



PARKLANDS- KEEPING CONNECTED

13th - 19th July

Issue 17



Headteacher's Message

Hello everyone,

Welcome to issue 17 of our Keeping Connected bulletin. Had school been open we would have been running our annual Learning Challenge Week this week, during which pupils would have been involved in a plethora of activities and learnt new skills. This is a week that we staff thoroughly enjoy, as we see pupils flourish and embrace their creativity and problem-solving skills. It is such a shame that this clearly can't go ahead this year, but I hope that our pupils have learnt new skills during this very lengthy lockdown; skills such as time-management and organisational skills, which will undoubtedly come in very handy later on in life and especially when we return to school in September.

My colleagues and I are continuing to plan for our return in September, and I shall issue guidance to all pupils and parents/carers before we break up for the summer holidays. This is not an easy task to complete, as there is so much to consider and government guidance to follow, but we are confident that our school community will cope well when we finally get back into classrooms.

As we all prepare for the autumn term, please could I remind parents of the wealth of information on our website such as term dates, uniform guidance and equipment. For our new intake we have created a new section for you - see students/information for new year 7. We hope you will find this useful and that it will support your transition to our fantastic school.

Kind regards,
Mr Mitchell



PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



Quiz time

1. What name has been given to the incursion by the Scottish army of Robert the Bruce that reached Chorley and destroyed St. Laurence's church in the reign of Edward II?
2. Which word links a fizzy fruit-flavoured soft drink popular in the 1970s and a famous racing track at St. Moritz in Switzerland?
3. What is the name of the only chemical element to be named after a person who is currently alive?
4. Who wrote the metaphor, "So we beat on, boats against the current, borne back ceaselessly into the past."?
5. Which three football clubs were founding members of **both** the original Football League in 1888 **and** the Premier League in 1992?

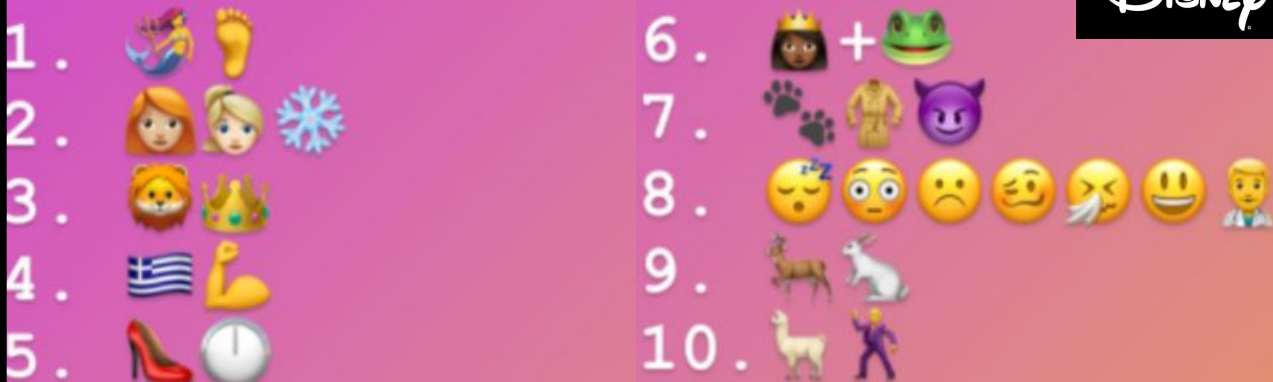
Answers will be provided in the next edition

Last week's answers are below:

1. What was sold from a farm in Northumberland to a ranch in Oklahoma for a world record £18,900 earlier this year? *A border collie sheepdog called Megan.*
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? *Myles Standish.*
3. What is the role played by vanadium (V) oxide in the Contact process and iron in the Haber-Bosch process? *Vanadium (V) oxide and iron are both catalysts. The Contact process produces sulfuric acid and the Haber-Bosch process produces ammonia.*
4. Which island is the only place in the U.K. to hold *Protected Geographical Status* for its salt? *Anglesey (or Ynys Môn).*
5. What comes next in this list? San Francisco Giants, Kansas City Royals, Chicago Cubs, Houston Astros, Boston Red Sox...*Next come the Washington Nationals who are the most recent winners of the American baseball World Series.*

Thanks to Mr Whalley for providing the quiz.

Disney Emoji Quiz - Last week's answers



1. Little Mermaid 2. Frozen 3. Lion King 4. Hercules 5. Cinderella 6. Princess and the Frog
7. 101 Dalmatians 8. Snow White and the Seven Dwarves 9. Bambi 10. Emperor's New Groove



PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



Football Badges Quiz

? ?

Can you name
the football
clubs that
these badges
belong to?

?

Thank to Mrs Curtis
for the football and
Disney quiz.



1



2



3



4



5



6



7



8

Learning Challenge Week 2020

On Monday, had we been in school, Years 7-9 would be starting our annual Learning Challenge week.

