



# PARKLANDS- KEEPING CONNECTED

## 15th- 21st June

### Issue 13



#### Headteacher's Message

Hello everyone,

This week sees the commencement of online lessons for year 10 students. A number of staff have been trailing the use of Google Meet, which is in the suite of our available Google applications, and their feedback has been overwhelmingly positive. For safeguarding purposes it is essential that teachers can see the faces of all participating pupils, and pupils may be exited from the lesson if they refuse to do this, as we have to ensure that all participants are known. Please remember that the filming of the lessons is also not allowed.

Tomorrow I am expecting a further announcement from the Local Authority regarding the wider reopening of schools. Should they indicate that it is now safe to do so, we shall plan to conduct our pastoral review days with year 10 students only week commencing 29 June. This will allow us to have had a full two weeks of online lessons and gather feedback from teachers, which can then better inform our reviews. Further details will be issued this week.

Yesterday saw the introduction of another gradual easing of lockdown - *social bubbles*. I expect many of you in our community will have finally seen relatives or friends after many weeks of isolation. If this applies to you in your family, I hope this additional human contact brought joy and relief to you and your loved ones. Lockdown continues to be a very lonely time for many people in our community, so I am sure this widening of the measures will give us all hope that we are slowly but surely returning to some kind of normality.

Finally, I hope you received a little video message from me this week! I must admit that I felt very awkward doing it but I felt it was important to actually speak to you as this lockdown has lasted much longer than I ever imagined. My colleagues and I miss seeing you all at school and I hope you miss seeing us too! Our school community is incredibly strong, diverse, thoughtful and considerate, and I am really looking forward to getting back to normal and seeing you all each day working diligently in lessons and supporting each other.

Take care, stay strong, and keep yourselves safe!

Mr Mitchell



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#### Quiz time

1. What was the **original** name of the large cotton mill built on the Leeds-Liverpool canal at Botany Bay in Chorley?
2. Which of these places had the highest population at the last census? *Northampton, Southampton or Wolverhampton*
3. In Judaism, what is the *Shamash* used for at Hanukkah?
4. What is the name of the metal alloy that typically contains 92% tin, 6% antimony and 2% copper?
5. Name the 1980s film that uses Samuel Barber's *Adagio for Strings* as incidental music.

**Answers will be provided in the next edition**

**Last week's answers are below:**

1. Which African country's flag has six red and five white horizontal stripes with a blue canton bearing a five-pointed white star? *Liberia.*
2. If it is midnight in Moscow, what is the time in Vladivostok? *7am.*
3. Who was born in Chorley in 1874, survived the sinking of the Titanic in 1912 and was mentioned in despatches for evacuating 130 servicemen from Dunkirk in his boat *Sundowner*? *Charles Lightoller (Most famous for being Second Officer on Titanic when she sank in 1912).*
4. What kind of creature are Lappets, Geometers and Burnets? *Moths.*
5. Which American television drama series began in 1999 with the main character being referred to a psychiatrist after experiencing panic attacks and ended in 2007 when the screen cut to black as the same character meets with his family in a diner? *The Sopranos.*

Thanks to Mr Whalley for providing the quiz.

#### Music Quiz- Last week's answers

Guess the song title from the cryptic clues below

1. Refrain from peering over your shoulder because of rage - *Don't Look Back in Anger*
2. Came into the world on American soil - *Born in the USA*
3. Not quite a hundred scarlet inflatables - *99 Red Balloons*
4. Pursuing automobiles - *Chasing Cars*
5. Contrary to every probability - *Against All Odds*

Thanks to Mrs Curtis for the Music and Movie Quiz



Duolingo is a language learning app which has a range of many different languages available to explore.

You can choose to get even better at a language you are studying or choose something completely different. If you no longer study a language, why don't you try out something new? Parents and family members can get involved too.

[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!**

**Phoebe Lambert**, Africa house, achieved more points single handedly than any other house total this week!  
Absolutely fantastic effort!





