



Headteacher's Welcome

Following the concerns at the start of January regarding the Omicron variant and the potential for significant disruption in schools, I am really pleased that we have managed to see this half term through successfully. There has not been a significant number of cases within the school, either in the student or staff body. The use of LFT three times a week and everyone's diligence with sanitising and wearing face coverings has contributed to maintaining the low number of Covid cases. Thank you to everyone for the part they have played in keeping everyone safe.

This half term is always the start of a busy time for our students in Key Stages 4 and 5. Following the mocks in December, students and staff now have clear areas to focus and improve on. We are very aware that this will be the first time that students in Years 11, 12 and 13 have sat external examinations and the pressure and anxiety that this can bring to students. We are doing as much as we can to prepare and support students, from holding assessments in the Main Hall as a practice to running sessions for students with Educational Psychologists in preparation for exams. The Sixth Form Team, Student Services, Heads of Year 10 and 11, teachers and leaders are all here to support students and parents/guardians through the next few months. Often, we can spot when students need help; at other times we need students or parents/guardians to let us know. Please do contact the school should your child need support in any way.

Having been very much restricted with activities and events again this term, we hope that next half term we will be able to start opening our doors again. You will see in the newsletter that some of our students have been able to maintain their hobbies and interests outside of school and have been successful in sports at a national level.

Both our young choir and senior choir have been successful to get through to the semi-finals of the national competition 'Cor i Gymru' and will be competing in Aberystwyth this weekend - we wish them all the very best.

Over the next half term, we will be reaching out to you as parents and guardians to hear your views about the school. We have a group of staff, students and governors working on reviewing our equality and diversity policy and setting objectives to improve in this area. As part of this, we will be sending out a questionnaire for parents and guardians to complete - we really encourage you to take part in this very important area of work. Our annual survey will also be shared next half term and we look forward, as always, to hear your views.

In the meantime, I hope that you all have a restful week and look forward to our students returning on Monday 28th February.

Key Dates

- Monday 28th February school starts **Week 2**
- Year 7 Progress reports - March 2022
- Year 8 Progress reports - March 2022
- Year 11 Progress reports - March 2022
- Year 13 Progress reports - March 2022
- Year 12 Progress reports - April 2022
- Thursday 24th March - Year 8 Parents Evening (online)
- Monday 4th to Friday 8th April - Year 9 Exams
- Monday 11th April to Friday 22nd April - Easter Break



Design & Technology

Year 7 Design and Technology work

Students in Year 7 have been learning how to use all the tools and equipment in the workshops and have produced an excellent range of products using wood and CAD CAM.



Theatre Performance

This Small Heaven

Hannah Sefton, a Teaching Assistant and several Penglais students, Mathilda, Hugo, Goncalo, Ricardo, Charlie, Anneliese, Alys and Chrissie, were in an upcoming play called *This Small Heaven* at Aberystwyth Arts centre in January. It was a play based around the life of Rosemary Jagger during the war, a student from Chelsea college who was evacuated to Wales when the college was relocated to Borth and Aberystwyth in 1940. It was written by Anna Sherratt using recorded interviews between Rosemary and her daughter Alison Piere.



Sports News

Sports at a National Level

Congratulations to the following students who have all recently achieved national level in their sport.

Hockey

Congratulations to Orla in year 12, who after an extremely intense selection process, has been chosen to play for the Welsh Hockey Under 18s team.

Under 18's Football

Congratulations to Jamie, Year 13 and Owain, Year 11 who, after an extremely intense selection process, were chosen to represent and play for the Welsh Schools FA Under 18s.

They played in Shrewsbury on 6th February against England Independent Schools and won their game 1 - 0.

Jamie and Owain have now being selected for the Welsh schoolboy camp during half term in Cardiff and will be playing two matches, one against Newport County under 18's and the other against Swansea City Under 18's.

Good luck to you both and we look forward to hearing how you get on.

