



**Learning Support Board**  
 Week Commencing  
**4th October 2021**

## Things you need to know:

We hope everything is going well. Remember the Learning Support department are here to help. You can find us in N17.

[Learningsupport@parklandsacademy.co.uk](mailto:Learningsupport@parklandsacademy.co.uk)

"Father Time... often lays his hand lightly upon those who have used him well."

Charles Dickens

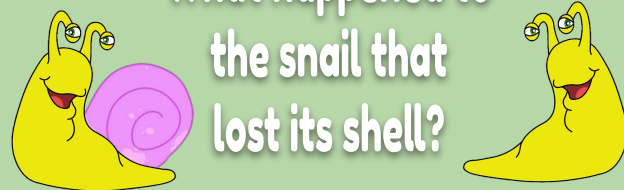


Special Educational  
 Needs and Disabilities  
 Local Offer in  
 Lancashire



What happened to  
 the snail that  
 lost its shell?

**It became sluggish!**



**FEAR**

is interest  
 paid on a debt  
 you may  
**NOT OWE.**



What is the name of this famous steam locomotive?

Last time's answer: Ancient Egypt



Instagram

Follow us on Instagram:

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## Useful Links

- [ADDitude Magazine](#)
- [Autism Eye](#)
- [Autism Parenting Magazine](#)
- [British Dyslexia Association](#)
- [The Communication Trust](#)
- [FIND Newsletter](#)
- [GOV.UK Covid-19 Information](#)
- [Headspace \(Meditation & Sleep\)](#)
- [KOOOTH Mental Health Support](#)
- [Local Offer](#)
- [NHS Urgent Mental Health Helpline](#)
- [Witherslack Group](#)

# Interesting things to know and do:



Learning Support Board  
4th October 2021

## Historical Fact of the Week On this day in **1957**... **U.S.S.R. LAUNCHES SPUTNIK I** The World's First Artificial Satellite Goes Into Orbit

On 4th October 1957, the Soviet Union launched the earth's first artificial satellite, Sputnik I. In Russian, Sputnik means "Travelling Companion". The successful launch was a shock to people in the United States, who had hoped that they would be first. The Soviet success fed fears that the U.S. military had fallen behind in developing new technology and served to intensify the arms race between the two superpowers.

By the end of the Second World War, Nazi Germany had been close to developing the world's first intercontinental ballistic missile (ICBM). German scientists aided research in both the U.S.A. and the U.S.S.R. as they worked to develop new technology in the wake of that global conflict. Over the course of the 1950s, the United States tested several varieties of rockets and missiles, but all of these tests ended in failure.

The Soviet launch of Sputnik I was just one accomplishment in a string of technological successes. At 58 cm in diameter and weighing 83½ kg, the Soviet satellite was much larger than anything the United States was developing at the time. Its successful launch was quickly followed by the launch of two additional satellites, Sputnik 2, that carried the dog Laika into space, and Sputnik 3. Together, these orbited the earth every 90-minutes. American fears were further raised when the Soviet Union successfully tested the first R-7 intercontinental ballistic missile on 21st August 1957.

At last, on New Year's Eve 1958, the United States succeeded in launching its first satellite, called Explorer. It was smaller than Sputnik but went deeper into space. When Neil Armstrong stepped onto the moon in 1969, America went down in popular history as the winner of the space race. The U.S.S.R. itself had been dissolved in 1991 but after the last space shuttle flight landed in 2011 there was a nine-year gap in American spaceflight capability. This forced the U.S. to pay the Russian space agency for rides into space aboard Soyuz spaceships until private SpaceX rockets were used for the first time in 2020.

## MINDFULNESS

If you spend a lot of time caught up in your thoughts, worrying, then Mindfulness may help.

Mindfulness is paying more attention to the present moment – to your own thoughts and feelings, and to the world around you.

To find out more, investigate these links...

<https://www.youtube.com/watch?v=GiTfK5IZ1OA>

<https://www.youtube.com/watch?v=QTsUEOUaWpY>



For young people aged between 12 and 15 you can find out more and complete the survey, by emailing Hannah Holden – who is the Children and Young People Team Project Lead – [hannahholden@lancashiremind.org.uk](mailto:hannahholden@lancashiremind.org.uk). Those aged between 16 and 25 can complete the survey using the button below.

**TAKE THE SURVEY**

**WORTH  
A LOOK**



**IPSEA**

IPSEA (Independent Provider of Special Education Advice) is a registered charity offering free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities.



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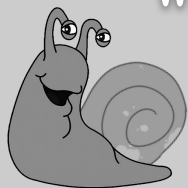
LANCASHIRE  
**LOCAL  
OFFER**

**Special Educational  
Needs and Disabilities  
Local Offer in  
Lancashire**

## Joke of the Week



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Inspire Club  
**Quiz**



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## Historical Fact of the Week

### On this day in 1957

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## MINDFULNESS

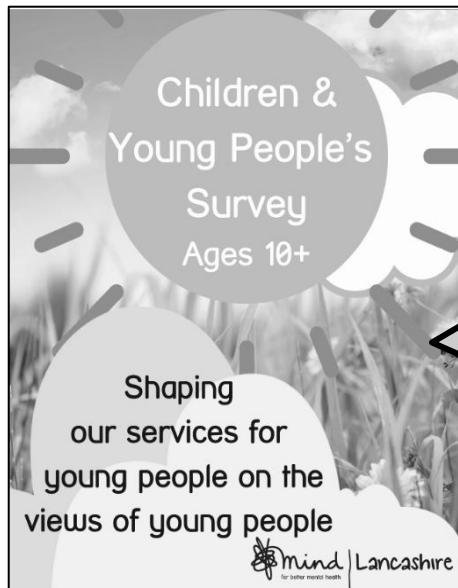
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