



# PARKLANDS BULLETIN

## 15 Nov - 19 Nov 2021 : Week 2



### Year 7 Messages

None this week

### Year 8 Messages

None this week

### Year 9 Messages

None this week

### Year 10 Messages

Yr 10 had an assembly this week regarding PREVENT and raise awareness about counter terrorism and safeguarding young people to stop them being drawn into terrorism. Here is a link if parents/carers/students want more advice and support or contact them on 0800 999 1945 <https://exitfamilysupport.org/>

### Year 11 Messages

#### YEAR 11 PRE-MOCK EXAM PROGRAMME

We were pleased to see so many students attending the first session of our after school programme last week.

Helping to prepare our Year 11 students for their mock exams after the Christmas break, the programme continues next week.

**Maths on Monday, Option B** ( Dance, Computer Science, Design Technology and Food & Nutrition) on **Tuesday** and **English** (X band) on **Thursday**.

Sessions run from 4-6pm.

The time between school closing at 3pm and the sessions starting can be used to enjoy extra-curricular activities, complete homework or enjoy a break. Refreshments will be provided. Attendance is not compulsory but we would advise that our students take every opportunity to engage in preparing for their mock exams and, in turn, their summer GCSEs.

Please click on the link [here](#) for the programme in full.

## Head Students' Page

This week at school we have been learning about Remembrance. All of the students have been listening to stories of the war in form time and in SECURE. On the 11th November the students of Parklands remembered those who have fallen in conflict or wars with a 2 minute silence at 11am.

One of the stories we heard was about the Bielski Brothers, who saved 1200 Jews from going to concentration camps. One of the brothers, Nicholas Winton, saved 669 children from the camps and organised them to travel to Britain where they would be safe. In form we watched an inspiring video, where Nicholas was reunited with some of the many children he saved.

This Sunday Jack, Millie and Becca and I will be attending the Remembrance Parade in Astley Park with Mrs Haslam. At the ceremony we will be placing a wreath in respect of the soldiers, and we will be participating in a 2 minute silence.

Thank you for reading.

Eadie, Becca, Jack, Millie



# Whole School Messages

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

## 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: 75 pupils  
Year 8: 36 pupils  
Year 9: 66 pupils  
Year 10: 55 students  
Year 11: 51 students

### How had the Perfect 3 last week?

Years 7: 146 pupils  
Year 8: 106 pupils  
Year 9: 122 pupils  
Year 10: 124 students  
Year 11: 110 students

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

## COVID update

Please click [here](#) to view a letter from the Director of Public Health for Lancashire, Dr Sakthi.

## REWARD TRIPS

To acknowledge the good behaviour, effort and achievements of our students during the autumn term, we are organising various reward trips.

All information has now been sent out to parents through Edulink including payment details. Please be aware that a child's place will not be secure unless a payment is received however we must state that it will not be processed on a first come first served basis.

School Ties can now be paid for via SCOPAY. Once payment is made please email [accounts@parklandsacademy.co.uk](mailto:accounts@parklandsacademy.co.uk) and we will ensure a tie is passed on to your child.

Please check your emails for details on the **Parent Governor** vacancy. Closing date for receipt of completed nomination forms is 12 noon on 22nd November.

## STEM

Click [here](#) to access an E-book on how parents can support their children with pursuing a STEM career. It's been written by our guest speaker from before half term. Mr McAvoy

## Whole School Messages

There are a few places left on the English Department's Blood Brothers Theatre trip. Details outlined on the attached slide. Please see the email sent from Miss Law for more details.


