

PHSG STUDENT COUNCIL SUMMER HOLIDAY NEWSLETTER

Week 6 - Thursday 27th August

It's week six, so with lessons and homework starting next week, how about doing some quizzes and challenges to get us all thinking again...!

As we return to school and move up a year group, it's fitting that Abbie wrote the newsletter this week. I would like to say a special thank you to Abbie for supporting Student Council in her year 13 and for writing this week's newsletter, after leaving school! Best wishes to Abbie and everyone in year 13, as they leave PHSG and move on to the next step.

As we all progress to the next year group, I should mention that the contributors' year groups in the newsletters are their 2019-2020 year, not the year group they will join in September.

So, it's the end of the summer holiday and the end of the summer holiday newsletters!

I'd like to thank the Student Council team for the idea of writing the newsletters this summer, and for working hard each week of the holiday to produce the articles. Student Council really is a great team!

The whole team would like to thank Mrs Carter for her support of Student Council and the summer holiday newsletters. I would like to add my personal thanks to Mrs Carter for her help reviewing the newsletters each week and for sending them out to the staff at PHSG - even the week she was away on holiday!

I'd also like to thank Miss Joynes for sending the newsletters to the new year 7s, who will join PHSG in September. I hope the newsletters have welcomed the new students to PHSG and helped them to feel part of school life.

There are more messages and photos this week, so take a look and see what everyone has been doing over the summer!

Many thanks to all the students and teachers who have contacted me. I will be awarding house points to the Student Council team who have written the newsletters, as well as to everyone who has written in with a message!

I do hope you've all enjoyed the newsletters and feel rested and ready to return to school.

Happy reading and happy last week of holidays!
Zoe :)

The topic for this week is... QUIZZES AND CHALLENGES!

I'm sure we've all had that moment on the first day back at school, when our handwriting looks slightly different to how we remember it and we forget how to spell a simple word, or how to multiply, prompting the inevitable jokes about how brain-dead we've become over six weeks of holiday. (Then again, I doubt any of us would rather spend our holidays doing lots of revision and work to avoid this!)

So far, we've spoken a lot about challenging ourselves during these holidays. Hopefully we've inspired you to learn a new skill, exercise more, become more mindful and remember that sometimes the best thing to do is simply stop and relax. But I know that I, for one, struggle sometimes with relaxing during the holidays. I miss the lack of routine and the feeling of accomplishment you get from finally completing that "took-more-hours-than-should-ever-be-allowed" long homework project! And the best way to get round this, I find, is to do small challenges like word searches, sudoku, crosswords and riddles.

I understand this probably isn't the most exciting or appealing thing to suggest to a Year 7 and, in the grand scheme of things, may appear pointless to a Year 10 or 12, but I promise it works. As old lady-like as they may seem, a good word search can take up to an hour, or even two. Besides the obvious advantage of killing time, there is also that huge feeling of satisfaction when you finally spot the one word that has been evading you all this time. And who knows, maybe the extra mental challenge will stop your brain from turning into a sieve before you return to school!

Some of this may seem obvious to you, but research has been done into the benefits of doing puzzles, and it's suggested that they can improve your vocabulary, spelling and ability to reason logically. (I don't know about you, but my spelling is awful. I need all the help I can get!) They can also help with word differentiation – like the differences between they're, their and there, or other similar words that can catch you out. Other benefits include improving your memory and concentration, so maybe that could help in the long run with revision and exams. (There's also a suggestion that it could reduce the chances of developing Alzheimer's in the future.)

Now I'm not saying you should all suddenly start doing sudoku for five hours a day, but perhaps when you're bored, instead of just turning on the TV or going on your phone - give a quiz or challenge a try! I can't promise you'll enjoy everything, and I also can't guarantee you won't get bored after a while (I seem to have the attention span of a two year old) but for just a short while, you may find you're actually enjoying getting stuck into a riddle you just can't solve.

And if any of you want to give it a go, here are a couple of PHSG themed challenges for you to have a go at!

