



PARKLANDS- KEEPING CONNECTED

20th - 26th April

Issue 5



Headteacher's Message

Hello everyone,

I hope you all managed to enjoy the Easter break and spend some quality time with your family. Thankfully, the weather was good so I hope you were able to spend some time in the fresh air and sun. Currently, we still don't know for sure what is happening with the reopening of schools; you may have heard on the news that primary schools in Denmark have reopened, Germany has announced plans to reopen schools too, but for us we have at least another three weeks of lockdown. It is becoming increasingly important to consider your mental health; some of us are lucky enough to have gardens where we can sit outside, enjoy the sun and the fresh air, but some of us are not so lucky. It is therefore worth checking in on your friends more frequently, either by phoning them, dropping them an email or message on social media! How are they doing? Are they coping ok? What have they been up to? Have they been watching something fascinating on TV or reading an incredible book? Human contact is something we all need; it gives us a sense of belonging and it helps to keep our spirits up in times when some of us are really struggling.

Have you been joining in with the Thursday clapping for the NHS and all key workers? My family and I have found this really humbling, especially as my sister works in a care home and has to wear full protective equipment around her residents. For many in our society this is a troubling time, but participating in such events can really help raise morale at a time when it's needed most. I know my sister has felt really valued by seeing her neighbours joining in!

Thank you to all of you who have sent in pictures of you baking, cooking, completing the Head Students' challenges and so on. It's been wonderful to see that so many of you are actively engaged in keeping connected with Parklands.

So, this week teachers will be setting work again. Try your best to keep up, and remember that the staff are only at the other end of an email if you need any help or advice.

Take care, stay home, save lives!

Mr Mitchell



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Quiz

1. *Lampy* is 173 years old and insured for £1 million but what or who is *Lampy*?
2. How many hat tricks has Cristiano Ronaldo scored for his international team Portugal?
 - a. 7
 - b. 9
 - c. 12
 - d. 20
3. In what year did *Parklands* introduce the vertical tutoring or House system?
4. The dinosaurs became extinct at the end of the *Cretaceous* period but what geological period are we in now?4w
5. What is the highest prime number that is less than 1000?

Answers will be provided in the next edition

Last week's answers are below:

1. What happened at Kitty Hawk, North Carolina on 17 December 1903? *First powered and controlled flight*
2. The longest corridor at *Parklands* is the Concourse but how long is it?
A 205m B 125m C 78m D 52m. *C.78m*
3. Disney was sued by a biologist for defaming the character of which animal in *The Lion King*? *Hyenas*
4. What kind of precious stones come from the Muzo mines in Colombia? *Emeralds*
5. Which scientific term was popularised by Wallace Smith Broecker? *Global warming*

Thanks to Mr Whalley for providing the quiz.

Cryptic Challenge

Cryptic Animals

Guess the animals from the clues below.

1. Naked
2. Expensive mammal
3. Bird found at the end of a long piece of string
4. Farm animal worth 50 points
5. This snake is good at maths
6. A burning vowel
7. A country
8. Eight cats

Answers in our next edition.

Thanks to Mrs Curtis for providing this quiz

Cryptic Cities -

Last week's answers are below

1. Brown envelope. *Manila*
2. Put father in a holdall. *Baghdad*
3. Waterproof boot. *Wellington*
4. Wander. *Rome*
5. Australian under. *Oslo*
6. EEE. *Tripoli*
7. The Magic Roundabout's nurse. *Florence*
8. TV Detective. *Colombo*



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Head Students' Challenge

HEAD STUDENT CHALLENGE 5:

CREATE AN ART PIECE WHICH REPRESENT YOU AND YOUR FAMILY - GET ARTISTIC, GET CREATIVE, IT CAN BE ANYTHING YOU WANT!!