### Year 11 Blood Brothers Trip

**When?** Thursday 24th February  
*We will be meeting at school at 6pm*


**Where?** The Palace Theatre, Manchester

**How much?** £23.50 (payable via ScoPay)

**Why?** Because it is a gripping, emotional performance that will help you to gain a deeper understanding of the characters, relationships and stagecraft of the play, in preparation for your English Literature GCSE



WILLY RUSSELL'S  
**BLOOD**  
*Brothers*



See/email  
Miss Law for  
more  
information

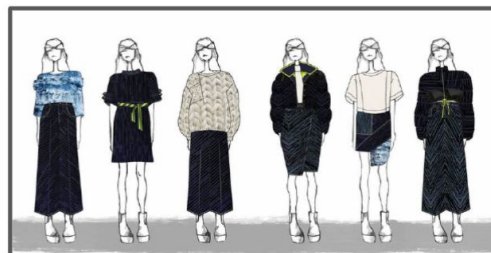
## Fashion & Textiles London Trip 5th - 7th April 2022 Year 9 £290

The trip includes visiting Fashion Capital a London based Fashion Company, the V&A, the Fashion & Textiles museum, the Museum of London and the Fashion illustration Gallery.

Only 20 places available on first come first served basis.

£50 deposit needed before for 24th Nov 2021.

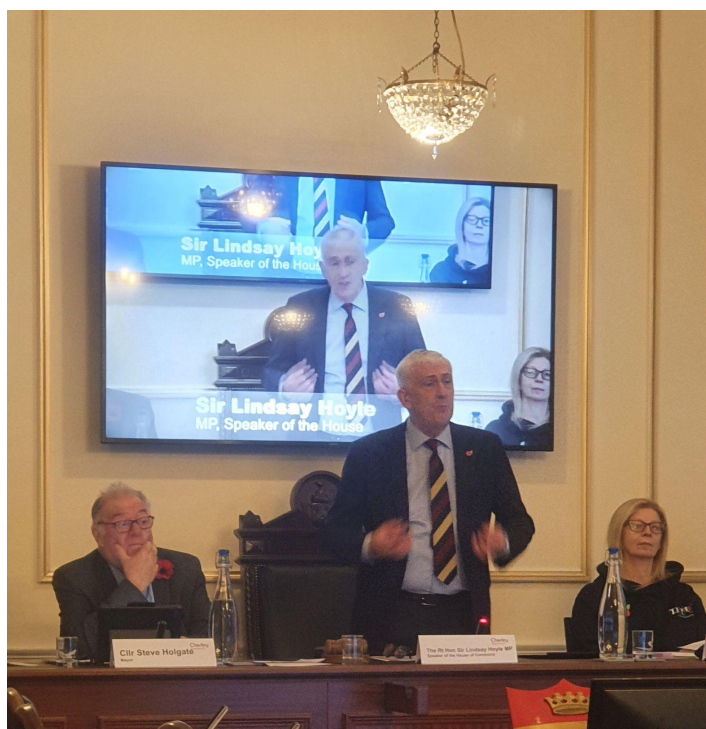
See Mrs Sawyer for more details.





## Whole School Messages

Liam, Grace, Isobel and Ebony represented Parklands this morning at Chorley Town Hall where the Mayor, Steve Holgate hosted a debate on the Climate Crisis. All Chorley Schools were represented and Chair of the debate was the Rt Hon Sir Lindsay Hoyle. Our students were a credit to our school making valid points for discussion along with debating issues from other schools. Keep a look out for more Eco initiatives and the pledges that were made today that will be communicated and circulated around school and our community. We have a strong Eco team here at Parklands. If you would like to get involved please contact Mrs Dewhurst [kdewhurst@parklandsacademy.co.uk](mailto:kdewhurst@parklandsacademy.co.uk) for more details



## Whole School Messages

### Remembrance at Parklands

As in previous years there have been a number of different events in school to commemorate Remembrance Day including the sale of Poppies. On Tuesday all pupils watched a video assembly which was prepared by Mrs Brown and Miss Partington. This year as a theme we decided to focus on the plight of Resistance fighters across Europe with particular reference to World War 2. The assembly finished with the Last Post which was played by Mr Willsher and two of our pupils, Henry (Yr 9) and Josh (Yr7). On Thursday to mark the 11th November Nathan (Yr 8) and Xavier (Yr 8) laid a wreath in our Remembrance Garden. They were joined by some of our Yr 8 and 9 pupils who observed a silence after the playing of the Last Post by Henry, Josh and Mr Holt (our Brass Teacher in school). The Remembrance Garden includes plaques to remember pupils of Chorley Grammar school who lost their lives in the First and Second World War. In addition to this we also remember 3 former Parklands pupils who have died in more recent conflicts, John Stroud The Falklands Campaign, David Markland and Jonathan Holland both of whom died in Afghanistan.



