



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Headteacher's Message

Dear parents, carers and students,

This week we held the face-to-face reviews with year 10 students in school, and I'm sure I can speak on behalf of all staff involved that it was absolutely lovely to see the students again! We now need to discuss their feedback and, where necessary, ensure that any areas for development are addressed as soon as possible. We have three weeks of term left before we break up for the summer holidays, so I would encourage all our students to continue completing as much work as possible and attend all Google Meet sessions if they can.

On Thursday the government issued guidance about the opening of schools in September. My colleagues and I have started planning for this and will provide information to all parents and students before the end of term. However, it will not be a *normal* return to school and we have to ensure our plans guarantee as much as we can the safety of our whole school community. This will mean us all adhering to strict hygiene measures, year group *bubbles*, and the temporary removal of vertical tutor groups, for example.

We are also in the midst of planning for GCSE Results Day, which is taking place on Thursday, 20th August. Due to the ongoing pandemic, this will also not take place in its usual form as we have to implement strict social distancing measures. All Year 11 students and their parents have been contacted by Mrs Adamson, Exams Officer, so that we can plan appropriately. If you have not yet replied to Mrs Adamson, please do so as a matter of urgency.

Kind regards,
Mr Mitchell



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Quiz time

1. What was sold from a farm in Northumberland to a ranch in Oklahoma for a world record £18,900 earlier this year?
2. Who is reputed to have been born at Duxbury Hall, Chorley in 1584 and later sailed aboard the *Mayflower* to help found the Plymouth Colony in New England in 1620?
3. What is the role played by vanadium (V) oxide in the Contact process and iron in the Haber-Bosch process?
4. Which island is the only place in the U.K. to hold *Protected Geographical Status* for its salt?
5. What comes next in this list? San Francisco Giants, Kansas City Royals, Chicago Cubs, Houston Astros, Boston Red Sox...

Answers will be provided in the next edition

Last week's answers are below:

1. Which popular television series had a theme tune called "*Did I make the most of loving you?*" composed by John Lunn? *Downton Abbey*.
2. What was the name of the Chorley-born female equestrian who won a silver medal riding *Over to You* at the 2000 Sydney Olympic Games and again at the 2004 Athens Olympics? *Jeanette Brakewell*.
3. If N is 9mm, TT is 12mm and Double 0 is 16.5mm then what is EM? **18mm**. *These are all track gauges for model railways.*
4. In the human body, what connects the *gastrocnemius* muscle to the *calcaneus* bone? *The Achilles tendon (also known as the calcaneal tendon, tendo calcaneus or heel cord).*
5. Which famous lighthouse was built on a rocky reef approximately 14 miles south-south-west of Plymouth in Devon? *Eddystone Rock lighthouse.*

Thanks to Mr Whalley for providing the quiz.

Flags of the World Quiz

Last week's answers



How many country flags did you identify?

Thanks to Mrs Curtis for providing the flag and Disney quiz.



Brazil



Japan



Egypt



Indonesia



China



Pakistan



United States



Philippines



India



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Disney Emoji Quiz



Disney

Can you name the
Disney films from the
emojis opposite?

Board Game of the Week - Articulate

ARTICULATE! Bring everyone together with this fast-talking description board game as players try to describe as many card entries as possible within 30 seconds No "rhymes with" or "sounds like" allowed!

TRY NOT TO PANIC! Describing a word without actually saying it, might sound very simple but when you're racing the timer and being heckled mercilessly by the other team then well let's just say that it isn't!

Ideal for families with smartphone addicted teenagers! Gather everyone together and spend some fun, quality family time - just like in the old days. For 4 or more players, aged 12+. Enjoy!





PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Head Students' Challenge

HEAD STUDENT CHALLENGE 15:

DO SOME GARDENING!!

**GARDENING IS A HOBBY MANY PEOPLE HAVE, AND WHAT
BETTER TIME TO TAKE IT UP THAN RIGHT NOW?!**

ALL YOU NEED IS A FEW TOOLS, AND A GROWTH MINDSET!

**EVEN IF YOU CAN'T GET OUT TO THE GARDEN, WHY NOT
BRING SOME OF IT IN! YOU COULD BUY A NEW PLANT OR
FLOWER POT AND TAKE CARE OF IT!**

IT'S TIME TO EMBRACE THE NATURAL WORLD!

REMEMBER TO:

- **SEND IN YOUR PICTURES AND VIDEOS TO**
CONNECTED@PARKLANDSACADEMY.CO.UK **TO**
SHARE YOUR EXPERIENCE WITH US ALL, AND TO
MOTIVATE OTHERS TO PARTICIPATE!
- **EMAIL**
21MMALIK@PARKLANDSACADEMY.CO.UK **IF**
YOU HAVE ANY IDEAS FOR UPCOMING
CHALLENGES!

Follow this link to their weekly challenge and let us know how you go on.

