



**Learning Support Board**  
 Week Commencing  
**10th January 2022**

*"New Year is the glittering light to  
 brighten the dream-lined pathway of future."*  
 Munia Khan



**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. Happy New Year!

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



What species of butterfly is this?

Last time's answer: 1843

## 🤔 **🤣** of the Week

What was the caterpillar's New Year's resolution?  
**To turn over a new leaf!**

**The New Year -**  
 A time to say  
 goodbye  
 And a time to say  
 hello



Follow us on Instagram:

**phs learningsupport**

### 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 **1840...**

# ROYAL MAIL INTRODUCES PENNY POST

## Uniform Charge of One Penny Introduced for Letters

By the 1830s, the UK Post Office was ripe for reform. Charges were extremely high and based on the distance carried multiplied by the number of pages in the letter. In 1812 the cost of a letter of one page sent from London to Edinburgh was one shilling and one penny - the equivalent of almost £10 today. Two pages were double that and the total normally had to be paid by the recipient. This was a considerable discouragement to people using the post.

A number of people championed postal reform but it was Rowland Hill who brought it to fruition. He was a schoolteacher born in Kidderminster, near Birmingham, in 1795. Hill's idea was to move away from postal charges based on distance carried to a simple uniform rate based on the weight of the letter. He argued successfully that if the charge was low enough, the volume of mail would increase enormously and cover the costs. It was decided that, from 10th January 1840, "A letter not exceeding half an ounce in weight, may be sent from any part of the United Kingdom to any other part for one penny".

The most important change was the uniform charge based upon weight which is still used today. Although the aim was for a uniform penny post, the first change was on 5th December 1839 when a uniform fourpenny post was introduced. This was so successful that the change to the penny post came about a few weeks later.

The main reason that Rowland Hill is remembered today is his idea for having "stamps" to prepay the postage, which resulted in the creation of the famous Penny Black, the world's first postage stamp on 6th May 1840. Even after adhesive stamps became available, it was not compulsory to pre-pay the postage until 1859 when the Post Office made it compulsory that on inland mail postage had to be paid using adhesive stamps. Over 68 million Penny Black stamps were printed and over 3 million are believed to survive. The first ever Penny Black is thought to have sold for around £6 million at Sotheby's last year.

# 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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What species of butterfly is this?

Last time's answer: 197

**Joke of the Week** 

What was the caterpillar's New Year's resolution?



To turn over a new leaf!



Instagram

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## MINDFULNESS

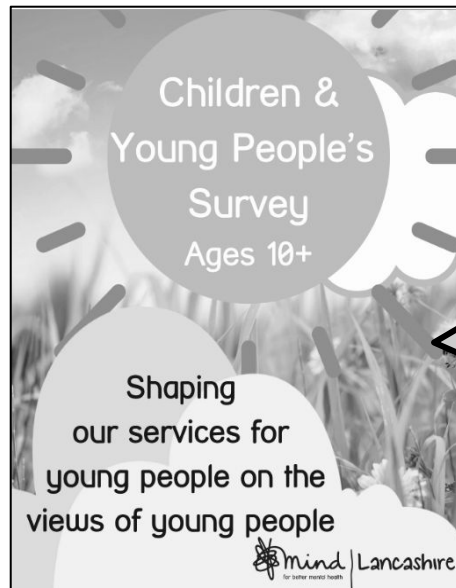
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