



PARKLANDS- KEEPING CONNECTED

30 Mar - 5 Apr

Issue 2



Headteacher's Message

Dear parents, carers and students,

Well done for surviving week 1 of lockdown! This is a really difficult time for all of us, as we adapt to new ways of working, new routines, and not physically being able to see any of our friends or family.

Thankfully, social media is a fantastic solution to ensuring we can keep in touch with our loved ones, so make sure you pick up the phone, send a text message, or even use Facetime/Skype/Zoom etc to keep up that personal contact, which we, as humans, need.

Week 1 of *home-schooling* has, for many of us, been a challenge. In the Mitchell household, we've encountered problems such as websites crashing, Google Drive being unavailable, and rather a large number of emails from my youngest son's primary school teacher! I've been a maths teacher, a science teacher, an English teacher - none of them are my areas of expertise, so I can only imagine what it must be like for parents who don't work in education!

It hasn't been easy, and I don't imagine it will get any easier the longer we have to stay at home, so my main message is don't panic, keep calm, keep sane, keep smiling, keep laughing, don't fall out with friends or family, just do what you can without stressing out. Lots of us, myself included, are muddling our way through this whole new way of living, so just try your best, that's all anyone can ask for!

Take care, keep safe, keep washing those hands, keep social-distancing, and I look forward to seeing you all again soon!

Mr Mitchell

Some of the lovely messages we received on social media after the first edition of Keeping Connected ...

Brilliant #proudtobeparklands 🙌🙌



Fab idea to stay connected to school, me & my lad have been playing chess past couple of days, something he came home with from one of his teachers 😊 so relaxing too. 🙌



Stuff like this is what makes me proud to be a parklands student because even at this time of distress we always find a way to stick together!



This is excellent! Well done Parklands



Well done Parklands #proudtobeparklands

Abbie and dad had their first games of scrabble whilst I was at work this evening 😊

Ready to start schooling at home, we got this!! Stay safe everyone xx



Great stuff. #proudtobeparklands



Brilliant idea well done Parklands and let's all keep safe



Please keep in touch and let us know how you're doing and what you think.



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Keep in Touch

We've loved hearing from you during this extraordinary week. Here's an example of how one household managed.

First 2 days of home schooling!

Mar 24, 2020

Hi all,

While I appreciate I am in a very lucky position not having to work while my two are not in school, so far it's going much better than expected! No tears or tantrums! Child 2 said he knew what to expect from all the information given out at school last week.

Child 1 has been out for a run at 8am each morning, had a shower and breakfast before starting work at 9am! Unfortunately issues with the laptop hampered her a bit yesterday (until she could use Child 2's after he had finished his work!)

Today Child 2 has been on a woodland walk with both parents, in lieu of his period 2 PE lesson. Learning about woodland flowers and a bit of river dipping on route. Found freshwater shrimps, dragonfly nymphs and leeches! So a bit of botany and zoology thrown in for good measure!

Hoping to try the Joe Wicks PE posts later.

Hope all is going well for the teachers too, big changes for us all at the moment!

Thinking of you all.

Best Wishes, the Armstrong Family

So many challenges face us all in the weeks and possibly months ahead.

Students, parents, carers and families -

Why not send us an account of how things are going for you?

connected@parklandsacademy.co.uk

Quiz

1. The UK's biggest manufacturer is *Essity* and they produce 1.7 billion a year - But what item do they produce?
2. What is the standard rate of VAT on purchases in the UK?
3. It is currently closed but what is the nearest National Trust property to Chorley?
4. Which rapper-songwriter is 6 ft 5 inches tall and received 6 A*s and 3 As at GCSE?
5. How high above sea level is the floor of the Main hall at Parklands?
 - A) 72m
 - B) 12m
 - C) 236m
 - D) 0m

Answers will be provided next week.



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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

Board Game of the week - Chess



A game of skill and strategy that has been challenging the world's greatest thinkers for 15 centuries.

An enjoyable game for two, it is also known to improve memory, IQ creativity, concentration and problem solving.

Sharpen your mind. Outwit your opponent. Have fun.

Send us a picture of you playing chess to connected@parklandsacademy.co.uk



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.

Prepare for all the same board game arguments! Miss Cosgrove

Get reading - Book review

Entangled by Cat Clarke

Interesting book about a thoroughly dislikeable teenager ironically named Grace. This is Clarke's first novel, so it's a bit rough round the edges but It demonstrates her potential well. You sort of guess the ending at the start and look on in horror as her life unravels after she meets a stranger in a park.

Suitable mainly for Yr 9 and above as well as and some Yr 8 girls.

Mr Johnston

Send us your recommendations for a good read or a book review connected@parklandsacademy.co.uk



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What to watch...

12 live animal webcams to get you through social distancing including Edinburgh Zoo Panda-cam. Follow this link

<https://www.countryliving.com/uk/wildlife/countryside/g31784857/live-animal-webcam-zoo/>

Keep Fit

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. The sessions are 30 minutes a day and don't require special equipment and can be done in small spaces at home.

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



Here's Alfie Howarth, Yr7, ready for PE with Joe Wicks on Tuesday morning.

Well done, Alfie!

Why not send us a picture or video of you joining in the PE class from home? We might include it in next week's 'Keeping Connected'.

connected@parklandsacademy.co.uk

Alternatively, why not sign up to @peparklands Instagram page and join in a live stream class?

Miss Greaves did a live Zumba session on Friday and will do one most days.