# PARKLANDS- KEEPING CONNECTED 15th- 21st June Issue 13



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



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

Oliver Lancaster	Art, RS
Nathan Heaton	Maths, Science
George Hamblett	Computing, Maths
Thomas Entwistle	English
Heather Merritt	Creative media



## Geog Assessments 10AFE

Well done to the following students for trying to complete all questions on their Geography end of unit assessment. Not all these pupils achieved top marks but I was most impressed that in these difficult times they showed real resilience and had a good go at it! Well done, from Mrs Eastham  
Jamil Ali-Headington, Laiba Anwar, Tom Ashworth, Tooba Chughtai, Sophie Heaton, Megan Holden, Owen Jackson, Harrison Perryn, Sam Storey, Aimee Taberner, Danny Turner and Lucas Ward.

## Religious Studies

A huge well done to the pupils below for achieving exceptional results on a recent key knowledge check in RS. Keep up the good work!

- Cara Fraser
- Maddy Jolly
- Isabel Hancock
- Rhys Despard
- Emily Clitherow
- Robyn Hartshorn
- Rebecca Hodson
- Hayden Caley
- Faye Coleman
- Zoe Mainon



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### D&T

Isaac Overend in year 7 has made his Grandparents a planter for their Golden Wedding Anniversary, he has thought carefully about what they would like in their garden and has selected appropriate sustainable materials.

A huge well done from the D&T department Isaac.



*Modelling practice - Year 9 D&T pupils have been developing their modelling skills by designing and building scaled models of birdhouses. Here are two great examples by Jack Walters and Samuel Wolfenden.*



### Developing practical skills



*Alfie Howarth in year 7 has worked on a fantastic D&T project from home by constructing a garden planter. This was linked to a wooden box project that pupils are completing in D&T.*



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**Mrs. Donohue**

Charlotte Vickers 7XC who made this amazing video to show the results of her French Language Challenge!



**Art**

Evie and Aimee Dilworth made this creative mobile to showcase their appreciation of the NHS during lockdown. I'm sure it's been well admired hung in their window and would make a welcome addition to Chorley hospital once this is all over.



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## Music Year 7 Seb Holbert 7YK



**Seb Holbert** has been practising singing and accompanying himself on the piano. Listen to his version of 'Crazy'.  
**Excellent work Seb, well done!!!!**



<https://youtu.be/a3fxeYyRoAc>



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## 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.

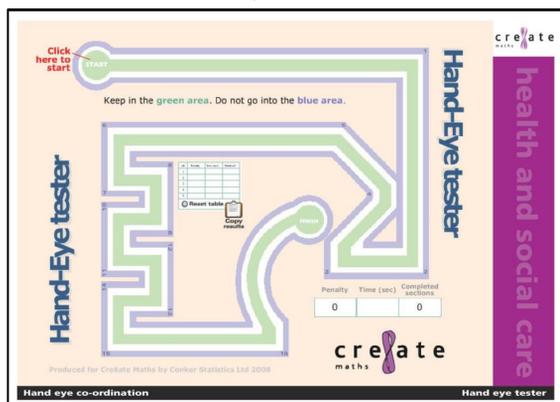
Each week we will focus on a few particular activities or challenges provided by STEM.org. This week we've highlighted:

[Hand Eye Coordination](#) challenge. The faster you are the more mistakes you make! Complete the hand-eye tester to find out.

[Stretchiness](#), a chance to work as an engineer to investigate the properties of materials- in this case: sweets!

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!

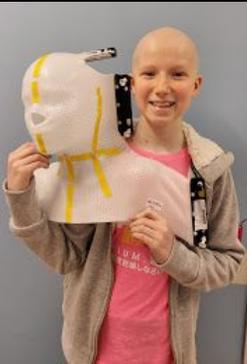
Thanks to Mr McAvoy for this.



Tried out one of the STEM activities? Let us know at [connect@d@parklandsacademy.co.uk](mailto:connect@d@parklandsacademy.co.uk)



## Fundraising Focus



Please support the fundraising for Sally Cornes, Yr 8.

Any donation, no matter how large or small will go towards helping her to secure specialist treatment to help win her battle against cancer.

