



PARKLANDS BULLETIN

12th June - 16th June 2023:

Week 1



Headteacher's Message

Dear parents, carers and students,

A couple of weeks ago Mr. Mitchell informed you that I would be taking up the position of Principal starting in the final half term of the school year and that I would have day-to-day responsibility for the running of the school, and here we are at the end of my first week. I am absolutely delighted, excited, and a little nervous to be the Principal of the best school in Chorley! Interestingly it is my 25th year at Parklands and I expect that I taught many of you as pupils here!

I think that it is important to let you know that I love my job and all that working with young people entails. It is not always easy, in fact, it is often incredibly challenging but also amazingly rewarding. I know that fantastic people make a great school like Parklands, that is- all the staff that work in the building, the parents and carers, and the pupils. We are all one big team and any school is only great because the team is great.

Next week we will be welcoming our new admissions for Y7 2023/24, we will be meeting our new cohort. Some of your children will be involved in the 'Welcome to Parklands Evening'. Thank you to those pupils in advance, as ever your help is essential and very much appreciated. On a different note, tinged with some sadness and nostalgia, we are also preparing to say goodbye to our Y11 pupils as we get close to the end of their time at Parklands. It is at times like this that we reflect on the journey that our pupils have at Parklands and we endeavour to ensure that we truly are the curators of character and personal success for all pupils.

Mrs Batson
Principal



PARKLANDS BULLETIN

12th June - 16th June 2023:

Week 1



Year 7 Messages

Friday 16th June - Sports Day.

Year 8 Messages

Tuesday 13th June - HPV catch up immunisations.

Friday 16th June - Sports Day.

Year 9 Messages

Friday 16th June - Sports Day.

Year 10 Messages

Thursday 15th June - YR10 mock exam assembly.

Friday 16th June - Sports Day.

Year 10 will visit Wigan & Leigh College on 20th June for their Taster Day. Lunch and transport are both provided. We will leave school at 9am and return just before 3pm. Pupils must attend in full school uniform (which, if the weather continues to be hot, will be PE kit. If so, this must be full Parklands PE kit, no other sports clothing).

Work Experience placement booklets **MUST** be back in school next week, in order to check insurance details and so on, and to allow companies to organise their staffing to supervise pupils. So many pupils I spoke to this week have organised their placements but not returned the paperwork. In some instances, this means that another pupil may take the vacancy as the placement is not fully confirmed. Do not let this happen!

If anyone is struggling to find a placement, there are still around 25 vacancies on offer (list outside the Top Office and shared with Year 10s). Lots of great employers have volunteered to help out, so please take advantage of the opportunities. Miss Berry.

Year 11 Messages

Friday 16th June - prom ticket deadline.

Whole School Messages

Uniform

As the weather is expected to be hot pupils can continue to wear their PE uniform/kit. The only minor issues that we have experienced with this is some pupils are wearing Converse style pumps and these are not PE uniform. In addition, many pupils are wearing black socks and these are not standard uniform. The uniform for PE socks is white socks or blue PHS football socks but 99% of pupils have adhered to our expectations so thank you.

Sports Day is scheduled to be on Friday 16th June. As we are anticipating sunny weather please can you ensure that your child has suncream and bottles to fill with water for hydration.

Meet the Tutor Evening

Just for information as some students will be involved supporting the event.

Monday 12th June - SAM - 5 - 6pm
AFR - 6:30 - 7:30pm

Tuesday 13th June - EUR - 5 - 6pm
ANZ - 6:30 - 7:30pm

Wednesday 14th June - ASA - 5 - 6pm

We were lucky enough to be visited in school today by Figen Murray. She was the mother of Martyn Hett who sadly died in the Manchester Arena terror attack in 2017. Since then, she has been touring the country talking to young people about kindness, compassion and tolerance and she spoke to all our pupils today. If you would like to see her presentation, it will be available in your child Secure google classroom. Please be assured that pupils were given warnings about the content of her talk and the opportunity to remove themselves and get support if they felt it would be too upsetting for them when she spoke about grief.