Head student weekly challenge- [week 15](#)

Latest information from our school uniform suppliers

[Jada](#)

[Nuuniform](#) & [NUprice list](#)

DUOLINGO HOUSE COMPETITION 2020

This is a house competition you can still take part in from home. Let's keep up the house spirit from a distance!

Duolingo is a language learning app which has a range of many different languages available to explore. For the competition, you can choose to get even better at a language you are studying or you can choose something completely different if you like. If you no longer study a language, why don't you try out something new?

Each time you do some learning on the app you will earn points for your house.

It's great to see so many students have joined the competition! Parents and family members get involved too by checking out the instructions below.

[Click here for instructions for joining the STUDENT competition.](#)

[Click here for instructions for joining the STAFF/PARENT competition.](#)

Student Competition - Last week's winners were AFRICA!

Staff/ Parent Competition - Last week's winners were AUSTRALASIA!

Happy language learning!

Mr Stalker



duolingo



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Achievement 'Shout-outs' An opportunity to celebrate some home study achievements of our pupils

A huge 'well done' to these students from 9YDB for consistently excellent effort and producing some superb work from home. These students have been working on some really challenging poems from the GCSE Poetry Anthology and have done a great job! Keep up the great work!

Ben Morris
Natasha Gorvett
Megan Ashworth
Matthew Miller
Isabelle Hopkins

ENGLISH 9YDB



Food - Years 7,8 & 9 - Mrs Brookes/Miss Flight

...for fantastic effort and continually producing great work during school closure!

Mrs Brookes
Years 7&8
Leon Parry
Lucas Smith
Ewan Watson
Megan Croasdale
Josh Gorvett
Freya Melling
Kara Moss
Joseph Rawcliffe
Harry Carr
Phoebe Lambert
Alfie Howarth
Alex Heaton-Rothwell
Lily Slater
Jacob Gratton
Harrison Swansbury

Year 9
Reece Moody
James Dunn
Izzy Hopkins
Megan Holden
Olivia O'Connor
Lee Forrest

Miss Flight
Year 7
Robert Armstrong
Josh Holt
Jenna Duxbury
Evan Ditchburn
Sam Stewart
Julia Przyslawska
Emilia Fraser

Year 8
Alex Todd
Sonny Hennessy
Ethan Dashti Burslam
Niamh Lawton
Aliyah Sheikh
Verity Mersh

Years 9
Emily Bassett
Eddie Chandler
Ashden Biddell
Ruby Blacklidge

Year 10
Mohamed Ebaid
Milly Prendergast
Neve Collings
Grace McAinsh
Emma Hinks
Lottie Murray
Katy Wasilewski



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Achievement 'Shout-outs' An opportunity to celebrate some home study achievements of our pupils

Mrs Ward - Geography

Year 7

Well done to the following pupils who have done an outstanding job, so far, on their independent virtual field trip write up:

Leon Parry	Candice Waller
Harry Carr	Abigayle Smallwood
Tyler Stevenson	George Wilson
Fran Buckett	Evan Ditchburn
Olivia Douglass	Seb Holbert
Ollie Hough	Phoebe Lambert
Matylda Nurek	Freya Taylor
Ella Ashton	Harrison Flash
Rihana Rahman	

Year 8

Well done to the following pupils who have done an outstanding job, so far, on their Yellowstone brochure or Plastic project:

Ashraf Hamad	Ruby Stanley
Jasmine Beech	Anna Lee
Phoebe Lord	Evie Lowe
Catherine Moyano-Taylor	
Charles Newman	Verity Robathan
Luc Brierley	Kate Hardman
Katie Barker	Hannah Williams
Amber Ashcroft	Claudia O'Neill
Matthew Todd	



Mrs Eastham - Geography

Well done to the following Year 10 Geography Students for great work on the Demographic Transition Model (or for showing an increased level of effort with their work recently):

Izzy Blunt
Harley Godber (increased effort)
Ruby Storton (increased effort)
Jason Lee (increased effort)
Emily Walsh

Chloe Elston (increased effort)
Ethan Ingram (increased effort)
Anna Moss (increased effort)
Jack Thompson
Maddie Durkin



PARKLANDS- KEEPING CONNECTED 6th- 12th July Issue 16



Achievement 'Shout-outs'

YEAR 9 AND 10 ARTISTS



Well done to my year 9 and 10 artists during lockdown. A special shout out to following students who have shown a great passion and dedication towards their work during lockdown. It's been a pleasure to see your work progress with consideration and thoughtfulness. Well done!