Follow the link to support Sally, make a donation and to read more about this amazing young lady [SallyGoFund Me](#)

Sally has her own blog <http://sallycornes.blogspot.com/> and you can also follow Sally's journey on Instagram and TikTok. Her username on Instagram and TikTok is @sallycancer



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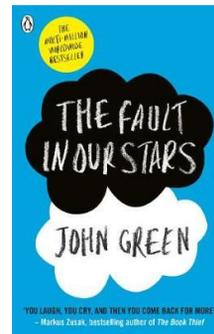
## Get reading - Book recommendation

### The Fault In Our Stars - John Green

A fabulous book about a young teenage girl who has been diagnosed with lung cancer and attends a cancer support group. Hazel is 16 and is reluctant to go to the support group, but she soon realises that it was a good idea. Hazel meets a young boy named Augustus Waters. He is charming and witty. Augustus has had a rare form of bone cancer, but has recently had the all clear. Hazel and Augustus embark on a roller coaster ride of emotions, including love, sadness and romance.

Rather than depressing, the book is filled with dark humour and is written with a beautiful simplicity that draws the reader in and tugs at your emotions. No doubt in the end you will cry but you will certainly laugh and smile along the way.

A young adult book for all to enjoy!



## 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:

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:

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.

Could you recommend a book you've read recently? Let us know or send a review to:  
[connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)



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## United Nations Leaders and Teen Stars Invite Young People to Reimagine the World Post COVID-19.

### Get Involved!

These past few months have exposed many challenges and inequalities in our world but also the incredible power of collective action.

**Now is the time for change.** The United Nations wants everyone to reimagine the world using the Global Goals as the starting point. On the **16th June** [World's Largest Lesson Live](#) will premiere on [YouTube](#) at 4pm UK time.

This global broadcast for teenagers is a **30 minute educational show** featuring United Nations leaders including Amina J Mohammed, Deputy Secretary General of the UN. They are joined by teen stars **Millie Bobby Brown, Sofia Carson** and students from across the world. They will all invite young people to take part in reimagining education, health and activism.

Students and families -watch the show and then use these [supporting resources](#) to get everyone talking about the questions it raises.

What do we all want education to be like?

How can we create a world where everyone is healthy?

How can young people help shape what happens next?

[Get supporting resources](#)



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## Head Students' Challenge

### **HEAD STUDENT CHALLENGE 12:**

**WRITE A LETTER TO YOUR FUTURE SELF!!**

#### WHAT TO DO:

**YOU SHOULD WRITE A LETTER TO YOUR FUTURE SELF.**

**TRY TO FOCUS ON THE POSITIVES.**

**DISCUSS WHAT YOU ARE LEARNING FROM THE LOCKDOWN,  
AND WHAT HOPES YOU HAVE FOR THE FUTURE!**

**ALL YOU NEED IS A PEN AND A PIECE OF PAPER, SO WHY NOT  
GIVE IT A GO!**

#### REMEMBER TO:

- **SEND IN YOUR PICTURES AND VIDEOS TO [CONNECTED@PARKLANDSACADEMY.CO.UK](mailto:CONNECTED@PARKLANDSACADEMY.CO.UK) TO SHARE YOUR EXPERIENCE WITH US ALL, AND TO MOTIVATE OTHERS TO PARTICIPATE!**
- **EMAIL [21MMALIK@PARKLANDSACADEMY.CO.UK](mailto: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 12](#)

**Sandcastle Refunds** - There are still some refunds owing. Please email [accounts@parklandsacademy.co.uk](mailto:accounts@parklandsacademy.co.uk) with your full bank details in order for a BACS refund to be processed before the end of June. After this date refunds will be returned via your child's dinner money account once school is fully reopened.

Click for additional advice and support for those with Special Educational Needs and Disability  
[SEND weekly support board](#)

## Keep smiling

Why couldn't the bicycle stand up by itself...it was two tired !!  
Why do you never see an elephant hiding in a tree....because they are so good at it!!  
What's brown and sticky? ....A stick!!  
Keep smiling Mrs GB

Have you heard about the cheese factory explosion? All that was left was De Brie!  
I had an intruder in my house last night. How did he get in? In-Tru-Da-Window  
Why is the forest so noisy? The tree's bark!  
What does a condiment wizard perform? Saucery!  
Hehhe - I know they are bad, that's why they are great - Miss Featonby! :)

Keep smiling  
and send your  
jokes to:  
[connected@pa  
rklandsacadem  
y.co.uk](mailto:connected@parklandsacademy.co.uk)





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## 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 our school 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)

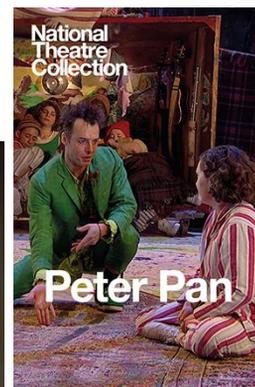
Jane Eyre (page 2)

One Man Two Guvnors (page 2)

If you choose something else, let me know

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

Mrs Gray



I can recommend it to others.