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: 25 pupils since September
Year 8: 27 pupils since September
Year 9: 19 pupils since September
Year 10: 43 students since September
Year 11: 26 students since September

How many had the perfect 3 in the previous week?

Year 7: 158 pupils
Year 8: 118 pupils
Year 9: 110 pupils
Year 10: 163 students
Year 11: 181 students

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: 129 pupils
Year 8: 96 pupils
Year 9: 65 pupils
Year 10: 116 students
Year 11: 88 students

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

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



Learning Support Board
Week Commencing
12th June 2023

HAVE YOU HEARD THE NEWS?

We hope that you had a great half-term break, especially our year 11s who have another busy GCSE week. This week's exams resume this morning with English Language paper 2. Weather permitting, it's Sports Day on Friday. Remember, we're always in N17 if you need any help.

Learningsupport@parklandsacademy.co.uk



What is the name of this 2021 Disney Pixar film?



Last time's answer: Bidiboo

"Knowledge is of no value unless you put it into practice."

ANTON CHEKHOV

Joke of the Week



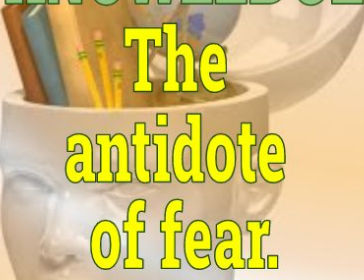
How many skunks does it take to stink a room out? **A PHEW!**



Special Educational Needs and Disabilities Local Offer in Lancashire

KNOWLEDGE

The antidote of fear.



Follow us on Instagram:

[p_h_s_learningsupport](#)

Useful Links

- [ADDitude Magazine](#)
- [Autism Eye](#)
- [Autism Parenting Magazine](#)
- [British Dyslexia Association](#)
- [The Communication Trust](#)
- [FIND Newsletter](#)
- [GOV.UK Covid-19 Information](#)
- [Headspace \(Meditation & Sleep\)](#)
- [KOOH Mental Health Support](#)
- [Local Offer](#)
- [NHS Urgent Mental Health Helpline](#)
- [Witherslack Group](#)

Attendance matters!

Overall school attendance since September 91.8%

Overall school attendance for the week 83.1%

National Average as at 22 May 89.9%

Attendance by House since September:

South America 84.1%

Europe 84.2%

Australasia 84.5%

Africa 84.7%

Asia 83.1%

Attendance by House for last week:

Europe 92.7%

Asia 92.7%

Africa 92.5%

Australasia 92.4%

South America 93%

Highest form attendance per House for the week:

Africa 89.3%

South America 87.6%

Australasia 88.3%

Asia 90.7%

Europe 89.2%



This will be the theme of Monday's SECURE session and whole school assembly. Sexism is any expression (act, word, image, gesture) based on the idea that some persons, most often women, are inferior because of their sex. We will investigate girls' experience in schools, explore what everyday sexism looks like and look at ways to tackle sexist culture.

Ultimately, we believe that raising awareness and taking an approach with prevention at its core, promotes an environment of inclusion and respect, where pupils and staff are educated and empowered to recognise and challenge abuse of any kind.

Here's a [link](#) to some of the posters which will be on display around school from Monday. You will also find them on the school website front splash.



We're working with Tippy Toes, the Good Food Clubs and Living Waters Storehouse to support Chorley families who are soon to be welcoming a new baby, or have a young child already.

There are a 6 pop up shops from 28th June to 8th August where families can receive free items and advice. These are dotted around the borough to make it easier for families to get to. If a demand is identified through these pop ups, we'll look to provide more in future.

Please help to share this opportunity far and wide.

We would like to invite lots of families who would benefit from the support and also reach local people or businesses who may be able to donate time or items. More details about TTBB can be found here [Home - TippyToes Baby Bank](#).