For Year 7 students who haven't experienced this before the week involves pupils following a different timetable and participating in a range of different events and challenges. The lion, shown in the picture, was produced last year by the Big Arts challenge group.



Students also work on their Cultural Capital passports and have the opportunity to record any activity completed that has broadened horizons and introduced them to something new. Although you will not be able to experience the week this year I would encourage you to take the opportunity to try and develop your cultural awareness.

[Google Arts and Culture](#) is a great resource packed full of information. You might want to explore paintings, photography, sculpture or textiles or look at [10 animals with superpowers](#).

You can explore different cultural sites around the world or find out about [10 women who changed the world](#). There is so much to explore I'm sure you'll find something to inspire you all!

Mrs Donohue




PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



Head Students' Challenge



HEAD STUDENT CHALLENGE 16:

HAVE A DANCEATHON!!

WHO DOESN'T LOVE TO DANCE?!


GET YOUR FAMILY TOGETHER, SET A TIMER AND GET DANCING!

YOU COULD DO A SPONSORED DANCEATHON FOR CHARITY TO SUPPORT THOSE WHO NEED IT MOST, OR YOU COULD DO IT JUST FOR FUN!!

WHATEVER YOUR MOTIVATION, JUST DO IT - GET DANCING!!!!

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 16](#)

Latest information from our school uniform suppliers

[Jada](#)

[Nuuniform](#) & [NUuniform price 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 SOUTH AMERICA

Check Mr Stalker's weekly email, each Friday, for a full update and latest leaderboard.

Happy language learning!

Mr Stalker



duolingo



PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17

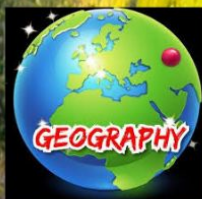


Achievement 'Shout-outs' An opportunity to celebrate some home study achievements of our pupils

Geography - Year 9 Mrs Eastham

Well done to the Year 9 lads who topped the Kahoot league two weeks ago!

Sam storey	4		56%
lucas ward	6		56%
bEn morris	5		56%
Eli	3		72%
owen jackson	2		78%
Harrison	1		83%



Well done to these students who have completed great work this half term OR who have made some steps to improve/start doing work in the last week or two. Better late than never in these circumstances.....! :-)

Jamil Ali-Headington
Tom Ashworth
Eli McGee
Will Fanner
Imogen Gibbs
Matthew Miller
Archie Munro
Harrison Perryn
Courtney Smith
Sam Storey
Lucas Ward
Sam Wolfenden

Geography - Year 7 Mrs Eastham

Well done to the following Year 7 pupils who have had a great go at carrying out and then making a good effort with writing up a virtual field trip.



7YY:

Emily Fraser, Isabella Griffiths, Alex Sharples, Alex Spinks, Millie Todd, Elizabeth Vincent, Isobel Waker, Ebony Grace Williams

7XB:

Megan Croasdale, Jake Goulding, Taegan Hartshorn, Josh Holt, Ayesha Mahmood (excellent), Zeyan Mailk, Freya Melling, Kara Moss (excellent), Grace Scott

7XN:

JOsh Gorvet, Scarlett Prendergast (excellent), Joe Rawcliffe, Nicola Smith

7XF Henry Waring, Brandon Pennington



PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



Achievement 'Shout-outs'

ENGLISH - Miss Duffell's classes

7XAD - big well done to the following pupils:

Ahmed Hassouna and Rihana Rahman - for the most well-organised working folders I have seen so far and consistent high-standard work

Kara Moss - for putting in 100% effort each week without fail and producing fantastic work

Taegan Hartshorn - for some very creative and brilliant reading project entries - especially your book cover collage of 'Touching the Void'

Ella Ashton - for consistently working at a high standard and producing some brilliant writing - including some very powerful speeches on topics such as climate change and black lives matter

Libby Millar - for beginning to write her very own book in Lockdown. It's great so far!

8YAD - congratulations to the following pupils:

Catherine Moyano-Taylor - for consistently fantastic work whilst at home

Isaac Redmond - for the most beautifully organised online folder and such detailed work every week

Aaliyah Townsend - for consistently fantastic work whilst at home

Charles Newman - for consistently fantastic work whilst at home

Aliyah Sheikh - for consistently fantastic work whilst at home

Evie Roby - for some really creative ways to present her work including quizzes, drawings, games and lego models. Fantastic!

These are some of Evie's creations:

9XAD - well done to:

Aimee Taberner - for some very detailed and thorough poetry annotations. A great start to your English literature studies!

Well done to the following pupils for attending all of our Google Meet lessons so far:

- Olivia O'Connor
- James Dunn
- Lacey Hodgkinson
- Trinity Wilkinson

10YAD - well done to the following pupils for working consistently hard and submitting great work every week:

- Hannah Appleby
- Caitlin Claringbold
- Malaika Esa
- Emma Hinks
- Thomas Jackson-Charnock
- Oliver Rawstron
- Alycia Roocroft
- Isabelle Scott



Year 7 Drama Project Showcase - Emilia Fraser

Emilia was brave enough to volunteer to perform her project first at the online Google Meet this week. She had built her own working set and had props too. She had learnt all her lines and she had even got her mum and little brother to join in. Congratulations, Emilia, for a fantastic project, well performed!