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

### [The Madness of George III](#)

Watch Mark Gatiss (Dracula, Sherlock) as George III in Nottingham Playhouse's 'spellbinding' ★★★★★ (The Telegraph) play examining the fine line between a king and a man.

1788. King George III is the most powerful man in the world. But with his mind unravelling at a dramatic pace, ambitious politicians and a scheming prince threaten to undermine his power..

The Madness of George III is written by one of Britain's best-loved playwrights (The History Boys, The Lady in the Van). The royally epic cast also includes Adrian Scarborough (Gavin and Stacey), Debra Gillett (Bridget Jones' Baby) and Sara Powell (Last Christmas).

Streaming until 7pm on Thursday 18 June 2020. Running time: 2 hours 10 minutes with a very short interval. BBFC rating for cinemas: 12A





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## What to watch...

June 17 sees the return of **Premier League football**. With the games being held behind closed doors, there are matches you can watch for FREE!!!

Sky will put games on the free-to-air channel Sky Pick. Pick is available on 159 on Sky and 144 on Freeview.

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

### Friday, June 19

Norwich v Southampton 6pm - Sky Pick

### Saturday, June 20

Bournemouth v Crystal Palace 7.45pm - BBC

### Sunday, June 21

Newcastle v Sheffield United 2pm - Sky Pick

Everton v Liverpool 7pm - Sky Pick

(Mrs Curtis)



What have you been watching during lockdown? Send your recommendations to: [connected@parklandsacademy.co.uk](mailto: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 [The Wiz](#). From Friday 12th June until Sunday 14th June The Shows Must Go On takes you to the wonderful world of Oz!

Available for 48hours Only! - You might just catch it!

Based on L. Frank Baum's classic story and the Tony Award-winning Broadway musical, "The Wiz Live!" brings the wonderful world of Oz to life like never before, featuring a star-studded cast of performers and the awe-inspiring Cirque du Soleil Theatrical. Whisked away from home by a tornado, young Dorothy finds herself transported to the magical Land of Oz, where she sets off on a quest to meet the powerful Wizard and find her way back home. Crossing paths with enchanting friends and wicked foes, Dorothy's journey is a timeless tale about friendship, courage and learning to believe in oneself. Starring Queen Latifah, Mary J. Blige, Uzo Aduba, Ne-Yo, and a host of other talented performers

If you would rather listen to a play Mrs Gray recommends [Lockdown Theatre Festival](#).

Stage productions that had their runs suddenly cut short by COVID-19 are brought to the airwaves. Contributors were linked up via the internet to record "down the line" from isolation.





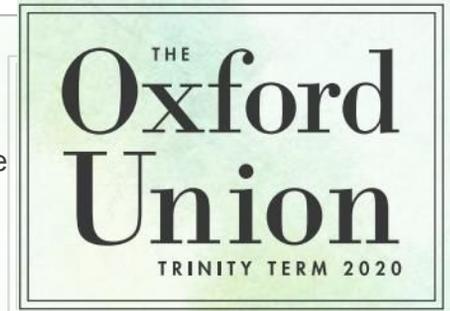
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With the lockdown confining us to our homes and keeping the schools' gates closed for most, the Oxford Union have created podcasts, which are available free of cost to anyone. These could be a useful remote learning tool, particularly those with an interest in politics, economics, history, international relations and journalism, among other topics.



As you may know, the Oxford Union is the debating society at the University of Oxford, and the largest student society in the world. Each term, they host visits from world leaders and celebrities in their prestigious debating chamber- whether it be Presidents Nixon, Carter, and Reagan; the leaders of the March for our Lives movement, or the journalists who broke the Harvey Weinstein story. In addition to hosting an incredible lineup of speakers, they also host debates on some of the key issues of our times, from President Trump's impeachment and the rise of authoritarianism, to solving Climate Change.

However, as the COVID-19 crisis continues, it is clear that business as usual is impossible. Therefore this term, rather than weekly debates and speaker addresses, they have put together the Oxford Union podcast series.