A FEW IDEAS

- **CREATE A PAINTING**
- **BAKE A SHAPED PIE OR GIANT BISCUIT**
- **ACT OUT A SCENE FROM A PLAY**
- **DRAW A PICTURE**
- **CREATE A MODEL USING ORDINARY HOUSEHOLD SUPPLIES**
- **USE CHOCOLATE TO DESIGN SOMETHING.....**

REMEMBER TO:

- **SEND IN YOUR PICTURES 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 5](#)
Get artistic, Get creative!

It looks like **Erin Simpson**, Yr 7, has completed this week's Head Student challenge in advance. She has been keeping busy during lockdown making use of her artistic skills, baking and joining mum, who is a PT, in her live workout videos on Facebook. What a busy Easter break!

Here's some artwork Erin produced this week. They're fantastic! They're going to be framed.
We wonder whether she'll work her way through all the fruits ?

Don't forget to send us pictures of any of your attempts at the Head Student Challenge to:
connected@parklandsacademy.co.uk





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duolingo

DUOLINGO HOUSE COMPETITION 2020

In light of the strange new situation we are now all in, the Duolingo House Competition has returned for 2020! This is a house comp 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 and I will email out the leaderboard each Friday.

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

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

Happy language learning!
Mr Stalker

Keep smiling

This week's jokes have all come from staff - they're just as corny as usual!



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

I don't trust stairs.
They're always up to something.

What does a house wear?
Address

What do you call a magician who has lost his magic?
Ian

How many tickles does it take to make an Octopus laugh?
Ten Tickles

What did the grape say when he was sat on?
Nothing he let out a little whine!

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

How much room is needed for fungi to grow?
As mushroom as possible

Thanks to Mrs Grimshaw-Brown, Miss Featonby and Mrs Brookes for this week's laughs.



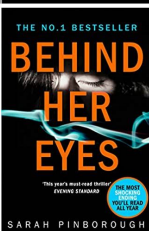
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Get reading - Book review



If you enjoy a stories filled with mystery and thrill, Miss Cosgrove recommends the following:
The Couple Next Door & *A Stranger in the House* - Shari Lapena
The Woman in the Window - A.J. Finn
Behind Her Eyes - Sarah Pinborough. This was Miss Cosgrove's particular favourite and had twists right up until the last chapter!!
Send your recommendations for a good read to connected@parklandsacademy.co.uk

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

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.

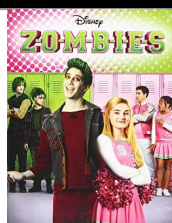
Follow the link to read more about this amazing young lady.

[SallyGoFund Me](#)

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



What to watch...



DISNEY+ Zombies

A very cheesy high school musical/teen beach style, Disney original movie. Lots of catchy songs that I've even added to my playlists. Be prepared for bad zombie makeup but lots of great performances in terms of dance/cheer! There is even a Zombies 2! Enjoy (hopefully) Miss Greaves

At a time when many theatre fans around the world aren't able to visit National Theatre Live venues or local theatres, we're lucky to have the opportunity to watch performances from the comfort of our own home.

[National Theatre at Home: Treasure Island](#)

Robert Louis Stevenson's story of murder, money and mutiny brought to life in this thrilling new stage adaptation.

It's a dark, stormy night. Jim, the inn-keeper's granddaughter, opens the door to a terrifying stranger. At the old sailor's feet sits a huge sea-chest, full of secrets. Jim invites him in – and her dangerous voyage begins.

Filmed live on-stage by National Theatre Live, see Olivier Award-winner **Patsy Ferran** (*Summer and Smoke*) play Jim and **Arthur Darvill** (*Doctor Who*, *Broadchurch*) play Long John Silver in this rip-roaring adventure for the whole family.

This third streaming performance was *first shown* on 16 April and is available until 7pm on Thursday 23 April but you'll need to start watching by 5pm, at the latest, on 23 April to ensure you see it all.





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Board Game of the week - Jenga



A straight forward yet entertaining game - Jenga.

The aim is simple, players take it in turn to take out wooden blocks from the tower and place them on top resulting in an ever growing but unsteady tower. The last player taking a piece as the structure topples loses.

