



PARKLANDS BULLETIN

WEEK 2

8th - 12th December 2025



Headteacher's Message

Dear Parents and Carers,

As we approach the final week of term, the school is truly buzzing with festive cheer and a lot of important activity!

This Week's Highlights and Achievements:

- It was wonderful to see so many pupils and staff participating in Christmas Jumper Day today! Thank you for helping to spread some cheer—the colours and sparkle brought a lovely atmosphere to the school.
- The Year 7 pupils who attended the Christmas Disco and Party last night had a wonderful time. It was great to see them enjoying themselves and celebrating the end of a very busy term! The proceeds from the tickets and tuck shop have helped to support the Peru Crew in their ongoing fundraising efforts for their trip to Peru with Camps International.
- A huge well done to our Year 11 students who are continuing with their mock exams. Their dedication and sustained focus during this intensive period has been impressive. These mocks are a vital step in their preparation for the summer, and we are really proud of how they have conducted themselves. The results will be shared after Christmas during our Mock Results Day.



Headteacher's Message Cont'd..

Looking Ahead to Next Week's Festive Celebrations

Next week is jam-packed with exciting events designed to reward our students for their hard work throughout the term:

- Monday: Charity Walk to Derian House
 - This is a significant charity event where pupils and staff will walk to the local hospice, Derian House. This walk is a fantastic opportunity for students to demonstrate our school values of community and compassion by supporting the incredible work this hospice does for children and young people.
- Tuesday: Pupil Christmas Lunch
 - Our catering team is preparing a delicious, traditional Christmas Lunch for all pupils. It's always a wonderful, festive occasion in the school dining hall. Please remember that payment for this should be made via Scopay as usual.
- Wednesday Afternoon: Year 7 Christmas Trip to the Cinema
 - On Wednesday, our Year 7 pupils will be heading out for a festive trip to the cinema to watch the Christmas classic 'Home Alone'. We hope they enjoy an afternoon of relaxation and fun with their friends.
- Thursday: Year 8-10 Christmas Trip to The Trafford Centre
 - Year 8, 9, and 10 pupils will be celebrating with their annual festive excursion to The Trafford Centre. This trip provides them with a chance to socialise, shop, and enjoy the festive atmosphere outside of school before the holidays begin.
- Friday: Early Finish at 1:00 PM
 - Please remember that the school will have an early finish at 1:00 pm to mark the official start of the Christmas holidays.

As always, thank you for your ongoing support. These events are a lovely way to celebrate the commitment and effort of the entire school community.

Regards,
Mrs. Batson
Headteacher



Whole School Messages

Key Dates - November and December 2025

- [Mock Exam Timetable linked here](#)
- **Tuesday 16th December** – Yr11 Mock Exams finish
- **Wednesday 17th December** - Yr7 Cinema Reward Trip
- **Thursday 18th December** - Yrs 8–11 Christmas Reward Trafford Centre.
- **Friday 19th December** – It's CHRISTMAS! School finishes at **1:00pm**
- **School reopens Tuesday 6th January for pupils.**
- **Tuesday 6th January** – Year 10 Tracker Report sent home, and 'Welcome to Year 10' Evening for parents, carers and pupils, 6–7pm in the main hall.
- **Tuesday 13th January** – Y11 Mocks Results Day
- **Wednesday 14th January** – Y11 Tracker Reports Home
- **Thursday 15th January** - Y11 Progress Evening in School
- **Friday 16th January** – Y9 Tracker Reports Home
- **Thursday 22nd January** – Y7 & 8 Behaviour for Learning Reports Home
- **Thursday 29th January** - Y10 Progress Evening in School
- **Thursday 5th February** - Y9 Progress Evening in School
- **Friday 13th February** – Last Day of Term 3pm Finish

Wellbeing Update- We have recently noticed an increase in cases of **colds, flu, and stomach bugs** within the school community. To help keep everyone healthy and reduce the spread of illness, we kindly ask that all pupils are reminded to **wash their hands regularly**, especially:

- After using the toilet
- Before eating
- After sneezing or blowing your nose

Regular **hand washing** is one of the simplest and most effective ways to prevent germs from spreading. Thank you for your continued support in keeping our school community healthy and safe.