At 5pm from Monday to Saturday until 20th June 2020, the podcasts play host to leading politicians, journalists, activists and actors, including Gina Miller, Ted Cruz, Katya Adler, Brian O'Driscoll, Loretta Lynch, Christina Lamb, Jeb Bush, the Executive Director of UNAIDS, Jane Goodall and the Chief Scientist of WHO.

There are also debate style roundtable discussions, on issues ranging from Afghanistan, Russia and the future of the Democratic Party, to the Refugee Crisis. Four of these sixteen podcasts are part of a special series on the COVID-19 crisis, in addition to which we have four further weekend specials such as our most recent book club episode.

Linked here is the online termcard, which contains the full line up of podcasts, including release dates and timings:

[https://issuu.com/oxfordunion/docs/oxford\\_union\\_trinity\\_term\\_2020\\_termcard](https://issuu.com/oxfordunion/docs/oxford_union_trinity_term_2020_termcard)

These podcasts can be accessed by anyone, entirely free of cost, on Spotify, Apple Podcasts, and on Listen Notes, as below:

<https://www.listennotes.com/podcasts/the-oxford-union-the-oxford-union-1gYqCadBix7/>

<https://open.spotify.com/show/7MonkY3UKwabTuV2iFZVJn?si=5gVrDEUDQUml8Ti6cDWSUg>

<https://podcasts.apple.com/us/podcast/the-oxford-union/id1509797794>

Perhaps this might inspire you to speak out on a topic close to your heart.

See the next page for a way to have a voice and develop your communication skills.



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### It's good to talk ...

Do you have plenty to say for yourself? Why not take part in the ESU Festival of Speaking?

The ESU aims to help young people become confident communicators, and in the absence of normal school at the moment this could really help you to practise your speaking skills. All students from primary upwards are invited to film themselves in a short video (1-5 minutes) delivering a speech, a poem, a monologue etc and post it on a social media platform of your choice using the hashtag #esufestivalofspeaking.

You are free to talk about whichever subject you choose but if you're stuck for ideas, this week's theme is: 'What I have learnt from lockdown'. Perhaps it's how much you value your friends or how much you take for granted in your life but whatever it is, the ESU wants to hear from you!

Click [here](#) to see what other young people are speaking about, and to find more information about the project. Please tag Parklands in any social media posts too, so that we can see what you have been saying!



Miss Pilkington

### Get Arty ...

Making salt dough is a really fun and easy activity and the chances are you will have all of the ingredients in the cupboard ready to go. Get creative, make the salt dough then follow the pinch pot stages. Once your pinch pot is formed use your imagination to create your very own pinch pot monster. Once cooled, add paint if you have any.

## PINCH POT MONSTERS

Makes 1 ball

Prep 10 minutes

Cook 3 hours

- 1 cupful of plain flour (about 250g)
- half a cupful of table salt (about 125g)
- half a cupful of water (about 125ml)



The pinch pot process...





# PARKLANDS- KEEPING CONNECTED

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## Let's get topical...

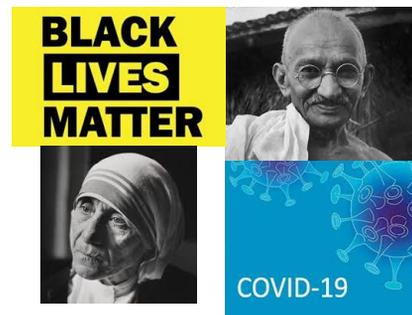
Update from the RS Department:

During the final weeks of this half-term, Years 7 and 8 will begin a new unit in RS investigating the work and actions of various religious leaders from different religious backgrounds. We have made the decision to temporarily step away from our usual curriculum and develop a smaller programme that will enable us all to explore some very topical issues through our learning about different religious leaders. We will be looking at the contributions made by the likes of; Mother Teresa, Gandhi, Martin Luther King Jr and many more and considering how these individuals have affected and helped to shape the world that we live in today. Through this unit we will also have the opportunity to consider several current issues, in particular; the response of charities (both religious and non-religious) to the COVID-19 pandemic and also the Black Lives Matter protests seen across the world in recent weeks.

We're hopeful that with this new learning, and the online Google Meet lessons that will begin shortly with your teachers that we can still be together to discuss these events, to listen to each other's thoughts and to ask questions to further our understanding.