Finn Hearty
Hollyanne McGillivray
Ellen Sawyer
Isobel Blunt
Sarah Glen
Charlie Livesey
Megan El-Garidi
Minni Hodgson

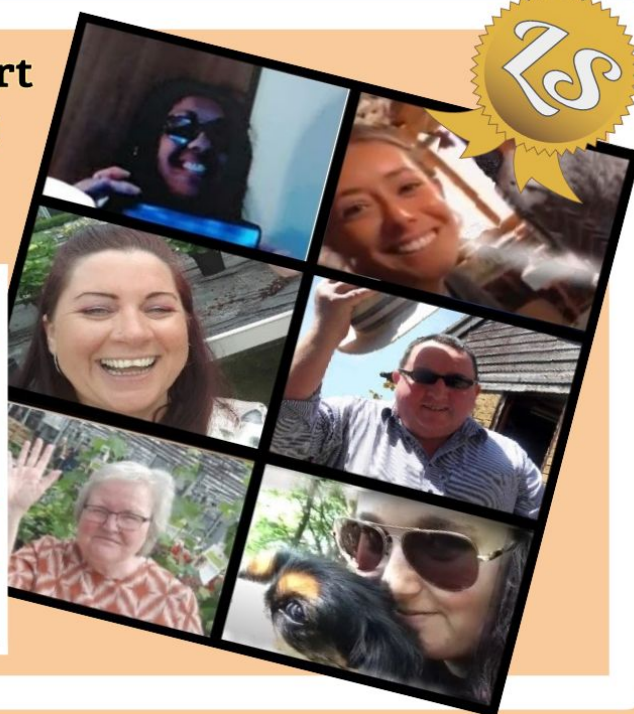
Beth Maclachlan
Mia Hutson
Sarah-Jane Harrison
Larissa De Assis
Nakita Haigh



LEARNING
SUPPORT

**Everybody in
Learning Support
is delighted by
the work
produced by:**

Leo Thompson	Maths and Humanities
Matthew Weldon	Facing Fears Head on!
Oliver Lancaster	Art, Spanish, RS
Luke Holtom	For getting organised!
Nathan Heaton	French



LS

LS



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16

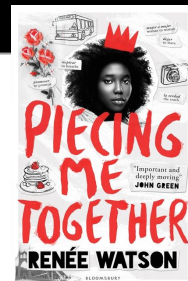


Get reading - Book recommendation

Piecing me together - Renée Watson.

If you're looking for a book with an incredibly positive role model then this is the book for you. A story about friendship, race, mentorship and self awareness from the point of view of high school student Jade.

Miss Cosgrove



Could you recommend a book you've read recently?

Let us know or send a review to: connected@parklandsacademy.co.uk

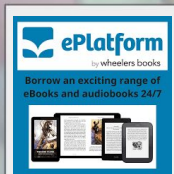
Want to read but struggling to get new books?

You don't need to go to the expense of buying new books and we know that libraries are closed but there are still lots of ways to access new reading material.

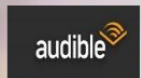
1. Borrow an ebook from the school library.

Download the free app [ePlatform](#) and then:

- Find our library - Parklands Academy
- Username = your school email address
- Password = library 1
- Then browse for your next book!



2. Audible is making a wide selection of audiobooks available to stream for as long as schools are closed.



If you fancy listening to a book instead of reading it, you might like to try this option. Here's the link to the Audible site: [Audible](#)

3. During the period of closure all local libraries are allowing online borrowing. If you are a member of any library in Chorley borough you should be able to borrow a book virtually. You just need the library card number to set up. If you are not a member it is still possible to join online. Follow the link below:

[Lancashire libraries](#)

There's never been a better time to read and for all those students who might be running out of books for Accelerated Reader you'll find hundreds to choose from.

Click for additional advice and support for those with Special Educational Needs and Disability
[Learning Support's Weekly Notice Board](#)

Newsletter for parents and carers of, and professionals working with, children and young people with SEND. [FIND Newsletter Summer 2020](#)



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



STEM Education

STEM stands for science, technology, engineering, and maths.

By 2030 the U.K. will have over 7 million jobs needing STEM skills and it has been recognised that STEM can help broaden young people's life choices and opportunities in terms of keeping their future options open. There's never been a better time to develop these skills.

Maybe a Parklands student will go on to produce a lifesaving vaccine or another great British invention that ranks alongside the internet, computer, jet engine, light bulb, television or telephone.

Each week we will focus on a few particular activities or challenges provided by STEM.org. This week we've highlighted:

[Working for efficiency.](#) Help devise the best way to complete a paper round, plus other logic puzzles to attempt

There are hundreds of activities to choose from so if these don't appeal see what else is on offer at [STEM.org](#). We dare you to try!

Thanks to
Mr McAvoy

[Number crunching](#) This resource contains a number of articles explaining how statistics help us understand the world. [Investigating fingerprint types](#)



Tried out one of the STEM activities? Let us know at connected@parklandsacademy.co.uk

Get organised ...

Now that we are doing Google Meet lessons in addition to the work set on Google Classroom we know it can be tricky to keep organised.

Some of you are quite happy using your own methods to keep track of what lessons you have and when.

