



Learning Support Board
Week Commencing
8th November 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

"Autism is not a disability, It's a different ability."

Stuart Duncan



Special Educational Needs and Disabilities
Local Offer in Lancashire

JOKE of the Week

Why are camels so loyal?
... because they will never DESERT you!



The smallest successes are often the BEST.

Inspire Club Quiz



Which Asian country has this flag?

Last time's answer: British Heart Foundation

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](#)



Instagram

Follow us on Instagram:

phs learningsupport

Historical Fact of the Week

On this day in **2005**...

FIRST WOMAN TO LEAD AN AFRICAN COUNTRY

Ellen Johnson Sirleaf Elected President of Liberia

Liberia was founded in 1821 as an outpost for returning freed slaves from the Americas. The local tribes continually attacked the new settlers and by 1824 they had to build fortifications for protection. In that same year, the settlement was named Liberia and its capital Monrovia, in honor of President James Monroe who had donated U.S. Government money for the project. Liberia means "Land of Freedom".

The American Colonization Society (a private organization based in the U.S.A.) created it as a colony in 1922 and helped Liberia to achieve independence in 1847. Of the 4,571 emigrants who arrived in Liberia between 1820 and 1843, only 1,819 survived. Descendants of these freed slaves, called Americo-Liberians, remained in political control of the country until 1980. This unequal distribution of wealth and power was at the centre of the bloody civil wars that ravaged the country between 1989 and 2003.

Women often suffer most when war erupts. Their opportunity to influence events during conflicts is often severely limited but women's rights and involvement in the democratic process are vital to ensure a lasting peace. In 2005, two years after the civil war ended, Ellen Johnson Sirleaf was elected as the nation's president. She was the first female head of state ever to be democratically elected in Africa. In 2011 she was awarded the Nobel Peace Prize.

Sirleaf was born in Monrovia. She married in 1955 and, in 1961, travelled with her husband to the U.S.A., where she studied economics at Harvard University. After her return to Liberia, she worked for the government, including as Minister of Finance, before the civil war. She was defeated in the presidential election of 1997 before winning in 2005 and being re-elected in 2011. Although criticised for allowing corruption and mismanaging the Ebola disease outbreak in 2014 she has received credit for improving Liberia's infrastructure and defending women's rights before standing down as president in 2017.

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 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.



Learning Support Board
 Week Commencing
8th November 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

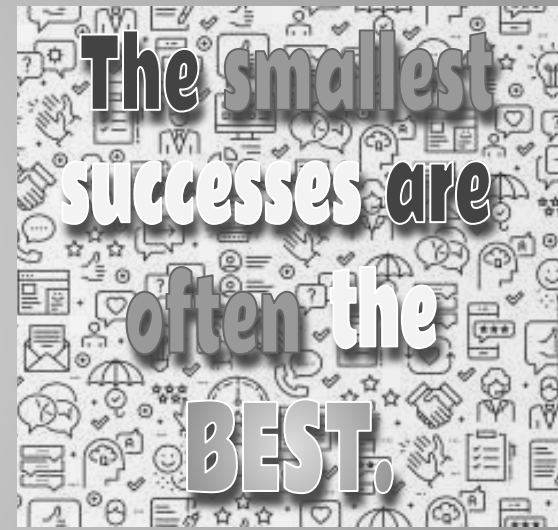
"Autism is not a disability, It's a different ability."

Stuart Duncan



Special Educational Needs and Disabilities Local Offer in Lancashire

JOKE of the Week



Inspire Club Quiz



Which Asian country has this flag?

Last time's answer: British Heart Foundation



Instagram

Follow us on Instagram:

[p_h_s_learning_support](#)

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](#)

Historical Fact of the Week

On this day in **1931**...

FIRST WOMAN TO LEAD AN AFRICAN COUNTRY

Ellen Johnson Sirleaf Elected President of Liberia

Liberia was founded in 1821 as an outpost for returning freed slaves from the Americas. The local tribes continually attacked the new settlers and by 1824 they had to build fortifications for protection. In that same year, the settlement was named Liberia and its capital Monrovia, in honor of President James Monroe who had donated U.S. Government money for the project. Liberia means "Land of Freedom".

The American Colonization Society (a private organization based in the U.S.A.) created it as a colony in 1922 and helped Liberia to achieve independence in 1847. Of the 4,571 emigrants who arrived in Liberia between 1820 and 1843, only 1,819 survived. Descendants of these freed slaves, called Americo-Liberians, remained in political control of the country until 1980. This unequal distribution of wealth and power was at the centre of the bloody civil wars that ravaged the country between 1989 and 2003.

Women often suffer most when war erupts. Their opportunity to influence events during conflicts is often severely limited but women's rights and involvement in the democratic process are vital to ensure a lasting peace. In 2005, two years after the civil war ended, Ellen Johnson Sirleaf was elected as the nation's president. She was the first female head of state ever to be democratically elected in Africa. In 2011 she was awarded the Nobel Peace Prize.

Sirleaf was born in Monrovia. She married in 1955 and, in 1961, travelled with her husband to the U.S.A., where she studied economics at Harvard University. After her return to Liberia, she worked for the government, including as Minister of Finance, before the civil war. She was defeated in the presidential election of 1997 before winning in 2005 and being re-elected in 2011. Although criticised for allowing corruption and mismanaging the Ebola disease outbreak in 2014 she has received credit for improving Liberia's infrastructure and defending women's rights before standing down as president in 2017.

MINDFULNESS

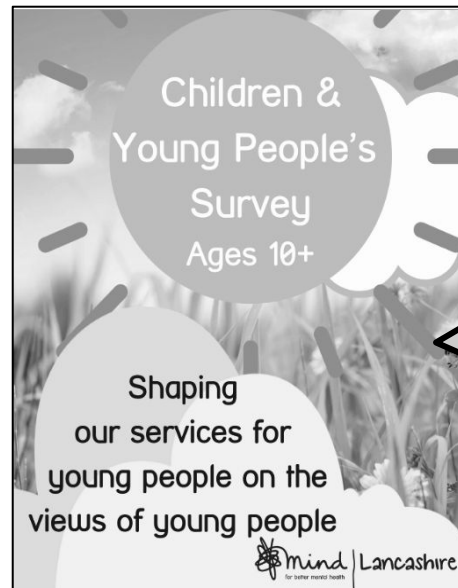
If you spend a lot of time caught up in your thoughts, worrying, then Mindfulness may help.

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

 Lancashire

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 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.