Emilia's
mum



Emilia's
brother

Special mention to **Leo Ashton** who had a good attempt at sock puppets too!



PARKLANDS- KEEPING CONNECTED 13th- 19th July Issue 17



Achievement 'Shout-outs'



Y8 - UKMT – JUNIOR MATHS CHALLENGE 2020



And a big shout out to:

Isaac Redmond

Janna Hatab & Evie Roby

who all achieved A **GOLD** award

And to the following:

**Harry Lumb, Isobel Ashworth
& Charles Newman**

who all achieved A **SILVER** award

And to the following:

**Mia Goodhew, George Jones,
Catherine Moyano –Taylor
& Alex Todd**

Who all achieved a **BRONZE** award



**A MASSIVE WELL DONE TO ALL 8XCJ AND 8YDW
FOR TAKING PART IN THE CHALLENGE**



Y7 - UKMT – JUNIOR MATHS CHALLENGE 2020



And a big shout out to:

Isaac Overend who achieved

A **GOLD** award

And to the following:

Phoebe Lambert

Lucas Smith

Freya Taylor

Kareem Ebaid

Evan Ditchburn

Olivia Douglas

Matylda Nurek

Ebony – Grace Williams Goodman

Who all achieved a **BRONZE** award



**A MASSIVE WELL DONE TO ALL 7XLH AND 7YJB
FOR TAKING PART IN THE CHALLENGE**



PARKLANDS- KEEPING CONNECTED 13th- 19th July Issue 17



Achievement 'Shout-outs'

LEARNING
SUPPORT

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

Jacob Collier

Health & Social

Oliver Lancaster

Spanish

Leo Thompson

Maths

Bradley Thomson-Hughes

Maths

HOME
LEARNING



Miss Flight's Classes

Year 9

Eddie Chandler

Emily Bassett

Consistently good
work each week and
effort made in
practicals. Well done!

Year 8 options group

Eve Chadwick - fantastic work each
week. Showing great practical skills.

Ethan Dashti-Burslam - consistently
good work each week. Well organised!

Tom Entwistle - consistently good work
each week

Sonny Hennessy - fantastic practical
work.

Charlotte Kay - consistently good work
each week

Keeley Austin - constant enthusiasm

Year 7

Aksels Puteklis
Hubert Zachaczewski
Matilda Clarke
Megan Keefe
Kate Henderson
Brandon Laithwaite
Thomas Joyce



PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



Get away ...

Message for all Y9 students and parents:



There are two places available on our trip to Nice, which has now been postponed until October half term 2021. As we need to fill the places, the trip is now open to **ALL students in Year 9** and not just those who study French.

The total cost of the trip is £640 (payable in manageable instalments) and includes:

- Flights to and from Liverpool airport (your child will therefore need their own passport);
- Coach transportation while in France (from airport and to local areas of interest including Monaco and Cannes)
- Accommodation at Days Inn Hotel in Nice City Centre
(<https://www.wyndhamhotels.com/en-uk/days-inn/nice-france/days-inn-nice-centre/overview>)
Pupils will be able to use the hotel's facilities including wifi . All rooms are ensuite and pupils will be sharing rooms in small groups. The hotel is located in the centre of Nice within 20 minutes' walk of the Promenade des Anglais, the beach, the Old Town and Place Massena
- Accommodation is half board (breakfast and evening meal included)
- Comprehensive travel insurance
- Coach transfers to and from Liverpool Airport
- Entrance costs to:
 - Expert guided tours of Nice, Monaco and Cannes
 - A confectionary factory ([Confiserie Florian du Vieux Nice](#))
 - [Oceanographic Museum of Monaco](#)
 - [Zoological Garden of Monaco](#)

If you are interested, please email Mr Stalker (astalker@parklandsacademy.co.uk) who will be able to provide you with more information.



PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



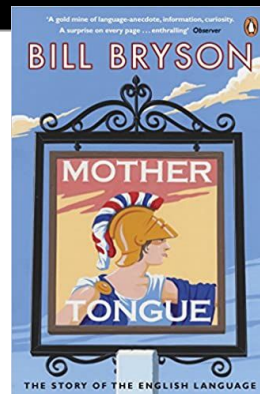
Get reading - Book recommendation

Bill Bryson - Mother Tongue.

If you think you know the English language - THINK AGAIN!

This book is FULL of interesting facts about the English language, its history, creation and usage! I can't put it down!

