



Headteacher's Welcome

Despite the challenges that this half term has brought to the community, you will see from this half term's newsletter that students and staff have had a busy time! The newsletter is full of news from both inside and outside the classroom and celebrates the successes of our students.

Once again, we have students who are representing their sport on a national level in football, basketball and wheelchair basketball. We also have boys and girls football team successes with the girls under 15 team winning the Ceredigion Cup and the boys under 13 team going on to challenge for the Ceredigion cup next term.

But it's not just in sports that our students shine a light. Lloyd Warburton's article on his journey to the Welsh Youth Parliament is an interesting read and a privilege for him to be at the opening of the 6th Senedd. You can also read in the Sixth Form News section about a Year 12 student's amazing success in a national Law Essay competition by the University of Law.

Departments have also been busy giving all of our students a range of interesting experiences in their lessons from their Design Technology and Food lessons to Modern Foreign Language and their links to the use of languages in various careers. And this is only a fraction of what has been going on in school. The music department held an online concert, recorded with S4C and sang for residents in Hafan Y Waun – more of which in next term's newsletter. And of course, our Year 11, 12 and 13 students had their mocks to prepare for in the few weeks before the end of term. It's no wonder that you probably have exhausted children at home now.

Please keep an eye out for the end of term letter which will give you more information regarding the start of term. In the meantime, please have a safe, restful and happy Christmas and we look forward to welcoming students back on Friday 7th January.

Key Dates

- Friday 7th January 2022 - Start of Spring Term - **Week 1**
- Wednesday 19th January 2022 - Year 9 Options Evening (online)
- Thursday 20th January - Year 12 Parents Evening (online)
- Thursday 27th January - Sixth Form Open Evening (online)
- Thursday 3rd February - Year 11 Parents Evening (online)
- Thursday 10th February - Year 9 Parents Evening (online)
- Monday 21st February to Friday 25th February 2022 - Spring Half term



Design & Technology

Key Stage 3 Christmas Decoration competition

The Design and Technology department have been very impressed with the effort and skill that the students put into the Christmas decoration competition. We had some fantastic entries! The overall winner was Felix (Yr 7) who won the advent calendar full of tools, and the runners up were Emily (Yr 7), Lyla (Yr 7), Eowyn (Yr 9) and Ifan (Yr 9) who all received a small goodie bag of tools.



A selection of the wonderful creative Christmas decorations made by Year 7 and 9

Food and Nutrition

Introduction to Food & Nutrition by Mr Retter

Firstly, hello! I would like to introduce myself. My name is Mr. Retter and I am very lucky to be the new Food and Nutrition teacher here at Penglais. I haven't managed to meet many of you yet, but I am very much looking forward to doing so.

What a first term it has been in Food and Nutrition! The **GCSE Year 11** students have been working exceptionally hard on developing high-level skills. They have butchered a whole chicken down into its various parts of breast meat, thighs, wings and drumsticks and transformed these into dishes such as Chicken Casserole, Chicken Kiev's and BBQ Chicken Wings. This will prove to be great preparation for their assessment work where they are currently recipe trialing many different poultry dishes.

Year 10 have been looking at the commodities of fruit and vegetables and understanding more about food provenance. They have been creating fruit and vegetable based dishes and have now moved onto cake making methods and sauce making. They have recently produced macaroni cheese where they made their own Roux sauce and finished gratin style. Further to this, they had an opportunity to produce some spun sugar, allowing them to work on their decorative finishes in class.

I have been super impressed with our **KS3** groups so far and we have some fantastic cooks who will flourish at GCSE level. So many products have been made this term including, fruit salads, fruit crumbles, Swiss rolls, Samosas, meatballs, parfait and many, many more! If you would like to see some of the great work being produced then the displays in the corridor outside Food will show you all you need to know. We also have a live menu that tells everyone what is happening during the next two weeks.

I would like to give a special thank you to Mrs. Bonarek-Gnat who has made me feel very welcome this term and all of the members of the Design and Technology department.

Finally, I hope you all have an enjoyable and restful Christmas break. Lots more cooking happening in the New Year!

Merry Christmas / Nadollig Llawen.



