnership between the SEREN Network and YYGS allowed me to attend the \$6000 course completely funded by the Welsh Government and Yale University. This was an unrivalled opportunity to meet fellow students who share the same interests.

The programme is structured around each students' selected course and chosen seminars, discussion groups and lectures which leads to a final project constructed within smaller group. One thing that appealed to me was the fact that there is no grading system. This meant that there is no pressure, and the aim of the programme is to learn not to study and be examined.

The application process consisted of one 500-word essay, two short essays at 140 words and 100 words. I had to provide forms, references, records, and financial information too. I had never completed such a complex and rigorous application before and prior to the guidance provided I felt unsure and overwhelmed. However, I was able to reach out to previous successful applicants who helped me to tailor my essays and entries and my learning coach and Mrs Elgood, the Head of Sixth Form, supported my application. There were times where I felt like not completing the process because it was so long, but the guidance and support given to me encouraged me and helped deconstruct the application into more manageable sections, so if, like me, writing essays is not something you are confident at, don't let that stop you! Its great practice either way.

I decided to apply due to the many non-academic experiences that come with the summer school. Including assigned 'family time' with a group of students, of whom you can stay in touch in future and make life-long friends. Furthermore, YYGS has 800+ Alumni who can share updates, seek mentorships, and explore job opportunities and much more.

I really enjoyed the idea of being taught and learning in a new style and experiencing a daily routine of a student in a world leading University. Additionally, the seminars which will be hosted by Yale Undergraduate and graduate students allow you to learn from those who know the University best. However, I look forward to learning with and sharing experiences with students from all over the world.

Whether you are successful in your application or not, my eyes were opened to the application process, essay writing and American Universities, an option I had never previously considered. My advice is to give it a go and apply!"

- Seren, Year 12

Final Art Piece

I created this piece as a response to my chosen subject the human form. This piece reflects what I feel is the overlooked aspect of the human form, the natural movements and emotions that tell a story even in small ways. This is an oil painting, all of the shades are mixed from my primary colour palette; red, blue, yellow, white and a small amount of black for the darkest areas. This is an interpretation of my own reference of a friend who was laughing at the time I took the photo, capturing the comfortable atmosphere I was aiming for. To represent how there is a story and reasoning behind every movement I collaged strips of book pages and blended them into the background. There is also a small octopus teddy on her shoulder (named Squidley), that I think is one of my favourite parts, that I feel added further to the comfortable atmosphere of the piece.

- Ella



Penglais Students in Politics

In Year 12, two pupils are given the opportunity to represent Penglais on the Ceredigion Youth Council. This year, Afon Hoare and I were both fortunate to be accepted. Since September, the Council has met many times, discussing local policies, such as the One-Way systems in place around Aberystwyth, as well as helping design a better Young Peoples Bursary. One opportunity that arose from the Council was also the Youth Mock Election.

In early April, Afon and I were invited to form a mock political party, and apply to run in the election. Along with Lloyd Warburton, we ran in the election as the Evergreen Party. Once accepted to run in the election, we met with some of the Senedd Staff, to discuss the event and run through our Policies. We had met in school and online to discuss our plans, and managed to decide on a name and some brief policy ideas.

In preparation for the event, we looked at what policies were important to us. With the eyes of the Government watching, we used this opportunity not only for the experience, but also to present our views to a wider audience. In all there were 5 Parties, each presenting their policies with questions from the audience afterwards. We were the last party to present at the event before voting began, so once we came to an end, on came the waiting game. Once the votes had all been counted, it was revealed we had come second! Having only lost by 17 votes, we were delighted!

The purpose of the event was to promote the Vote 16 campaign. For those unaware, this was the celebration and promotion of the new voting age of 16. The three of us are all big believers in voting, and as such we all enjoyed the opportunity to show our support for the new law.

We learnt a lot from the event, as it helped us develop our team-working skills, and also our skills in working under pressure. Not only were our friends and peers watching, but also countless Senedd support staff and Members! We created a full manifesto and answered as many questions as we could! We all had a lot of fun, and we are very grateful to both the Senedd and School for helping us take part.

The event was extremely enjoyable, and though we did not win, we all left the even with big smiles on our faces.