Requiring physical skill and strategy- it's a great family game!



We're pleased to see that Miss Partington managed to complete her jigsaw over the Easter break.

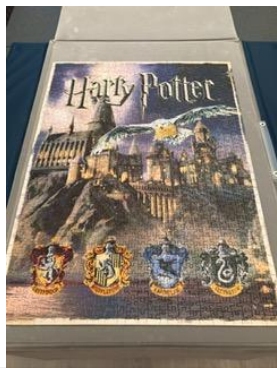
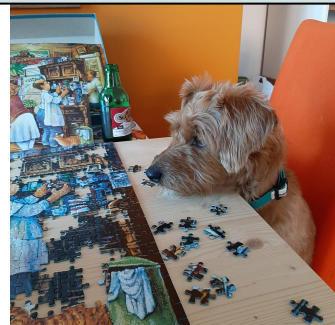
It went from this ...



to this ! Although, we hear...



she had help from her dog, Molly!



Mrs Haslam completed this Harry Potter jigsaw- almost! Can you spot the one missing piece?

Don't forget to send us pictures and updates on all your efforts to: connected@parklandsacademy.co.uk



Chorley Buddies
01257 542367

Want to talk to someone? We're listening
Want to be a PhoneBuddy? We'll connect you
Need a ShoppingBuddy? We'll get it for you
Need meds or Scripts delivered? We'll do it

LINES ARE OPEN FROM 9AM TO 9PM, WITH ANSWERPHONE OUTSIDE THOSE HOURS



Chat to friends and family without being face to face and play games at the same time with the Houseparty App! It allows users to connect with up to 8 people at a time, and is similar to Skype or Facebook Live, Users must be age 13 and over.



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Keep Fit

Join our next challenge, which is to dance to the #wereallinthis together from High school musical!

Miss Greaves will be linking the staff and student dances together! Join in, even if you can only do the first half!

The video of the original cast is [here](#)! There are plenty of tutorials online

Email ngreaves@parklandsacademy.co.uk with your dance.



Sign up to @peparklands Instagram page and join in a live stream class?

Miss Greaves continues to deliver live Zumba sessions and will do them most days.

Enjoy!

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](#)



Here's Morgan Miller, Yr8, during his daily workout, cycling to the top of Anglezarke Moor.

Morgan's Dad said: *"It was a good cycle, not least as we had a very helpful tailwind in places, and Morgan even clipped 30mph on the flat (leaving me trailing far behind.....)!"*

Great cycling Morgan (and Dad!), keep up the good work!

Lily-Mae Horner, Yr7, joined in the Joe Wicks workout on FaceTime with her Auntie. It looks like you had fun!

Why not send us a picture or video of how you're taking daily exercise to

connected@parklandsacademy.co.uk?

We might include it in next week's 'Keeping Connected'.



Audio Books



Audible are making a wide selection of audio books available to stream for as long as schools are closed. Click on the Audible logo to take you to their site



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It's time to celebrate young people's empathetic actions.

We're harnessing the power of social media to build a movement and we need your help!

#KidsKindActs

We launched the #KidsKindActs in partnership with our close friends Tes and Youth Sport Trust.

Aims:

- 1) Celebrate our young people's kind actions publicly
- 2) Collate all kind acts in one place and provide ideas for other families
- 3) Inspire optimism and kindness over social media

It's so simple to take part:

- 1) Tweet/post a young person's kind act
- 2) Use the hashtag - #KidsKindActs
- 3) Retweet/Share and like other peoples posts

Here is an example already from Wednesday 8th April



It's all part of Empathy Week's continued vision

The **#empathyweek** vision is to build the **#empathygeneration** - a generation of empathic and conscious leaders that turn their compassion into action.

We can all recognise that a lot of this starts at home which is why it's the perfect time to launch this campaign. We should never underestimate the importance of kind acts and being able to share them with others - we never know who we may inspire.

So join in now! Be ready every Wednesday from 9am GMT on Twitter and Instagram to post a kind act or offer some inspiration for young people to get involved.