Chorley Inspire Youth Zone are inviting all school starters to come to the inbetweeners sessions and get to know pupils who will be starting the same high school as them in September.

The sessions are 3-5 pm and cost just 50 pence.

Parklands' session is Saturday 1st July.



Based on the DreamWorks Animation Motion Picture and the Book by William Steig
Book and Lyrics by David Lindsay-Abaire
Music by Jeanine Tesori

Originally produced on Broadway by DreamWorks Theatricals and Next Street Productions
Original Production Directed by Jason Moore and Rob Ashford. "I'm a Believer" by Neil Diamond
This amateur production is presented by arrangement with Music Theatre International
All authorised performance materials are also supplied by MTI - www.mtishows.co.uk



WINDRUSH 75

A Celebration of Past, Present and Future

- Story telling
- Poetry
- Caribbean food
- Contemporary dance
- Drama productions
- Guest speakers
- A short video by BBC TV presenter Clive Myrie
- Live DJ by Moods Radio
- The music of Windrush
- Variety of stalls selling art, books, fashion, jewellery and lots more
- Climbing wall
- Steelpans performance
- Opportunity to speak to local employers

University of Bolton, Chancellor's Building,
Deane Road, Bolton BL3 5AB

Thursday 22nd June 2023 | 10am-4pm

FREE EVENT. ALL ARE WELCOME.

Please book via Eventbrite

<https://boltonwindrush75.eventbrite.co.uk>

Supported by **CAHN**



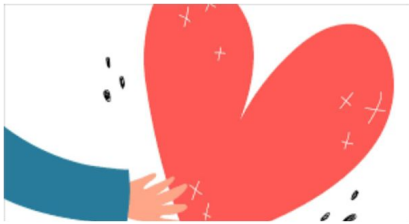
Follow us on @UniversityOfBolton @BoltonUni @BoltonUni @BoltonUni

Whole School Messages

Next week (19th-23rd June) is Refugee Week, where we will be doing activities relevant to this year's theme of **COMPASSION**.

As part of this, we are asking pupils to donate to a collection for the British Red Cross. If you have any of the following items you could donate, please bring them into school and ask your child to give them to their form tutor w/c 19th June.

- Adult and children's coats
- Adult and children's clothes and shoes
- Baby clothes
- Nappies, wipes and other baby items
- Toiletries
- Sanitary products



To celebrate Refugee Week, we are running a creative house competition. You can create a piece of art, photography, poem, speech or anything else that inspires you on the theme of **COMPASSION**.

The best entries will be displayed at a gallery in school for parents and visitors to view and win house points!

C  **mpassion**

Compassion *noun*: a strong feeling of sympathy and sadness for the suffering or bad luck of others and a wish to help them

DEADLINE: 16th June

Please hand your entry in to Mrs Donohue in N25 or email it to jdonohue@parklandsacademy.co.uk

[Coppull's annual Parish Council Picnic in the Park](#)

It's nearly time to reveal the
results...



Who will be
the winner of
the **2023**
House Shield?

Video link [here](#)



PGL Dance Weekend

When - 20th - 22nd October 2023

Where - PGL Winmarleigh Hall

Price - £135

Who for - current Y7-10

Lucy McManus, ex pupil & choreographer of the Moulin Rouge number in this years show, will be attending with us to teach you a dance number for next years show.

You will also get time to do the PGL outdoor and adventurous activities too.

Please find a copy of the letter attached [here](#)

Whole School Message

ONLY 40 PLACES

Email amadigan@parklandsacademy.co.uk

SCIENCE DISNEYLAND PARIS TRIP 2024

£ 675

OPEN TO YEAR 7,8, 9 & 10

VISIT CITE DES SCIENCE
CRUISE ALONG THE RIVER SEINE
1 DAY AT DISNEYLAND PARIS

1st-5th APRIL 2024
FULL BOARD, TRANSPORT, TICKETS TO MUSEUM AND DISNEYLAND
PARIS INCLUDED

If your child is pupil premium or free school meals they may be eligible
for a discount.