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

13th- 19th July

Issue 17



STEM Education

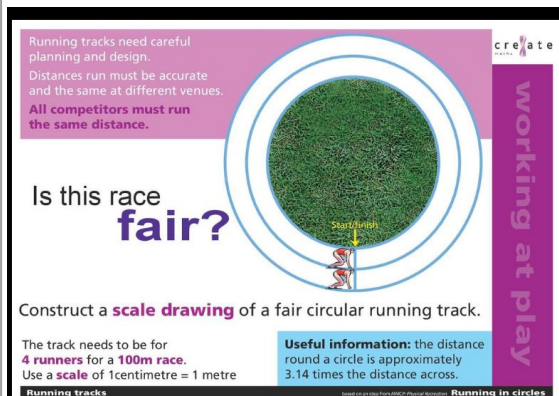
STEM stands for science, technology, engineering, and maths.

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:

[RUNNING IN CIRCLES](#). Use maths skills to calculate and design the best track for competitive sport.



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

[ARTIFICIAL INTELLIGENCE](#) Using data, AI and innovation to transform the prevention, early diagnosis and treatment of chronic diseases by 2030.



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					



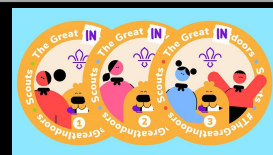
PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



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 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 >](#)

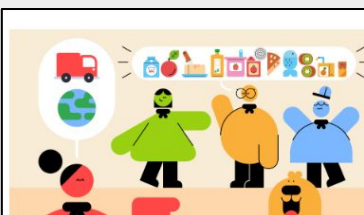


Graphics for games

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

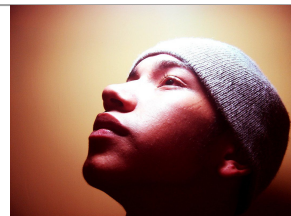
[Track your food footprint >](#)



PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



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

13th- 19th July

Issue 17



Calling all parents and carers

Elevate Education is hosting a free webinar on Tuesday 14th July.

*It is not too late to help you get your child organised. This webinar is going to give you practical strategies for helping children **remain focused, beat procrastination and organise their time** so they don't leave work to the last minute. Details are below:*

Event Title: *How to help your child manage their time effectively and overcome distractions when studying*

Date: Tuesday 14th July 2020

Time: 6:00 – 7:00pm

Cost: Free

Sign up link: <https://get.elevatecoaching.info/uk/webinar-signup-14-july/>



Local Authority message for Parents / carers of children with SEND

Due to the ongoing pandemic, provision of Lancashire Break Time activities has been suspended since March.

As the government guidelines are changing and some restrictions lifted, we are planning to resume the service during the summer holiday, with some changes to help keep everyone safe.

We are seeking the views of parents and carers of children and young people with SEND, on how likely they are to send their child(ren) to Lancashire Break Time activities this summer.

Please could you ask parents and carers to complete the survey at:

[Lancashire Break Time Survey](#)

The survey will close on Friday 17th July

Calling all current Year 7s (moving into year 8 in September)

Do you want to become an Ambassador for Learning at Parklands?

Watch this assembly [video](#) and then read these [slides](#) to see the profile pages the T&L SSLT and I have written.

Applications to be sent to bcosgrove@parklandsacademy.co.uk and I will put your name on a list for training.

We will do this training as soon as it is possible and safe to do so at school. I hope lots of you want to apply! Any questions, just email me!

On the following pages you will see some of the ways that our current SSLT have been contributing to our community during closure, both within and outside of school.





PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



Parklands- Character Virtues

Please keep them in mind at all times!

We will be continuing with them when we return to School, so it is important that you try to implement them in your day to day life!

Head student, Malaika, has been working with Mrs Gray to develop and promote the school character virtues. Here's a timely reminder and a [link](#) so that you can see them in more detail.



Having the will to do something by overcoming your fears and maintaining the faith in yourself and everything you do.

Confidence is about believing in yourself and believing in others.

Often, when we face challenges, we need to have the confidence to overcome them.

Think about the number of Challenges you have faced during Lockdown, whether that is regarding School, or family life. Be proud of yourself for having the confidence to face them!

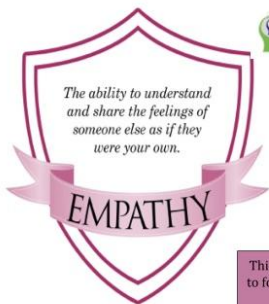


The act of working hard for and helping a person, organisation or country.

Service is all about considering other people selflessly.

How can you help out your community through this difficult period of time?

Think about how you can repay the people who have supported you through hardship.



The ability to understand and share the feelings of someone else as if they were your own.

Empathy is putting yourself in someone else's shoes, and understanding how they feel.

Many people have faced difficulties during the pandemic. How can you help them?

Think about the what you can do to form a smile on someone else's face.



To be true to yourself and other people no matter what the situation or consequence.

Be honest with yourself and with other people.

This is a difficult time. Open up to people, and listen when they open up to you.

Always be honest. Always be true to yourself.



The ability to control your behaviour, motivate yourself and be organised.