Keep staying safe and continue to look after each other.

Miss Rhodes and the RS team.



## Keep Fit

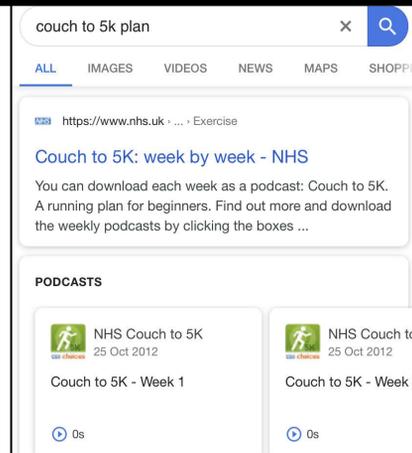
### **COUCH TO 5KM** Parents and Pupils:

Struggling at home? Put on a few extra pounds?  
Want to improve your mental health?



If you Google the Couch to 5k NHS programme it is easily found. There are podcasts and instructions for each week of the NHS plan as you can see on the screenshot.

Perhaps you could see this as your challenge over the next 9 weeks? I have done this several times and enjoyed it, though not always found it easy, especially when it jumps a bit at week 5 (you could always extend the plan if you find this jump a bit much)



At the moment I am doing my own version of interval run/walks with a friend. We have moved from 1 min 30 secs running then 1 min 30 walking to 2 mins run/1 min 30 walking and have just upped it to 2 mins 30 run/1 min 30 walking over the last 3 weeks.

Getting out doing this run/walking, or just walking in general is helping to keep me sane in these difficult times.

Mrs Eastham



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## Keep Fit



Harrison Swansbury -enjoyed completing the Guildwheel as part of his contribution to the virtual sports day - 38.8 miles in 4.5 hours!

Needless to say there were big smiles but aching limbs! Well done, Harrison!

Send us a picture or video of you taking daily exercise to [connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)  
We might include it next week.

## PE lessons every day

Personal trainer Joe Wicks will be holding live free PE classes at 9am Monday to Friday 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](#)

## Let's do science ...

Science  
Experiment  
with a  
Baggie & Pencil



### Procedure for Baggie and Pencil Magic

1. Fill a baggie about 3/4 of the way full with water and seal it shut.
2. Make sure your pencil is sharpened. (The sharper the better!)
3. Hold up the baggie with one hand and use the other hand to firmly push the pointy end of the pencil through the side of the bag. Continue pushing it until the point is also coming out the other side of the bag.
4. Observe what happens!



Miss Betney is launching the Parklands bag and pencil challenge.

As you can see, she did it with the help of her two lovely children!

Be sure to follow the instructions carefully.

Just in case you don't believe it works, here's Miss Betney's children with their 6 pencils and her friend with a very impressive 110!

Beat that!



Send us a picture or video of you taking the challenge [connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)  
We might include it next week in next week's edition of 'Keeping Connected'



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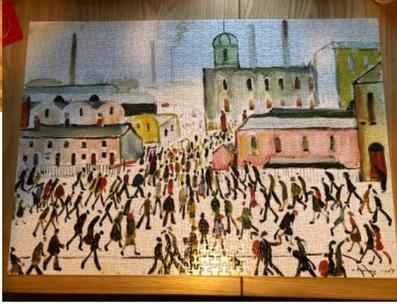
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#### What we've been up to ...

Miss Partington has dusted off her sewing machine and started sewing again. Miss Pilkington has finally finished the trickiest jigsaw ever. Mrs Crow has been busy renovating a figurine originally bought for her by her son, Andrew. See the before and after - what an improvement! And finally, it's not an achievement, but Mrs Aspinall couldn't resist sharing the picture of the kitten her daughter is cat-sitting for the next week. How adorable!



#### Get Cooking

**Instant Ice Cream...** should have been a recipe for the sunny weather... good fun though!

#### Did you know?

**Ice cream** is basically droplets of fat from milk suspended in millions of tiny crystals of ice, fluffed up with tiny pockets of air. This activity shows you how to make a mixture that turns cold enough to create those ice crystals without the aid of a freezer – and reveals how salt and ice make a chilling combination.