Sign up via and pay the deposit via Edulink app.



If your child is pupil premium or free school meals and hasn't used any of their funds this year then they may receive some additional funding towards this trip. (£300 for PP and £350 for FSM). If you have any questions please email Mr Madigan amadigan@parklandsacademy.co.uk



Year 6-7 PGL Trip

Welcome to Parklands - To help ease the transition to high school, we want to offer a PGL trip focused on encouraging pupils to meet new pupils in their forms and their houses and staff.

Pupils will spend the weekend completing PGL activities and enjoying evening entertainment that will focus on team building as well as having some free time to socialise with their new classmates. In addition to this they will also have the opportunity to earn house points for their house!

This trip has taken place before with great success and we are really please to be able to offer it again. All food and travel is included in the price and pupils will be accompanied by their House Leaders and members of the Parklands staff.

Please find a video of last years trip [here](#)

This is a fantastic opportunity for pupils to interact following their first week at Parklands.

The trip will take place between Friday 29th September & Sunday 1st October 2023.

The weekend is at a reduced cost of £160.

If you are interested, please complete the google form [here](#) and return the slip overleaf with a deposit of £50. Please note there is no obligation for your child to attend, it is an optional trip.

If we fail to reach sufficient numbers the trip will not go ahead and refunds will be issued.

If you have any questions regarding the trip please contact Miss Greaves directly

ngreaves@parklandsacademy.co.uk



This will take you to the
Google Form



PGL ARDECHE ADVENTURE



42 Limited places available!

£800

- Canoeing down the Ardeche rapids and optional jumping!
- Canyoning at Canyon De Besourges
- Chilling at the centre swimming pool.
- Treetop High Ropes
- La Grau du Roi white horses and pink flamingos swimming on the beach.
- Aigues Mortes visiting town
- Vallon visit in the evening.
- Excursions to local attractions and towns.
- Accommodation and food are included in the price except when traveling to and from France.

28th July - 4th August 2024

ALL FOOD, TRANSPORT, EVENING ENTERTAINMENTS.

Letters will be emailed soon!

Email ngreaves@parklandsacademy.co.uk

Open to pupils currently in Years 7-9
Friday 15th December to Monday 18th December 2023

PGL PARIS @ CHRISTMAS



Total Cost - £475
Includes Trip Hoody
Deposit required £100

FOUR DAYS INCLUDING:

- Visit to La Defense.
- Visit to Champs Elysees Markets.
- Entry to the Eiffel Tower.
 - Tour of Paris
- Day pass for Disneyland Paris.
- Bateaux Parisiens - Boat tour - Packed lunch on the river
- PGL Entertainment/support throughout the experience
- All transport and meals while at PGL.



email : ngreaves@parklandsacademy.co.uk

absolute
travel & tours

Barcelona Dance Trip

Saturday 25th May - Friday 31st May 2024



Pupils in years 7-10 who dance inside and outside of school are welcome to attend!

- 4 professional coaching sessions
- Visit to Las Ramblas
- Visits to the Lloret De Mar Beach
- Bowling on one of the evenings
- Sightseeing in Barcelona
- All meals during the trip are included in the price. Breakfast, packed lunch and Tea.
- Waterpark Excursion on the final day.
- 2 x Tour tops.

Total Cost estimate £775.

Deposit of £100 required ASAP

NOW TAKING DEPOSITS VIA SCOPAY UNDER BARCELONA DANCE TRIP



Barcelona Football Tour

Saturday 25th May - Thursday 31st May 2024



Pupils in current years 7-9 who play and attend school football club are welcome to attend!

- 2 professional coaching sessions
- Festival Matches against other schools
- A stadium tour and museum/shop visit.
 - Visit to Las Ramblas
- Visits to the Lloret De Mar Beach
- Bowling on one of the evenings included in price
 - Sightseeing in Barcelona
- All meals during the trip are included in the price. Breakfast and Tea and a packed lunch for days when out of resort
 - Waterpark Excursion on the final day.
- 2 x Tour tops including 1 x football top for matches.