During Lockdown, you have been independent. For most of the time, you have been in charge of yourself and how you conduct your life.

Some people may have taken this extremely well, and managed to balance out their free time and work time. However, others may not have.

Consider how you have spent your time - it's not too late to change.

MASTER YOUR MINDSET



To persevere, stay strong and quickly recover from difficult times.

This is possibly the most important character virtue through this difficult time. Every single person has developed it.

Everyone has faced difficult circumstances recently. However, the most important thing is how we got through it.

You are a stronger person as a result of your hardships. Take time to reflect on how you have changed.



To be understanding and openly giving without expecting anything in return.

Being generous doesn't mean giving something physical to someone. It can simply mean smiling as you walk past someone, or giving someone the time of day that they need.



The quality of being friendly and considerate. It can often be performed as an act.

You can make someone's day by a simple act of kindness.

Make a quick phone call to a Grandparent you haven't seen in Lockdown, or send a quick text message to a friend you haven't spoke to recently.

Be kind to people.





PARKLANDS- KEEPING CONNECTED 13th- 19th July Issue 17



Community spirit and Charity

Cara and Malaika, from our SSLT, have been true to the school motto LEARN RESPECT ASPIRE ACHIEVE throughout the closure. Aside from keeping on top of their learning, they have found the time to help others and help themselves to stay well. Malaika has been helping with Kissing It Better charity and, as part of her work with Chorley Youth Council, Cara has some helpful advice for health and wellbeing. They would like you to take the time to find out more.

Kissing It Better

Why was Kissing it Better founded?

Kissing it Better was founded with the simple, yet powerful motive of bringing happiness to the oldest, and most vulnerable of society. Those who we often forget or ignore are highly valued by KiB. Volunteers work hard to think of new, creative ways of bringing smiles to the faces who need it most.

What is Kissing it Better?

Kissing it Better is a Charity which was founded in 2009 by current CEO, Jill Fraser.



Visit the [website](#).

Email [Jill](#).

Phone:
07831 136152

See how you can make
a difference.

What can you do to help?

Now more than ever do the isolated elderly need your support. I urge you to follow this [link](#). Read more about the work Kissing it Better does, and find out how you can help. Whether you are educating yourself, donating or even volunteering, be the change that you want to see in the World. Give the support that you would want to receive. Be the change, and give that help - do it today.

Let us know how you have shown character virtues or any examples of how you have promoted the school motto.
connected@parklandsacademy.co.uk

Schools have different ways of setting work out so make sure you stay up to date!

**STAY HOME
PROTECT THE NHS
SAVE LIVES.**

2m

Make sure you stay safe by washing your hands regularly with soap for 20 seconds.



Keep safe by social distancing when out in public.

Remember we are in this together and there is always someone to talk to in these times of uncertainty.



Experts say that walking can help boost your self-perception and mood and reduce stress, anxiety and fatigue.

Regular exercise helps to boost self-esteem, help you concentrate better, sleep better and feel better.

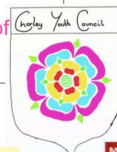
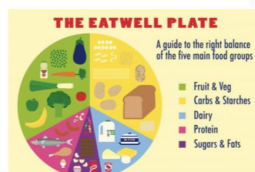
Exercise helps you keep your brain and other vital organs healthy.

Do 30mins of exercise for at least 5 days a week. Exercise is good as it keeps you physically and mentally fit, exercise also releases endorphins which makes us happy and feel better about ourselves.



There are so many benefits associated with having a healthy balanced diet. It's good for you heart, your bones, your immune system and your mental health.

It is important that we maintain a healthy diet especially in lockdown as it keeps our minds and body healthy.



WELL BEING CALENDAR:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Listen to a podcast or audiobook	2. Get in touch with a friend or family member	3. Go for a walk over 30 minutes	4. Try something new	5. Play board games with family/friends	6. Watch a movie or TV show	7. Do something you enjoy
8. Have a free day, do nothing	9. Make or make something	10. Have a paper airplane competition	11. Write down 2 good qualities about everyone you live with	12. Write down 10 things you are grateful for and why	13. Do something you enjoy	14. Have a movie night, by yourself, or with family
15. Do some gardening	16. Play charades	17. Have a paper airplane competition	18. Make a quiz	19. Have a movie night, by yourself, or with family	20. Have a quiz	21. Have a movie night, by yourself, or with family
22. Take pictures of nature	23. Write a short story	24. Write a short story	25. Write a short story	26. Write a short story	27. Write a short story	28. Write a short story
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PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



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](#)

Exercise for a very good cause

Hi everyone!

A while ago I announced that I would be riding Land's End to John O'Groats in aid of Prostate Cancer UK. I'll be riding roughly 1000 miles over 10 days in memory of my grandad. In the current situation I was unsure as to whether I would be able to go ahead with the challenge and had contingency plans in place.

I can confirm I will be riding LEJOG starting on Monday 27th July. For your interest I am riding through Belmont, Abbey Village and Hoghton through to Preston, early on Friday 31st July.



