



Head Teacher's Welcome

The return to school in September was full of hope and with a sense of challenge. Hope that we would be able to return to some kind of normality in the school, yet with the sense of challenge that there were more new systems and procedures for everyone to get accustomed to. At the end of the half term, we have realised some of the hope and met the challenges head on.

As you will read from the newsletter, we have tried to bring that sense of normality back into school. You will be able to read about the experiences that students have had in lessons as well as the successes of some of our students. You will see that extra-curricular activities are back up and running and sporting fixtures back on the calendar. These types of experiences are so important for our students' wellbeing and enjoyment and we are pleased that they have been able to re-start safely. You will also see that health and wellbeing is a key part of our curriculum now in Years 7 and 8 with 'sleep' having been the important topic this term.

The challenges have also been present and, unfortunately, we are finishing half term with a high number of cases within the school. If you have received the warn and inform letter, please take note and be vigilant of your child's health.

Finally, it is with great sadness that we are today saying farewell to a greatly valued member of staff. Mrs Julie Davies, who has run reception for over a decade, is sadly leaving us at the end of this half term. She has been a professional, welcoming and kind presence at reception, managing an incredibly busy workplace. Julie will be hugely missed. Thank you to Julie, on behalf of the whole community, and we wish her all the best in her future.

I hope everyone has a safe and restful half term.

- Ms Hughes

Key Dates

- October Half-term: 25/10/21 - 29/10/21
- Year 6 Introduction Evening: 3rd & 4th/11/21
- Progress Reports: November
- Year 11 Mock Exams: 22/11/21 - 03/12/21
- Certificates Evening: 16/12/21
- Carol Concert: 20/12/21
- Christmas Break: 23/12/21 - 04/01/22



Sporting Achievements

Y9 Logan Welsh Golf Squad

Year 9 student Logan has been selected for the Wales Golf U15/U16 squad for 2021/2022 season. His selection follows a string of impressive results including his high placing at the prestigious Reid Trophy and his recent second place in the Welsh U14. Logan currently plays off a one handicap and is the highest ranked U14 player in Wales (source: European Golf Rankings). On his selection Logan said: "Since I was nine I had the dream to one day play for Wales. "I can't express how much it means to have achieved this milestone and I am very much looking forward to the challenge ahead."



Y9 Jac's Championship Win

Year 9 student Jac took part in the CP Sport National Athletics Championships in Warwick, competing in all field events, including; shot put, javelin and discus and managed to obtain three PBs from the day. Jac had great success and came away with 3 gold medals from the event. He will now train over the winter in preparation for 2022 competitions where he hopes to be chosen for the British Cerebral Palsy Team. A massive congratulations from the Ysgol Penglais community!



U18's Football win

Pictured is the Penglais U18 side who won the first round of the Welsh Cup last Friday, October 15th against Penweddig. Jamie scored in the first couple of minutes for Penglais to take the lead and the second goal from a header by Cameron, to win the match 2-0.



K. Lawrences' Marathon for the National Autistic Society

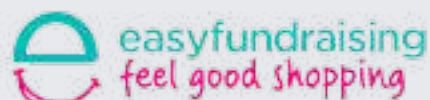
Our Penglais staff member, Katharine Lawrence, has completed the London Marathon 2021 in 4hrs and 28 minutes, raising £1111.18 for the National Autistic Society. A fantastic achievement!



Ruadhán's Hockey selection for Welsh squad

Ruadhán has recently been selected to play for Wales at U16s and travelled to Northern Ireland to play in a 3-day International test series against Ulster.

The U16s is a newly formed squad and this was their first match played as a team. Despite conceding in this test series, the team gained tremendous experience and came away with drive and determination for the forthcoming tests against England and Scotland #PlayingForTheDragon.