Finally, on Sunday, Mrs Haslam will be accompanied by our Head Students to the parade in Chorley. The pupils will attend a short church service followed by the laying of wreaths at the Cenotaph in Astley Park. It is always a proud moment for us as a school to see so many of our pupils involved in the parade whether they be in the Cadets, Scouts and Guides or attending with their family members. As a community *'we will remember them'*.

Miss Partington



## Whole School Messages

ONLY 8 PLACES  
LEFT

### SCIENCE DISNEYLAND PARIS TRIP 2022



£ 495

OPEN TO YEAR 7,8 & 9

VISIT CITE DES SCIENCE AND THE MARIE CURIE MUSEUM  
CRUISE ALONG THE RIVER SEINE  
1 DAY AT DISNEYLAND PARIS

4-7th APRIL 2022

BREAKFAST AND EVENING MEAL, TRANSPORT, TICKETS TO  
MUSEUMS AND DISNEYLAND INCLUDED

Secure your place with a deposit of £50 via SCOPAY.

Email  
[amadigan@parklandsacademy.co.uk](mailto:amadigan@parklandsacademy.co.uk)



THURSDAY 18th November

3.15-4.15pm

All Staff and students of all years  
welcome!

£1 for 3 games!

All money to Children in Need



Please support Children in Need this year by sending your child in with a £1 to play BINGO after school. It is always a well received event! All years of pupils are welcome! Prizes will be available.



The poster features the Parklands school crest in the top left corner, which includes the motto 'LEARN · RESPECT · ASPIRE · ACHIEVE'. In the top right corner is the 'YOUR SCHOOL LOTTERY' logo, depicting a stylized red figure with arms raised. The central text is framed by two large, red and yellow comic-style explosion bubbles, each containing the word 'WIN' in bold, yellow letters. Below this, the text 'SUPPORT OUR LOTTERY' is written in a bold, black, sans-serif font. Underneath that, 'It's A' is in black, 'WIN-WIN' is in large, bold, yellow letters with a black outline, and 'Situation!' is in black. Further down, 'BOOST School Funds' is in black, followed by 'WIN up to £25,000' in a larger black font. A small star icon is to the left of 'BOOST'. In the bottom right corner, a red starburst shape contains the text 'TICKETS £1 EACH'. At the bottom left, there is a QR code. To its right, the text reads: 'To start supporting, visit: YourSchoolLottery.co.uk/play and search for: Parklands'. At the very bottom, in small print, it says 'Supporters must be 18 years of age or older.'

We have signed up to **Your School Lottery** as a way of raising money for school. You can sign up [here](https://www.yourschoollottery.co.uk/play).



[Sporting Club Links](#) - Get your child joining many of the local clubs in Chorley and surrounding areas.



## Whole School Messages

Tickets are now on sale for Parklands Got Talent Grand Final. They are available at break and lunchtimes in the Pavilion office. £3 under-18s & £5 for adults. All proceeds go to The@sallycancerfoundation.

Friday 26th November 7pm - 9pm on stage in the school hall. (please insert poster from last week)

# PARKLANDS GOT TALENT

*The Grand Finale*

on

**FRIDAY 26th NOVEMBER**

at 7pm

in the School Hall

Tickets available from Ms Robinson in the Pavilion  
at break and lunchtime: £5 for adults, £3 for U-18s

A  
spectacular night  
of singing, dancing  
and  
entertainment!



All proceeds to the  
[@sallycancerfoundation](#)



# AUDITIONS

**WEDNESDAY 8<sup>th</sup> DECEMBER**  
from 3.00pm, in the Pavilion

**SHOW DATES: 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> March 2022**  
*you must ensure you are available for all the dates*

**Singers/dancers welcome - your chosen song/artist  
MUST be British.**  
**Check with Miss Marr or Ms Robinson to ensure your choice  
is not already being used.**

**SIGN UP FOR AUDITIONS IN THE PAVILION**





# DOFE BRONZE

Year 9

Complete your bronze by signing up for the expedition!