Any support would be greatly appreciated, and if you'd like any more details of the route or anything else then please don't hesitate to email me!

My just giving page is here if you can spare anything for a cause so close to my heart:

<https://www.justgiving.com/fundraising/jake-chadwicklejog>

Thank you, Mr Chadwick.

Let us know about your sporting activities
connected@parklandsacademy.co.uk

Board Game of the Week - Banagrams



Bananagrams is a fast paced game for 2-6 players where letter tiles are used to create words as fast as possible. Whichever player uses all their tiles first is the winner, so it won't always be the player with the biggest vocabulary that triumphs.

Possessing a sense of humour, Banagrams is also full of terrible banana puns. At the start of a game each player is working on building their own crossword type grid of words with some of the 144 letter tiles in the game. Once a player needs more tiles they shout 'Peel' and every player has to take another tile from the 'bunch' in the middle.

When no tiles are left in the bunch the first player to place all their tiles in their grid is the winner.

Bananagrams can be enjoyed by players of different skill levels. A game takes about 15 minutes and players asking for 'one more game' is very common.

Presented in a Banana shaped zip bag makes this game easy to store and portable.





PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



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:



[The Deep Blue Sea](#)

A flat in Ladbroke Grove, West London. 1952.

When Hester Collyer (Helen McCrory) is found by her neighbours in the aftermath of a failed suicide attempt, the story of her tempestuous affair with a former RAF pilot and the breakdown of her marriage to a High Court judge begins to emerge. With it comes a portrait of need, loneliness and long-repressed passion.

Behind the fragile veneer of post-war civility burns a brutal sense of loss and longing.

BBFC rating 12A when released in cinema.

Available on on the [National Theatre's YouTube channel](#) until 7pm on Thursday 16th July.



PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



What to watch...

Premiership Football

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

Monday 13th July

Man Utd v Southampton (8pm) Sky Pick

Wednesday 15th July

Burnley v Wolves (6pm) BBC

Man City v Bournemouth (6pm) Sky Pick

Thursday 16th July

Leicester v Sheffield United (6pm) Sky Pick

Saturday 18th July

Norwich v Burnley (5:30pm) Sky Pick

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



What have you been watching during lockdown? Send your recommendations to: connected@parklandsacademy.co.uk

It's the last chance for fans of musicals to enjoy a free Andrew Lloyd Webber show this week.



The Shows Must Go On, the online series of streamed shows, will conclude this week with a re-run of [Joseph and the Amazing Technicolor Dreamcoat](#) from Friday 10th until Sunday 12th July, though has promised it will return.



A new season of productions being presented on YouTube will begin next month, with "exciting shows to entertain audiences at home, while theatres are closed". In a statement Universal said: "[The Shows Must Go On](#) has brought the theatre home every weekend throughout lockdown, entertaining millions of theatre fans. The YouTube channel will continue to release show clips over the summer before returning with all-new seasons of exciting shows to entertain audiences at home"

"To conclude and celebrate their first season of shows, The Shows Must Go On will be returning to where it all began, with an encore of Andrew Lloyd Webber's [Joseph and the Amazing Technicolor Dreamcoat](#),

Fundraising Focus

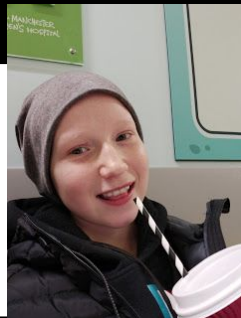
Sally Cornes, Yr 8, is an inspirational young lady who needs our support in securing treatment to help her beat her battle against cancer.

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

13th- 19th July

Issue 17



Get Cooking

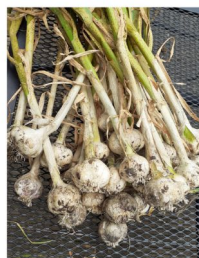
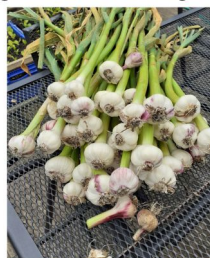
It's been another busy week for the Parklands baking community.

Thank you to everyone who sent in examples of their cooking and baking.



EDDIE CHANDLERS HOME GROWN GARLIC
WHICH HE USED FOR HIS HOMEMADE PIZZA

When making our pizzas and garlic bread this week we used home grown garlic. We've grown a lot of things over the last few weeks.



We grew two types of garlic.

This is the amount of garlic we used in our pizza. Good for the social distancing.



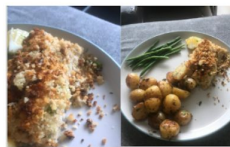
Noah Burrills
Halloumi fries



Looks like Robert Armstrong has been working on his cutting skills. He's also produced a tasty looking prawn pad thai



Ruby Stanley's
chicken
chasseur



Eve Chadwicks
cod coated with
panko bread
crumbs, lemon
and parsley
potatoes and
green beans

Keep cooking and baking.
Send us pictures of your efforts to:
connected@parklandsacademy.co.uk



Grace, y7, made this tasty looking meal as part of her food tech project. Meat balls and cheesy mash with onion and bacon gravy.