Enjoy!

Send your pictures of how you're taking daily exercise to connected@parklandsacademy.co.uk

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

How about a bit of music fun?

Teach yourself cups:

Watch this...<https://m.youtube.com/watch?v=cmSbXsFE3I8>

Now give this a go..<https://m.youtube.com/watch?v=Y5kYLOb6i5I>



Send us a picture or video of your attempts to :

connected@parklandsacademy.co.uk

Thanks to Mrs Slater for this idea



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Keep smiling

This week's jokes are just as corny but at least they came from you!



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

I'm terrified of elevators so I'm taking steps to avoid them.

How do celebrities stay cool? They have many fans

What's made of leather and sounds like a sneeze? A shoe

I just burnt my hawaiian pizza. I should have used aloha temperature.

Due to the quarantine, I'm only telling inside jokes.
(From Zac Climpson Yr 11)

What do you call yourself if you're stuck between 2 llamas? Illamanated
(From Tooba Chughtai Y9)



Knitting is a productive use of time as it occupies the mind, provokes creativity and you get an end product from the process.

Isabel Hancock Y10

Your staff have all been keeping connected this week and joining in some of the crazes! [Joined Video](#)

Fancy getting involved? Email your clip of you throwing something to:

connected@parklandsacademy.co.uk and we'll put it together. How many connections do you think we can make? #ProudToBeParklands

Many of you will have had the privilege of seeing Sally Cornes, Yr 8, dancing in our recent school production, American Spirit.

This inspirational young lady 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](#)



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

To demonstrate the team effort required in keeping us all productive and supported the Head Students have been busy too. Follow this link to their weekly challenge and let us know how you go on. [Head student weekly challenge](#)



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Get cooking ...This week you've all been super busy

Here's some Year 7 successes:

Jay Lord 7YCY

SPICY CHICKEN STIR FRY

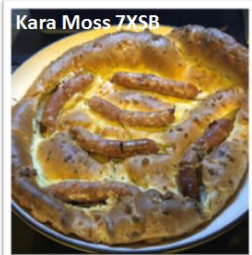
Ingredients:
Chicken
Paprika seasoning
Cajun seasoning
Red pepper
Orange pepper
Yellow pepper
Mushrooms
Raisins
Courgette
Spicy rice



Emily Stobbs
7YCY



Kara Moss 7YSB



Gracie Astle 7YCY



Finlay Norris 7YSB



George Lenehan 7XSB



Lee Forrest, Yr 9, has been cooking for the family and making the evening meal every day this week

Here's Monday's meal: **Spicy Chicken Goujons:** Serves 4

Cook time 20-25mins 180c

Ingredients:

40g breadcrumbs

1tsp smoked paprika

Pinch salt and pepper

80g Chilli heatwave Doritos

1 Egg (Egg wash)

500g Mini chicken fillets Add chilli powder if you want to make them even hotter!!



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

connected@parklandsacademy.co.uk

Method:

Crush Doritos into small pieces

Mix in breadcrumbs, salt, pepper and smoked paprika (optional chilli powder) - leave to one side

Crack egg and whisk together making egg wash - leave to one side

Prepare chicken removing any fat

Individually dunk and cover the chicken in the egg wash

Dunk and cover in the Doritos mixture

Place on a baking tray on grease proof paper and pop in the oven

Mrs Brookes was very impressed!

And just to show that staff are cooking too, here's Mr Miller and baby George
baking **Currant Biscuits** (with supervision from Mrs Miller!!!)

Ingredients:

115g butter

115g caster sugar

1 egg yolk

115g currants

225g plain flour

Method

Cream the butter and sugar until light.

Add the egg yolk and beat again.

Stir in the currants and flour.

Knead well then roll out until half a cm thick. Use a biscuit
cutter to cut them out.

Place on a greased baking sheet and bake at 170 degrees
Celsius until just starting to turn golden (10 to 12 minutes).





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HM Government

NHS

CORONAVIRUS STAY AT HOME SAVE LIVES

Anyone can spread Coronavirus.
The only reasons to leave home are:

- ✓ To shop for basic necessities or pick up medicine
- ✓ To travel to work when you absolutely cannot work from home
- ✓ To exercise once a day, alone or with members of your household
- ✗ Do not meet others, even friends or family

**CORONAVIRUS
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/uk-covid-19-situation-and-response)

Emotional Health & Wellbeing

The current 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.



It might not be the birthday you hoped for or planned but know that all in the Parklands community wish you a very 'Happy Birthday.' It will certainly be one to remember!

Sunday 29th March
Ciaran M 16

Wednesday 1st April
Anthony S 16
Bradley N 13

Monday 30th March
Muhammed E 15
Charlotte S 13
Martha W 13

Thursday 2nd April
Leah G 14

Tuesday 31st March
Oliver H 16
Lara M-T 16
Eleanor C 15
Oliver R 15
William F 14
Freya Cl 12
Adam W 12

Friday 3rd April
Cody B 15
Emily W 15
Lucien B 12

Saturday 4th April
Isabelle G 15
Ellen S 14

HAPPY BIRTHDAY
12
YOU'RE TOTALLY
TWELVE TODAY!

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

FOURTEEN TODAY
14
HAPPY BIRTHDAY
Love it fantastic and

FIFTEEN TODAY
15
HAVE A HUGE
HAPPY BIRTHDAY!

16
OH YEAH!
Have a good one!