Basketball

Congratulations to Alex in Year 10, who, after an extremely intense selection process, has been chosen to play for Under 15s National Wales Basketball squad.

Welsh Cup Quarter-Finals Football News

Congratulations to our Year 9 and 10 girls who won 1-0 against a very good Bro Myrddin side at Park Avenue on Tuesday 15th February. A goal from Lily and a determined effort by the whole teams means that their team are into the semi-finals

The team players were Carys, Ella, Elan, Lily, Katie, Mari, Celsea, Abi, Taylor, Olivia, Alwenna, Liwsi, Lili-Rose and Amanda.

Request for football boots donations

As a school we are asking if any families would like to donate any spare football boots that your child no longer uses. There are a number of students who do not have them due to various reasons and we do not want to disadvantage them during their PE lessons or any extra-curricular activities.

If you would like to donate a pair of boots, please could you send them in with your child and ask them to leave them at Student Services.

Many thanks in advance.

Mrs. C. Phillips, Head of PE

Sixth Form News

UNIVERSITY APPLICATIONS

January 26th witnessed the Sixth Form Team and students breathe a huge sigh of relief; this year's cohort of university applications had been submitted to UCAS. The earlier deadline in October, for certain subjects and institutions, had also seen similar emotions.

As ever, there was a wide variety of attitudes to the deadline from the applicants. Most popular with the learning coaches were the proactive students who made an early start to the process, and who took the time to think about the content of their statements. Some already had extra and supra-curricular reading and experiences that were extremely valuable, and made writing their statement relatively easy, while others had to seek out these ideas with their statement in mind. Everyone who wanted to apply succeeded in doing so, and 115 students submitted applications.

This year we had 8 students applying to study medicine and, of those, 5 are awaiting interviews or the outcome of those interviews. These students have received additional and valuable support in their applications, with more than a year of regular meetings commencing at the start of Year 12. A total of 9 students applied to Oxbridge colleges with 7 gaining interviews, of whom 3 have been made conditional offers for Physics, History, and Human, Social & Political Science. We are proud of all the students who have made successful applications to universities across the UK. This cohort of students has suffered under the impact of Covid-19, both for their GCSEs and their A levels, which makes their achievement all the more remarkable.

There has been wide range of subjects applied for this year including some less mainstream subjects such as robotics, primary education, fashion journalism, theology, music and dentistry. The vast majority of students have now received one or more conditional offers and those who haven't are awaiting interviews, auditions or the appraisal of portfolios. We have been able to call on a number of ex-students, local academics and professionals to give advice and mock interviews.

The Sixth Form Team would like to thank all staff, parents/guardians and members of the local community who have supported our students in applying for their chosen courses. We are delighted by the number and quality of offers making all the hard work worthwhile. With the impact of Covid-19 beginning to ebb, we look forward to supporting and encouraging future cohorts of students with their applications, and we will continue to refine and improve our support for them, as well as invest in innovations and developments which will make them nationally and internationally even more competitive university applicants.

Sixth Form News

My Sailing Story by ex-student Sam Nicol

Sailing has always been a passion of mine and so when I took the choice of a gap year following my A-Levels, it seemed like the obvious option. I began by working towards my skipper licence, which involved me spending time sailing between Spain, Gibraltar and Morocco getting the required 500 nautical miles of experience required on the boat that I would undertake my assessment on. After successfully passing the 12 hour practical exam which involved navigating between various points, dodging container ships and being endlessly quizzed on navigation lights, sound signals and rules of the road, I was offered a job delivering a brand-new Discovery 54 from Southampton to Puerto Caletta in Lanzarote.

We departed Southampton on the 5th of November after waiting for almost a month for a suitable weather window. Sailing down the English Channel on bonfire night watching fireworks displays in Weymouth and Swanage from 5 miles out at sea was the first of some really special moments on this journey. We were working on a four hours on - four hours off pattern and so a full night sleep was an elusive luxury.