School Menus:

To see our school menus, please click [here](#). Next week will be **week 3**

Could Your Child be Eligible for Free School Meals?

Check **eligibility and apply** via Lancashire County Council:

[Free School Meals - Lancashire County Council Lancashire.gov.uk](https://www.lancashire.gov.uk/free-school-meals/)

If you do apply, please also email Miss Rhodes (Assistant Head) srhodes@parklandsacademy.co.uk

Whole School Messages

Parklands Admissions Policy -

Proposed changes to the policy for 2027-2028. Please follow the [link](#) to view them. If you have any responses to the consultation then please email it to admissionsandappeals@parklandsacademy.co.uk

Y9, Y10 and Y11 same day detentions

Please be aware that if your child should receive a **BfL 1 or 0** they will be required to serve a same day detention after school from 3pm until 3.30pm. We hope this sanction may lead to an improved focus and better behaviour in lessons. We will endeavour to notify you by text message should your child need to attend the detention, however please be aware this may not always be possible depending on the time of day. For example, if your child receives a 1 or 0 during their P5 lesson we may not be able to notify you ahead of picking your child up at the end of the day. You can also monitor your child's BFL on the EduLink app under the 'Attendance' section.

Thank you for your ongoing support.

Year 7s

Have their final Respect day for 2025 on Tuesday. They will take part in a series of technology enrichment workshops, called a MEGA day. You can read more about the companies involved and how Lancashire county council got involved [here](#).

Year 11

A huge well done to all our Year 11 pupils for their excellent conduct and thorough preparation during the recent mock exams. We are incredibly proud of the mature and focused approach you have shown throughout the series.

If you missed any mocks due to absence, these will be completed during lesson time or at a time arranged with your subject teacher.

A reminder that **Art and Photography mocks will take place next week only**, before you all finish for a very well deserved Christmas break on Friday.

Keep up the great work, Year 11!

Year 11

Have their final ever Respect day next week too. This time we will be exploring more mature issues as they prepare to leave school next year. We will start the day with a visit from Lancashire fire service about keeping safe as the passenger of a new driver. The rest of the day is about relationships, including a visitor from Key, a local domestic abuse charity that specialises in education in schools. As usual, all presentations will be available via your child's Secure Google Classroom so you can continue the conversation at home.

Whole School Messages

This Week in KS3 Religious Studies

Students continue to explore big questions and ideas. To help spark meaningful conversations at home, here are some discussion questions you might like to explore with your child:

Year 7 – Ultimate Questions

- What is a worldview?
- What influences our worldview?
- How does our worldview affect the choices we make?

Year 8 – Prejudice and Discrimination

- What happened in Dagenham in 1968 that contributed towards gender equality?
- What law was introduced in 1975, and how did this change society?
- Why is gender equality still an important issue today?

Year 9 – Human Rights and Social Justice

- What is exploitation, and what examples can you give?
- Why does exploitation still happen even when companies know about it?
- How might religious people challenge exploitation in modern society?



PE Update week beginning 8th December 2025

A great week in the PE department and almost time for Christmas! The colder weather has well and truly arrived! Please remember to bring warm clothing with PE kit (PHS hoodie/PHS leggings/PHS joggers). You can also wear a long sleeved dark top UNDERNEATH a PHS t-shirt if you do not have a PHS hoodie. If you are unsure please ask a member of the PE staff.

Badminton

A week full of Badminton competitions! Teams from across both keystages were selected to represent Parklands against all schools in the district in both singles and doubles. All pupils did a great job. A big shout out to keystone 4 boys and girls who placed 2nd and 3rd. Well done!.



Whole School Messages

Swimming Gala - If your child is a club or competitive swimmer please email Miss Greaves (ngreaved@parklandsacademy.co.uk) if you are interested in competing in the upcoming district swimming gala in the new year.