Some are using Google Calendar to keep a note of any online lessons but if you would prefer to create your own weekly timetable that includes all of your lessons [click here](#) to take you to a blank timetable that you can edit and personalise. Perhaps you can print it off and keep it somewhere handy - on the fridge door or your desk?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am - 10:00am					
10:00am - 11:00am					
11:20am - 12:20pm					
12:20pm - 1:20pm					
2:00pm - 3:00pm					
3:00pm - 4:00pm					
4:00pm - 5:00pm					



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Keep smiling

Someone stole my mood ring..... I'm not sure how I feel about it....

Sometimes I tuck my knees into my chest and lean forward. That's just how I roll!

My friend recently got crushed by a pile of books, but he only has his shelf to blame.

A pupil threw a lump of cheese at me... I thought 'that wasn't very mature'

Miss Featonby :)



Keep smiling
and send your
jokes to:

[connected@par
klandsacademy.
co.uk](mailto:connected@parklandsacademy.co.uk)



Making History

Lancashire Archives are appealing for help in creating a new collection so that future generations understand the effect of COVID19 on everyday life in Lancashire.

We feel sure that, from some of the information you have been sharing with us, you will be able to help.

Lancashire and the COVID 19 pandemic archive collection

You can write it down, draw, make a sound recording or short video recording or take photographs about what has changed and how you feel about it.

Your written experience could be a daily diary, about a single day or event or a poem. Or you might record, video or photograph what life has been like at home, work or where you live.

Contributions are welcome from all ages including children.

They are also appealing for other materials such as :

- Leaflets/flyers/posters from councils and other local government institutions about the pandemic
- Material from local business relating to closures or changes to how they operate
- Advice from local organisations about hygiene, social distancing and self-isolation
- Information about community efforts to help vulnerable and isolated persons
- Information from local schools regarding closures and home-schooling.

You can send any contributions by email to archives@lancashire.gov.uk including your name, age and the place where you live (not your full address).

For further details and more information follow this link: [Lancashire Archives.](https://www.lancashire.gov.uk/covid-19/pandemic-archive/)



*"Daddy, what did **you** do during the coronavirus?"*



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Keep fit

PE lessons - Now 3 times per week

Personal trainer Joe Wicks will be holding live free PE classes at 9am Monday, Wednesday and Saturday via his YouTube channel for children of all ages, in a bid to keep everyone moving.

[P.E with Joe" | Daily LIVE workouts for kids | The Body Coach](#)

Virtual Sports Day...and the results are in!

Well done to everyone who contributed and thanks also to Miss Greaves who had the mammoth task of collating the hundreds of results.

Congratulations to Africa House. It's now 6 in a row.

What a week of celebrations for Mr Swift who won the double - Africa winning sports day and Liverpool being crowned Premier League champions!



Virtual Sports Day 2020

Click [here](#) for a full breakdown of the results.

Turn to the next page to find out more ways to get involved in sporting activities and represent Parklands at the Virtual Chorley District Sports Day.

Let us know about your sporting activities

connected@parklandsacademy.co.uk

House	Participation Points
AFR	104
ANZ	71
ASA	54
EUR	50
SAM	41



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



A message from the Parklands PE department

It's that time of year when we are normally sending out the teams for District Sports and we take upwards of 150 pupils to Robin Park to compete against St Michael's, Holy Cross etc. You may have guessed that we won't be taking a team but you can still get involved. In a similar way to our very successful Virtual Sports Day we will be competing in the very first Virtual District Sports.

There are 8 disciplines to get involved in.

1. Standing long jump <https://www.youtube.com/watch?v=Purj-BS1pd4&feature=youtu.be>
2. Standing Triple jump <https://www.youtube.com/watch?v=JKHgVJM1JGA&feature=youtu.be>
3. 50m Sprint <https://www.youtube.com/watch?v=oosbXO-0v7I&feature=youtu.be>
4. Distance Throw <https://www.youtube.com/watch?v=IsYXvLDHARE&feature=youtu.be>
5. Target throw <https://www.youtube.com/watch?v=slwguFEYehA&feature=youtu.be>
6. Speed bounce https://www.youtube.com/watch?v=Ef_n_SIR7fs&feature=youtu.be
7. 500m/0.5k long run <https://www.youtube.com/watch?v=haNrervGLIs&feature=youtu.be>
8. Throw Clap Catch. <https://www.youtube.com/watch?v=76PRTU4I5rM&feature=youtu.be>

Next to each challenge there is a youtube clip to explain the rules/techniques.

All you have to do is have a go. You record your first attempt, your best result and the difference between the two. Record it on the sheet attached and send it to cssp@buckshaw.lancs.sch.uk giving your name, year group and school.

Prizes for – Boy and Girl in each age group

- School with most entries
- Overall best performer 5 or more events
- Winner of event
- Most improved scores

Take a picture or even better a video or post your attempts on social media @ChorleySSP @Phsps and use the hashtag #LancsGames20

Our challenge is for every pupil in the school to attempt at least one of the disciplines and this year we might be the winners!
Good luck and stay safe.