PHSG Word Search

L B Y E U G H Q A B A Y C V A K M N A J T R B P D F C M A T
 I P T R F Y S Y F I L E A I V Z J J W C T J V O H J U C N E
 Q Y A U O W L E B O A F G D S G R I G U Z Z V L D Y R O E M
 L Q K P H T S P C L G F U M S U O Q E O V O V V V M S I K P
 X E A N C T S U L O G P E X I T M M J H S A U C K A Y I J L
 L F M V I H O I E G N P O Z F R R A R T V A V D A Z T C C E
 B H I V P I I B H Y I Y H P A R G O E G D Y V Q W T B H D S
 W I A S F D I N R H M U T F D Z K D P R Y V A D U E P E L W
 B L W A I Q Z P N R M Z O K E I D W A S J D U X M P E M L C
 S R W D N S H T A M I Q O D A J O M S O F Z T X X N V I W V
 Q I F J N T M T G T W T F E H N A X O G M N I I G L I S D O
 B W N L P X H S H A S C W S F L K O L P Q Y F L Q S N T S P
 G Z Q I T O V O B X K R S R E E J R T G F G I Z W W U R T Q
 S N U V N G V V N E M I O F S E T B C I L S Q T O P C Y R L
 D M T U F R Y W Q Y O O L W X C Z V T R H E L D K P G E U R
 I K V S T Y L M B Q I A F M Y V U W S A B O R H W C B F O U
 M A I N H A L L K T C G K E M J K L C N E E W G K V Y Z C J
 X F V H U S A G L T H D I L Y A C F Q X D Q L Q B C N K E H
 F Z Q S Q U D G E A M E I N N E W M A N H A L L R F D N H V
 Q M V Z H P N M O D B R A L K X Q J U J Z T C D A S D M T W
 E W Z E G T E Q P Y V F U N B O W R K R Q E F O M J Q I B F
 H V V U W P K L I B R A R Y N H M M Y C Z L D T T J Y K I A
 S F M Z O Y R F G R D L K K C E J P P Z J S M C F Z L H R N
 P D K X H E V N I E Y B A E J Z X P Z A J L J A G C K N A A
 V U W X M H K F I T B N T D N H F E Z O Y R B W L R J K N M
 Y A G I W H S E M N D V D E L G U Q H H K C T Y L T P B N R
 P E T I E T X M Y R E L L A G N K G W P X W U O U C Z V Z V
 F A B M U X Q H C D I D C U B G C C F O Z E Y T N H T I E O
 L M T D A K I O S R S C F W F S I Y A P A H W L P J S D E Z
 Y G L M S H N U K V H R O C Q Q Y P K O U L D A M E L P K S

ANTHONY
 ART
 BIOLOGY
 CHEMISTRY
 DRAMA
 ENGLISH
 FESTIVALS
 GALLERY

GEOGRAPHY
 GYM
 HISTORY
 KENDALL
 LATIMER
 LIBRARY
 LRC
 MAINHALL

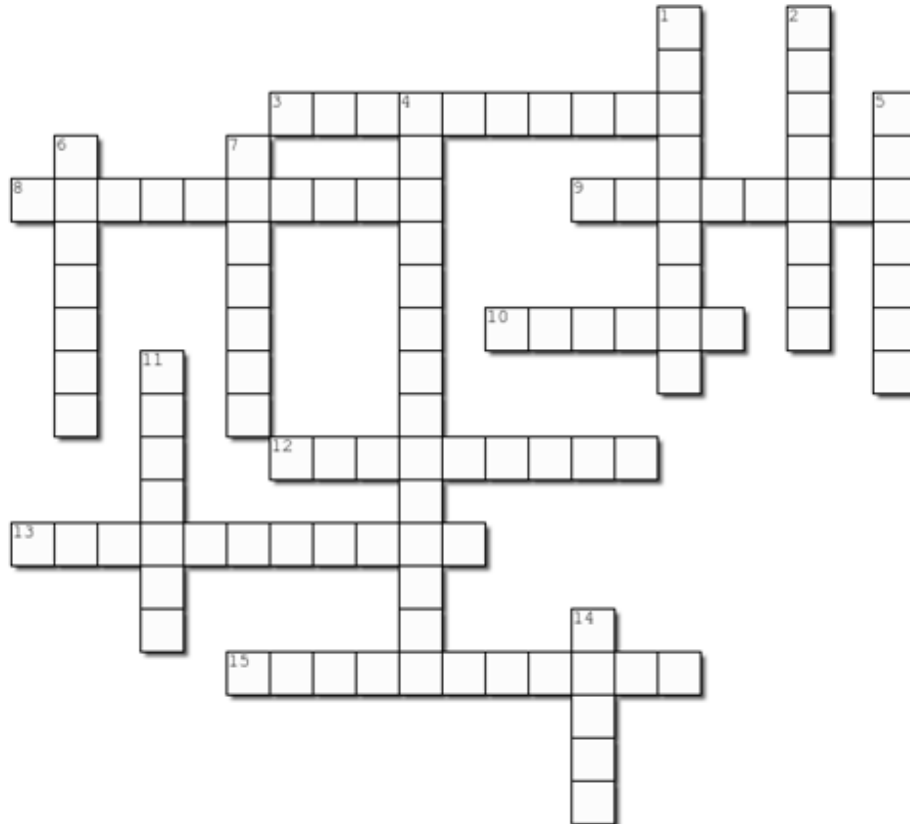
MATHS
 METCALFE
 MRUNDERDOWN
 MUSIC
 NEWMANHALL
 PHYSICS
 PSHE
 SPORTSDAY

SWIMMINGGALA
 TECH
 TEMPLE
 THEANNEXE
 THECOURTS

Name: _____

PHSG Crossword

Have a go at the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3. A Chemistry teacher who's an ex-student
- 8. The canteen
- 9. Drama hall
- 10. The red house
- 12. Name of the playground
- 13. School car racing team
- 15. Our current headteacher