- Billy, Year 12



Penglais Scholarships Success

"2 years ago, I never could have imagined myself staying at home and going to University in my hometown. But now, I can't imagine leaving the beautiful, wildlife rich place I call home. As students at Penglais, we are exposed to the University our whole lives, living in/around a town which relies upon it to survive. Even more so, once we reach Year 7, we get to take advantage of the close relationship between the school and University. My favourite part of this was always being able to attend various scientific lectures and learn about things that we would never get to in school. However, little did I know then that when applying to university, I would benefit from this connection again.

Aberystwyth University offers a specific scholarship for Penglais pupils, consisting of £2,000 in the first year, and this year, I have been the lucky student chosen to receive it. I have applied to study a Life Sciences foundation year, and on that basis, did not particularly expect to receive it – but I applied anyway, because who knows how many other people would be applying for it anyway? The application process was simple, giving your basic details, but also a section to detail your passion for the subject and how the scholarship would assist in achieving your academic potential; and a place to add any relevant additional achievements or circumstances.

In my application, I explained what I would be studying following the foundation year- either Zoology or Animal Behaviour, and what my career plans and goals are. I gave specific areas of interest in the field I will be studying – one being positive reinforcement training with equines, and explained how the funds would not only help me purchase additional reading material, but obtain practical experience like loaning a horse to help develop my skills. In the additional achievements and circumstances section, I explained the circumstances that had led to me not being able to apply directly for the course I hoped to study, why I was doing a foundation year. Although this may have not been my original plan, I stated that I look forward to a gentler introduction to university life.

I found the most important aspect of the application to me was being honest, about why I chose the course and what I would use the money for. I found it easy once I made a start writing, because I am truly passionate about what I plan to study and have genuine interests in specific fields within that, which I have made an effort to explore. I would encourage everyone to apply for any scholarships they are eligible for, and don't discount yourself for a course if you truly have a passion for it. There is always a way to get to where you want to be, even if it might take a little longer."

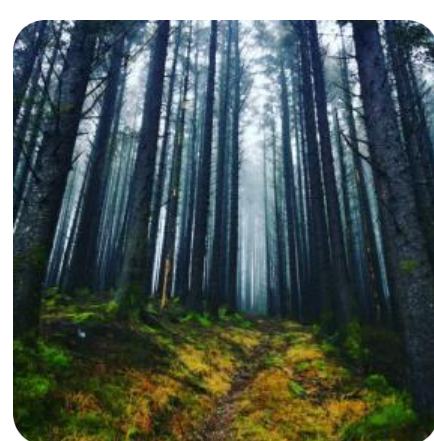
- Abigail, Year 13






Student Opportunities

Take a look at the learning opportunities that have been available through April and May.

Sixth Form Opportunities Calendar						
Ebrill/April 2021						
Llun/Monday	Mawrth/Tuesday	Mercher/Wednesday	Iau/Thursday	Gwener/Friday	Sadwrn/Saturday	Sul/Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
Swansea News Series Pharmacy - Drugs in Sport	UCAS Discovery Day Swansea News Series Pharmacy - Dangers of Nitrous Oxide	UCAS Discovery Day Swansea News Series Media & Communications - Covid-19 Crisis Communication Cardiff University Online Open Day	Swansea News Series Actuarial Science - Opportunities in Actuarial Science Post-Covid-19			
26	27	28	29	30	Notes	
Swansea News Series Economics - How do we make decisions about education: What can economics tell us?	Swansea News Series Mathematics - Mathematical models of infectious diseases with applications to the COVID-19 pandemic. Aberystwyth Students Union Hustings Event (PCC) British Armed Forces Webinar (14:00 - 15:00)	Swansea News Series History - Britain and the EU: putting 'Brexit' into historical context. Materials Science and Engineering - TBC	Swansea News Series Physics - Decoding the universe Black Holes Aberystwyth Students Union Hustings Event (Senedd)		<p>* British Armed Forces Webinar - Colonel Sion Walker, Deputy Commander, HQ 160th (Welsh) Brigade requests the pleasure of your company for a Live Virtual Broadcast Event and Q&A with The Army Engagement Team.</p> <p>* Aberystwyth Students Union - Hustings events for the Senedd and PCC elections. We plan to host these online at AberSU (27th for PCC and 29th for Senedd) and wanted to reach out to you and invite any of your students to join and submit questions who may be eligible to vote. 16-17 year olds can now vote and we are passionate to promote young voices. As an organisation that champions student voice, we are supportive of the move to extend the vote and see it as a way to engage young people. The event will be streamed online with questions pre-submitted via a form or taken from the chat.</p>	