<https://learning.sciencemuseumgroup.org.uk/wp-content/uploads/2019/02/SMG-Learning-Activities-Instant-Ice-Cream.pdf>

#### Can you work out the connection?





# PARKLANDS- KEEPING CONNECTED

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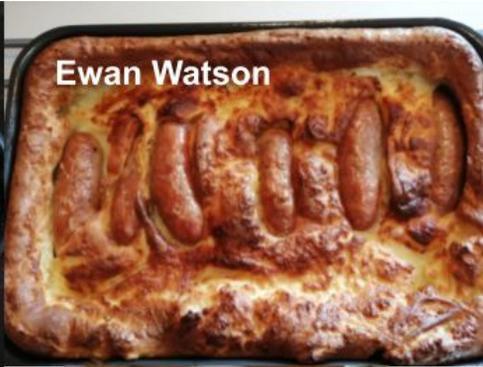


## Get Cooking

It's been another busy week for the Parklands baking community. Thank you to everyone who sent in examples of their cooking and baking.



Lucien Banks



Ewan Watson



Hannah Williams



Leon Parry



Alex Spinks



Evie Dilworth



Isobel Walker



Holly Hancock



Julia Przyslawska making tea and dessert!



Verity Mersh's fabulous salad



Keep baking and sending us pictures of your efforts to:

[connect@d@parklandsacademy.co.uk](mailto:connect@d@parklandsacademy.co.uk)



Leon Barlow's tasty looking Biscoff Cheesecake



Noah Burrill having a go at making an eggless chocolate cake. Good work!



# PARKLANDS- KEEPING CONNECTED

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## Get Cooking



Emily Bassett's Banoffee pie



Josh Holt's Crispy chilli beef and fruit pavlova



Ebony Williams with the crownie she made. Yummy!



George Gosling's curry



Felix Wilson's Stir Fry



Lily River's perfecting her piping skills



Tom Entwistle's Macaroni Cheese

Jack McDermott showing us how to make the perfect Pasta Bolognese



1. Slice mushrooms

3. Fry onions and mushrooms in olive oil



4. Boil pasta



2. Dice onions



5. Brown mince



6. Add the pasatta



7. Prepare side salad



8. Add a bottle of water & enjoy!

Keep cooking and send us pictures of your efforts to:  
[connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)

Lots of cooking going on at home last week...  
Keep cooking!  
Mrs Brookes and Miss Flight



Lilly-Mae Horner made two chocolate cakes.  
You must have been spoilt for choice!



# PARKLANDS- KEEPING CONNECTED

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## Space Food

With the recent launch of the Space X rocket to the International Space Station, we thought we should take a look inside an astronaut's kitchen!

Foods to be eaten in space are either partially or completely dehydrated to prevent them from spoiling. Meats are exposed to radiation before they are put on board the shuttle to give them a longer shelf life.

Astronauts eat three meals a day (plus periodic snacks), just as they do on Earth. Meals are organized by the order in which astronauts are going to eat them, and stored in locker trays held by a net so they won't float away.

When mealtime rolls around, astronauts go into the galley area in the shuttle's middeck. There they add water to freeze-dried foods and dehydrated drinks from a rehydration station that dispenses both hot and cold water.



Astronauts eat **three meals a day**: breakfast, lunch and dinner. Nutritionists ensure the food astronauts eat provides them with a balanced supply of vitamins and minerals. Calorie requirements differ for astronauts. For instance, a small woman would require only about 1,900 calories a day, while a large man would require about 3,200 calories.

An astronaut can choose from many types of foods such as fruits, nuts, peanut butter, chicken, beef, seafood, candy, brownies, etc. Available drinks include coffee, tea, orange juice, fruit punches and lemonade.

### Great food - in space!

To make sure astronauts are happy while they are in space, especially if they are going to spend a long time in space, scientists invest a lot of effort in working out ways to make their favourite dishes suitable for zero gravity eating. The International Space station (the ISS) has been home to astronauts of lots of nationalities, and sometimes they have brought foods from their home countries. In 2008, Gregory Chamitoff brought Jewish bagels with him to the ISS. The picture here shows some Japanese dishes, with noodles in the packet below.