Total Cost estimate £775.

Deposit of £100 required ASAP

NOW TAKING DEPOSITS VIA SCOPAY



SUMMER SCHOOL



Week 1: 14th - 18th August

Week 2: 21st - 25th August



Price is £100 per week

If you have any queries, please email: summerschool@parklandsacademy.co.uk

Monday - Thursday will include team building, getting to know you activities, sports, creative activities, sample lessons and much more.

Friday of each week will be a trip.

**Week 1 - Reel Cinema/
Escape Entertainment
Venue**

Week 2 - Chill Factor

**Minimum number is required
for Summer School to run.**






**Pupils can
attend
one week or
both.**

Please complete and return to Parklands High School by Friday 26th May



Reminder to our new incoming year 7 students that we are running our annual summer school. The deadline has been extended to allow reply slips and deposits to be returned on the meet the form tutor evenings.








Join Us

A Youth Voice and Influence group for young people with SEND

A space to raise issues of importance to young people with SEND. Make changes across Lancashire to improve services and have fun!!!

Where	When
 <ul style="list-style-type: none">✓ Mondays131 Brindle Road, Bamber Bridge, Preston, PR5 6YJ	<ul style="list-style-type: none">✓ 4:30pm to 6:00pm ages 8-15 (Burnley and Morecambe Only)✓ 6:30pm to 8:00pm ages 16-25
 <ul style="list-style-type: none">✓ TuesdaysThe Zone in Burnley, Whittam Street, Burnley, BB11 1LW	
 <ul style="list-style-type: none">✓ WednesdaysMorecambe Library, Central Drive, Morecambe, LA4 5DL	

Who

- ✓ Any young person diagnosed or undiagnosed with SEND

Contact Suliman Hussain at suliman.hussain@lancashire.gov.uk

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising; this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

Advice for Parents & Carers

KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

Meet Our Expert

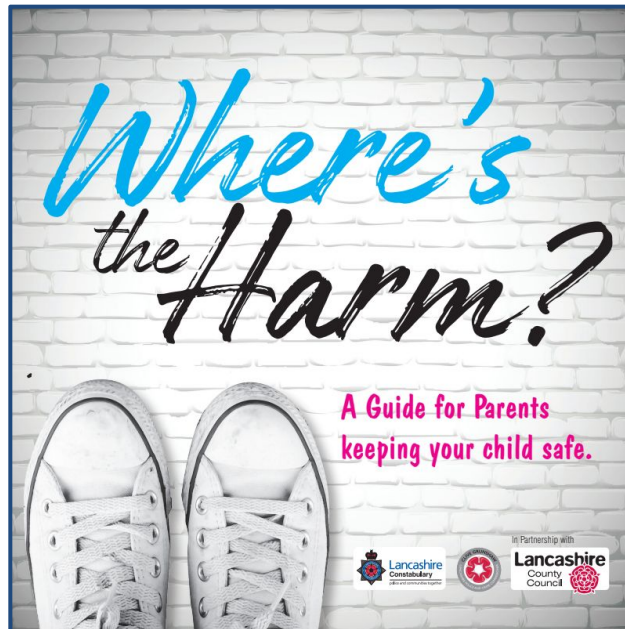
A former director of digital learning and currently a deputy headmaster and DSL, Brendan O'Keefe's experience and expertise gives him a clear insight into how modern digital systems impact the experience of children, staff and parents – and which strategies help to ensure that the online world remains a useful educational tool rather than a minefield of risks.



NOS National Online Safety®
#WakeUpWednesday

Whole School Messages

Parent Forum - Tuesday 20th JUNE at 6 pm in the Library. Please email shaslam@parklandsacademy.co.uk if you are interested in attending. Thank you!