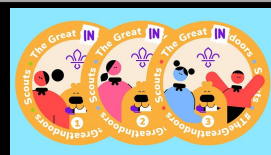
PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Scouts



You do not need to be part of the Scout association to join in next weekend but we thought you would like to hear about this packed programme full of fun ideas and activities for all the family.



The Great Indoors Weekender

The UK's biggest digital summer camp

11-12 July 2020



From graduations to trips with friends, young people have missed out on all kinds of things this year. We think they deserve something really special – something for Scouts and non-Scouts, all around the globe – so we're holding (cue big, boomy voice) The Great Indoors Weekender!

Join the UK's biggest digital summer camp from your living room, garden or anywhere at home.
It's up to you!



Programme of events: available now
From famous faces to clever creations, check out the great activities we've got lined up for you.

Join in over the weekend by following the links to activities and videos that we'll add to the event programmes. You can do them virtually in your Group or as a family at home.

We'll also share videos on our social media channels that'll inspire more action (off-screen).

[Find out what's happening Saturday >](#)

[Find out what's happening Sunday >](#)

Here's just a few of the many activities available.

Click on each image for more details

Let us know if you get involved;

connected@parklandsacademy.co.uk



Tales of flight

Find and share fantastical tales of emergency scenarios in aircraft.

Suitable for: 10-18s | Takes: 30 mins

[Tales of flight >](#)

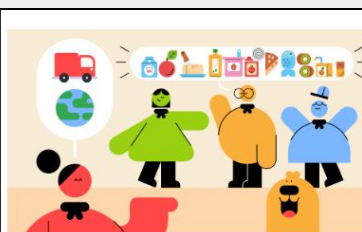


Graphics for games

Choose a theme, then design the sprites and background for a computer game.

Suitable for: 10-18s | Takes: 45 mins

[Graphics for games >](#)



Track your food footprint

Learn some simple ways to save food from ending up in the rubbish bin.

Suitable for: 8-14s | Takes: 25 mins

[Track your food footprint >](#)



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



What to watch...National Theatre

You will have seen our links to the National Theatre at Home in each week's edition of Keeping Connected but, thanks to Mrs Gray, we are now able to access the back catalogue of performances

Why not treat yourselves to a trip to the theatre?

The **National Theatre** are allowing **schools exclusive access** to their recorded live performances during the pandemic so that children still have access to high quality theatre! (These login details are for Parklands pupils only - please do not share with anyone outside of Parklands or we will lose access)

To have a choice of over 150 plays to watch, [click on this link](#) and use these details in the 'ACCESS LOGIN' window:

Username: 0Ap*2Qm\$ Password: 5As%5Db#

*****ALL THE PLAYS HAVE AN AGE RATING - YOU WILL NOT UNDERSTAND THE ONES WITH HIGHER RATINGS THAN YOUR OWN AGE AND THEY MAY ALSO BE INAPPROPRIATE - DO NOT WATCH THESE!*****

Plays I would recommend include:

Treasure Island (page 3)

Peter Pan (page 2)

Jane Eyre (page 2)

One Man Two Guvnors (page 2)

If you choose something else, let me know what you thought of it so I can recommend it to others.

Why not get dressed up for the theatre and watch the play with your whole family?

Mrs Gray



In addition to the above here's this week's offering from National Theatre at Home:



Les Blancs

An epic masterpiece

An African country teeters on the edge of civil war. A society prepares to drive out its colonial present and claim an independent future. Racial tensions boil over. Tshembe, returned home from England for his father's funeral, finds himself in the eye of the storm.

Written eleven years after *A Raisin in the Sun*, Lorraine Hansberry's final drama is an unknown masterpiece of the American stage and a highly theatrical search for the soul of post-colonial Africa.

This play is about imperialism, racism, and colonialism and contains some scenes of racially motivated violence, that some people may find distressing.

This archive recording was captured by the National Theatre in 2016.

Available on on the National Theatre's [YouTube channel](#) until 7pm on Thursday 9th July.



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



What to watch...

Premiership Football

This week the following games have been confirmed as free-to-view:

Tuesday 7th July

Watford v Norwich (6pm) Sky Pick

Thursday 9th July

Bournemouth v Tottenham (6pm) Sky Pick

Everton v Southampton (6pm) Amazon Prime

Saturday 11th July

Watford v Newcastle (12:30pm) Amazon Prime

Sunday 12th July

Wolves v Everton (12pm) Sky Pick

Bournemouth v Leicester (7pm) Sky Pick

Sky Pick is available on 159 on Sky and 144 on Freeview.

You do not need to be a paying member of Amazon Prime to watch.

Amazon has announced that fans in the UK will be able to watch the game live on streaming service Twitch with no membership option required. (Mrs Curtis)



What have you been watching during lockdown? Send your recommendations to:

connected@parklandsacademy.co.uk

THE SHOWS MUST GO ON!