Sports News



Football News

Steffan, Josh and Kai from Year 8 are members of the Ceredigion School under 13 football team. Photo taken after the match against Pembrokeshire schools
Result: Ceredigion schools 10 - Pembrokeshire 1



THE NBA IS COMING TO WALES!

The Junior National Basketball Association (NBA) League was created for 11–13 year olds (Year 7 and Year 8) boys and girls in secondary schools to participate in basketball by teaching them the fundamentals of the sport while instilling core values including teamwork, respect and sportsmanship. In 2022, Basketball Wales will hold two competitions. The North Conference will be held at Bangor University on 15th March 2022 and the South Conference at Cardiff Met University on 22nd March 2022. The Finals will then take place at Aberystwyth University on 8th June 2022 where they will be competing to become the inaugural Basketball Wales Jr. NBA champions.



Penglais junior team along, with all other schools in Wales, were invited to a 'Draft Day' Event at Aberystwyth University which took place on 23rd November 2021. This very exciting and prestigious event has taken months to organise and our thanks go to Lee Coulson who has been a central part in generating students' passion for the sport in the Aberystwyth community. Good luck Penglais next March!

Sports News

Football Win for Under 15 girls team

The U15 Penglais Girls football team beat a very strong Bro-Teifi side to win the Ceredigion Cup and represent the County in the Welsh Cup moving forward.

They went 1-0 down but came back determined and resilient with goals from Jess, Lily, Ella, and an own goal from a brilliant corner taken by Rachel meant that they were victorious in a 4-1 win.

They were superb throughout and worked tirelessly in what was a really tough game against a very good Bro Teifi team with several county players.

Players: Carys, Rach, Ella, Elan, Lily, Katie, Mari, Jess, Celsea, Abi, Emily, Olivia, and Alwena.

Football win for Penglais Under 13 team

Penglais U13 side who won the North Ceredigion league and will now go on to play the winners of the South in the New Year. The first game of the Welsh Cup was away against Penweddig, winning the match 4-2 and the second against Aberaeron. Two goals were scored by Kai Rhodes – the first from a free kick and the second from a penalty to win the match 2-0.

Welsh School Boys U18's North

Cameron Allen (Year 12) and Jamie Jones (Year 13) have been competing in football matches for the Welsh School's Under 18 trials. We wish both students the very best of luck with squad selection and their future footballing pathway.



Sports News



Alex Hammel selected for Basketball Wales U15 team

After being a member of the U12 and U14 teams Alex was selected for the Basketball U15 team at the trials in Cardiff in September 2021. Alex played three 3x3 tournaments in Wales during the school summer holiday. He was very pleased to be selected again and now attends training sessions in South Wales.

Alex trains with the Aberystwyth Basketball club four sessions a week and is an ambassador. He also helps out with the primary school training and is going to volunteer for the Junior NBA competition coming to Aberystwyth.



Year 11 student Kai has been selected to represent Wales at this year's school games.

Kai also plays for Swansea's junior wheelchair basketball team as well as the West Coast Warriors wheelchair basketball team in the junior league. At present Kai continues to train with the 2022 adult Commonwealth Games wheelchair basketball team, which is a great opportunity. The final team selection is yet to take place. Kai first tried wheelchair basketball at the age of 7 when an operation led to him being in a wheelchair for the majority of the time. Wheelchair basketball has been a huge part of his life giving him many opportunities and involvement within the sport. We wish him the best for the future.

Sixth Form News

The University of Law Essay Competition by Sabrina Year 12 student

I first heard of the essay competition when Mrs Elgood sent out an email about it. I didn't have much time left but, as I have recently become interested in law, I thought I should take this opportunity to learn about the subject; so, I entered.

My essay was focused on the question, Will Covid-19 change the way lawyers work in the future? It looks at the different ways that the pandemic may affect the future of the legal profession, including current online court developments, as well as what has happened in the past.

When I got the email and call to be told the news I had won, I was in total disbelief. I honestly thought I had no chance of winning, and to be credited for my essay-writing skills and gain some amazing experience means a lot to me. I won £1000, a laptop, an insight day at Clyde and Co, a week's work experience with the Coop legal team, and a session with an Employability Director.