Raise funds for Penglais School when you shop online with over 4,500 shops and sites. Thank you to everyone for raising donations! Find us on easy fundraising to start: [Click here!](#)

Mr. Johnson Underwater Hockey for Wales

Back in August, geography teacher Mr Johnson was delighted to be named as captain of the Wales Underwater Hockey team in a national championship held in Sheffield, Yorkshire. Underwater Hockey is played at depths of two or three meters underwater where teams of six players fight for possession of a small weighted puck with small plastic or wooden sticks. Additionally players are equipped with fins, snorkels, masks and gloves. During



the tournament the Wales team performed well, winning all 5 games at the tournament, scoring 66 goals whilst conceding only 2 all day. Wales ended the event as gold medallists in their division. Mr Johnson commented afterwards: "I've been playing this sport for ten years and having represented both my university (Aberystwyth) and hometown (Cardiff) getting the chance to captain my country is something I can always look back on with pride."

Notices

Year 7 Upcycling Project

Please see the message below from Mrs F Balchin:

- Could we ask for any old electrical products for our product wall please e.g. cassette players, Dysons.
- We also need any plastic that has a triangle with the number 2 in it for our year 7 upcycling project.

If you have any of the above, please could you send them in with your children, where they can be dropped off in D3. Many Thanks!

Mobile phone policy

A reminder that mobile phones are not to be used on the school site by students. If students choose to bring mobile phones to school, they must be on silent or switched off, placed in school bags and must not be removed until leaving the school site at the end of the day.

- Should a student need to contact home during the day then they may do so at Student Services.
- Should parents/guardians wish to contact their child in school they must use the school landline number:
- **01970 624811**

Join the Chemistry Club!



The Salters institute have a chemistry club which allows you to learn about chemistry, see how it is used in the real world and carry out little experiments and investigations at home. A press release from Salter's detailing how you can participate is included below as well as the link to find out more.

This October, we are continuing the Cosmetics theme and delving into the chemistry behind: skincare, moisturisers, haircare and deodorants & antiperspirants. Chemistry Club is an interactive online learning platform for 11-14 year olds. Students can explore the chemistry in our everyday lives through interactive content released at 8 am every weekday.

All learners will need verification by their teacher or technician at the point of registration to be able to access the content. Over 500 students from 13 countries have registered so far! [Join them today and Choose Chemistry.](#)

Joining the school lottery is another opportunity to raise money for the PTA to spend on projects in school. It's easy to sign up and easy to stop at any time!

More information on www.yourschoollottery.com



Languages

Our Sixth Year of Language Mentoring

As part of the Welsh Government's Global Futures strategy to promote modern languages, during the Autumn and Spring Term 2020-21 students in the MFL department at Penglais were able to take part in the Modern Foreign Language Student Mentoring Project.

Students in Year 8 and 9 were given the opportunity to be mentored by a Modern Foreign Language student studying at Aberystwyth University. Due to Covid restrictions this took place via Microsoft Teams.

The aims of the scheme are to raise students' educational aspirations, improve their motivation and broaden their horizons in terms of career

opportunities. Our students participated online and our university Modern Foreign Language Mentor offered engaging activities based on language and culture whilst highlighting the virtues of continuing with language studies. Antonio Maia and Eva Shepherd have been crowned Language Ambassadors of the Year!



Diwrnod Shwmae



As part of Diwrnod Shwmae day (Oct 15th), we wanted to encourage all levels of Welsh speakers to start a conversation with 'Shwmae' or 'Su'mae' like our students and staff in the video below: <https://youtu.be/yEs3bLPZts8>

Celebration of Languages at Penglais

Did you know there are over 30 different languages spoken at Penglais? This month we have been celebrating the language diversity in our school and the cultural enrichment opportunity this provides. Alongside Shwmae day, we have been looking at how to meet and greet in our community languages and have asked students to bring along artefacts related to their mixed heritage which we have been able exhibit in our foyer at school. As a school we embrace all languages and seek opportunities to support students who would like to further their language qualifications. If you would like to do a GCSE in a language you speak at home, please contact Mrs Carver (lac@penglais.org) or Mrs Huws (LUH@penglais.org.uk) and we will be happy to help.