Ex head pupil, Grace Scott has independently written and co-produced an original song to raise money to create a toy drive for Lancashire children this Christmas - partnering with Cash for Kids, Lancashire. If you would like to donate to this fabulous cause you can via this link to her Go Fund Me page. [Cash for Kids Lancashire](#) and here's the link to her song ["So I won't miss you"](#)



Dancing through the Decades

The sign up sheet is now up in the pavilion for any pupils who wish to audition their own dance or song for next year's dance show, Dancing through the Decades. The deadline to sign up is Friday 19th December and auditions will be held from 3pm on Friday 16th January.

If your child comes to **Yr7, 8 or 9 dance clubs** the order and payment details for their costumes are on scopay. These are made by a local supplier and need to be ordered by 18th December. Thank you

Have a great weekend!



We are now running 'Riding the Rapids'

Riding the rapids is a ten-week programme for parents and carers of children who are neurodivergent.

It aims to help parents to understand their child when they are displaying behaviour that challenges.

The course enables parents to understand their child's distress related behaviours in the context of their neurodivergence and apply strategies and adjustments to support them. It also helps parents to develop stress management strategies to help support their child.

Start date Friday 16th Jan

Break – Feb half term

End date – Friday 7th March

(sessions will run from 9.30am till 11.30am)

Calls to families / screenings will be done via call or face-to-face appointment in the Family Hubs, in advance of the start date.

Please make all enquiries via chorleyfamilyhub@lancashire.gov.uk



Triple P - Teens at Duke Street Family Hub

For Parents with teenagers up to 16 years, and assists where there are specific concerns about teen's behaviours.

Next course running:

8th January till 19th February 1pm - 3pm

Referrals via the booking page: [LCC Events](#)

Triple P - Group at Duke Street Family Hub

For parents of children aged 2-11 years old, for parents who have specific concerns about child's development or behaviour.

Next course running:

Tuesday 3rd January till 24th February 1pm till 3pm

Referrals via the booking page: [LCC Events](#)

Whole School Messages

Chorley's SEND Road Show is on **4th Feb, 9.30am till 1pm, at Inspire Youth Zone..**

Agencies can book a stand via.. [Lancashire SEND Roadshows 2025/2026](#)

Families.. just turn up!

Parents and carers in Lancashire can now access trusted child health and wellbeing advice through two new digital tools from Lancashire Health Visiting and School Nursing.

A new Lancashire Child and Family Health App (developed by HCRG) has been launched.

It is packed with information for parents, young people, and professionals working with families across the 0–19 age range.

The 'Lancashire Child and Family Health' app provides:

- Expert information on child development from before birth to age 18
- Guidance on breastfeeding,
- Healthy eating
- Sleep
- Vaccinations
- SEND
- Support for dads

Download for free

<https://lancschildandfamily.co.uk/lancs-child-and-family-app/>

Lancashire Health Visiting and School Nursing has also launched Anya, a free digital companion supporting families from pregnancy through to a child's second birthday. Anya offers 24/7 personalised guidance on infant feeding and early parenting, including interactive 3D animations, virtual communities, and specialist drop-in sessions.

Key features include:

- An AI-powered virtual companion offering personalised support
- Interactive 3D breastfeeding animations
- Specialist drop-in video sessions for feeding support
- A trimester-specific antenatal programme with birth planning
- Virtual communities and peer support

Anya is available in multiple languages, including English, Arabic, Urdu and Bengali, making support more accessible for families across Lancashire.

Whole School Messages



Monday 29th December

@ Duke Street Family Hub

Baby You & Weigh in Too 9:30am - 11:30am

Warm and welcome (drop in) 2pm - 4pm. Including soup, mince pies and board games.

@Highfield Family Hub

Family Support Workers (drop in if need a chat) 9am - 5pm.

Tuesday 30th December

@ Duke Street Family Hub

Drop in for a hot soup, brew, mince pies and board games. 10am - 12pm

Book on party 2pm - 4pm. Party food, mince pies and party games.

@Highfield Family Hub

Family Support Workers (drop in if need a chat) 9am - 5pm.

Wednesday 31st December

@ Duke Street Family Hub

Family Support Workers (drop in if need a chat) 9am - 5pm.