Sixth Form Opportunities Calendar

Sixth Form Opportunities Calendar						
Llun/Monday	Mawrth/Tuesday	Mercher/Wednesday	Mai/May 2021 Iau/Thursday	Gwener/Friday	Sadwrn/ Saturday	Sul/ Sunday
					1	2
3	4	5 (EHU Online Talk)	6 - POLLING DAY	7	8	9
	Swansea News Series Medical Engineering - The world's first coronavirus vaccine 'smart patch'. Swansea University St David's Park - Virtual Nursing Open Day 2021 (16:00 - 19:00)	UCA \$ Discovery Day Swansea News Series Computer Science - TBC Museum of Natural History Draw to Nature: Birds (20:00) Penglais Webinar Series A Career in Pharmacy! 18:00 on Teams (Contact your Learning Coach for more information)	Swansea News Series Law - Should we be able to shut people down?			
10	11	12 (EHU Online Talk)	13	14	15	16
	Museum of Natural History Saving our Insects (19:00) Edge Hill University Talks Stepping up the fight for mental health - panellist event with radio and TV host Roman Kemp (16:00 - 17:00)	Aberystwyth University Online Open Day (17:00 - 20:00) 			National Youth Arts Wales Day of Dance 	National Youth Arts Wales Day of Dance 
17	18	19 (EHU Online Talk)	20	21	22	23
*Application deadline for LFA		Museum of Natural History Draw to Nature: Minerals (20:00) Penglais Webinar Series A Career in Optometry 18:00 on Teams (Contact your LC for more information)				
24	25	26 (EHU Online Talk)	27	28	29	30
31	Notes					
UKBC Biology Olympiad Intermediate Biology Olympiad Registration Deadline	<p>* Lessons from Auschwitz Online (LFA) - Through this unique project students will take part in a combination of live and self-guided learning; they will learn about the 6 million Jewish men, women and children who were murdered by the Nazis and their collaborators; develop their knowledge of the Holocaust, explore the history of the Nazi concentration and death camp Auschwitz-Birkenau, and consider the Holocaust's relevance today.</p> <p>* Swansea University News Series - A selection of talks from the University of Swansea. View and book on to the events by speaking with your learning coach/clicking the links in the associated email.</p> <p>* Natural History Museum - Drawn to Nature Series - In a year where people have found increasing solace in, and drawn creative inspiration from the natural world, we invite you to participate in and enjoy 'Drawn to Nature'.</p> <p>* Aberystwyth University - Online Open Day</p> <p>* National Youth Arts Wales - Day of Dance - We are extremely excited to share our plans for our upcoming digital Day of Dance - an event which aims to bring together young dancers from across Wales to take part in a range of workshops, featuring an array of dance styles. National Youth Dance Wales are offering this full Day of Dance with workshops run by leading choreographers and dance organisations. The programme is jam-packed with a variety of dance styles taking place, prior to the U.Dance Cymru online evening showcase. All sessions are taking place on Zoom and working on a 'Pay What You Feel' contribution scale. All workshops are for dancers aged 11-19.</p> <p>* Edge Hill University - University Preparation Talks - 17:00 - 18:00 every Wednesday. The university is hosting a range of online talks to prepare students for higher education. See the range of talks here.</p>					



Alumni News

Human Geography at Cardiff University & a Placement Year

My name is Anna and I am currently in my second year at Cardiff University studying Human Geography. I have been successful in achieving a placement year from September 2021. At A level I studied Geography, Sociology, History and the Welsh Baccalaureate. Initially, Geography was not one of my choices at A level but I am grateful that I was allowed to take it up as I discovered a passion for the subject. This combination of subjects has proved to be very useful to go on to study Geography at degree level as there were many skills that were transferable. The study methods I was taught during my Geography A level have been invaluable in enabling me to be successful in university. My A level Sociology has also been very useful as it virtually covered a module in my first year at university.

