



**Learning Support Board**  
 Week Commencing  
**11th October 2021**

"Success is liking yourself,  
 liking what you do and liking how  
 you do it."

Maya Angelou



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

### 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)

# Joke of the Week



What did the tree say when spring arrived?



What a re-leaf!

Focus on the step in front of you, and not the whole staircase.



What European country is this?

Last time's answer: Mallard

## Useful Links

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



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## Historical Fact of the Week

### On this day in **1982...**

# TUDOR WARSHIP 'MARY ROSE' RAISED

## After Lying on the Seabed for 437 years

On 11 October 1982, the flagship of Henry VIII's navy, the *Mary Rose*, was raised from the seabed for the first time in 437 years. Having rested in the silt on the bottom of the Solent since 19th July 1545, the warship was re-floated and carefully moved for preservation to the Mary Rose Museum in Portsmouth.

During her naval career, the *Mary Rose* had served for 34 years in wars against France and Scotland. Thanks to her compliment of over 90 guns and the ability to fire a broadside, the *Mary Rose* was one of the most feared warships of her generation. At the Battle of St. Mathieu on the 10th August 1512, she shot out the mainmasts of the French flagship *Grand Louise*, killed 300 men and forced the ship out of the battle. This short engagement marks the first instance of ships fitted with gunports engaging each other at range without an attempt to board. This was when ships came alongside each other and their crews fought hand-to-hand. The *Mary Rose's* sinking has caused much speculation over the centuries. In September 1544, Henry had crossed the English Channel with his fleet and captured the French town of Boulogne. In retaliation, by the summer of 1545, the French had gathered 200 ships at Le Havre. On the 12th July, they set sail and reached England on the 18th. After a small raid on the Sussex coast, the French ships entered the Solent between the English mainland and the Isle of Wight. As the French fleet arrived, King Henry was watching from the battlements of Southsea Castle just outside Portsmouth.

In the afternoon, the wind picked up and the large sailing warships entered the battle. The *Mary Rose* fired from her starboard side, then came about to fire from port. As she turned, she heeled over with the wind. Crucially the starboard gunports were left open and, with a final nudge from the wind they dipped below the waterline. The water flooded in and the ship went down in a matter of minutes. Of almost 500 men on board, no more than 35 survived. The *Mary Rose* was the only ship to sink that day.

# 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>



Children & Young People's Survey  
Ages 10+

Shaping our services for young people on the views of young people

mind Lancashire  
for better mental health

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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Inspire Club  
 Quiz



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Last time's answer: Mallard



Instagram

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# Interesting things to know and do:



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11th October 2021

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