Click [here](#) to read the guide from Lancashire Constabulary in Partnership with Lancashire County Council for keeping children safe.

Does your family include a child or young person with SEND?

You are invited to attend a drop-in **Information Event** in your local area

SEND Information Events for Parents and Carers

Fun activities for children will be available - everyone welcome!

The Park Child and Family centre, Norfolk Grove, Accrington, BB5 4RY.
Tuesday 16th May, 10am - 2pm.

Twinkle House, 2 Gorseley Place, Skelmersdale, WN8 9UP.
Wednesday 7th June, 10am - 2pm

SEND Family Fun and Information Events

Clitheroe Football Club, Shawbridge, Pendle Road, Clitheroe, BB7 1LZ.
Wednesday 28th June, 10am - 2pm.

West Paddock Youth Zone, West Paddock, Leyland, PR25 1HR.
Monday 17th July, 10am - 2pm



- Find out what's on offer in your local area
- Understand what services are available
- Discover local support groups
- Refreshments will be provided

Representatives from the following services will be available at some or all of the events:

- Lancashire Parent Carer Forum
- Break Time
- Inclusion Service
- Specialist Teaching Service
- Lancashire Local Offer
- Designated Clinical Officer Service
- POWAR youth voice group
- SEND Information, Advice and Support Team
- FIND Newsletter
- Young people's groups
- Transitions

Plus local service providers, support groups and lots more!

Between August 2022 and July 2023, we are planning 24 events, to take place in all districts of Lancashire.
Further dates will be shared on the Local Offer website and facebook page.

www.lancashire.gov.uk/SEND www.facebook.com/LancashireLocalOffer



LANCASHIRE WRESTLING FEDERATION PRESENTS

LIVE WRESTLING

FAMILY ENTERTAINMENT



SCAN FOR TICKETS



ACES HIGH

17-06-2023

ST JOSEPH SOCIAL VENUE
HARPERS LANE, CHORLEY, PR6 0HU
BUY TICKETS ONLINE - ADULT £8 - CHILD £5 - FAMILY £20
DOORS 5.30PM - FIRST BELL 6PM

[TICKETTAILOR.COM/EVENTS/THELANCASHIREWRESTLINGFEDERATION](https://www.tickettailor.com/events/thelancashirewrestlingfederation)

PHOTO CREDIT: TONY KNOX & EYES OF THE FAN



Oliver House, a specialist autism provision, are offering free training to parents. There will be two courses:

Sensory & Anxiety Issues in Autism – Monday 15th May

Pathological Demand Avoidance – Monday 26th June

The courses will run from 10am to 12 noon and there are 80 places on each course. Tea & coffee will be provided.

Please note that if you wish to attend you **must** book on the courses. Please contact Jenny Powell at Oliver House School on 01257 220011 to book.

Venue: Valley Church, Fourfields, Bamber Bridge, Preston, PR5 6GS



Family Support Walk and Talk

Starting Wednesday 7th June 2023

We would love you to come along to our family support walk and talk, where parents, carers, grandparents and children are all welcome! All walks will be accessible for all, and will be supported by a Family Support Worker from Home Start Central Lancashire.

Meeting Every Wednesday

Time 10:00-11:00am

**Fleet Street Car Park, Chorley,
PR7 2EY**

For more information please call

01257 241636

or email

volmanager@homestartcentrallancs.org.uk

8 Reasons why you should Walk and Talk with us!



Health



**Make New
Friends**



Motivation



Exercise



**Increased
Self-Esteem**



**Thrive in a
Positive
Environment**



Advice



**Reduces
Isolation**





FAMILY WELLBEING FESTIVAL 2023



**JOIN US FOR A DAY OF FUN,
NATURE, AND FAMILY TIME**

**SAT 24TH JUNE
RIVINGTON
11AM TO 6PM**

COME AND BE PART OF THE ULTIMATE FAMILY WELLBEING EXPERIENCE

Our objective for this not-for-profit family event is to educate, inspire & motivate parents and their children to embrace nature and engage in activities as a family

IN PARTNERSHIP WITH
**Let's Keep Bolton
Moving** > > > >
ACTIVITIES | HEALTH | WELLBEING

Free Parking

Fun, Activities, Food, Family Challenges for all ages will be over 8 wellbeing zones spread over the area of Rivington, Lancashire.