@Highfield Family Hub

Drop in for hot soup, a brew, mince pies and board games. 10am - 12pm

Book on party 2pm - 4pm. Party food, mince pies and party games.

Thursday 1st January & Friday 2nd January, both Family Hubs are closed.

If you need any support over the Christmas period, please see a list of agencies below, that you can contact

The Samaritans: 116123	Childline: 0800 1111	Age UK (England) 0800 678 1602
Campaign Against Living Miserably (CALM) 0800 58 58 58	National Domestic Abuse Helpline 0808 2000 247	NHS 111 (England)
Beat 0808 801 0677 (England)	Stand Alone standalone.org.uk	Talkzone 0800 51 11 11
Children Social Care Call 0300 123 6720 or out of hours 0300 123 6722		

Duke Street Family Hub Duke Street Chorley PR7 3DU	Highfield Family Hub Wright Street Chorley PR6 0SL
Contact number 01257 516616	



The Family Hubs are offering Warm & Welcome drop-ins throughout December:

Every Monday at Duke Street Family Hub (3.30pm till 5pm)

Every Tuesday at Highfield Family Hub (1.30pm till 3pm)

Every Tuesday at Clayton Brook Village hall (9.30am till 11am)

Between Christmas & New Year families can call in:

Due Street Family Hub - Monday 29th Dec (2pm till 4pm)

Duke St Family Hub - Tuesday 30th Dec (10am till 12noon)

Highfield Family Hub - Wednesday 31st Dec (10am till 12noon)

Everyone welcome for free hot drinks, hot snacks, games & chats!

Whole School Messages



HOME START
Central Lancashire

Dads & Male Carers Brunch Club

FREE

Duke Street Family Hub
(Duke St, Chorley, PR7 3DU)

Quality time & FUN
With your Children
0-11yrs

Children and Family Wellbeing Service

Saturday 13th December
Saturday 10th January
Saturday 14th February

09.30am to 11.30 am

NO BOOKING NEEDED!
FREE BREAKFAST!

Call 01257 516316 for more info

Lancashire County Council

FAMILY HUB NETWORK

Saturday morning **'Dads Group'** – Our FREE dad's / male carers group happens every second Saturday of the month.

Dads / male carers can join us for positive activities with their children, as well as chat-time with parents. Staff are on hand to support with play ideas to help children develop fine and gross motor skills, social skills & creativity.

Saturday 13th December
9.30 – 11.30am at Duke Street Family Hub
Breakfast provided for dads / male carers and children!

LCC Events



Lancashire County Council

POSITIVE RELATIONSHIPS
STRONGER FAMILIES

JOIN US TO TALK ALL THING POSITIVE RELATIONSHIPS

Relationships are a journey filled with ups and downs, and disagreements are a natural part of it. We understand that managing these disagreements can be challenging and may impact how we parent our children.

Join us for our 4 week course that aims to empower you as parents to understand your conflicts and see how to resolve the issues yourselves with constructive and destructive communication.

Courses run throughout the year on
Wednesdays
1pm - 2:30pm.
Please check out for the next one via the QR code to the right.

Come and join us for our 4 week Positive Relationship course. Learn valuable skills on positive communication, learning how to argue better, how to resolve argue when they arise. **Contact your local Family Hub to book yourself on to a course.**

QR code

Our **'Positive Relationships, Stronger Families'** is a 4 week course, which aims to empower parents to understand conflict and see how to resolve issues with constructive communication.

Next course is running:

8th January till 19th February 1pm till 3pm

(For those that cannot join us in centre, please contact the Family Hub about joining us virtually)

Whole School Messages



🌲 Reindeer Run for Derian House 🌲

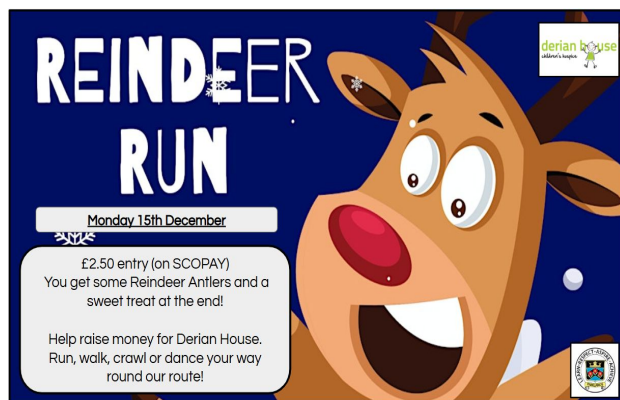


Thank you to those who have signed up to take part in the Derian House Reindeer Walk on Monday 15th December.

