



Learning Support Board
Week Commencing
15th 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

**"You can't change who you are,
and you shouldn't be asked to."**

Jonathan Mooney



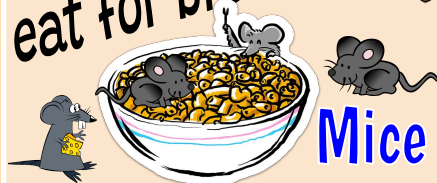
**Special Educational
Needs and Disabilities
Local Offer in
Lancashire**



Joke of the Week



**What do cats
eat for breakfast?**



Mice Krispies



**Who is this British
sports star?**
Last time's answer: Lebron

**~~Impossible.~~
~~Unsolvble.~~
~~Unable.~~
~~Unbelievable.~~**



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](#)



Historical Fact of the Week On this day in **1656**...

FIRST EXPLORATION OF AMERICA BY PILGRIM FATHERS Myles Standish Leads Exploration of Cape Cod

The 102 passengers and thirty crew who sailed aboard the *Mayflower* from Plymouth, Devon on 16th September 1620 could not have known how significant their journey would be to future generations. Their voyage brought British settlers to America and established a colony that would one day provide the foundation stone of the United States of America. More than 30 million people can trace their ancestry to the people who came ashore.

Among the crew was a young soldier called Myles Standish, a native of Chorley and a hired advisor to the new colony who later became the military commander of the new "Plymouth" Colony. Standish may have been born in the farming hamlet of Duxbury, just south of Chorley.

In his younger days Standish was a soldier and went overseas to Holland. He became acquainted with the church in Leiden and developed a friendship with the pastor John Robinson who, although he planned the voyage of the *Mayflower*, died before he could ever set foot on board. In 1618 Standish married Rose Handley who went with him to America.

On 15th November 1620, with the *Mayflower* anchored in the newly named Plymouth Bay, Standish led a party of sixteen men ashore to explore the north of Cape Cod. By the 10th December a shore party had found a sheltered harbour suitable for settlement. A day later Standish and a group of eighteen settlers were attacked by the Wampanoag tribe in what became known as the 'First Encounter'. The settlers eventually made it ashore on the 18th December.

The winter of 1620-21 was brutal. 50 of the 102 settlers, including Rose Standish, died but once the survivors signed a peace treaty with the Wampanoag, the situation improved. Standish married a new settler, Barbara Mullins in 1624 and had seven children with her. He died on 3rd October 1656, aged 72.

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. 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
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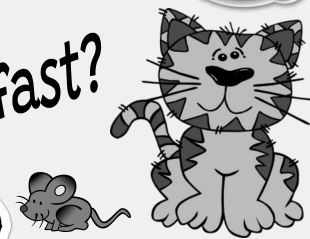
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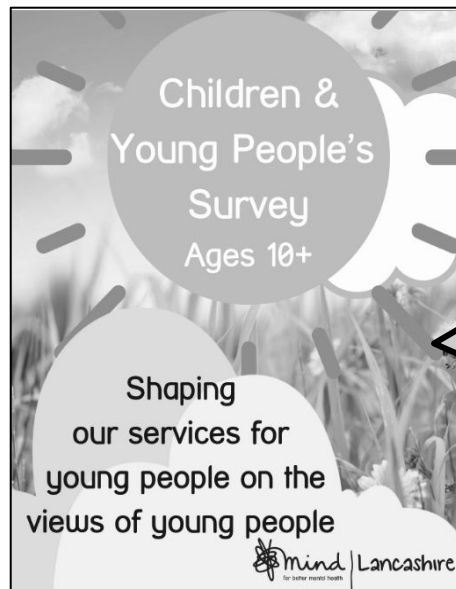
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Children & Young People's Survey
Ages 10+

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

 mind | Lancashire

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