Keeley Austin has been making some lemon and poppy seed cupcakes



Amazing sushi by
Aksels Putekliis



Pierrot Banks has produced a tasty looking curry (above)
Another great looking dish from Josh Holt (below)





PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



Get Cooking ...

Looking for some ins-**pea**-ration for your cooking?

Love them or hate them... **PEAS!** Believe it or not there is a **Great British Pea Week** in July!

From family-friendly **pea**-ple pleasers, to the **pea**-fect dishes for entertaining, here is where you can find a whole host of ideas...

<https://peas.org/category/recipes/>

<https://peas.org/our-7-day-recipe-guide-for-great-british-pea-week/>

<https://www.bbcgoodfood.com/recipes/collection/pea>



If you try out any of these recipes
send us pictures of your efforts to:
connected@parklandsacademy.co.uk

It's National Cherry Day on 16th July...

National Cherry Day was originally started back in 2008 to raise awareness of Britain's cherries. Do you know that during the 20th century, Britain lost 90% of its cherry orchards? This is because following the wars, cherry orchards were planted over with more vital crops to feed the people.

So, the good folks at CherryAid (I thought this was a drink!) started a campaign to get more cherries grown in the UK. And whilst we still import 95% of all cherries, we're now producing much more of these little red fruits, which is good news.

After all, they have been part of Britain for a long while. It's a fact that The Romans first brought cherries from Persia and introduced them here in Britain. Some even say that ancient roads can be traced from the spots where marching Romans spat out their seeds and caused a new tree to grow!

Did you know that just 10 cherries can make up one of your five a day? They are nutritious and help fight disease and other illnesses.

So, what about using them in cooking?

Well, they are a match made in heaven when it comes to desserts. Think cherry pie, cherry bakewells, cherry muffins, cherry scones and cherry cheesecake, to name just a few!

<https://www.bbcgoodfood.com/recipes/collection/cherry>





PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



Keep smiling

What colour is the wind?

Blew

(Mrs GB)

What does Charles Dickens keep in his spice rack?

The best of thymes, the worst of thymes.

Why should the number 288 never be mentioned?

It's two gross.

Keep smiling and send your jokes to:
connected@parklandsacademy.co.uk



Careers

Check out Preston's College Year 10 Taster Day site with a message from the college:

I am delighted that you have signed up to our year 10 Taster Day site and I hope you enjoy all the content we have put together for you. Our mission is to make you **THE** most employable and as well as tutors that are experienced in their chosen field, we have leading facilities and enrichment opportunities to prepare you for the workplace. We focus on the technical skills you'll need to progress in your role, and employability skills to help you thrive in the working environment.

Please find the link that will take you through to our new platform

<https://prestoncollege.instructure.com/courses/5047> (please note using Chrome or Firefox is the preferred browser).

As well as our Year 10 taster day site, we have also invested in a new Careers Coach platform that is now fully operational for Years 10 and 11 students to access information on Courses, Careers and CV building. To access Career Coach please visit <https://preston.emsicc.com/>. You can also view our prospectus and full range of courses at <https://www.preston.ac.uk/14-19-school-leavers/>

We look forward to meeting you over the next academic year.

RAF LIVE NORTH!! WEDS 15 JUL BETWEEN 10:00-14:00



With the recent pandemic precluding face to face engagement, the RAF are running an RAF LIVE online careers fair. This is a fully moderated, GDPR compliant event that will allow students to see what the RAF has to offer and to view videos of different roles within the RAF with a live Q&A session throughout the day!

To register for the event, please subscribe here: <https://learnliveuk.com/raf-live-north/>

Learn Live offer a fully moderated, 24/7 LIVE CHAT accessible to all. For the video tutorial on how to use the LIVE CHAT, please see here: <https://vimeo.com/426183878>

If any students would like general information about RAF careers then please visit <https://www.raf.mod.uk/recruitment/> or download the RAF Recruitment App.

Parents may be interested in [The Parents Guide](#)



PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



Careers

Have a look at the latest campus chatter magazine from [Bolton College](#).

Year 10 - For those of you taking part in the Virtual WEX Week from Monday - if you experience any technical difficulties or issues of any sort, please email: workexperience@changingeducation.co.uk and they will be able to help you. I hope you enjoy the week - but don't forget that school work must be your priority!

TRAINING 2000

Have a look at all the [events at Training 2000](#)

Following the recent Government announcements, now's the time to consider apprenticeships! Not just engineering - T2000 also offer apprenticeships in business admin, dental nursing, automotive, IT and accounting.