I had to write a blog about the competition here: <https://www.law.ac.uk/resources/blog/real-world-competition-winners-2021/>

Exam Winner Workshop for Year 12 and 13 students

Peter Radford spent the day working with Sixth form students introducing his Exam Winner Workshop which included developing a growth mindset and growing grit, exam and study skills as well as giving them techniques to cope with stress and develop resilience. A huge number of positive comments were received as feedback following this day.



Remembrance Service

Head Students, Maxita and Michael attended the Remembrance Service at St. Michael's church along with Mrs Jan Elgood, Head of Sixth Form.

Sixth Form News

My Journey to the Welsh Youth Parliament by Lloyd Year 13

As many of you may know, I was recently elected to the Welsh Youth Parliament, to represent Ceredigion's young people. Here is my journey over the last few years which got me into politics and, ultimately, into the Welsh Youth Parliament. My interest in politics really started around the time of the 2017 general election. In the weeks and months before it, I became increasingly interested in the Brexit negotiations, and then the Prime Minister at the time, Theresa May, called a snap election. Up to this point, I had always been interested in numbers and stats, and elections strongly tie into that. I followed that election campaign closely, and I found it utterly absurd that Theresa May called the election in the first place, given the Conservative party already had a majority in parliament. When election night came around, the Conservatives lost their majority, and May's gamble backfired spectacularly. This election also saw Plaid Cymru's Ben Lake winning Ceredigion from the Liberal Democrats' Mark Williams. That election and the bizarre circumstances surrounding it inspired me to look more into politics, and to get involved.

Covid

Throughout 2019, I became increasingly involved in politics. I marched for Welsh independence twice, delivered leaflets for YesCymru and Plaid Cymru. During that year, my Twitter following grew from a few hundred to about 3,000. The Brexit chaos, the appointment of Boris Johnson as PM and the 2019 general election fired me up even more and convinced me that politics urgently needs change and youth. And then Covid came along.

I started posting Wales's Covid figures on Twitter in March 2020 and launched the CoronavirusCymru.wales website at the end of that month. I still update the website 6 days a week to this day. My work on Covid led to me gaining over 20,000 followers on Twitter, and overwhelming media interest. I won an award from S4C's 'Dathlu Dewrder' (Celebrating Bravery) show, and in early 2021, I got the greatest honour of all. Ceredigion's member of the Senedd, Elin Jones, who is also Llywydd (presiding officer) of the Senedd, chose me as Ceredigion's Covid Community Champion. This gained me an entry on the Senedd website as a Community Champion and led to me being invited to the Official Opening of the Sixth Senedd in October 2021.

Official Opening of the Sixth Senedd

I left for Cardiff on the evening before the event. That night, I stayed in the St. David's Hotel, which is a short walk away from the Senedd. With the event being very formal, I wore a red shirt and waistcoat (make of that choice what you wish) and a tie covered in Welsh flags. We were among the first to reach the Senedd, so we had to queue for about 20 minutes before going through the airport-style security and into the Senedd. We had a couple of hours to socialise with other attendees before the event. Most of the others there were also Community Champions, including people who had delivered food packages to those struggling, created PPE and spread joy and happiness throughout a horrific year for so many. (In a way, I was invited for amplifying how bad the situation was...)

Covid Community Champions weren't the only people invited. I also met with a young family who had recently been evacuated from Afghanistan, who were resettled in Cardiff, with help from the Urdd.

When the event started, all the Senedd Members who had been elected in May walked past us, led by the Queen. Several of them recognised me and said hi, from various parties. During the formal ceremony, we had to sit in the Senedd lobby and watch the formalities on the TV screens. After the ceremony, the Queen left, which is understandable given her age, but Charles and Camilla stayed around to chat to us. Camilla was assigned to speak to everyone on my side of the room. She was accompanied by Mark Drakeford as she approached me. After a quick chat with Camilla, I was asked to go outside for an interview with S4C and BBC Wales. I walked down with Elin Jones, and along the way, encountered Dr Andrew Goodall, who was Chief Executive of NHS Wales at the time. He told me that he had used my data presentations in briefings within the NHS, which is a big honour for me.