After 8 days at sea non-stop and running low on fuel we made the call to stop in Lisbon for 24 hours to rest, refuel and explore. The next morning, we set sail and quickly reached our trip's top speed of 14 knots (about 17mph) and watched Portugal disappear very quickly behind us. With 2 crew on deck and the other two controlling lines the yacht suddenly rolled 80 degrees to port dipping both crewmembers and much of the sail in the water. A sudden gust of wind had hit us just as we had our biggest sails up, exasperating the situation. However, aside from some soggy crewmembers, all was fine, and we cracked on with just 48 hours till we were expecting to arrive. The next stage for me is to take the same yacht across the Atlantic in late January to Antigua ready for the new owners to collect her.



Sixth Form News

My UCAS application story by Sêr in Year 13

I got an email from UCAS Track notifying me of an update to my application, as usual, meaning I had received an offer. When I initially opened the email, it was a conditional offer from Cardiff Metropolitan University, my top choice for many reasons. I was very happy to have finally received a reply from them and was pleased to at least get a conditional offer.

I went to first lesson and in that space of 100 minutes, I received two emails from Cardiff Met; one giving information regarding a programme specification and one sent exactly 10 minutes after the first with "Your potential to excel Sêr!" in the subject. I opened it to reveal an offer to opt into an unconditional offer scheme to turn my conditional offer to an unconditional! I was extremely happy and put my details in to confirm that I wanted to opt in. I ended up panicking since I thought I put the wrong details in and just cried. It was confirmed on my UCAS Track 2 days later so I'm guessing that I did put the right information in.

Overall it was a good experience but was completely unexpected and honestly, slightly terrifying. I'm still in shock as this is honestly the best-case scenario. I am just waiting for my last option to respond so that I can make Cardiff Met my firm choice.



Donation to Mind Aberystwyth from Children-in-Need Fundraising event

On 11th February 2022, the Head students, Maxita and Michael presented a donation of **£350** to Mind Aberystwyth, the local charity chosen by the Student Leadership Team last term. The money was raised during BBC Children in Need Day and split between two charities. Mind Aberystwyth said that the money will be targeted to support local people, particularly teenagers, with mental health issues, and to fund the charity's programmes of wellbeing activities.

Notices

There has recently been a significant increase in the number of calls we receive from parents/guardians asking us to pass messages on to their children during the school day. This is problematic in that it causes disruption to the teaching and learning in the classroom; it takes time from our administration staff and we cannot always guarantee that messages will get through to students. Can we please ask that parents/guardians make arrangements for after school with their children directly. We will not be able to pass messages on to children during the day.

A few parents/guardians are also visiting the school to give their child money, packed lunches, PE kits and other items that have not been arranged with a member of staff, but by students messaging their parents/guardians. We ask that parents/guardians that receive a message from their child to bring an item to school ask the child to see Student Services or Reception, and not to arrange to come to school with the items that have been requested. If parents/guardians visit the school site, without prior permission from a member of staff, we will not be able to collect the items from you.

Languages

Celebrating the Chinese New Year at Penglais School

虎年快乐

Hǔ nián kuàilè

Happy New Year of the Tiger!

In the Mandarin classroom students discovered the traditions surrounding the 15-day festival, its origins, foods and their symbolism. They discussed diet in relation to health and wellbeing and looked at the importance nature and the environment play as traditional festivals are celebrated in China. In KS4 students practised calligraphy, writing out lucky couplets to hang up at home and also translated William Blake's poem 'Tyger, tyger burning bright' into Mandarin as part of developing their language skills and cross-curricular links. Resilience and inner strength were agreed by students as being important qualities to have in this year of the Tiger. Our students have definitely shown these characteristics during recent years which have been uncertain and challenging for many.



