



9th October 2020 – Headteacher Blog #3

Dear Parents, Guardians and Students/Annwyl Rieni, GwarchodwYear a MyfYearwYear

As I sit here writing this Blog, I feel in a very reflective mood. 6 weeks have gone by and what a journey it has been! I am so proud of all our community. In the most challenging of times, we have all pulled together to ensure all pupils receive the education they deserve! Thank you and well done to all!

So, what's been happening in school?

In our last Blog we focused on our Maths, English and Science departments. This week we are focusing on all things 'Health & Wellbeing' at Pencoedtre High School.

Please see below exciting developments going on in our core departments over the last few weeks.

Home Economics

The Home Economics department offers a range of learning opportunities, assessment and progression that are intrinsic to the school improvement plan and the Health and Well-being area of the new curriculum for Wales.

Areas of learning include food and nutrition, food science, health and social care and child care and Personal and Social Education. Our department offers innovative pedagogical approaches to equip learners with the knowledge, understanding and skills required to apply the principles of food science and nutrition, health, social and childcare. Our provision enables learners to make informed decisions about health and well-being now and in the future. The health and well-being area of learning fully supports the purpose of the new curriculum:

- ❖ The development of ambitious, capable learners through practical and skill based learning and content linking to current practice in Wales, for example, The great British Bake off Challenge, Celtic manor visit, Rotary Chef Competition.
- ❖ Providing opportunity for enterprise and creativity, for example, Celebration cake masterclass, skills tasks, provenance and sustainability
- ❖ Developing learners to become ethical and informed citizens of Wales and the World for example, reality baby experience, provenance, faresharego scheme, healthy schools challenges,

Please see overleaf some photographs of all our learners engaging in activities provided by the



Home Economics Department.



PE Department

Within the PE department, teachers have been working hard to increase the offering of extra-curricular activities offered to pupils of all ages.

There are a wide range of proven benefits of after school activities for children, ranging from physical benefits to psychological and social advantages. The two new clubs recently launched have proven very popular, and have given pupils a fun, enjoyable outlet from school whilst developing key skills.



Year 8 pupils make a splash

The Year 8 swim club has been running for 3 weeks and participation numbers are growing with each session. Participants took the plunge and learned stroke techniques, endurance and lifesaving skills before finishing with a fun and very competitive game of water polo!

Year 7 pupils brush up on Netball skills

Netball club was introduced to Year 7 pupils 4 weeks ago, and has proven very popular with 17 pupils attending the session this week. The first week introduced basic passing techniques and small game-like scenarios, but everyone has progressed fantastically and each weekly session now focuses on a range of attacking and defensive strategies to be used in competitive games.



Dance

As a form of cultural expression, dance is uniquely placed to respond to a wide range of health and well-being issues. Dance combines physical activity with the engagement of the creative spirit, and encourages emotional and artistic expression in individuals.

The benefits of dance include improved cognitive and physical development and enhanced social skills. Dance also increases cardiovascular fitness, can prevent or reduce obesity and improve self-esteem.

Dance, in whatever form it may take, is a brilliant form of exercise. It is great for improving your physical health and dancing has been proven to have a positive impact on the mind too. [Research](#) has shown that dancing regularly can help to reduce feelings of anxiety and depression. Dancing can also improve self-confidence, body image and wellbeing.





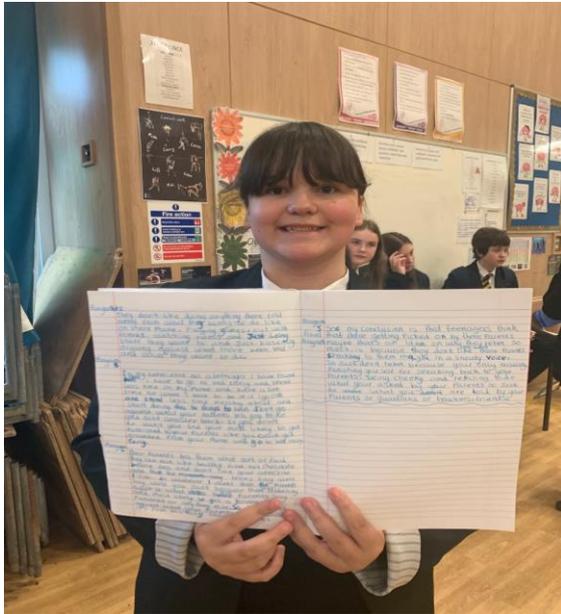
Personal, Social Education

At Pencoedtre High School PSE is an integral part of our ethos in being an inclusive society. Please see below a sample of what goes on in our PSE lessons.

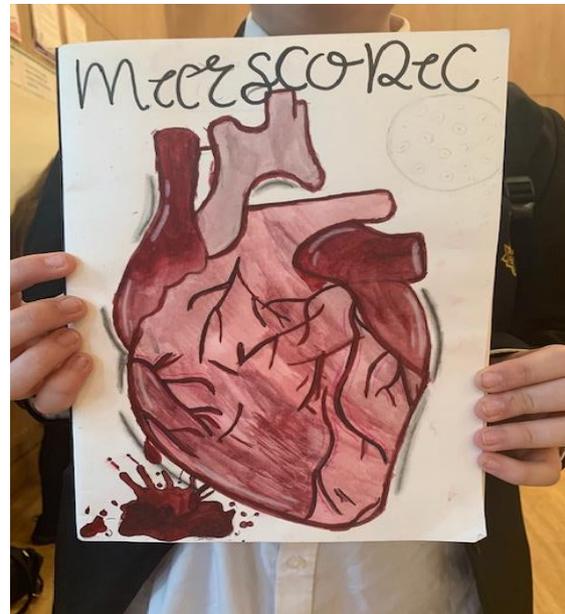
All year 7	Getting to know/Friendship	<ul style="list-style-type: none"> To understand the nature of friendship To reflect on the qualities of good friendship To identify the importance of having a variety of social and personal relationships
All year 8	Anti-bullying	<ul style="list-style-type: none"> Students can define cyberbullying and recognise examples of it Students can identify which actions cross the line between 'banter' and cyberbullying
All year 9	British identity and culture	<ul style="list-style-type: none"> To understand what the terms culture and identity mean To look at the cultural stereotypes of Great Britain and where they come from To discuss what it means to be British in the modern world.
All year 10	Enterprise challenge	<ul style="list-style-type: none"> WBQ
All year 11	Human rights	<ul style="list-style-type: none"> To understand the principles of the Universal Declaration of Human Rights. To consider when rights have been infringed and when they haven't. To evaluate case studies on Human Rights infringements.



Future Stars!



M M M is a budding Author!



C R is an artist of the future!

Well done both!

Finally, a thought for the week ahead:

*If you can't fly, then **run**; if you can't run, then **walk**; if you can't walk, then **crawl**; but by all means, **keep moving**.*

Martin Luther King Jr.

Have a lovely weekend! Stay Safe!

Thank you for reading / Diolch am ddarllen,

Mr Lee G Humphreys, Headteacher