You will walk for 2 days and camp for 1 night.

Fancy the challenge?

You parents/carers have been sent a [letter](#) today!

So what are you waiting for?  
Join DofE at [www.dofe.org](http://www.dofe.org)



Sign up your Year 9 child via SCOPAY.



Find out what you're really made of.  
Sign up to do DofE today. [www.dofe.org](http://www.dofe.org)

# DOFE SILVER



Year 10/11 who completed Bronze

There are now limited spaces available to complete your DofE Silver Award.

It is more challenging! You will camp for 2 nights and walk for three days! All while being self sufficient.

You also have to complete the 3 sections, Physical, Skill and Volunteering!

Fancy the challenge?

See Miss Greaves for a [letter](#) today!





# Emotional Health & Wellbeing

Clear Fear is a free app to help children and young people manage symptoms of anxiety. If you feel that you need some extra support with your emotional health then this app will be really helpful. Please follow the details below in regards to installing it on your device.

## Privacy

**The good news:** We want you to have as small a digital footprint as possible so we don't collect any personal data and can't identify you. The only data we have is the optional information you give us when you register which is really helpful for us in terms of knowing what sort of ages the users of our app are, which locations it's used in, and which tasks are the most useful. Again, these are not identifiable in any way at all and we use these to make the app better.

**The bad news:** Because we don't collect any identifiable data we can't help you if you lose your passcode and security answer. You will have to re-install the app. Sorry – but we thought your privacy was the most important thing.



## Reviews



"Full of things that help anxiety and panic attacks. A great tool to have in your phone to support in times of need and to record how you are doing and feeling. Helps out in so many ways!"

"I downloaded Clear Fear last night & was amazed. Not just the strategies for managing anxiety but also the info & logging mood. So accessible for young people, definitely included in our support toolbox."

Pastoral Support,  
St. Edmund's Girls' School



@clearfearapp

[www.clearfear.co.uk](http://www.clearfear.co.uk)



Wimbledon Business Centre, Old Town Hall,  
4 Queens Road, London SW19 8YB  
Registered Charity Number 1144506

## Want to overcome anxiety?



Download the free Clear Fear app



## Awards



## About Clear Fear

The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.

Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

**When you face your fear, you will reduce the threat and glide.**



## Screenshots



## About Anxiety

Anxiety is a natural response to fear, threat and apprehension. However, when anxiety is extreme or goes on for a long time, or the response to a threat is disproportionately large and affects a person negatively, it may become an anxiety disorder.



Anxiety disorders are the most common form of emotional disorder and respond very well to a form of treatment called Cognitive Behavioural Therapy or CBT.

Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.

You can personalise the app if you so wish and you will be able to track your progress and notice change.

Please note the app is an aid in treatment but does not replace it.

## Essay & Art Competition



Do you have a creative flair or want to improve your reflective skills?

Then can put your skills to the test and apply for our next

**National Essay or Art Competition**

Do you want to improve your reflective skills for your university application?

Would you like to make a difference in healthcare as an applying student?

This is the competition for you!

You could win our national essay competition by submitting your answer to the question: **'Is the NHS a force for good?'**

The deadline for submission is: **15th November 2021** at 12pm and entries can be submitted via the submission form [here](#)

If you have a creative flair, you could submit a piece of art to the National Art Competition. The winning work will be published on the front page of our national wider reading magazine.

We are

our

the

2021



## CAREER News

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

Hello again - almost at the end of another week. Lots to discover in this week's edition of Career News (and lots going on at Parklands in general).

One to one interviews for Year 11 are progressing well - if your child would like an earlier appointment, please let me know, as I am currently working through the register alphabetically, but am happy to rearrange or slot people in!