FULL-LENGTH
PERFORMANCES
EVERY FRIDAY 7PM BST
FOR 48 HOURS

If you're a fan of musicals, you can enjoy a full free performance of an Andrew Lloyd Webber musical every week.

Every week a new musical is available for 48 hours, so by the time you read this it might be too late to see [Michael Flatley Celtic Tiger](#). From Friday 3rd until Sunday 5th July [The Shows Must Go On](#) presents the international dancing master with another stage performance, taking as his subject the history and spirit of his native Ireland and its long traditions of music and *dance*.



Fundraising Focus

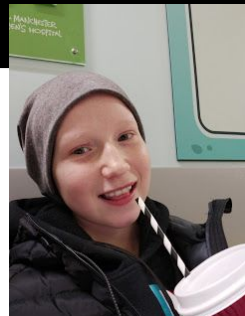
Sally Cornes, Yr 8, is an inspirational young lady who needs our support in securing treatment to help her beat her battle against cancer.

Follow the link to read more about this amazing young lady.

You can also make a donation - large or small, any amount will be greatly appreciated.

[SallyGoFund Me](#)

Sally also has her own blog <http://sallycornes.blogspot.com/>





PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



On 5 July 2020, it will be 72 years since the NHS and social care system was established

2020 has been the most challenging year in NHS history.

This year, the birthday is an opportunity to recognise, reflect and remember. To recognise the skills, commitment, achievements, compassion and diversity of all our 1.9 million people, across more than 350 different professions.

Over the last few months staff have worked around the clock to tackle coronavirus – caring for the 100,000 patients with COVID-19 who needed specialist hospital treatment and treating countless others besides, redesigning services and creating backup Nightingale hospitals.

None of this would have been possible without the help and support of countless individuals and organisations around the country.

Everyone across the NHS is hugely grateful to the thousands of former doctors, nurses and other health service staff who came out of retirement to battle coronavirus, the fellow key workers – from bus drivers and refuse collectors to social care staff and teachers – who kept the country running and, of course, all those who stopped the spread of the virus by following the expert advice and staying home to save lives.

Everyone has had a part to play and, in the most difficult days, frontline workers were sustained by the support of the public.

On Sunday 5 July we invite [everyone to come together at 5pm](#) to come together and applaud the commitment, courage and sacrifice shown by so many. [#ThankYouTogether](#).

Yesterday there was a [moment of remembrance](#) and reflection for all the lives of those we have lost during the pandemic. This was led by the [Together Coalition](#). People were asked people to place a light in their window, and buildings and landmarks, such as Blackpool Tower, were lit up as part of this collective act of remembrance.

Lockdown has been a tremendously challenging time for everyone, but at the same time we have seen countless examples of people doing their best and achieving amazing things – fundraising, volunteering, returning to NHS careers, helping out neighbours, being more active, and a greater willingness to talk about and address mental health issues.

We are asking people to carry on supporting the NHS and social care by continuing or embracing one or more of these positive changes to [Live well](#), [Work well](#) and [Care well](#). Be proud of what you are doing and share your story, or commitment, to inspire and motivate others.





PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



The birth of the NHS

On 5 July 1948, the NHS was launched by Aneurin Bevan, Minister of Health, at Park Hospital in Manchester (known today as Trafford General Hospital).

For the first time, hospitals, doctors, nurses, pharmacists, opticians and dentists were brought together under one umbrella to provide care for free.

Since then, the NHS has transformed the health and wellbeing of the nation. The NHS has delivered huge medical advances and improvements to public health, meaning we can all expect to live longer, healthier lives.

Want to find out more? The Nuffield Trust produced an [interactive timeline](#) which charts the evolution of the NHS from its inception in the post-war years through to today.

The NHS's birthday closely follows national Windrush Day which celebrates the [anniversary of the Empire Windrush](#) arriving at Tilbury Docks, London on 22 June 1948. Many of the passengers took up roles in the NHS and were instrumental in building our health service, which launched two weeks later. Read more in these blogs: [Windrush and the NHS – an entwined history](#) and [Still on the journey: Windrush 2020](#).

#Thankyoutogether – Sunday 5 July at 5pm

You can say a personal thank you to someone who matters to you by downloading a [thank you poster](#) [Download your favourite design](#), colour it in and add the name of who you'd most like to say 'thank-you' to. It could be the nurses and doctors, posties and delivery folk, or maybe your mum, dad or the nice lady next door. Then put it in your window for all the world to see.

You can also send a photo of your 'thank you' to the NHS for inclusion on their social media channels and don't forget to send us a picture too, just like **Izzy (Year 8)** did. What a **fantastic drawing** with a lovely sentiment. **Well done, Izzy!**

Connected@parklandsacademy.co.uk

Other ways to get involved with the NHS Birthday

Here are the main activities that we are organising nationally and you can check the websites and twitter accounts of your local NHS organisations to see if they have any local activities planned.

