



# WEEKLY PARENT BULLETIN

## 11 Mar - 15 Mar 2019: Week 1



### Whole School Messages

Every Wednesday the Achievement team offer a drop in service at the Asda cafe in Chorley. Please feel free to pop in to meet with one of us, should you have a concern or worry you may wish to discuss

Parents need to aware of the **Tik Tok** app, as there is a warning that predators could be using it to target children; this app allows direct messaging, live streaming and public comments on posts.

Next week is Science week (11th March). There will be a graph busters class available for year 7 and 8 pupils...so if your child is struggling with scales, lines of best fit, scatter plots etc. please encourage them to come. ePraise points, snacks and drinks are available for all attendees. N28 Tuesday 12th March, lunchtime.

On 14th March the annual Pi Day takes place where we will be celebrating all things Pi related, both number and pastry. Two contests will take place for the students, a recital contest for who can remember the number Pi to the most decimal places and a pie making competition for who can make the best, tastiest and most mathematically themed pie! All pie entry's need to be brought in on the day.


Next week is show week for the cast of Iconic, our annual dance show with a cast of over 200 students. All cast will have a dress and technical rehearsal on Monday and Tuesday 3pm-6pm and our show nights are Wednesday, Thursday and Friday. Cast are required in school from 6pm and the show starts at 7pm. Friday night is now sold out but we do have some availability for Wednesday and Thursday. Tickets are priced at £5 for adults and £3 for concessions.

School Nurse drop-in every Thursday, in school, 1.00 - 2.00 pm. Appointments can be made through Mrs Fairhurst or they can go to her direct in the meeting room opposite the school office.

**Comic Relief Friday 15th March** - will be a non uniform day, if pupils wish to come to school in non-school uniform, the donation will be £1. Form Tutors will be collecting the money from Monday 11th March. Appropriate clothing must be worn and pupils will still need to bring all the necessary equipment for that day. Jewellery/make up expectations will remain the same. We will also be hosting a Just Dance on Wednesday 13th March at lunchtime. There will be the opportunity for pupils to donate any loose change. Many thanks

Comic Relief Red Noses are now on sale from school reception or the main admin office. They cost £1.25 and come with a free sticker and your child can build a castle with the Red Nose Box. If you wish your child to purchase a Red Nose could we kindly request that they please bring the correct change.

# HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

 @BELIEVEPHQ

[www.BelievePerform.com](http://www.BelievePerform.com)



## LOVE

Be there for your child and show care and love



## EXERCISE

Encourage play, exercise and sport



## BEHAVIOUR

Keep an eye out for any changes in behaviour



## SUPPORT

Regularly support, encourage and praise your child



## REST TIME

Help your child to manage stress by building in some rest time



## BE PROUD

Tell your child that you are proud of them



## PATIENCE

Be patient. Don't pressure your child



## HELP

Don't be afraid to seek help from professionals



## FEELING

Get to know how your child is feeling



## EDUCATE

Educate yourself about mental health problems



## PROBLEM SOLVING

Help your child to effectively problem solve



## LISTEN

Make sure you take time to listen to what your child has to say



## COPING

Help your child to learn some simple coping skills such as relaxation



## SYMPTOMS

Be aware of signs and symptoms



## CONVERSATION

Encourage your child to engage in conversation



## ENVIRONMENT

Provide a positive environment for your child where they can thrive



## Year 7 Messages

We still have Chorley FC coaches in on a Monday for football with Year 7 & 8 and also Wigan Warriors in on Thursdays for Y7 & 8 Rugby training. It was great to see lots of pupils there last week.

## Year 8 Messages

Year 8 are in the second week of Future's Fortnight and continue to have taster sessions and the opportunity in form time to speak to teachers of option subjects. **Monday 11th March from 7pm is options Evening** for parents of Year 8 students. Curriculum Leaders and senior staff will be available on the evening.

We still have Chorley FC coaches in on a Monday for football with Year 7 & 8 and also Wigan Warriors in on Thursdays for Y7 & 8 Rugby training. It was great to see lots of pupils there last week.

**Y8 Parents Evening 21st March-** The system has now gone live. Please follow the link on our homepage to book your appointments. Any issues, please contact your child's HAL.

## Year 9 Messages

None this week

## Year 10 Messages

**Year 10 Geography** - thanks to those parents who have sent in medical forms and payments for the forthcoming Geography trip. This trip is compulsory for all students (as part of the AQA exam rules). Please could I have the remaining 50 forms back ASAP. Any issues with the payment please email: [feastham@parklandsacademy.co.uk](mailto:feastham@parklandsacademy.co.uk) Thanks very much. Mrs Eastham

Reminder about Work Experience (15-19 July) ... there are hundreds of cafes, shops, schools, nurseries, garden centres, pharmacists, offices, garages, vets.... in the local area. Why not spend the weekend applying for a work experience placement (use the shared template to email, or better still, call in on people!)

## Year 11 Messages

**Year 11 Revision Room** - is now open every evening from 3-4pm. It is a quiet, supervised space where students can work on any subject with access to computers, equipment etc. Revision sessions for all subjects, this year, require that students come prepared having attempted practice questions or specific tasks in advance. This is a perfect time and place in which to complete this work.

Prom tickets will be on sale from Monday 11th March. They will be priced at £35. For further information, please see the email sent earlier in the week.

**Year 11 Geography** - I still have some Geography Revision Question Booklets for sale £1 per pupil. Thanks. Mrs Eastham

Final interviews for Wigan & Leigh College next Friday 15 March. If anyone has yet to apply for college/apprenticeships, please see Miss Berry as soon as possible

GCSE Drama practical exam is next Wednesday. All Year 11 Drama pupils need to be in school for 8am in costume. All Year 10 Drama pupils will be watching the exam to help prepare them for next year. Good luck to all pupils who have worked incredibly hard to make the programme exciting and of a very high standard

The NCFE Music Technology assessments are next week - the written paper is on Wednesday 13th and the practical paper is on the 14th, both start at 9 am. Pupils should arrive to W02 for 8.45 am. Please note that this is not for GCSE Music students.

## Careers

This week's Career of the Week is a Live Sound Engineer. See our website for further details.

## Apprenticeship notifications received this week

Last chance to apply for an apprenticeship with Network Rail Engineering - closes 12 March!  
<https://www.networkrail.co.uk/careers/apprenticeships/?dclid=CKWoodm78uACFYnh1Qodrj4OUQ>  
You must be prepared to spend time away from home whilst training, but the rewards are amazing - check out the link and apply now.

Also coming up is the Apprentice Open Evening at William Hare on 20 March. If you are interested in becoming a welder/fabricator, graphic designer or Health & Safety Technician, then this is a must!  
Email: [apprenticeships@hare.com](mailto:apprenticeships@hare.com) to book a place.