College applications are open - with some colleges already starting interviews. However, don't panic - official deadlines are not until after Christmas. However, once the application forms are submitted, there's nothing more to do until the interviews come round. Rushmore, Priors and Wigan & Leigh College all interview in school (dates/apointment times will be shared well in advance with students). You do not need to specify which subjects you want to study (if you haven't yet decided), you can simply write 'A Levels' or 'Vocational', as appropriate and this will be discussed at interview.

**Inside Career News you will find:**

Online events with Zurich financial group, Open Event at Bolton College, a virtual apprenticeship fair, immersive summer career experiences with InvestIN, Medic Mentor's Medical Awards programme, a webinar with IBM, online workshops with Pathway and PwC, routes into the rail industry, an essay and art competition from Medic Mentor, videos from Trunk Logistics, an engineering case study, news of the Arkwright Engineering scholarship, personal guided tours to look at Rushmore - plus of course, Career of the Week!

Work Experience is back on the calendar in July next year, which means that every Year 10 student will undertake a week with an employer. More details to follow very shortly, with an assembly launch before Christmas (giving students ample time to ask family members, friends and relatives about their jobs and career paths whilst Christmas dinner is being digested!)

Our Year 11s will be visiting Wigan & Leigh College in mid-December for a faster day (which they missed in the summer term). They will be taken to and from the college by coach, have lunch in the student refectory and sample two subjects of their choice, before returning to school by 3pm in time for buses home.

Finally - any questions about any aspect of careers/colleges/apprenticeships - please email me: [pberry@parklandsacademy.co.uk](mailto:pberry@parklandsacademy.co.uk)



15th - 19th November 2021

## Career News



**ARKWRIGHT**  
ENGINEERING SCHOLARSHIPS

part of The Smallpeice Trust

More than ever, our country needs great engineers. At the recent on-line Awards ceremonies, President of the Institution of Engineering and Technology, Sir Julian Young said that there

is a shortage of

in identifying too

interested

Engineering Scholarships. You will find these

scholarships

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**SAVE THE DATE! Our virtual apprenticeship careers fair is coming in December**

STEM Learning is excited to invite teachers/parents and young people to attend the Apprenticeship virtual careers fair taking place over 6 to 10 December 2021.

At this event will showcase up to 30 national employers who are currently across a wide range of sectors, supporting young people to be better informed by decisions about their future.

Link when it goes live, please complete the quick form [here](#).

Magazine Level webinars coming soon.

Webinars for students aged 16+ led

Magazine are launching next year.

At real-world cutting-edge science

and development, discuss and

open the door to knowledge and

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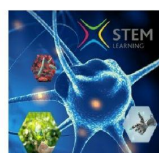
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## Immersive Summer Career Experiences For Ages 12-18

London | July & August 2022



We are proud to announce the launch of the most innovative and all-encompassing set of summer career experiences we have ever created. Students will work alongside top professionals for up to 15 days in London with UCL accommodation available and 20 careers to choose from.

Immersive activities, site visits, 1:1 career coaching and networking sessions; all tailored for ages 12-18. Students simply cannot find this anywhere else. Highlights include:

- **Law:** Argue a human rights case in the Supreme Court
- **Investment Banking:** Trade the stock market in a City skyscraper
- **Engineering:** Explore a Boeing jet with aerospace engineers
- **Medicine:** Shadow doctors in a London teaching hospital
- **Psychology:** Attend clinical patient consultations
- **Tech:** Experience robotics and artificial intelligence

Places are highly limited.

Students can use code **SUMMER15** for 15% off before December 31st.

**MEDICINE & PSYCHOLOGY** **ENGINEERING & ARCHITECTURE**

**LAW & POLITICS**

**TECH**

**BUSINESS & FINANCE**

**CULTURE, MEDIA & SPORT**

## Summer Experiences In Action

Take a look at real footage from our summer career experiences in the below video; or you can read our blog [On the Scene at InvestIN's Summer Experiences](#).



As always, lots of useful information and advice in Career News. Online and in person events with some top companies, virtual work experience, competitions for aspiring medics, summer career experiences and much much more! If you have any career-related queries please email: [pberry@parklandsacademy.co.uk](mailto:pberry@parklandsacademy.co.uk)