We will be meeting at the pavilion at 3:10pm. Please ensure that you bring waterproof clothing and suitable footwear, as we will be walking through Astley Park. We aim to return to school by 4:15pm.

Everyone must follow the designated route and demonstrate their best behaviour throughout the event.

Thank you for your support.



Thursday 18th December

Lunchtime in The Pavilion



Lots of christmas goodies for sale plus Name the Christmas tree competition
and much more..... **CASH ONLY!**

Raising money for Parklands Fusion Cheer team, Derian House & The Peru Crew



Attendance

Weekly Attendance Update

As part of our ongoing commitment to fostering a positive and successful learning environment at Parklands, we would like to provide you with an update on the overall attendance across the school. Regular attendance is essential for student success, and we want to share important information regarding current trends, key attendance goals and ways we can work together to support all of our students.

We currently have **212 students** who have 100% attendance so far this year. If your child is one of these students please congratulate them and continue to encourage their attendance, it is a great achievement.

House	This week %	This year %
ANZ	91.6%	93.2%
ASA	94%	94.3%
EUR	95.5%	94.9%
SAM	90.9%	93.6%
AFR	92.7%	94.2%
Totals %	92.9%	94%

Students are expected to be in the school building at 8:25am, heading to form at 8:30am and be in form by 8:35am. If they are arriving between 8:35am and 9:15am for any reason they need to enter through the pupil entrance and be signed in at the **Top Office**.

Whole School Messages

Perfect 3s

Excellent Behaviour for Learning goes hand in hand with achievement. It is an excellent indicator of how your child is performing in lessons. Who's had the Perfect 3 since we've been back?

Year 7: 109 pupils to date
Year 8: 74 pupils to date
Year 9: 80 pupils to date
Year 10: 85 students to date
Year 11: 78 students to date
All: 424 students

How many had the perfect 3 in the previous week?

Year 7: 180
Year 8: 135
Year 9: 160
Year 10: 155
Year 11: 164
All: 794

Please congratulate your child if they have the Perfect 3. All BfL scores can be seen in the Edulink app.

How many pupils have a BfL score of

2.99 - 3?

Year 7: 170
Year 8: 131
Year 9: 136
Year 10: 128
Year 11: 142
All: 707

Students, please click the link to see what clubs, trips and activities are happening in school
[Parklands Bulletin](#)

Parklands Pupil Bulletin

Find out what is happening in your school.....



Learning Support

Learning Support - Every Minute Counts: The Importance of Being in Lessons

We want every student to make the most of their learning time. Even a few minutes missed from each lesson can quickly add up and have a big impact on progress.

For example, if a child misses just 5 minutes from every lesson each day, that adds up to around 4 hours of learning lost every week. Some students are missing as much as 16 minutes per day as they are arriving late and/or leaving early. That's the equivalent of over 7 hours of learning time lost every week.

We fully appreciate that sometimes students need time to reset, reflect, or take a short break and these moments are important for wellbeing. However, we also want to highlight just how valuable lesson time is.

Every minute spent in the classroom contributes to a stronger understanding, better progress, and greater confidence in learning.

It is our job to work together to make sure our students are present, ready, and making the most of every learning opportunity.