Welsh Department

Dathlu Dydd Miwsig Cymru - Welsh Language Music Day

Ar ddydd Gwener, Chwefror 4ydd, roedd hi'n ddydd Miwsig Cymru. Cafodd pawb gyfle i wrando ar bump cân Gymraeg a phleidleisio ar ddiwedd yr wythnos am eu hoff gân. Yr enillydd clir oedd Sebona Fi gan Yws Gwynedd. Beth am wrando ar ragor o ganeuon Cymraeg ar Spotify gyda'r rhestr chwarae yma? **Spotify - Miwsig**



Friday the 4th of February was Welsh Language Music Day. During the week, form groups listened to five different songs and everyone voted for their favourite at the end of the week. The winner was Sebona Fi by Yws Gwynedd. Why not listen to some more Welsh music on this playlist? **Spotify - Miwsig**

Urdd magazine

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: **Cylchgronau'r Urdd**

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: [Cylchgronau'r Urdd](#)

Dydd Gŵyl Dewi

Ar Fawrth y cyntaf eleni eto byddwn yn dathlu Dydd Gŵyl Dewi. Dyma ambell ffaith ddiddorol...

Oeddech chi'n gwybod...? Did you know...?

- Dewi Sant is the only British / Irish saint to be born in the country he is patron of. Cafodd ei eni ar ben mynydd yng nghanol storm ofnadwy.
- A biography written by an 11th century monk claims Dewi lived to the age of 147 years old!
- Roedd Dewi Sant yn llysieuwr – a vegetarian.
- Mae yna lawer o straeon am Dewi yn gwneud gwyर्थiau – fe gododd y tir o dan ei draed yn Llanddewi Brefi. Many stories have been told of Dewi's miracles including one that says he survived eating a poisoned loaf of bread.
- Mae'r genhinen yn symbol enwog o Gymru erbyn hyn. Legend has it that Saint David suggested that soldiers wear a leek on their helmets to distinguish them from the invading Saxon soldiers who wore similar uniforms.



Geirfa

Dewi Sant - Saint David
Mawrth y cyntaf - March first
dathlu - to celebrate

cennin pedr - daffodil
cenhinen - leek
draig goch - red dragon

Eisteddfod yr Urdd

Gweithgareddau hanner tymor / Activities during half term

Mae'r Urdd yn cynnig amrywiaeth eang o weithgareddau i bobl ifanc dros yr wythnos hanner tymor. Ewch i wefan yr Urdd am fwy o wybodaeth a manylion am sut i gadw lle ar y gwahanol gyrsiau a gweithgareddau.

The Urdd offer a wide range of activities for young people over the half term break. Go to the Urdd website for more information and details of how to book your place on the various courses and activities.



Y Sgwrs

Sgwrs rithol, uwchffwrth ym rhwyngedd bobl ifanc i bobl ifanc Cymru yn trafod pwybelloedd cyffwrdd gydag arbenigwyr mewn meysydd gwastadol.

- Chwarter - Digartrefedd
- Hwyrth - Crou Busnes
- Ephed - Byw'n Wyrdd
- Heli - Tor Cyhaith
- Hollfwrth - Prynw'r Cartref

Am ddiwrnod i bobol ifanc yn unig

Cofrestrwch yma - <https://bit.ly/archebuiaac>

Zoom 



DIWRNOD IECHYD A LLES CREADIGOL
Dyddiad Sgwrs Ffwril Gyhoeddus

HEALTH AND WELLBEING CREATIVE DAY

AM DDIM/ FREE!

CHWILIO AM GYFLE I DATBLYGU SGILIAU CREADIGOL? **26/02/2022**

CYDWEITHID? **9 - 5yh**

TACLIO RHWYSTRAU A PHRYDERON? SIARAD AM DY BROFIADAU?