Welsh Department

Diwrnod Shwmae Day

Dilynwch y linc i weld gwahanol weithgareddau i ddathlu Diwrnod Shwmae yng Ngheredigion yn cynnwys gweithdy rapio gyda Mr Phormula, gig Diwrnod Shwmae a chwileiriau a phôsau o bob math.

[Click here to find different activities as well as some musical entertainment to celebrate Diwrnod Shwmae.](#)



Calan Gaeaf

Sawl un ohonoch chi fydd yn dathlu Calan Gaeaf neu Halloween eleni drwy gerfio pwmpen, gwisgo lan fel ysbryd neu fwyta llwyth o losin?

Did you know that there's a lot more to the Welsh Calan Gaeaf than you thought? Literally translated from the Welsh Winter's Eve, Noson Calan Gaeaf has its origins in the ancient Celtic festival Samhain which commemorated the end of the autumn and the harvest season and the beginning of Winter. "The night of 31 October, which saw in the new Celtic year, was one of blurred boundaries between this life and the afterlife, when spirits roamed the earth."

Felly beth yw rhai o'r traddodiadau Cymreig?

- Arferai dynion grwydro o gwmpas ar noson Calan Gaeaf wedi gwisgo mewn masgiau er mwyn cadw ysbrydion drwg i ffwrdd. Walking from house to house wearing masks to keep the spirits away.

- Byddai merched sengl yn taflu croen afal dros eu hysgwydd. Y gred oedd y byddai'r croen yn dangos siapp llythyren gyntaf enw eu darpar wŕ!

Single girls would peel an apple and throw it over their shoulder, believing that the shape of the peel would reveal the first initial of their true love!

[Eisiau dysgu mwy? Follow this link to learn more about Noson Calan Gaeaf.](#)



Geirfa//Vocabulary

Calan Gaeaf – Halloween
pwmpen – pumpkin
cerfio – to carve
ysbryd / bwci bo – ghost
gwrach – witch
losin – sweets
ofnus – scary
gwisg ffansi – fancy dress
arswyd - horror

Taith gerdded blwyddyn 7

Ar ddydd Iau, Hydref y 14eg, aeth y dosbarth Cymraeg ar daith gerdded o amgylch Aberystwyth fel rhan o'u gwaith ar yr ardal. Fe gerddon ni dros 18,000 o gamau o'r ysgol, lawr heibio'r Llyfrgell Genedlaethol ac i'r dref, lawr i'r harbwr ac ar hyd y Prom a draw i gicio'r bar cyn treulio amser yn archwilio yn yr amgueddfa. Yna dechrau cerdded yn ôl lan i'r ysgol drwy Goed Penglais. Diwrnod hyfryd!

The year 7 Cymraeg group enjoyed their walk around town as part of their studies on the area this term. 12km and 18,000 steps later we arrived back at Penglais having had an enjoyable and fun filled day.

Aelodaeth yr Urdd Membership

Mae hi'n amser meddwl am aelodaeth yr Urdd eto ar gyfer 2021/22 ac rydym fel ysgol am eich annog i ymaelodi eich plant/plentyn. It's time to start thinking about joining the Urdd again for 2021/2022 and as a school we are keen to encourage the membership of your child/children.



The Urdd is a vibrant organisation for children and young people, established to give the children and young people of Wales an opportunity to live their lives through the medium of Welsh. This is a special year for the Urdd as they celebrate the organisation's centenary in 2021.

Mae'r Urdd yn annog pob ysgol a changen i hyrwyddo aelodaeth uniongyrchol gan rieni. Bydd hyn yn caniatáu rhieni i dalu'r Urdd yn uniongyrchol ac yn sicrhau eich bod chi'n derbyn y wybodaeth ddiweddaraf gan yr Urdd am weithgareddau. I ymuno, ewch i urdd.cymru/ymuno ond mae croeso i chi gysylltu gyda fi fel cyd-lynnydd yr Urdd ym Mhenglais os am fwy o wybodaeth am aelodaeth a gweithgareddau.