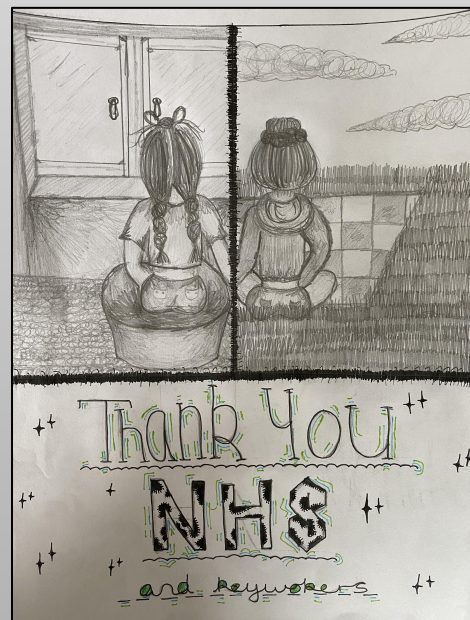
[Moment of remembrance](#)

[#Thankyoutogether](#)

[Rankin portraits of NHS staff](#)

[People's Picture – Rainbows for the NHS](#)

[NHS Parliamentary awards](#)

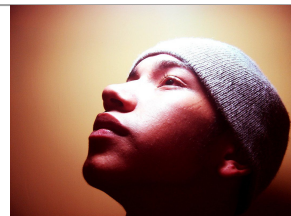




PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Support for Children & Young People

On this page you will find a range of resources and support for young people.

Resources, Services and Helplines

Links to helpful information and resources for young people

[LinksToHelpfulInformation_ResourcesForYoungPeople.docx](#)

Activities and Tools for Children and Young People

5 Steps to calm resource [5StepsToCalmCYP.pdf](#)

2020 COVID-19 Time capsule resource [2020Covid-19TimeCapsule.pdf.pdf](#)

Calm Down Sensory Jar resource [CalmDownSensoryJar.pdf](#)

Child friendly explanation of coronavirus resource [ChildFriendlyExplanationofCoronavirus.pdf](#)

Circle of Worry resource [CirclesOfWorry.pdf](#)

How to be more resilient resource [HowToBeMoreResilient.pdf](#)

How to cope when supporting someone else resource [HowToCopeWhenSupportingSomeoneElse.pdf](#)

How to have a conversation about mental health resource

[HowToHaveAConversationAboutMentalHealth.pdf](#)

Looking ahead workbook resource [LookingAheadWorkbookCYP.pdf](#)

Supporting your family's wellbeing resource [SupportingYourFamily_sWellbeing.pdf](#)

My COVID-19 Diary and self-care Workbook [CYP_COVID-19_Booklet_.pdf](#)

How to cope with change- YouTube Video Activities

[HowToCopeWithChange_-_YouTubeVideoActivities.pdf](#)





PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



The winner revealed ...



1st



Grace (Yr7) Asia



Highly commended...



Scarlett (Yr9) Australasia



Ella (Yr9) Europe



Emma (Yr10) Africa



Lily (Yr8)
South
America



Monica (Incoming Yr7)
Australasia



Miss Featonby (Asia)

Staff
winner



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Apology

May made a fabulous cake as part of the Bake Off competition last week and, unfortunately, her picture wasn't included in last week's feature. However, this was just a printing error and her entry was included and considered in the judges' decision. Apologies for this, May. It looks wonderful- keep baking!



May (Yr7) Australasia



Keep cooking and sending us pictures of your efforts to:

connected@parklandsacademy.co.uk

Unfortunately, this entry was submitted after the deadline for entries but we thought we'd share it anyway. Well done to Shamar, Year 8, who made this heart shaped cake.

We love it, Shamar!





PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Experiment time... Rainbow experiment

If you happen to have nappies at home, try dissecting one (clean!) and removing all the hydrogel beads (they look like tiny clear grains). These are known as superabsorbers because they can absorb lots of water. Get about 5ml of water in a cup and add red food colouring. Repeat with blue food colouring, then yellow. Add your hydrogels and leave for 30 mins to allow the beads to soak up the coloured water. Then get a clear, tall glass and layer your red gel, then yellow, then blue.

Watch as the colours mix at the boundaries and create this rainbow effect.

I'd love to see your creations, so send in your pics to

rbetney@parklandsacademy.co.uk or connected@parklandsacademy.co.uk

Miss Betney



Careers

Interested in an apprenticeship, or want to know more about traineeships (pre-apprenticeships)? Then there is a useful link to Training 2000 here: <https://www.training2000.co.uk/events/>. This will take you to a number of events planned on Teams, where employers will answer questions, talk about employment prospects in various areas, give advice on courses, etc. Check it out.