GWEITHDAI WEDI EU ARWAIN GAN ARBENIGWYR O GWMNI THEATR ARAD GOCH

BL/YR 9+

Yn ychwanegol gyfle i gymdeithasu a dod i raddol bobl newydd

Canolfan Arad Goch, Aberystwyth

Am fwy o wybodaeth: carylgriffiths@urdd.org





COFRESTRU/REGISTER: bit.ly/archebuiaac

GWEITHDY FFOTOGRAFFIAETH

gyda **Abby Poulson**
Seren o'r Rhaglen deledu 54C

FFRÂM

AM DDIM/ FREE

Gwersyll Yr Urdd, Llangrannog





IODA

Cyfnod hysplog o foga a Dornau Creadigol

24/02/22

10-12yh: 8 - 11 oed
1 - 8 yh: 11 - 15 oed

Neuadd Goffa Aberaeron Memorial Hall

AM DDIM/ FREE



Cofrestrwch yma / Register via: <https://bit.ly/archebuiaac>

Am fwy o wybodaeth, for more information: terry@urdd.org



Eisteddfod yr Urdd

'Cogurdd 2022 competition' by Mr Retter and Miss Davies

On Wednesday 26th January students at Ysgol Penglais took part in the 'Cogurdd 2022' as part of the Eisteddfod yr Urdd Sir Ddinbych. The competition was open to all students across the years from years 7-13.

Each age bracket had their own theme to work from. Competitors in years 7-9 had to create a selection of tapas dishes in just 90 minutes. Whereas entrants from key stage 4 and 5 were given the theme of 'Celebration' and had to prepare a one course meal (sweet or savoury) that was inspired by this theme with ingredients sourced from Wales - they also were given 90 minutes to complete the challenge.

We were lucky enough to witness two fantastic young cooks planning, preparing, cooking and presenting their dishes. Drizzle in year 7 produced her dishes of Patatas Bravas and Tomato Sauce, Albondigas (meatball) and Tomato Sauce all served with a side salad. Carys in year 13 created a Ham, Leek and Potato soup served with Homemade Croutons.

The food room smelt amazing and their food looked and tasted delicious. Myself and Mr Bucicov (DT) had the pleasure of witnessing the girls creating their dishes. We also observed and were judging how well they used their preparation time, their food preparation skills and techniques, their time management, their food hygiene and general cleanliness. Marks were also awarded for the quality of the product and the presentation.

Both Drizzle and Carys scored very highly in the school round and will now progress through to the next stage of the competition which is the regional finals. We wish both of them the best of luck and hope they have a fantastic time in round two.

Llongyfarchiadau mawr i Drizzle (bl. 7) a Carys (bl. 13) am ennill cystadleuaeth Cogurdd y tymor yma. Coginiodd Drizzle amrywiaeth o fwyd tapas ac roedd yn rhaid i Carys baratoi pryd o fwyd ar y thema Dathlu gan ddefnyddio gwahanol gynhwysion o Gymru.

Roedd y bwyd yn edrych ac yn blasu yn fendigedig a'r ddwy gogyddes yn haeddu eu lle yn yr ail rownd. Pob lwc i chi yn y rownd nesaf, ferched!



Holocaust Memorial Day

One Day when life changed...

On 27th of January 2022, many of us in Penglais School took part in the **Holocaust Memorial Day**. The theme was One Day: one day when life changed for millions of people. The students in 10TAL created a presentation on the theme 'One Day', where we spoke not just about the events of the Holocaust (1939 - 1945), but also spoke about the atrocities committed during the Cambodian Genocide (17th of April 1976 - 7th of January 1979) and the Rwandan Genocide (7th of April 1994 - 15th of July 1994). We expressed the importance of remembering the atrocities and hardships of times such as the Holocaust and other mass genocides of the past.



Our aim is to raise awareness of these events, as well as to educate the newer generation of these past horrors. Along with our presentation, 10TAL also created a display, which was shown in reception for one day only, to continue the theme of 'One Day'. As part of the display, we asked various students to anonymously write down how one day changed their life on small paper candles to be put up around the display, to share experiences about how their life was changed. We were also encouraged to put up our favourite quote, such as 'Never was so much owed by so many to so few,' which was a quote by Winston Churchill during World War 2, 'I would rather die standing than live kneeling', and 'Where I am is where I stand, and where I stand is where I fall'.