The Urdd are encouraging schools to promote membership directly by parents. This will allow parents to pay the Urdd directly and ensure that parents also receive the latest information from the Urdd about activities in the area. The membership website is urdd.cymru/join however as Penglais' Urdd co-ordinator, feel free to get in touch should you require any information regarding membership or Urdd activities. Miss C Davies

Health & Wellbeing

From September 2021, Year 7 and 8 have Health and Well-being on their timetable alongside their PE lessons. The Health and Wellbeing topics will run as projects over a number of weeks and will be supported by the form teacher morning sessions. We've called the first topic the 'Sleep Project'. Why?

Most adults and young people recognise that sleep is an important contributor to their health and wellbeing. For children, optimal sleep is a key contributor to development. In addition, poor sleep quality and duration may contribute (along with other risk factors) to the development of emotional and behavioural difficulties. A lack of sleep can impact on children's daytime functioning including performance at school, behaviour and cognitive development, and can increase their risk of injury. Additionally, regular poor sleep is associated with increased risk of physical health problems like obesity and diabetes. Research suggests that teenagers need between 8-10 hours sleep, but most only get 6.5-7.5 hours sleep per night. Poor sleep hygiene (e.g use of Smart phones & other devices around bedtime) alongside social attitudes, hectic after-school schedules and hormone shift can all contribute to a sleep deficit. Research has also shown that a higher number of children and young people are experiencing worries and anxiety as a direct result of the pandemic, which can also affect negatively affect their sleep.

The Sleep Project

All year groups have been encouraged to take part in the activities, which for the Sleep Project includes a sleep diary and relaxation techniques. Why not have a go completing the sleep diary as a family?

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Did you perform any physical activity during the day? e.g. play sport, PE lesson, walk the dog							
What did you do to relax before going to bed? (e.g. Shower, hot bath, computer games...)							
What time did you get into bed?							
Approximately how long did it take you to get to sleep?							
What did you do between getting into bed and falling asleep? (e.g. read, go on your phone, watch TV)							
What did you consume (if anything) within two hours of going into bed (e.g. cup of tea/coffee, milky drink, glass of water, dinner)							
Was there any light coming into the room? (e.g. Bedside lamp, hall light, street light)							
Was the room cold, comfortable or hot?							
Did you wake up in the night? If so, how many times?							
What did you do while you were awake?							
What time did you fall back to sleep?							
What time did you wake up in the morning?							
How many hours sleep did you have?							

Useful links

Information and support on sleep disorders: www.thesleepcharity.org.uk

Sleep tips for teenagers: www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/

History Dig

Year 7 Hands on History

Have you seen Aberystwyth on the news over the past few weeks? There has been an archaeological dig on Pendinas Hillfort; it's the first dig of its kind since 1930!! A lot of you have probably walked to the top of Pendinas Hillfort to see the magnificent views of Aberystwyth. Did you know that you actually walked over the hillfort and the site the archaeologists were recently excavating? Some of you may have visited the hillfort during the excavation as volunteers or spectators.

Over the past few weeks Year 7 History students have been involved in their own archaeological dig. Dyfed archology have kindly borrowed Ysgol Penglais a huge number of artefacts, which included a human skeleton!

Year 7 have been learning about the Celts and hillforts in their History lessons and the importance of Pendinas Hillfort. They have also been looking at what it takes to be an archaeologist and learning about all the tools archaeologist use. Some students in Year 7 would fancy being an archaeologist themselves.

Maybe next time Dyfed Archaeology excavate Pendinas or any of the huge amount of Historical sites we have in Ceredigion, perhaps our Penglais students will be the main archaeologists involved.