Year 10 - Don't forget that you need to have downloaded the Connect Placement Manager app before WEX week. Mrs Berry has re-sent the links to everyone in Year 10 now. You will be sent a timetable for the week of tasks/talks/videos, etc. It should not take all day and you are advised to continue with any school work - this is not a replacement for your lessons! It is an added extra that you may find very useful in the future as we are unable to go ahead with the actual work experience programme. Any issues, please let Miss Berry know. pberry@parklandsacademy.co.uk

If anyone has not accepted a place at college, and wants to - it's not too late, but you must let Mrs Berry know as possible! pberry@parklandsacademy.co.uk

Big Bang Digital 2020 Check out this event and find out what scientists and engineers have been doing throughout this pandemic. STEM subjects will be in great demand in the future, so think carefully about your future options at college, university or in employment.

Year 11: please check your emails for more information about [Runshaw's meet the teacher events](#) (a replacement for the new student days that are usually on offer). You can find out more about the course(s) you have chosen, chat to staff, ask any questions you may have. Don't forget that you can still change your mind about the subject(s) you have chosen even after enrolment.

You can also now legally start an apprenticeship as long as you are 16 - many colleges offer apprenticeships as well as Training 2000, Alliance Learning and NLTG. You can also have a look at www.gov.uk for all the recent vacancies.



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



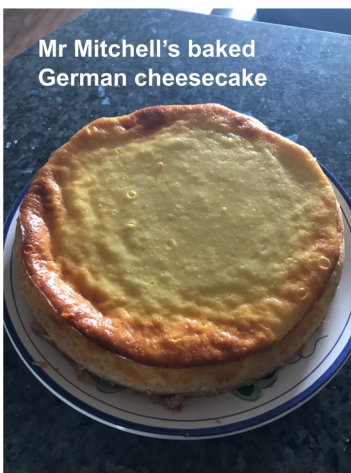
Get cooking ...

Robyn's turkey bolognese with spinach pasta



It's been a quieter week for our cooking community this week.

Mr Mitchell's baked German cheesecake



Thanks to those who sent in their latest creations. Keep sending to:

Connected@parklandsacademy.co.uk

Has this time at home made you think about the possibilities of a [career in food](#)?

Produced by Bettys & Taylors, follow this [link](#) to resources that are designed for students who might be interested in a career in food. It provides a useful insight into the wide variety of jobs that are possible.



Frozen Fruity Yoghurt Bites



Ingredients

- 200g natural yoghurt
- Handful blueberries
- Handful raspberries

Method

Put 12 cupcake cases onto a small baking tray.

Use a spoon to drop some yoghurt into each case.

Put a few pieces of fruit into each cup and press them into the yoghurt with your fingers.

Freeze for 2 hours or until solid.

Pop out of the cases and serve.



Keep cooking and sending us pictures of your efforts to:

connected@parklandsacademy.co.uk



PARKLANDS- KEEPING CONNECTED

6th- 12th July

Issue 16



Emotional Health & Wellbeing

The continuing Coronavirus (COVID-19) outbreak can be scary. It is also unusual for whole households to be together for such long periods of time. These things can be challenging for all of us and affect our mental health. Here's a link to [Mind.org](https://www.mind.org.uk) with some useful tips on how to help your wellbeing.



With many of us spending more time than ever online for education, work and entertainment this presentation from the **ThinkuKnow** education programme, provides an [Introduction for Parents and Carers](#). It highlights some of the resources available for you and your children and reminds you of some of the things you can do to keep your child safe online. Click on the image to take you to the presentation.

The best way you can protect your child is to establish a positive relationship with them around their life online. Talk to them – not just once but have ongoing conversations as part of your family life

Keep safe and up-to date

The latest coronavirus (COVID-19) information from [Public Health England](https://www.gov.uk/government/coronavirus/covid-19)



*Enjoy your special day and
create memories to last a long
time.*

*Happy Birthday from the
Parklands community.*

Sunday 5th July

Tracey A 15

Susannah R 14

Monday 6th July

Mrs Fish

Evie M 16

Mariam H 14

Abbie T 13

Adam C-C 12

Tuesday 7th July

Isabelle H 14

Leon S 14

David E 12

Demi-Leigh R 12

Wednesday 8th July

Isabel H 15

Amber C 14

Thursday 9th July

Matthew H 15

Noah F 12

Friday 10th July

Lincoln S 12

Saturday 11th July

Mrs Miller

Marc W 16

Ben B 14

Joseph T 13

Isabel W 13

HAPPY BIRTHDAY

12

YOU'RE TOTALLY
TWELVE TODAY!

13

HAPPY BIRTHDAY

You're SO allowed to be sleepy now.
Take the most of it! Hehe!

FOURTEEN TODAY

14

HAPPY BIRTHDAY

Love it! Fantastic and

FIFTEEN TODAY

15

HAVE A HUGE
HAPPY BIRTHDAY!

16

OH YEAH!

Have a good one!