I decided that a placement year would help me explore a potential career path and give me increased employability. I have been lucky enough to be accepted for a placement year with the Welsh Government as a Social Researcher. The role will involve providing social and behavioural research which will help shape government policy. I will complete my second year at University, take up my role with the Welsh Government for a year before returning to complete my degree. I am very much looking forward to this opportunity.

- Anna

Studying Medicine & Making the Most of Covid-19 at Cardiff University

My name is Catrin, and I am currently studying Medicine with Preliminary year in Cardiff University. At the beginning of Sixth Form in Penglais, I was still quite unsure about studying medicine. After mentioning once to the Sixth Form staff that I was interested in medicine, I was put in contact with a huge number of people and was told about loads of opportunities that would help me achieve my goal. Before coming to Penglais, I had no idea about applications, tests, interviews, or anything, but the whole Sixth Form team made it so much easier and reassured me through each step of the process. Even when I thought my plans for University were over (thank you Covid!), the Sixth Form team were so supportive, which made sure I got to University this year!

Due to Covid-19, University is different than expected, but as everyone here is in the same boat, it has made us make the most of what we have. My flatmates and I have been entertaining ourselves during lockdowns by doing themed dinners together, and despite two of us having birthdays in isolation-we still managed to make light of the situation and hold a fancy meal (made from Deliveroo pizza delivery).

We are all now preparing for our end of year exams, and most of us are very excited to have in-person lectures again!



The photo is from my birthday in Covid isolation!

- Catrin

Attaining a Bristol Helicopter Pilot Scholarship

"Since leaving sixth form I interviewed and was successful in obtaining a Bristow Helicopter Pilot scholarship worth £170,000. Since October 2019 I have moved to Leicester and completed 14 Airline Transport Pilot Licence (ATPL) exams and passed a practical commercial pilots licence exam in January. Since obtaining my commercial helicopter licence I immediately embarked onto an instrument rating (IR) which will allow me to fly in poor weather conditions and fly only looking at the instruments, with no outside references. I completed the IR this month and am moving up to Aberdeen to fly for Bristow Helicopters, shuttling passengers to oil rigs and with a prospect of flying for search and rescue."



- Luke

Exeter University, Internships and Clubs & Societies

Since finishing A-levels, I have been studying an Undergraduate course in History and Politics at the University of Exeter's Cornwall Campus. This has been particularly thought provoking and enjoyable as it has opened up a huge array of topics with opportunities to choose and focus on certain subject areas that really interest me. Another brilliant part of the course has been meeting students and lecturers from all sorts of different backgrounds and from all corners of the globe, which makes for fascinating seminars with a huge variety of new ideas and viewpoints.

If I were to choose my favourite part of University life, it would have to be the wide array of clubs and societies on offer. Through these clubs, I have experienced everything from 'character-building' frosty weekends camping on Dartmoor with the University Officer Training Corps, to exploring the sea caves of the beautiful Cornish coast with the kayaking club; of which I have taken a position on the committee. Even if the outdoors isn't your cup of tea, the University has all sorts of other 'indoor' societies. I have recently joined the Politics Society committee and taken part in the Debate Society, which has given me the opportunity to meet Cabinet and Shadow-Cabinet MP's to discuss a range of current affairs issues.

Currently, I am applying for a Research Assistant internship with the University. If I am successful, this will involve collaborating with lecturers to research the best ways in which to focus on equality, diversity and inclusivity when teaching Political Communication. Although it is a relatively short-term internship, it should help me to develop valuable academic research skills that I can present in applications for a future Master's degree in Politics. After University, I hope to use this valuable experience to pursue a career in the Civil Service.



- Aric

Join the Alumni Association

Ysgol Penglais School is pleased to announce the formation of the Penglais Alumni Friendship Association (PAFA). The aim of the Association is to link with former students of Penglais, including our exchange students and friends from abroad, as well as former staff members.

Since Ysgol Penglais School was established in 1973, the school has been both proud and delighted with its students' achievements and pleased to be part of their life story. PAFA would like to communicate with our Alumni to begin a lasting partnership. By connecting with our Alumni, we aim to provide increased networking opportunities for our former students and staff, whether for friendship, business or re-acquaintance.