Many other quotes and people's experiences were added to make this touching memorial. This display was only on show for one day to symbolise the many "one days" throughout history which have shaped the lives of so many. It is important to raise awareness on these matters and learn about history so that we can learn to try and improve ourselves for the future. We hope to make more memorials like this for other matters so that we can continue to raise awareness. We thank everyone who included their experiences and remember everyone who suffered in these times.

Written by Joshua and Ceinwen - Year 10 students



Music News

Donations to the Music Department

The Salvation Army recently donated a complete set of Christmas music (worth a three figure sum, if bought new) to the music department at Penglais, for use with our ensembles. We are extremely grateful to them for facilitating this, and for their generosity.

We've also recently had two upright pianos donated from Lampeter, as well as a full drumkit (in excellent condition) from a recording studio near Machynlleth. We have also received smaller donations, such as books of string music. We are extremely grateful for these; if you have a spare instrument in your attic or garage, we would be happy to give it a new home! Email p.budd@penglais.org.uk if you'd like to get in touch.

Music Achievements

Tesni (Year 13) has been playing 2nd bassoon with local orchestra "Philomusica". This has involved playing some tricky passages, as well as solos in some pieces; well done Tesni. Tesni has also recently gained a place to sing in the National Youth Choir of Wales, which is excellent news.

Rhys (Year 13) was recently awarded the annual E Lloyd Jones and Tudor Jenkins bursary by Aberystwyth Silver Band. This prestigious award is in appreciation and recognition of his services to the band during the last 12 months. Well done Rhys! Rhys has also recently been offered a place to study at the Royal Welsh Conservatoire of Music & Drama in Cardiff in September 2022, as an euphonium player. He will also be representing his country this coming Summer, as he plays in the National Youth Brass Band of Wales.

Nia (Year 13) recently passed her grade 8 flute exam, whilst Freya Young (Year 12) passed her grade 5 clarinet exam. Winnie Chen (Year 10) also recently passed her Grade 5 music theory exam online.

Choir News

We currently have two choirs running; "Cor Penglais" for key stage 3 students, and "Senior Choir" for key stage 4 & 5 singers. Both of these are run by Miss Blair. All are welcome to join: see Miss Blair if you would like to take part.

Both choirs took part in the first round of the S4C "Cor Cymru" competition, back in late November. This involved preparing a programme for the judges, which was recorded professionally by S4C engineers. We are pleased to say that we are through to the Semi Finals, which will take place in mid February.



Music News

Composer workshop

Composers in Years 11, 12 and 13 recently had the chance to work with professional composer Lynne Plowman, as part of a workshop run by the Dyfed Young Musicians project. Students were able to contribute workshop ideas, as well as to begin writing for an ensemble of musicians made up of players from the BBC National Orchestra of Wales. The finished works will be available to listen to in April.

Aberystwyth Christmas lights switch-on

The music department was asked to take part in the town Christmas Light switch on on December 4th, organised by Menter Aberystwyth. We provided a 4 piece band ("Bow Street Station") and a soloist (Heledd) to provide Christmas music on the stage in Baker Street, in the headline slot immediately after the Christmas light switch on. Well done to Rhys, James, Yoyo, Freya and Heledd for their professionalism and musicality. There were lots of other Penglais musicians involved around the town on the same day, particularly in the Silver Band (Rhys and Jacob), the Philomusica concert and other smaller gigs around the town.



A highlight of this term has been taking GCSE, AS and A2 musicians to Aberystwyth Arts Centre to watch Philomusica play the Mozart Requiem. We study this piece in Year 12, so it was a golden opportunity for students to hear the work being performed live. We were able to sit in on rehearsals in the afternoon (following along with our scores, as the orchestra worked with professional soloists), and then again to watch the concert in the evening too. It was great to see so many familiar faces in both the orchestra and choir (including lots of Penglais staff and students, past and present), as well as to enjoy our first orchestral concert since March 1st 2020.