Alumni Careers

Openreach: Telecommunication Engineer

- Name & role: *Dorian Jones, Telecommunication Engineer for Openreach*
- When you attended Penglais: 2004 - 2011
- Day-to-day responsibilities in your role? *They vary slightly from one day to another. I can be running cable one day to installing or fixing someone's phone line or broadband the next. My role means that I could be climbing telegraph poles in the middle of nowhere in the morning, then working in the underground network in the middle of the road in the afternoon.*
- What is your lasting impression of Penglais? *My lasting impression of Penglais is that it was a really good school to go to and a place where I've made memories with friends I still speak to on a daily basis.*



Area Display Consultant for Next

- Name & role: *Sian Henley Davies, Area Display Consultant for Next*
- When you attended Penglais: 2006-2008 (for Sixth Form)
- Day-to-day responsibilities in your role? *Maintaining high window dressing standards throughout Next stores. Implementing seasonal changes, and adapting to different working methods such as painting, wallpapering, flooring, sawing etc.*
- What did you do after leaving Penglais? *Art Foundation at Coleg Sir Gar, Carmarthen*
- What advice do you have for current students at Penglais? *It's never easy deciding what career path to take at such a young age so choose a variety of subjects, so you can explore a few different avenues.*



Lucozade Ribena Suntory

- Name, when you attended Penglais & role: *Owen Lawrence (1997-2005), National Account Manager - Lucozade Ribena Suntory*
- Day-to-day responsibilities in your role? *I work specifically in the Wholesale channel and our job is to supply wholesale customer around the country with our products so that they can then sell them to the local shops. My job is fast paced and involves a lot of planning but it is great fun and the perks that come with it are brilliant.*
- What advice do you have for current students at Penglais? *Enjoy your time whilst you can and make the most of the opportunities in front of you. Also, remember that your time in school doesn't define you, there is much more to life once you're out in the big world and that you can be anyone you want to be.*



Canteen Menu

Here you can see the canteen menu for Week 1 and Week 2, which will be used after October half-term.

There will also be paninis, toasties, bagels, baguettes and pizza available at break.

Also available at lunch are various rolls, quiches, salad pots and calzones.

We are a cash-free school - set up ParentPay to put money on your child's dinner account. Contact: maw@penglais.org.uk

YSGOL PENGLAIS MENU WEEK 1 PENGLAIS SCHOOL

MON

MAIN DISH
Pasticcio (pasta bake)
Veg pasta bake

BAGUETTES
Chicken tikka Cheese

DESSERT
Pineapple upside down cake
Angel delight
Flapjacks



TUE

MAIN DISH
Chicken & veg bake
Veg crumble

BAGUETTES
Chicken & bacon Egg

DESSERT
Fruit oat crumble
Chocolate muffins



WED

MAIN DISH
Roast pork
Leeds & potato pie

BAGUETTES
Quorn & pesto Ham

DESSERT
Chocolate sponge
Jelly & fruit
Pancakes



THURS

MAIN DISH
Tuna pasta bake
Macaroni broccoli & sweetcorn bake

BAGUETTES
Chicken & sweetcorn Tikka Quorn

DESSERT
Steamed orange sponge
Homemade cookies



DEALS

DEAL 1: £2.50 **DEAL 2: £2.50**

Main dish + Baguette +
Fresh fruit or Fruit/ yoghurt +
Yoghurt Bottle of
apple/orange
juice or water

FRI

MAIN DISH
Chicken goujon
Veg sausage & chips

BAGUETTES
Cheese & pickle Tuna
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DESSERT
Fruit tart
Orange & apple muffins