Visit us at:
www.itsmental.co.uk/familywellbeingfestival





FAMILY WELLBEING FESTIVAL 2023



WHAT'S GOING ON AT THE ULTIMATE FAMILY WELLBEING EXPERIENCE!

This exciting event is designed to provide a fun and engaging atmosphere for families to come together and explore a range of activities aimed at promoting health, wellness, and happiness. With a wide variety of activities on offer, from fitness classes to mindfulness workshops, there's something for everyone to enjoy. So, whether you're looking to try something new or simply spend quality time with your loved ones, come and join us at the Family Wellbeing Festival and take the first step towards a happier, healthier lifestyle!

HOLISTIC HEALTH ZONE

- MINDFUL GUIDED WALKS
- FOREST BATHING
- MEDITATION
- FAMILY DISCUSSION GROUPS



WATER ACTIVITIES

- FISHING COACHING SESSIONS
- PADDLE BOARDING
- CANOEING



LAND ACTIVITIES

- ARCHERY
- AXE THROWING
- ADVENTURE WALKING
- ORIENTEERING
- RUNNING
- MOUNTAIN BIKING
- CLIMBING
- DEFENCE CLASSES



KNOWLEDGE COLLEGE

- POSITIVE MINDSET COACHING
- IMPOSTER SYNDROME
- SELF CONFIDENCE
- SELF LOVE
- MOTIVATION
- NEURO DIVERSITY



MINDFUL ZONE

- BREATHWORK
- YOGA
- TAI CHI
- SOUND BATHS
- EFT
- DANCE THERAPY
- DRUM GROUP
- MEDITATION



GIVERS GAIN ZONE

- SHOWCASING LOCAL CHARITIES
- COMMUNITY PROJECTS
- SOCIAL ENTERPRISES
- BENEFITS OF VOLUNTEERING



CREATIVE ZONE

- ART THERAPY
- CRAFTS
- MESSY PLAY
- MUSIC AND MOVEMENT



NUTRITION ZONE

- TALKS ON NUTRITION
- GUIDED FORAGING WALKS
- OUTSIDE COOKING DEMONSTRATIONS
- HEALTH FOOD DEMONSTRATIONS



IN PARTNERSHIP WITH



Let's Keep Bolton
Moving > > >
ACTIVITIES | HEALTH | WELLBEING

www.itsmental.co.uk/familywellbeingfestival



Whole School Messages

Click [here](#) to access the What's on guide from Lancashire County Council

Like our Facebook page for updates and news about sessions and courses:
Search for "Chorley Family Zone"

 Like

DELIVERING EARLY HELP

Children and Family Wellbeing Service

Useful Numbers

NHS Dentist Helpline - 0300 311 2233	Mind matters - 01772 773437
Community Midwives - 01257 245116	Children's Social Care 0300 123 6720
Health Visitors - 0300 247 0040	Food Bank Chorley - 01257 260050
Royal Preston Hospital - 01772 716565	Woman's Centre Chorley - 01257 265342
Chorley Hospital - 01257 261222	Childline 0800 1111
Police Non-Emergency - 101	National Domestic Abuse Helpline
Medical Advice - 111	0808 2000 247
Need an NHS Dentist - 01772 325100	

Get advice and support 

Age 0-19 (up to 25 for young people with learning difficulties or disabilities)

Someone to talk to
Problems at home/school
Jobs and training
Apprenticeships
Staying safe online
Sex and health
Relationships

Mental Health
Self Harm
Bullying
Drugs and alcohol
Things to do
Housing, rights and money
What age can I?