If you are interested in joining the Penglais Alumni Friendship Association or would like to contact the alumni office please email **alumni@penglais.org.uk**

[Click here to fill in the Alumni Association Online Registration Form](#)

We are in the process of relaunching our Alumni and would very much like to hear from any former student or staff member so that we can create a database of contacts to allow us to let you know of events and opportunities that you may like to attend.

Penglais Alumni Friendship Association looks forward to hearing from you.



Webinar Series Review

A Career in Film, Media, PR and Marketing

The webinar that I attended was with Amy Daniel, and she discussed her life and how she was able to break out into the media scene. She started by following a degree in Theatre and Film Studies and International Politics at Aberystwyth University in 2007. She then moved to Cardiff and took some time off to get work experience. This was a difficult time for her, but she was resilient and took whatever experience she could get such as an assistant on film sets and documentaries whilst financially sustaining herself by working in cafes. These experiences also allowed her an opportunity to work on a Stephan Doldrey film in Brazil along with other opportunities in Israel and France. She now works as a part-time lecturer and a self-employed writer and director. She commented on how much film has changed since getting her degree, and how much the pandemic has changed the industry, and how we work.

Her experience has taught me that work experience is one of the most important things in the entertainment industry, as knowing how things are in real-life situations can help you adapt to other situations. Due to this, I plan to try and get work experience in local PR companies that she recommended like Four Cymru located in the Cefn Llan Science Park. I also want to apply for Massive Open Online Courses (MOOCs) such as Skillset, which she suggested. She also recommended 'The Digital Filmmaker's Guide' for those interested in editing and producing content.

- Damaris, Year 12

A Career in Pharmacy

On the 5th of May, the Penglais Webinar Series welcomed Mary Harris to speak about her experiences of working in Pharmacy. Science A-level students should take note of the benefits of joining a career in Pharmacy. This is an industry that welcomes applicants with good communication, leadership, and problem-solving skills. The career provides opportunities to work within a team, travel, and experience diverse working days.

Please contact your learning coach if you have any questions!





A screenshot from the 'Career in Pharmacy' webinar.

Book Review

'Breathtaking' by Rachel Clarke

Breathtaking is a book that explores the impact of the coronavirus pandemic on doctors and nurses throughout the NHS from the point of view of a palliative care nurse. Several important themes were touched upon throughout the book that I found to be extremely informative. Firstly, while reading this book I gained a better understanding of the sacrifices that doctors and nurses must be willing to make, even if it puts them and their families at risk. One example of this is how many retired nurses and doctors, who were considered 'vulnerable' to the virus, still volunteered their services to the coronavirus effort despite the obvious risk of danger. Similarly, as a doctor working in the NHS, the demands can have negative effects on you, and working during the pandemic left staff 'overwhelmed and exhausted'.

Another important point that I gathered from the book was the importance of the multi-disciplinary team, including nurses, who provide 'the most intimate of services'. Throughout the pandemic, it was nurses who had to comfort patients and form connections with patients and their families; a vital aspect of healthcare. Their range of skills is vast as at any one time the nurses could be 'fine-tuning the doses of drugs in six or more separate infusions that feed into a central line in patient's neck'. As a doctor you must acknowledge that treating a patient is always a team effort, informing me of the importance of teamwork and communication skills when working as a doctor.

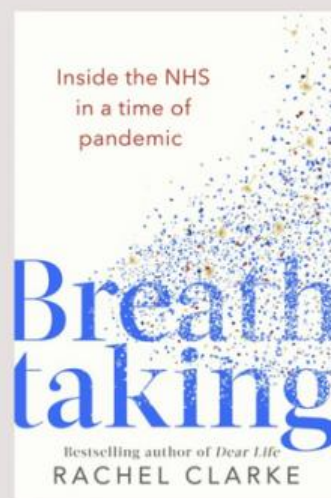
The pandemic also introduced some obstacles that greatly impacted the way doctors and nurses could deliver their care. It was a greater struggle to comfort patients and their families due to the barriers of visors and masks and many family members could not be by their loved ones as they were being treated. One way this was overcome was through telephone calls home, updating family and friends on the condition of their loved one. In the book, it was medical students who volunteered to carry out the calls, meaning that at any stage in your medical career, whether it be in medical school or afterwards, your services are always vital and it's always important to volunteer out of goodwill and the genuine desire to assist the doctors and nurses on the frontline.