Find out more at - www.kidskindacts.com

Together, whatever happens, we will build the **#empathygeneration**



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Can we make it a century ?

It can't have escaped your attention that this amazing elderly man, Captain Tom Moore, has managed to raise £23 million (at the time of publication) by walking 100 laps of his garden before his 100th birthday to raise funds for the NHS.

Miss Johnson spotted this on social media and thought that we could make a Parklands challenge out of this.

We know that the Parklands community is generous and caring - the true embodiment of our motto

LEARN - RESPECT - ASPIRE - ACHIEVE

Just like Tom set himself a target of 100 laps, we'd like to send Tom **100 birthday cards** from **100 of the Parklands community**.

So, students, staff and families please get making Captain Tom Moore a birthday card. Add #proudtobeparklands on it.

Send us a picture of your card showing the #proudtobeparklands to connected@parklandsacademy.co.uk and we'll come back to you with your number. Let's see if we can make it to **100**.

100th
Birthday Cards
for Tom

Captain Tom Moore
C/O Post Office Limited
67 Bedford Road
Marston Moretaine
MK43 0LA
Bedfordshire, England



Once you have sent us your picture you can send your card directly to the address shown above. Sorry, it's not freepost so don't forget to put a stamp on your envelope before posting.

Links to staying safe and healthy

There's some really useful tips and advice in the links below.

They have been provided by the local authority and contain a range of links to activities, ideas and support

[Emotional Health & Wellbeing](#)

[Mental health advice and resources](#)



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Get cooking ...

A favourite of our Year 8s... and something a little more healthy, tasty and vegetarian.

Keep Cooking!

Mrs Brookes

Microwave Chocolate Fudge Cake

- 150g self raising flour (6 heaped tbsp/tablespoons)
- 80g margarine (3tbsp)
- 150g sugar (6tbsp)
- 3 tablespoons sifted cocoa powder
- 2 eggs
- $\frac{1}{2}$ teaspoon vanilla essence
- 4 tablespoon milk

Chocolate Fudge Icing

- 6 tablespoon single cream
- 50g plain chocolate
- 8 tablespoon sifted icing sugar



tbsp = tablespoon

Method: (If you have an electric mixer or food processor steps 1-5 can all be done together!)

1. Rub margarine into flour.
2. Stir in sugar.
3. Using sieve - add cocoa powder - mix thoroughly through flour mixture.
4. Beat egg in jug - add a few drops of vanilla essence and 4 tablespoons milk.
5. Add to flour mixture - stir thoroughly with spoon.
6. Add to greased silicone dish - cook in microwave full power for 3-4mins until mixture appears dry on top. Stand for 3mins.
7. Turn out onto cooling wire or plate.
8. Icing: Break chocolate into a small bowl - microwave 30secs at a time, stir, until melted - ☺ see me to add 6 teaspoons of single cream
9. Sieve icing sugar into melted chocolate - mix well (chocolate will set quickly again so may need to warm in microwave in between mixing).
10. When cool - transfer cake to plate or board - spread fudge icing on top of cake using palette knife.



Vegetable Lasagne

Ingredients:

- 1 aubergine
- 1 courgette
- $\frac{1}{2}$ red onion
- 1 red pepper
- 6-8 mushrooms
- tin chopped tomatoes
- 2 tablespoons tomato puree
- 4 sheets lasagne
- 1 pint/500mls semi-skimmed or skimmed milk
- 50g margarine
- 50g plain flour
- 100g (low fat) grated cheese
- extra cheese for topping
- black pepper/herbs to taste



Method

1. Preheat oven Gas 6/180°C
 2. Wash and then chop vegetables into chunks place on greased baking tray.
 3. Roast in the oven for 10-15mins until soft Gas 6/180°C.
 4. Add vegetables to chopped tomatoes in wok, add 2 tablespoons tomato puree, then cook through (add herbs, garlic, black pepper etc to taste if you wish).
 5. Add 1 pint (500mls) milk to 50g flour and 50g margarine in small saucepan on a low heat - **stir continuously - do not stop** until sauce thickens. Turn off heat and add cheese stir in until it melts.
 6. Layer lasagne into ovenproof/lasagne dish or foil trays as follows:
 - Vegetables
 - Lasagne sheets
 - Cheese sauce
 - Vegetables
 - Lasagne sheets
 - Cheese sauce
 - Sprinkle with extra cheese
- Bake in oven for approx. 20mins or until lasagne is soft (test with a knife).