Text! 07786 511111
Talk online lancashire.gov.uk/youthzone
Call 0800 511111

facebook.com/LancashireYPS
twitter.com/LancashireYPS
You can contact us 365 days a year
2pm to 10pm




What's on guide

Free!

Chorley CFW

Apr - July 2023

Lancashire County Council 

www.lancashire.gov.uk

Blackpool Pleasure Beach

Date: Thursday 27th July
Time: 9.30am - 7.30pm
Price: £27.00

Limited Spaces BOOK NOW

T&C apply



You will have received an email via Edulink regarding the next reward trip. For any further details, please contact Mrs Fox (gfox@parklandsacademy.co.uk)

Please click [here](#) for this weeks Career News.

Career News

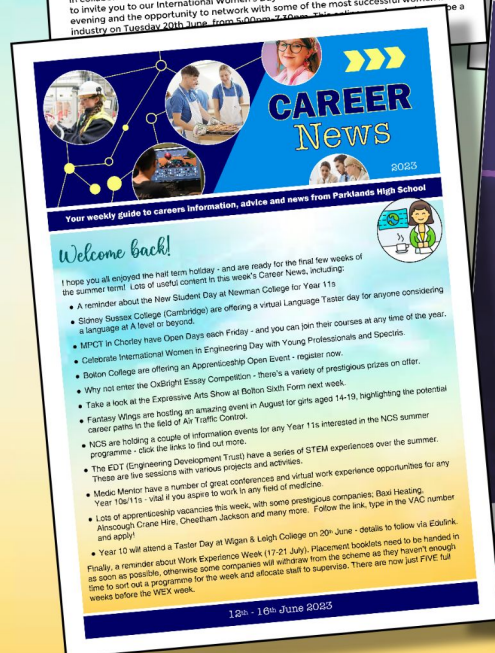
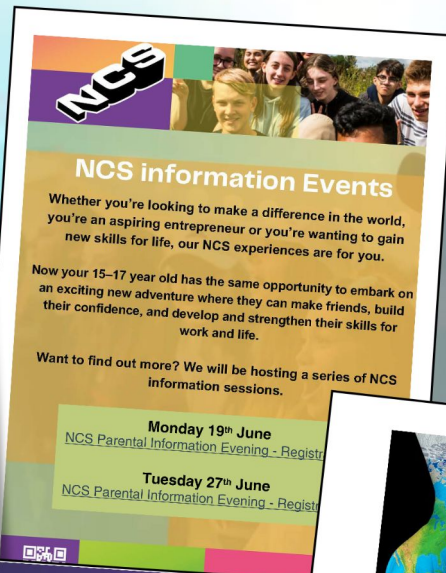


We have an exciting event coming up to celebrate International Women in Engineering Day that we would love you to share with your students! In particular, any students who are looking to embark on a career in STEM subjects.

Students are invited to join us for an inspirational and empowering evening on Tuesday 20th June from 5.00pm - 7.30pm, where we will be joined by some of the most successful women in the industry! The event will be held virtually to allow students from anywhere in the country to join us!

We have an incredible opportunity lined up for you that we can't wait to share... If you are interested in embarking on a career in technology, you won't want to miss this!

In collaboration with The Spectris Foundation, Spectris Plc. and Techgirlz, we would love to invite you to our International Women's Day celebration. Join us for an empowering evening and the opportunity to network with some of the most successful women in the industry on Tuesday 20th June, from 5.00pm - 7.30pm.



Lots of useful content in this week's Career News. Why not sit outside in the sunshine and have a relaxing read?!

Some really good apprenticeship vacancies on offer this week, from some very prestigious companies - check out the Apprenticeship page at the back of the newsletter, follow the link, type in the VAC number and apply. Also lots of vacancies on both the Training 2000 and Alliance Learning websites.

The Year 8 EDT Bronze Industrial Cadet Challenge team will have their online assessment on Monday - they have worked incredibly hard so far and this is the final hurdle - good luck!