Parklands Staff Career Profiles...click staff names to find out more

[Miss O'Dolan](#)



[Mr McAvoy](#)



[Mrs Donohue](#)



[Mr Stalker](#)



[Mrs Gray](#)



[Ms Williams](#)



A short animated [guide to Post-16 options](#) for anyone who is still unsure about their route after school, created by the Department for Education and covering all the different types of courses and qualifications. For more details on any of these, please email Miss Berry.



PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



Careers

National Careers Service support

The National Careers Service are running a series of [free webinars](#) this month to support individuals in preparing for virtual interviews with employers. Every Tuesday in July at 10am, these webinars include practical tips on how to prepare in advance and interview confidently on the day. Not just applicable to Year 11s, but worth checking out for Year 10s as we may trial virtual interviews in school on Mock Interview Day next year!

This [Amazing Apprenticeships short video](#) talks you through finding and applying for an apprenticeship on www.gov.uk

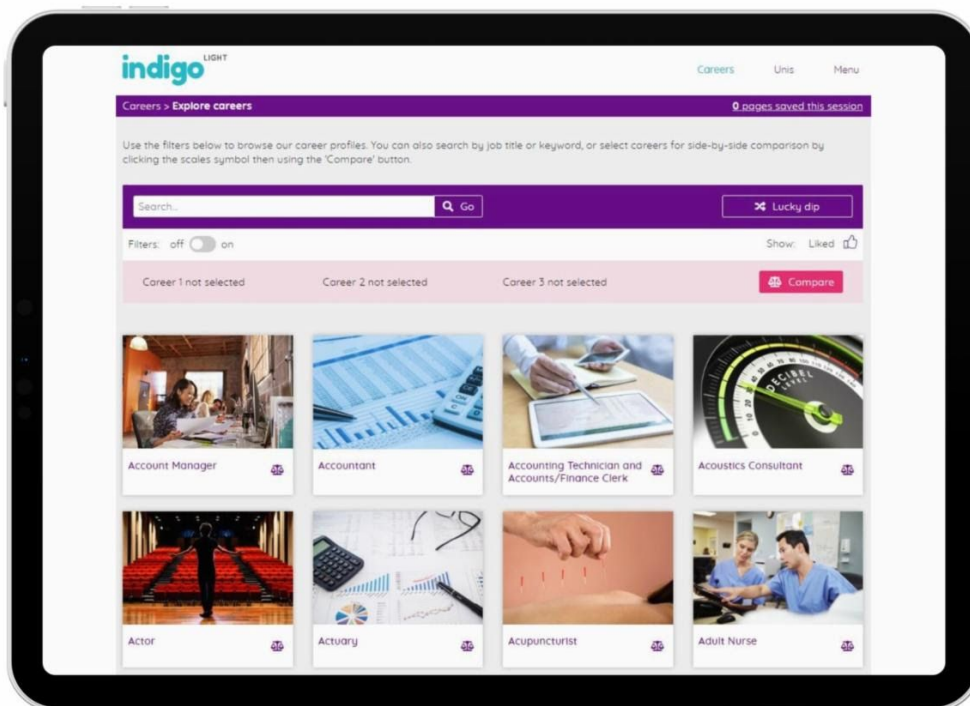
The process is very straight forward, takes just a few minutes and gives you the chance to apply for any vacancies that are on offer. Give it a go. Don't forget that an apprenticeship means you are earning whilst you are learning - and you can even do a degree apprenticeship that is fully funded!

indigo

trotman 

Lots of brand new career videos have been added to **Indigo**, including animator, chef and computer games designer. Indigo is available to all year groups, so spend a few minutes checking out just some of the hundreds of job profiles available from Account Manager to Zoologist.

If you have forgotten or lost your Indigo log-in, please let Mrs Berry know pberry@parklandsacademy.co.uk



Keep in touch with us at connected@parklandsacademy.co.uk



PARKLANDS- KEEPING CONNECTED

13th- 19th July

Issue 17



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)



Wishing you all an enjoyable and memorable birthday. It will certainly be one to remember!



Wednesday 15th July

Eboni A 16

Dion M 15

Sunday 12th July

Scott H 15

Kayla H 12

Thursday 16th July

Josh W 16

Harley G 15

Charles B 12

Harrison F 12

Monday 13th July

Kaytlin P 16

Josh C 15

Liv H 15

Friday 17th July

Roseanna C 16

Grace H 12

Tuesday 14th July

Mr Morton

Caitlin H 15

Jamil A-H 14

Olivia O 14

Saturday 18th July

Mr Penketh

Willow M 16

Bailey B 14

Alex T 13

Ella A 12

HAPPY BIRTHDAY
12
YOU'RE TOTALLY
TWELVE TODAY!

13
HAPPY BIRTHDAY
*You're SO allowed to be sloppy now.
Take the most of it! Heell!*

FOURTEEN TODAY
14
HAPPY BIRTHDAY
Have a fantastic one!

FIFTEEN TODAY
15
HAVE A HUGEY
HAPPY BIRTHDAY!

16
OH YEAH!
Have a good one!