



Learning Support Board  
Week Commencing  
**13th December 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. Happy Christmas!

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

"Aren't we forgetting the true meaning of Christmas? You know... the birth of Santa."

Bart Simpson

LANCASHIRE  
**LOCAL  
OFFER**

Special Educational  
Needs and Disabilities  
Local Offer in  
Lancashire



What kind of motorbike does  
Father Christmas ride?

A 'Holly' Davidson!



Inspire Club  
Quiz



How many countries are  
there in the world?

Last time's answer: Japan

Look out for those who are not *merry* & **BRIGHT** *this Christmas*  
Be curious, be a friend  
and offer your support.



Instagram

Follow us on Instagram:

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## Useful Links

- [FIND Newsletter](#)
- [GOV.UK Covid-19 Information](#)
- [Headspace \(Meditation & Sleep\)](#)
- [KOOTH 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 **1920...**

## DIAMETER OF STAR MEASURED FOR FIRST TIME Francis G. Pease Measures Betelgeuse

One hundred and one years ago today, Francis G. Pease became the first person to measure the diameter of a star. The star he measured was Betelgeuse - a red supergiant in the constellation of Orion - the tenth brightest star in the night sky and the second brightest star found in its constellation. From Chorley, Orion is located in the south-western sky with Betelgeuse at his eastern shoulder.

Francis Pease graduated, as a mechanical engineer, from the Armour Institute in Chicago in 1901 and went to work at the Mount Wilson Observatory in California four years later. Before that he studied optical instrument design at the Yerkes Observatory. It was this experience that helped Pease to develop the equipment that measured Betelgeuse.

The device that Pease and his team used was the 20-foot Stellar Interferometer. This was attached to the end of the new 100-inch telescope which was used to accurately align the equipment with the stars being studied. This telescope, with a mirror more than 8-feet in diameter, was the largest in the world at the time.

On 13th December 1920, Pease and Albert A. Michelson were able to determine the precise diameter of Betelgeuse: the first time that a star had been measured. Their calculations were that Betelgeuse had a diameter of 149,600,000 kilometres. That's 107 times greater than the Sun.

Even now, more than a century later, this is seen as a good estimate of Betelgeuse's size. The star is surrounded by a pulsating envelope of ejected matter—which absorbs and emits light—making it difficult to define the edge of the star's photosphere. Betelgeuse remains one of the largest known stars although much smaller than UY Scuti, the current record-holder, which was discovered in 2012. This star is five times the size of Betelgeuse.

Over the course of the next year, Pease and Michelson measured the diameters of six more red giants. Pease worked at Mount Wilson for almost all of his remaining career. On 7th February 1938 he died after a brief illness and following surgery. A crater on the Moon was named after him.

## 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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## MINDFULNESS

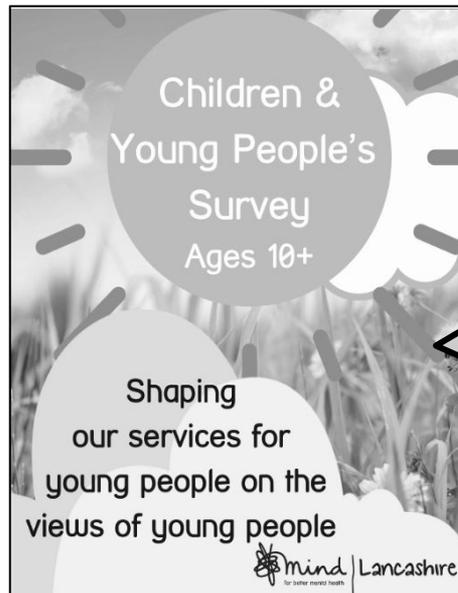
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