YSGOL PENGLAIS MENU WEEK 2 PENGLAIS SCHOOL

MON

MAIN DISH
Calypso chicken
Veg savoury rice

BAGUETTES
Chicken tikka Cheese

DESSERTS
Jam & coconut sponge
Dai & raisin cookies



TUE

MAIN DISH
Sausage & mash
Veg sausage & mash

BAGUETTES
Chicken & bacon Egg

DESSERTS
Rice pudding
Shortbread



WED

MAIN DISH
Cawl
Cheese & potato pie
Soup & a roll

BAGUETTES
Quorn & pesto Ham

DESSERTS
Bakewell tart & custard
Angel Delight
Cookies



THURS

MAIN DISH
Spaghetti bolognese
Vegetarian bolognese

BAGUETTES
Chicken & sweetcorn Tikka Quorn

DESSERTS
Chocolate banana cake & custard
Jam & cream scones



DEALS

DEAL 1: £2.50 **DEAL 2: £2.50**

Main dish + Baguette +
Fresh fruit or Fruit/ yoghurt +
Yoghurt Bottle of
apple/orange
juice or water

FRI

MAIN DISH
Meat lasagne
Veg lasagne

BAGUETTES
Cheese & pickle Tuna

DESSERTS
Apple crumble
Welsh cakes



Library



The Library is appealing to students and parents for book donations of unwanted books you may have at home. We are currently looking for sport books, particularly football and rugby, both fiction and non-fiction. Other children and young adult books are gratefully received.

Please contact **E.Kennedy@penglais.org.uk** for more information.

Wellbeing Shelf



A new Wellbeing Shelf has recently been developed in the Library and includes books which cover the following topics:- stress, anxiety, gender, sexuality, motivation, grief, confidence, self esteem, life online, positivity, body image and mental health. These books are available for all students and staff to borrow.

Remember to leave us your book reviews on the Reading Cloud, or hand one to the Librarian.

The best review each term wins a prize.

Year 7 Library Inductions have been able to go ahead in the Library this year. The Year 7s had an introductory presentation and then perused the books and resources at their leisure.

This led to a huge increase in book borrowing figures for the Year 7 group.

Roald Dahl Day



Roald Dahl Day took place on the 13th September this year and the Library supported this with a creative display and supporting activities. These included crosswords, word searches, word scramble and bookmarks.

Extra Curricular

Sports Extra Curricular timetable for Years 7 to 9 (12:05 - 12:45)

WHEN	WHERE	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH TIME	GYM	<u>Girls gymnastics</u> CAP	<u>Year 7 benchball</u> JLR	<u>Year 8 Benchball</u> OXD		
	<u>Sports hall</u>	<u>Yr 7, 8 and 9 Basketball</u> Lee Coulson	<u>8 and 9 Netball</u> SU			
After school		<u>Basketball</u> Year 7 – 11 6-7pm £3.50	<u>Hockey</u> All age groups	GIRLS FIXTURES	<u>Girls football</u> Year 7 and 8 Year 9 and 10	
			<u>Boys Football</u> 7 and 8 9 and 10	<u>Rugby</u> Yr 7 and 8 Yr 9 and 10	BOYS FIXTURES	
					<u>Basketball</u> Year 7 – 11 5-6pm £3.50	

Sports Extra Curricular timetable for Years 10 to 11 (12:55 - 13:35)

WHEN	WHERE	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH TIME	GYM					
	<u>Sports hall</u>	<u>Senior Netball</u> Years 10, 11, 12, 13 Week 2 only <small>SU</small>		<u>Senior Netball</u> Years 10, 11, 12, 13 Week 1 only <small>SU</small>	<u>Year 11 Football</u> <small>CAP</small>	<u>Badminton</u> Years 10 and 11 <small>CAP</small>
After school		<u>Basketball</u> Year 7 – 11 6-7pm £3.50	<u>Hockey</u> All age groups	GIRLS FIXTURES	<u>Girls football</u> Year 7 and 8 Year 9 and 10	
			<u>Boys Football</u> 7 and 8 9 and 10	<u>Rugby</u> Yr 7 and 8 Yr 9 and 10	BOYS FIXTURES	
					<u>Basketball</u> Year 7 – 11 5-6pm	