The Lack of Assistance and Attention Towards Hospice Patients

This was a topic discussed thoroughly throughout the book, especially since the author was a palliative care nurse, someone who cared for patients nearing the end of their life. I learnt through reading the book that the elderly, disabled, frail, and infirm were not involved in the pandemic planning, despite this age group being the most vulnerable to COVID, they were the ones considered the least in the pandemic planning. I understood from this that as doctors, you care for everyone regardless of their age or ableness; COVID highlighted the discrepancies and prejudice in society towards senior citizens. A quote that perfectly summarised this was 'The way out of a pandemic cannot, surely entail the sacrifice of those deemed less worth saving?'.

Uncertainty While Working as a Doctor

The book also touched upon how you should expect to come across a wide variety of experiences while working as a doctor, some of which will be completely new to you. The obvious example, in this case, is the coronavirus because, as with any novel virus, it was incredibly challenging and frustrating for doctors as they knew so little; they were discovering new things about the virus as they went along making treatment of patients incredibly difficult. From this, I understood how unpredictable a career in medicine might be but you must be prepared for anything.



- Sarah, Year 12

Canteen Menus



Canteen Menu WEEK 1



Day of the Week	Monday	Tuesday	Wednesday	Thursday	Friday
Main Hot Dish	Chicken Curry Vegetarian Curry	Sausages, Mash and Gravy Vegetarian Sausages Jacket Potato and Baked Beans	Meat Balls Pasta Bake Tomato Pasta Bake	Homemade Beef Pie Vegetarian Cottage Pie	Chicken Burger & Chips Vegetarian Burger
Baguette	Chicken Tikka Cheese	Chicken & Bacon Egg	Ham Quorn & Pesto	Chicken & Sweetcorn Egg & Spring Onion	Tuna Cheese & Pickle

All baguettes served with fresh salad. All hot meals served with a selection of vegetables.

Meal Deal 1

Hot Main
+
Fresh Fruit (apple or banana) or
yoghurt
£ 2.50



**Separate price for individual items available
in the canteen areas.**

Meal Deal 2

Baguette
+
Fresh Fruit (apple or banana) or
yoghurt
+
Small Bottle of apple juice, orange
juice or water
£2.50



Canteen Menu WEEK 2



Day of the Week	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime Hot Dish	Spaghetti Bolognese Vegetarian Bolognese	Meat Lasagne Vegetarian Lasagne	Chicken Pie Cheese & Potato Pie	Chilli & Rice Vegetarian Chilli & Rice	Chicken & Veg Rice Macaroni cheese
Baguette (Break and Lunchtimes)	Chicken Tikka Cheese	Chicken & Bacon Egg	Ham Quorn & Pesto	Chicken & Sweetcorn Tikka Quorn	Tuna Cheese & Pickle

All baguettes served with fresh salad. All hot meals served with a selection of vegetables.

Meal Deal 1

Hot Main
+
Fresh Fruit (apple or banana) or
yoghurt
£2.50



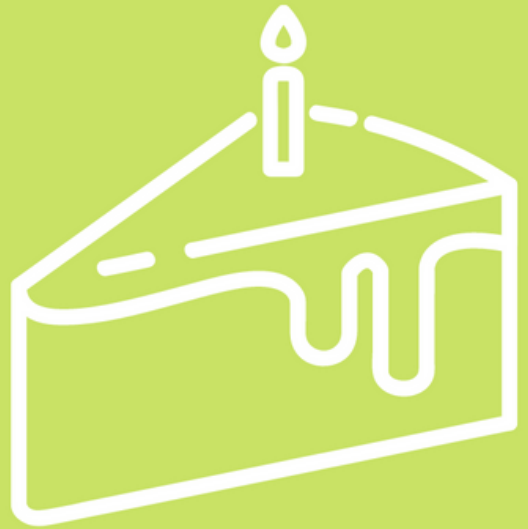
**Separate price for individual items available
in the canteen areas**

Meal Deal 2

Baguette
+
Fresh Fruit (apple or banana) or
yoghurt
+
Small Bottle of apple juice, orange
juice or water
£2.50

COFFEE & CAKE

COFFI & CACEN



£1.65