**What will astronauts eat in the future?** Scientists believe that in the future, astronauts will be able to grow their own food. Longer missions, to Mars, or long stays on space stations in the future will require astronauts to be gardeners too! Astronauts will grow peanuts, spinach, cabbage, lettuce, rice and other vegetables. NASA imagine the crews growing crops that can be turned into bread, pasta, salads, and even soya milk shakes. Plants have already been grown in space. These experiments were carried out so scientists could check that it was possible! text and images from NASA [www.spacekids.co.uk/spacefood](http://www.spacekids.co.uk/spacefood)



Chris Austin Hadfield OC OOnt MSC CD (right) is a Canadian retired astronaut, engineer, and former Royal Canadian Air Force fighter pilot. The first Canadian to walk in space, Hadfield has flown two Space Shuttle missions and served as commander of the International Space Station





# PARKLANDS- KEEPING CONNECTED

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## Careers

Hi to all Parents/Carers/Parklands Community

As you can see we have a new section on **Careers** and we'd like you to get involved over the coming weeks.

Here's how I need your help to fill this space: I'm hoping there's some willing volunteers who will provide a 'pen picture' of their career/jobs they've done previously, career path to your current job, organisations you've worked for, etc - obviously only what you don't mind people knowing! Doesn't have to be detailed - can even be a bulleted list. Also, only if you want to, and have a photo of your younger self doing a previous job or you in your current role that we can include that would be great.

This is open to **all involved in our Parklands Community** - we've all got different career backgrounds that will interest pupils! If your present role is your career to date - maybe your route into it, why you chose it and enjoy it. All of this can provide career inspiration to our pupils if you're willing to share.

I really don't mind how you choose to present this or what you choose to focus on - only criteria is to give career inspiration/aspirations and keep it short, snappy and appropriate for our pupils.

You can email any career content you would like to be included. I have previously spoken to many of you at Parent/Carer Evenings so I know there's some great careers that you are involved in!

**Thanks in advance for any support you are willing to give. It's much appreciated.**

**Mrs Brookes**

Email to [pberry@parklandsacademy.co.uk](mailto:pberry@parklandsacademy.co.uk)

**Careers to inspire you... thanks to Parklands Staff**

Click each photo link to discover some interesting and varied jobs and career paths!





# PARKLANDS- KEEPING CONNECTED

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## Careers

### Ideas about Careers

This week thanks to Computing and Modern Foreign Language Departments... click the introductory screens below to discover more jobs!

## Computing

PARKLANDS HIGH SCHOOL  
CAREERS GUIDANCE



This document outlines some of the main career options within **computing**, some of which are established traditional roles, some of which are more recent, and some potential jobs of the future.

Each pages contains details about the job, the qualifications required, and useful links that students and parents can follow.



## MFL

PARKLANDS HIGH SCHOOL  
CAREERS GUIDANCE



This document outlines some of the main career options within **MFL**, some of which are established traditional roles, some of which are more recent, and some potential jobs of the future.

Each pages contains details about the job, the qualifications required, and useful links that students and parents can follow.



[Welcome to Indigo](#)...your guide to the future! Explore hundreds of jobs and careers.

Use your school email and INDIGO password, that you were given in your Career's Assembly, to login.



### Indigo Careers

Your starting point for all things careers. Explore your potential future by investigating careers with our search, filter and compare functions. Take a step back and look at the professional world by industry sector - and keep an eye out for employer profiles.



#### Explore careers

Search and filter through our bank of over 600 profiles, compare and save your favourites.



#### Explore industry sectors

Got an area of work that interests you, but not sure about specific jobs? Have a look at our industry sector pages.



#### Art Therapist

Take a look at our choice for this month!



# PARKLANDS- KEEPING CONNECTED

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## 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)



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

**Sunday 14th June**

Alex P 16

Adam S 16

Mohammed N 13

Gracie A 12

**Thursday 18th June**

Finlay R 14

Natasha T 14

Jacob G 13

Lucy H 13

Kelsey H 12

**Monday 15th June**

Ethan C 13

**Tuesday 16th June**

Katie J 16

Jay L 12

**Friday 19th June**

Megan M 15

Sam S 14

Freya T 12

**Wednesday 17th June**

Elliot H 15

Olivia F 14

Demi D 13

Kelsie D 13

Beatrice C 12

Chloe S-J 12

**Saturday 20th June**

Paige C 13

Freya H-B 12

Thomas H 12

Henry W 12