Sixth Form News

Welsh Youth Parliament

In October, I announced my candidacy in the Welsh Youth Parliament election. This was my last opportunity, as one must be aged 11-17 at the time of the election to stand. During the campaign, I created a poster to share on social media and did a Q&A on Instagram. It was also great to see two other Penglais students on the ballot, namely Afon Hoare and Coby Perch. Three of Ceredigion's seven candidates were from Penglais.

Voting in the election was open between the 1st and 22nd of November, and I was informed that I had won on the 24th. Then I had to keep it secret until the 1st of December which, coincidentally, was the day of my driving test. The election result was announced at 1:30 that afternoon. The reaction on social media was extremely positive, but I wasn't to know that until after my driving test. I'm really looking forward to representing Ceredigion in the Welsh Youth Parliament for the two years, and to listening to the views and priorities of all of Ceredigion's young people. Oh, and I passed my driving test, by the way. Have a good Christmas, everyone!



Notices

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**

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

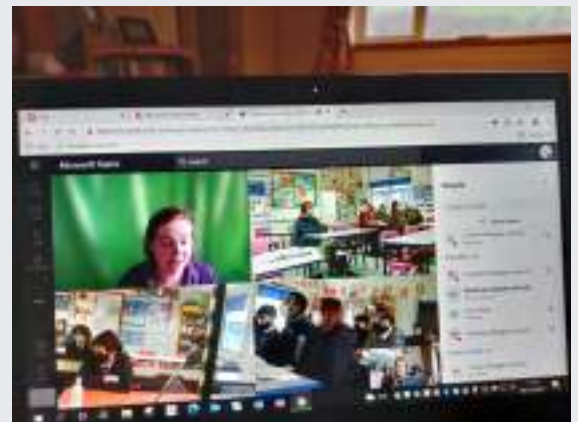
Motivational Careers Talks in the Languages Faculty

As a department, the International language teachers have been considering this key question: What do students think the purpose of language learning is, and where has this perception come from?

Firstly, we carried out a languages survey which revealed that very few of our students were aware of the various jobs linked to language skills outside of teaching and translating. In Key Stage 3, many of our students enjoyed the lessons which included music and short video clips, while our older students wanted to see how languages could be used in future careers.

In response, during Key Stage 3 we are continuing to integrate songs and short films into our teaching. These range from Les choristes to Coco, Libro de mi vida and many more. We are still keen to use as much target language as possible in our lessons and continue to promote the idea that it's ok to make a mistake! We also have a buddy programme where sixth formers are carrying out speaking tasks with our younger students in small groups.

In Years 9 and 11, we have had a real push on highlighting the connection between language skills and future employability. We have had live virtual talks from a range of entrepreneurs, university students and people who have jobs in which they use their international language skills every day. Guest speakers have included CEO Lingokids, translators and negotiators working in the MOD, co-ordinator Medecins sans frontieres... to name a few. In the new year, we will have further talks from a war correspondent journalist and an international mapper. Here are some photos of our students enjoying the live virtual Q&A sessions. All of our speakers expressed the importance of communication and trying out new languages above the idea of linguistic perfection. We've even taken inspiration from Miley Cyrus! #itsoktomakeamistake



Welsh Department

Cylchlythr Rhagfyr 2021

Adran y Gymraeg

Eisiau ychydig o help gyda'r Gymraeg? Mae gan yr Urdd gylchgronau gwahanol ar gyfer pobl ifanc sy'n helpu gyda dysgu Cymraeg. Dilynwch y linc yma i ddarllen y rhifyn diweddaraf.

Would you like some help with Welsh? The Urdd publish monthly magazines for young people to help with the language. Follow this link to read the latest version: <https://www.urdd.cymru/cy/cylchgronau/>

Taith y Sgriblwyr

Cafodd disgyblion Cymraeg blwyddyn 7 gyfle arbennig i fod yn rhan o Daith y Sgriblwyr ddechrau mis Tachwedd. Aeth y disgyblion lawr i'r Brifysgol lle'r oedd beirdd fel Aneirin Karadog, Gruffydd Eifion Owen a Mererid Hopwood yn cynnal gweithdai barddoniaeth arbennig.