Don't forget to send us pictures of your efforts to:

connected@parklandsacademy.co.uk



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Get cooking ...

Thank you to everyone who sent in their examples. There have certainly been some tasty treats on offer over the Easter break

We've got contributions from all year groups and some staff too.

Thanks to Finley Norris, Lee Forrest, Aimee McLean, Jamie Bolton, Lillie Pilkington and Mrs Aspinall.

Finley Norris in Yr 7 has been busy. He's hard at work baking cake and making bread rolls. A master chef in the making?



Don't forget to send us pictures of your efforts to:

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Aimee McLean, in Yr 8, made this chocolate, lockdown, sugar fix cake to celebrate her brother Bailey's birthday.

It looks delicious.
Well done, Aimee!





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Thanks to Finley Norris, Lee Forrest, Aimee McLean, Jamie Bolton, Lillie Pilkington and Mrs Aspinall.



Lillie Pilkington, Yr 11, concentrating on putting the finishing touches to her lemon cake.



Mrs Aspinall's Victoria sponge. A bit of a cheat, as it was made from a ready mix, but she claims it was only because she couldn't find flour in the shops!



Jamie Bolton, Yr 8, has made mini egg cookies this week. Mum reports that they're delicious, but not helping her diet!



Keep baking and sending us pictures of your efforts to:

connected@parklandsacademy.co.uk

Lee Forest, Yr 9, loved making his Lemon drizzle cake and melt in the middle chocolate muffins. He didn't enjoy the washing up, though!





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FREE CELEBRITY CLASSES FOR KIDS IN LOCKDOWN

9:00	PE WITH JOE WICKS YOUTUBE.COM/THEBODYCOACH
10:00	MUSIC WITH MYLEENE KLASS YOUTUBE/MYLEENESMUSICKLASS
11:00	SCIENCE WITH MADDIE MOATE YOUTUBE.COM/MADDIEMOATE
11:30	DANCE WITH OTI MABUSE YOUTUBE.COM/OTIMABUSEOFFICIAL
13:00	MATHS WITH CAROL VORDERMAN THEMATHSFACTOR.COM
14:00	HISTORY WITH DAN SNOW TV.HISTORYHIT.COM
15:00	ENGLISH WITH DAVID WALLIAMS WORLDOFDAVIDWALLIAMS.COM
17:30	FOOD TECH WITH JAMIE OLIVER CHANNEL4.COM/KEEPCOOKINGANDCARRYON



CORONAVIRUS
STAY HOME TO HELP US SAVE LIVES

**ANYONE CAN GET IT,
ANYONE CAN SPREAD IT.**

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

Keep safe and up-to date

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



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

*Happy Birthday from the
Parklands community.*

Sunday 19th April

Mr Stott
Eleanor W 16
Henry H 15

Monday 20th April

Faith A 16
Alyssa B 15
Kyle H 15

Tuesday 21st April

Aadam K 15
Thomas O 15
Eadie G 14
Luke C13

Wednesday 22nd April

Jasmine F 16

Thursday 23rd April

Jake A 16
Ava B 12
Coby M 12

Friday 24th April

James D 14
Chloe Q 13

Saturday 25th April

Josh B 13
Katie D 13
Johnny H 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!

HAPPY BIRTHDAY
14
HAPPY BIRTHDAY
Love it! Fantastic and

HAPPY BIRTHDAY
15
HAVE A HUGELY
HAPPY BIRTHDAY!

16
OH YEAH!
Have a good one!