Ms Williams
SENCo

Weekly Learning Support Board - please click [here](#)

Learning Support Board
Week Commencing
15th December 2025

HAVE YOU HEARD THE NEWS?
We may have reached the final week of the Autumn term, with Christmas Day just ten days away, but there's still plenty going on. The last Year 11 mock exams are held. There are reward trips for Year 9 on Wednesday and the other year groups on Thursday. Meanwhile, remember that we're always available to support pupils in N17 but school finishes at 1pm on Friday. Pupils return on Tuesday 5th January. Monday is an INSET day.
Learningsupport@parklandsacademy.co.uk

Joke of the Week
What did you get when Father Christmas fell down the chimney onto the cat?
Santa CLAWS!

The LESS Selfish Christmas List
Instead of... Think About...
I... Give...
Want... Help...
Need... Thank...
Take... Love.

Useful Links

- FIND Newsletter
- Lancashire SEND Partnership
- Headspace (Meditation & Sleep)
- KOOTH Mental Health Support
- Local Offer
- NHS Urgent Mental Health Helpline
- Witherslack Group
- ADDitude website
- Autism Eye
- Autism Parenting Magazine
- British Dyslexia Association
- The Communication Trust

Follow us on Instagram:
phs learningsupport

Click [here](#) for career news

PATHWAY CSM
Empowering Careers

Great news! we've just released a brand-new podcast episode featuring the Pathway CSM team and incredible apprentices from **Lloyds Banking Group**!

MY CAREER PODCAST
With Lloyds Banking Group

IZZY MILLER
UONNA OKORO
MYRA MAHMOOD

This episode is perfect for any students exploring apprenticeship pathways, especially in the tech sector.

Our guests include members of the Pathway CSM team and current apprentices at Lloyds Banking Group, who openly discuss:

- What it's really like to apply for apprenticeships
- Tips for young people – including girls interested in tech careers
- How their parents and teachers reacted when they chose the apprenticeship route
- Common myths about apprenticeships – and how to challenge them with facts

Start Watching

It's an honest and reliable conversation, packed with practical insights that can support your students as they make key decisions about their next steps.

[Listen to the episode here](#)

The STAR Method

The STAR Method is a simple technique that helps you give clear, structured answers. It's especially useful when asked about skills, experiences, or challenges.

STAR stands for:

- S – Situation
- T – Task
- A – Action
- R – Result

Using STAR helps you explain what happened, what you had to do, what you actually did, and what changed because of it. This makes your examples more confident, detailed, and memorable.

S – Situation

What was the context?
Describe the background or setting to the interviewer's understanding.

Top Tip:

- Keep it short but clear
- Mention where you were and who was involved
- Focus on something real (school, work experience, volunteer)

Practice prompt:
Describe a situation where you had to move and others to achieve it.

T – Task

What was your goal or responsibility?
Explain what you needed to do or what challenges you had to overcome.

Top Tip:

- Be specific about your role
- Explain why the task was important

Practice prompt:
Only the specific task or challenge, without responsibility for it.

GAIN THE ULTIMATE WORK EXPERIENCE THIS SUMMER

1 and 2-week programmes for students aged 15-18

Register now with code **EAM170** for 50% off Summer Experience Programme!

Work with top professionals and explore real workplaces

Gain a qualification in work experience to boost your university application

Choose from 15 different careers:

- Art & Design
- Architecture
- Computer Science
- Crafting
- Engineering
- Entrepreneurship
- TV & Filmmaking
- Forensic Science
- International Politics
- Investment Banking
- Law
- Media
- Medicine
- Psychology
- Veterinary Science

REGISTER NOW

+44 (0) 203 488 5089

www.livesth.org

CAREER News
2025

Your weekly guide to careers information, advice and news from Parklands High School

Wof, we are almost at the end of the Autumn term - and what a busy term it has been. There's lots more to follow in the next two terms: mock interviews, college interviews, the careers fair, college taster days, work experience - and much more.