Year 7 Cymraeg students were given the opportunity in November to attend the Scribblers Tour, organised by the Hay Festival. They spent the afternoon in workshops with famous Welsh poets and everyone was mesmerised by Welsh language hiphop artist, Rufus Mufasa and her performances. Da iawn bawb am gymryd rhan!



Y Nadolig a'r Calan

Mae'r Nadolig yn nesáu! Christmas is coming!

Rydyn ni i gyd yn gwybod am rai o draddodiadau'r Nadolig fel bwyta mins peis, twrci a phwdin Nadolig, canu carolau a goleuo'r goden. Ond faint rydych chi'n ei wybod am y Calan? How much do you know about Calan or New Year traditions in Wales?

Roedd yr hen galan yn cael ei ddathlu ar Ionawr y 13eg ond pan newidiwyd i'r calendr Gregoriaidd yn 1752, fe symudodd y calan hefyd. The New Year was originally celebrated on January 13th but when the change was made in 1752 to the Gregorian calendar, the new year changed too.

Un ardal sydd wedi cadw at yr hen draddodiad yw ardal Cwm Gwaun yn Sir Benfro. Yno, mae'n nhw'n dathlu'r calan ddwywaith, unwaith ar Ionawr y 1af ac eto ar y 13eg! This was an unpopular decision and one area of Wales that has clung on to the original date is Cwm Gwaun in Pembrokeshire who celebrate New Year not once but twice!

Dyma rai o draddodiadau'r hen galan. Here are some of the traditions.

Canu calennig Cynnau coelcerth (bonfire)

Y Fari Lwyd Hela'r Dryw

Click here to read more... [BBC - Arferion Calan y Cymry](#)

Welsh Department

Geirfa - Vocabulary

Nadolig Llawen - Merry Christmas

twrci - turkey

coeden - tree

anrhegion - presents

addurniadau - decorations

Sion Corn - Santa Claus

Bwrw eira - snowing

Blwyddyn Newydd Dda - Happy New Year

Y Calan addunedau - New Year Resolutions

Happy New Year/Blwyddyn Newydd Dda

Blwyddyn newydd dda i chi

Ac i bawb sydd yn y tŷ,

Dyna yw'n dymuniad ni,

Blwyddyn newydd dda i chi.

Happy New Year to you

And for everyone in the house,

That is what we want,

Happy New Year to you.

Learning Support Centre

The pupils in LSC have been working hard making Christmas decorations. After much thought they decided to make snowmen that they could give as a gift to someone special. The pupils worked on their fine-motor skills by sewing buttons onto the snowman's body and filling it with rice. From the snowmen and pupils of LSC, Merry Christmas!



Eisteddfod yr Urdd

2022 | Urdd Gobaith Cymru

2022 | Urdd Gobaith Cymru

Ym mlwyddyn dathlu canrif o fudiad yr Urdd, bydd Eisteddfod Genedlaethol yr Urdd yn cael ei chynnal yn Sir Ddinbych ar ddiwedd mis Mehefin, 2022.

As the Urdd celebrate its centenary, the National Urdd Eisteddfod will take place at the end of May, 2022 in Denbighshire.

Mae yna lawer iawn o gyfleoedd i gymryd rhan:

- canu a llefaru – unigol ac mewn grŵp, clasurol, gwerin, cerdd dant a phoblogaidd;
- drama – monologau ac ymgom;
- unawdau a grwpiau offerynnol;
- dawns – unigol a grŵp
- cystadlaethau gwaith cartref ysgrifennu, celf, dylunio, coginio a gwallt & harddwch;

There are lots of opportunities to take part:

- singing and recitation – solo and group competitions, classical, folk, cerdd dant and pop music;
- drama – monologues and group performances;
- solo and ensemble instrumental;
- dance – individual and groups;
- homework competitions such as art, creative writing, design, cooking and hair & beauty;

Oes diddordeb gyda ti? Are you interested?