Library News



Well done to all students who entered the Design a Book Cover Competition before Christmas. There were some really amazing entries. Congratulations to Thomas 7DBB on his winning entry. Special commendation to Ruby 7JXO for her beautiful painting. The Library also ran a Christmas colouring competition. Congratulations to our winner Rosie 7JLW.

Harry Potter Book Day was on the 3rd February this year and the Library celebrated by running a Harry Potter event at lunchtime for Year 7 and Year 8. Activities included Kahoot, Charades, Quick Draw and indoor Quidditch. It was a really successful event and enjoyed by staff and students alike!

A Harry Potter Kahoot Challenge was also set for all KS3 forms. Well done to all the Potter fans as 5 forms got 100%. However, there can only be one winner. Congratulations form 8DXJ with the fastest time.

The individual Kahoot event was won by Katie from 8KSP who received Harry Potter chocolate goodies as a prize



Please remember that all donations of good quality, appropriate second hand books are gratefully received by our Library. Please pass these on to your children to hand to the Librarian.

If you have any questions in regard to the Library then please do not hesitate to contact E.Kennedy@penglais.org.uk

Library News



Penglais School are currently trialling ePlatform, a new audio and ebook service with Year 7. Year 7 students will have free access to over 2000 ebooks and audio books for the next 4 weeks. If this proves popular, we will look at rolling it out across the school. Watch this space (or should we say "Listen"?)



Blind Date with a Book is the Library's twist on Valentines Day. Pick a mystery book, take it home to unwrap it. If you enjoy it then leave a review, if not, return it, no questions asked! It has proved extremely popular with the books flying off the shelves.



We will be celebrating 25 years of World Book day on the 3rd March 2022. The Library will be distributing a book token to every student. Please use this to either obtain one free World Book Day book, or £1 off a book or audiobook costing £2.99 or more from participating retailers. The token is valid from the 17th February - 27th March 2022.

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</u> <u>Basketball</u> Lee Coulson	<u>8 and 9 Netball</u> SLJ			
After school		<u>Basketball</u> <u>Year 7 – 11</u> 6-7pm £3.50	<u>Hockey</u> <u>All age groups</u>	<u>GIRLS FIXTURES</u>	<u>Girls football</u> <u>Year 7 and 8</u> <u>Year 9 and 10</u>	
			<u>Boys Football</u> <u>7 and 8</u> <u>9 and 10</u>	<u>Rugby</u> <u>Yr 7 and 8</u> <u>Yr 9 and 10</u>	<u>BOYS FIXTURES</u>	
					<u>Basketball</u> <u>Year 7 – 11</u> 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> <u>Years 10, 11, 12, 13</u> Week 2 only SLJ		<u>Senior Netball</u> <u>Years 10, 11, 12, 13</u> Week 1 only SLJ	<u>Year 11</u> <u>Football</u> CAP	<u>Badminton</u> <u>Years</u> <u>10 and 11</u> CAP
After school		<u>Basketball</u> <u>Year 7 – 11</u> 6-7pm £3.50	<u>Hockey</u> <u>All age groups</u>	<u>GIRLS FIXTURES</u>	<u>Girls football</u> <u>Year 7 and 8</u> <u>Year 9 and 10</u>	
			<u>Boys Football</u> <u>7 and 8</u> <u>9 and 10</u>	<u>Rugby</u> <u>Yr 7 and 8</u> <u>Yr 9 and 10</u>	<u>BOYS</u> <u>FIXTURES</u>	
					<u>Basketball</u> <u>Year 7 – 11</u> 5-6pm	

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

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
Yeg crumble

BAGUETTES
Chicken & bacon Egg

DESSERT
Fruit oat crumble
Chocolate muffins

WED

MAIN DISH
Roast pork
Lentil & 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 quorn
Veg sausage & chips

BAGUETTES
Cheese & tuna
pickle

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
Oat & 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