Down

- 1. Termly house competitions
- 2. English Department building
- 4. The road school is on
- 5. Downstairs Art room
- 6. The blue house
- 7. The green house
- 11. The yellow house
- 14. 'For Life Not School We Learn'

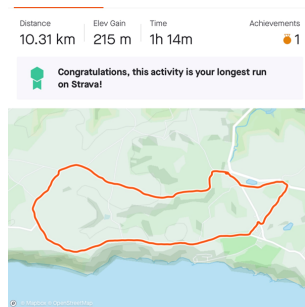
Messages to the editor... more messages and photos this week - thank you all for your comments!

Many of you have followed the advice in the week 5 exercise newsletter from Abi...

Much to the delight of the PE Department: ***“Another fab edition last week! We were absolutely delighted to read the newsletter on exercise and found the ideas it contained to be useful and relevant. Yoga is something we have taught for years at school and it is great for strength, flexibility and stress relief, so do give it a try! It was also great to see you promoting the couch to 5K programme, as this is something that we promoted during lockdown. The Plymouth 5K event has been postponed until 16th May 2021, so we will be entering a School team for those who would like to give it a try. Well done Abi, Zoe and everyone else involved in the newsletters.”***

Thank you very much!

Mrs Carter has been running... ***“I have run my first few 10Ks during lockdown. Reading Abi’s newsletter inspired me to keep going with these (though no more than once a week maximum!).”***



I'm very impressed, Mrs Carter! Thank you for sending a copy of your route map and the amazing view!

Marlie-Mae (7WAL, Temple) has ***“been doing a lot of walking, at places like Paignton Zoo, Bodmin Moor, beaches and other places in Cornwall. I have also done a lot of the activities set on the PE google classroom.”*** Well done Marlie!

Ella-Rose, who will be joining 7WAL, Temple in September, sent in this wonderful picture of her horse riding. Ella-Rose says she ***“horse rides twice a week which is fun exercise and she loves it!”***

Thank you for your message, Ella-Rose, and well done for getting house points for Temple, before you have officially joined PHSG!



Maisie (9OSB, Latimer) emailed to say ***“the ideas in the newsletter are really fun and inspiring!”*** Thank you, Maisie, I'm so pleased you've enjoyed the newsletters.

There seems to be a bit of a Harry Styles theme with the Head Girl team! After Maddie's embroidery of Harry Styles' fine line album last week, Ymma from the Head Girl team (12GRA, Kendall) contacted me this week to say ***"I've been knitting a cardigan over lockdown (it's the pattern of the one Harry Styles wore at one of his shows). I've only just finished it!"***

It looks amazing, Ymma, and from someone whose knitting has more holes than stitches(!) I'm really impressed!



A message from Mr Underdown: ***"The newsletters have been a huge success. Well done to Zoe and the team for going to such great lengths to keep people in touch and to pass on useful information and share ideas. I thought the sections on wellbeing were particularly helpful, given the difficult times we have been through."***

And finally...here is a word search from me that you all can, and should do, before the start of term...

C	O	D	O	C	O	O	E	T	H	M	L	F	F	B
A	S	M	H	I	V	C	U	M	Y	D	D	A	R	B
D	T	L	Y	B	V	Y	E	O	G	C	B	S	I	D
J	L	C	E	M	A	V	A	N	F	C	F	J	Y	J
Q	X	Q	V	D	T	W	E	D	N	E	S	D	A	Y
H	S	I	I	B	Z	Y	D	A	S	U	A	R	D	I
O	I	R	C	H	D	K	Q	Y	N	R	T	P	S	T
D	F	U	G	T	Q	C	E	D	O	Q	U	D	E	H
W	C	T	O	A	D	P	A	N	Q	W	R	H	U	Y
B	N	Z	P	G	T	Y	F	H	N	F	D	C	T	A
H	B	E	B	O	S	I	R	U	Y	E	A	S	F	I
C	V	I	W	G	L	L	U	W	R	U	Y	W	V	R
O	P	O	Z	O	B	Z	M	U	P	B	H	I	D	E
D	S	L	Y	T	H	X	N	R	W	F	Q	J	U	S
M	H	C	R	E	Q	Y	Y	F	X	G	Z	O	A	V

Hidden in the word search on the left is the day of the week we return to school (the date is 3rd September)

No answer sheet provided as every day of the week is included!



DISCLAIMER: This newsletter was prepared and written by the students of Plymouth High School. All information in this newsletter was gathered by students of the PHSG Student Council. Any opinions expressed in this newsletter are from the students.