In this issue you will find:

- UK University and Apprenticeship search fairs start again in February - plus the Meet the Russell Group webinars return in April - definitely a few dates for the diary.
- The National Audit Office have launched their apprenticeship schemes, so if you are an aspiring accountant, this may be the one for you.
- Alternatively, could you be a financial crime fighter? The FCA (Financial Conduct Authority) are holding an online event to enable students to discover more about careers within the organisation.
- Pathway CSM's latest careers podcast features apprentices from Lloyds Banking Group, offering tips on applying and challenging myths in apprenticeships. Visit [workwith.org](#)
- The STAR method in order the spotlight - it's a simple technique that helps you give clear, structured answers to interview questions - ideal bedtime reading for Year 11s who will be taking part in college and employer interviews in the New Year.
- The two-Code Hackathon returns in January, with amazing cash prizes for the winning teams, plus the chance to win a place on the Hackathon.
- Register before 31st December for 10% off Inverclyde Education's summer career experiences (Bursaries are also available - check if you meet the criteria). You will work with two professionals in real workplaces and gain a qualification to boost any future university or job applications.

Have a great weekend

18th - 19th December 2025

National Audit Office (NAO) ACA Apprenticeship 2026

The National Audit Office (NAO) is now accepting applications for its Apprenticeship Training Scheme. If you want interesting work with real impact, this apprenticeship offers a clear route into a respected profession and the chance to help improve public services. Our work is investigative and analytical, looking for potential roadblocks in healthcare, education, climate, and defence - helping to make government decisions transparent and accessible.

Applications open on Thursday 11th December and close on 30 March 2026 (11.59 PM).

What can you apply for?

We offer college leavers who want to start their career and gain a professional qualification. The scheme offers a structured pathway to the ACA qualification through ICAEW, with full training and support.

Learn More!

• You'll earn your training and salary

• Support from coaches and an apprentice network

• Roles in London or Newcastle

• A friendly culture, good work-life balance, and long-term career prospects

Benefits and progression

Good pay and benefits. Full details are on our website including starting salary. Civil Service pension through ICAEW.

Accessible

Applications from all backgrounds and other reasonable adjustments throughout the process.

• Visit our website to find out more and start your application.

As always, lots of really useful information in Career News. There are competitions, conferences, webinars, podcasts, videos, apprenticeship news, virtual work experience opportunities and much much more - plus Career of the Week is a lighthearted look at seasonal jobs - reindeer walker anyone?!

The STAR Method is a simple technique that helps you give clear structured answers in interviews. Year 11s have both college and employer interviews in the New Year, so it's worth having a look at the technique and thinking of some situations or challenges that you could talk about.

If any Year 11 has not yet applied to college - please do so before the Christmas break. Interview schedules are already being put together for January and you don't want to miss out. Even if you are not sure about the subject(s) or course, it doesn't really matter at this stage - you are only reserving a place at college and booking an interview. You can change anything on the application form any number of times up until next August on GCSE results/enrolment day.



CALLING ALL PARENTS & CARERS!



Is your young person feeling more worried than usual?

Are those worries starting to get in the way of everyday life and would they like to access support from Compass Bloom for the first time?

We're here to help.



online group



We're running an online worry management group for secondary school aged young people across Central & West Lancashire.

- 6-week course
- Delivered on MS Teams
- Join alongside other young people who feel the same

What we'll cover (one topic each week):

Session 1 - Understanding anxiety – fight, flight, freeze + intro to CBT

Session 2 - Spotting & managing physical symptoms

Session 3 - Challenging negative thoughts – fact or opinion?

Session 4 - Worry tools – the worry tree, letting go & problem solving

Session 5 - Behaviours – safety, exposure & building confidence

Session 6 - Emotions – self-soothing, safe spaces & moving forward



A safe space to learn, share and discover new ways to manage worries.



TO REGISTER FOR OUR NEXT ONLINE GROUP

Scan the QR code or follow the MS link below to fill in a quick form.

 <https://forms.cloud.microsoft/e/PKVaK3FqKY>

We'll then give you a call to organise an Assessment and confirm the date of the next course and answer any questions you might have.



COMPASSBLOOM@COMPASS-UK.ORG



01772 280123



@COMPASSBLOOM



@COMPASSBLOOM_

UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF



Parklands Preloved uniform

Pass it on, don't throw away,
A uniform's here to save the day!
Keep it going, let it flow,
Helping pupils as they grow.

Please send any preloved uniform into school
to Mrs.K O'Reilly.

Thank you.