Yn gyntaf, rhaid bod yn aelod o'r Urdd ar gyfer 2021-22. Os nad ydych wedi gwneud hyn yn barod, dilynwch y linc yma. Join | Urdd Gobaith Cymru

Firstly, you need to be a member of the Urdd for 2021-22. Follow this link if you haven't already done this. Join | Urdd Gobaith Cymru

Dewch i siarad gyda Miss Davies yn A5 am fwy o wybodaeth neu os oes diddordeb gyda chi yn unrhyw un o'r gweithgareddau neu gyfleoedd sydd gan yr Urdd i'w cynnig.

Come and speak to Miss Davies in A5 for more information or if you are interested in any of the activities and opportunities that the Urdd offer.



Diet and Nutrition

Well-Being theme: Diet and Nutrition

- This half term, students in years 7 and 8 have been discussing the importance of keeping hydrated and recognise that daily use of energy drinks has been linked to headaches, sleeping problems, irritation and tiredness. Very high consumption of caffeine has also been associated with heart complications and can have a harmful effect on the nervous system.
- Students have also been planning meals using the 'Eatwell' guide, which means eating the right amount from different food groups. Eating healthily doesn't mean giving up your favourite foods. It simply means eating a variety of foods and cutting down on food and drink high in fat and sugar such as sugary fizzy drinks, crisps, cakes and chocolate. The World Health Organisation recommends getting at least half of our energy intake from carbohydrates and no more than 30% from fats. The organisation also recommends 400 grams of fruit and vegetables daily. Dieting and skipping breakfast don't help you to lose weight and aren't good for you because you can miss out on important nutrients.



Looking at labels and understanding the red, amber and green colour codes can help us to make healthier choices.

The 'Healthy eating for Teens' guide by the NHS recommends the following as a guide to healthier eating habits:

1. Don't skip breakfast
2. Get your 5 a day
3. Stay hydrated (water)
4. Cut down on food and drink high in fat and sugar such as sugary fizzy drinks, crisps, cakes and chocolate.

Health and Wellbeing

Penwythnos Iechyd a Lles Creadigol / Health and Wellbeing Creative Weekend 21-23 Ionawr/January Gwersyll yr Urdd Llangrannog

Cyfle arbennig i bobl ifanc blynyddoedd 9-11 Ceredigion i ddod at ei gilydd i gymdeithasu, a fynegi eu teimladau drwy gelf fynegiannol gyda'r nod o gynyddu eu hyder a'u hunan-werth. Arweinir y gweithdai gan arbenigwyr o gwmni Theatr Arad Goch.

Hoffet ti...

- Siarad am dy brofiadau?
- Datblygu sgiliau creadigol?
- Cydweithio?
- Taclo rhwystrau a phryderon?

Mae'r holl weithdai, llety a bwyd yn rhad ac am ddim!

Dim ond lle i 25 sydd ar y cwrs felly peidiwch ag oedi - cofrestrwch heddiw!

Cofrestrwch yma | Register here

A great opportunity for students in Years 9 to 11 in Ceredigion to get together to socialise and express their feelings through expressive art forms with the aim of increasing their confidence and self-worth. The workshops will be led by experts from Arad Goch Theatre Company.

Would you like to...

- Talk about your experiences?
- Develop creative skills?
- Collaborate with others?
- Tackle obstacles and concerns?

All workshops, accommodation and food free of charge!

There are only 25 places on the course so don't delay - sign up today!

Cofrestrwch yma | Register here

Cysylltwch am fwy o fanylion | For more details contact: carylgriffiths@urdd.org

Hearing Resources News

Mushroom Art from talented pupil

Skylinn has made 'Living art' as part of her GCSE Art work. She made this using only natural and recycled materials; foraging for plants, soil, wood and stones and then using clay and paper for the main structure. Skylinn's art mostly includes recycled and natural materials, making the most of the local woodlands and beaches.



Karate Success

Hafwen has recently gained her brown belt in karate by attending her grading in Carmarthen earlier this month. She is hoping to continue with her karate so that she can gain her black belt soon.



Canteen Menu

Here you can see the canteen menu for Week 1 and Week 2,

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. If you would like to set up ParentPay to put money on your child's dinner account, please contact Mrs Williams on maw@penglais.org.uk or call the Finance dept on 01970 624811.

YSGOL PENGLAIS
MENU
WEEK 1
PENGLAIS SCHOOL

| | | |
|--|--|--|
| <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: blue;">MON</p> <p>MAIN DISH Pasticcio (pasta bake) Veg pasta bake</p> <p>BAGUETTES Chicken tikka Cheese</p> <p>DESSERT Pineapple upside down cake Angel delight Flapjacks</p>  </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: red;">THURS</p> <p>MAIN DISH Tuna pasta bake Macaroni broccoli & sweetcorn bake</p> <p>BAGUETTES Chicken & sweetcorn Tikka Quorn</p> <p>DESSERT Steamed orange sponge Homemade cookies</p>  </div> | <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: green;">TUE</p> <p>MAIN DISH Chicken & veg bake Veg crumble</p> <p>BAGUETTES Chicken & bacon Egg</p> <p>DESSERT Fruit oat crumble Chocolate muffins</p>  </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: blue;">DEALS</p> <p>DEAL 1: £2.50 DEAL 2: £2.50</p> <p>Main dish + Baguette + Fresh fruit or Fruit/ yoghurt + Yoghurt Bottle of apple/orange juice or water</p> </div> | <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: blue;">WED</p> <p>MAIN DISH Roast pork Lentil & potato pie</p> <p>BAGUETTES Quorn & pesto Ham</p> <p>DESSERT Chocolate sponge Jelly & fruit Pancakes</p>  </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: orange;">FRI</p> <p>MAIN DISH Chicken goujon Veg sausage & chips</p> <p>BAGUETTES Cheese & pickle Tuna</p> <p>DESSERT Fruit tart Orange & apple muffins</p>  </div> |
| <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: yellow;">MON</p> <p>MAIN DISH Calypso chicken Veg saffron rice</p> <p>BAGUETTES Chicken tikka Cheese</p> <p>DESSERTS Jam & coconut sponge Oat & raisin cookies</p>  </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: red;">THURS</p> <p>MAIN DISH Spaghetti bolognese Vegetarian bolognese</p> <p>BAGUETTES Chicken & sweetcorn Tikka Quorn</p> <p>DESSERTS Chocolate banana cake & custard Jam & cream scones</p>  </div> | <div style="text-align: center;"> <p>YSGOL PENGLAIS MENU WEEK 2 PENGLAIS SCHOOL</p> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: green;">TUE</p> <p>MAIN DISH Sausage & mash Veg sausage & mash</p> <p>BAGUETTES Chicken & bacon Egg</p> <p>DESSERTS Rice pudding Shortbread</p>  </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: blue;">DEALS</p> <p>DEAL 1: £2.50 DEAL 2: £2.50</p> <p>Main dish + Baguette + Fresh fruit or Fruit/ yoghurt + Yoghurt Bottle of apple/orange juice or water</p> </div> | <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: blue;">WED</p> <p>MAIN DISH Cawl Cheese & potato pie Soup & a roll</p> <p>BAGUETTES Quorn & pesto Ham</p> <p>DESSERTS Bakewell tart & custard Angel Delight Cookies</p>  </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center; color: orange;">FRI</p> <p>MAIN DISH Meat lasagne Veg lasagne</p> <p>BAGUETTES Cheese & pickle Tuna</p> <p>DESSERTS Apple crumble Welsh cakes</p>  </div> |

Library



Students have been busy entering the Library competitions this term. The first was a mindfulness colouring competition, and the second a design the book cover competition. Winners will be announced at the end of term.

The Library were fortunate to receive these lovely resources from The Reading Agency for the Piers Torday book, *The Wild Before*. There were lots of activities for the students to enjoy.



The Reading Cloud School Library system is available to all students.

Go to www.readingcloud.net to discover more.

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



If you fancy a challenge over Christmas try National Book Tokens hidden book challenges. There are games suitable for young and old.

Play the Book Island Challenge from National Book Tokens.

www.nationalbooktokens.com/caboodle-rewards

Extra Curricular

Sports Extra Curricular timetable for Years 7 to 9 (12:00 - 12:40)

| 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 | |