



PARKLANDS BULLETIN

15th - 19th July 2024

Learning Challenge Week



Principal's Message

Dear Parents and Carers,

This week has been Learning Challenge Week, and it has been absolutely brilliant. The pupils and staff have had a wonderful week on a wide variety of challenges. It was lovely to see so many visitors in school today, and the pupils enjoyed showing off their projects to them. We also raise money for a range of charities through learning Challenge Week; we will count up the money and give the grand total next week. Next week's bulletin will contain lots more information and photos from the week.

Last night was the annual charity Staff vs ex-Year 11 football match. After a tense 90 minutes the score was 4-4, so the final all came down to penalties. After some impressive saves, the staff just about edged ahead and were the winners.

Next week is the final week of term before we break for the summer holidays and as we approach the last week of the academic year we are often asked if we are winding down, that is certainly not the case at Parklands. Next week will be packed with end of year events. All pupils will need to be back in full school uniform and will need all their usual equipment. It will be lessons and learning as usual on Monday, Tuesday and Wednesday morning. After that the week varies:

- Wednesday afternoon - The Big Picnic. A wonderful whole school event with every form sharing a picnic. We ask everyone to contribute by bringing in items for the picnic and sharing their food together. There will be an ice cream van in school on the day. Payment for ice creams must be cash or card only. Payments cannot be made via SCOPay or Apple Pay.
- Thursday - Blackpool Pleasure Beach trip or in-school themed day. Those attending the trip will need to follow the guidance provided. Pupils who are not attending the trip must attend school, in full uniform. We will be having an alternative to the usual timetable with an Olympics themed day.
- Friday - end of year assembly, where we will announce attendance prize winners, and also the winners of the fiercely contested House Shield.

Regards,

Mrs. Batson

Principal

Whole School Message

Work Experience 2024

Year 10 have spent this week out in the 'real-world' on their work experience. Students have secured placements this year in a wide range of employment areas, from cafes, salons, shops and trades to accountants, engineering firms, NHS placements, landscaping, environmental roles and more.

Students have travelled to work in Manchester, Liverpool and London - one student has even spent the week in Germany working on the Eurofighter project. Work experience can be an incredibly valuable part of year 10 if placements are well thought-out and relevant to students' interests. In many cases they result in weekend jobs or offers of apprenticeships, we have also seen several students go on to secure full-time careers as a result of the contacts made during the week. **Well done to all of Year 10!**

Feedback from employers has been overwhelmingly positive and we will use this, and pictures like the one at the NHS Life centre (below) to run assemblies and raise the profile of the week for next year's cohort.



Blackpool Pleasure Beach trip:

Pupils may come to school in appropriate non uniform on this day. Please ensure that if it's hot they have plenty to drink and apply suncream. Please Remember, that Pleasure Beach is a cashless attraction, with all shops & restaurants accepting credit or debit cards only. We appreciate that not all

pupils will have access to a debit or credit card. Therefore upon arrival pupils will be able to upload cash to a pre-paid Pleasure beach Card, which can then be used at units across the park. (Please note this not accepted at Burger King)

The coach will leave school at 9:30 and return at approximately 7:00pm. Please arrange to collect your child at the advised time.

When collecting your child, please **do not park** in the school bus bay area or in the turning space on Glamis Drive, as this leaves no spaces for the buses to turn. Please also do not park at the top end of Southport Road as we will need enough space for 7 coaches.

Whole School Messages

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


 **Learning Support Board**
Week Commencing
22nd July 2024

"Education is a dress rehearsal
for a life that is yours to lead."
NORA EPHRON

LANCASHIRE LOCAL OFFER Special Educational Needs and Disabilities Local Offer in Lancashire

HAVE YOU HEARD THE NEWS?
We have reached the 38th and final week of the school year. For the vast majority of pupils, with good attendance and behaviour, there is the Reward Trip to Blackpool Pleasure Beach on Thursday. Friday sees the culmination of this year's House competitions with the House Shield assembly. We'll all be back in N17 on 3rd September if you need any help.
Learningsupport@parklandsacademy.co.uk

Job of the Week 😊

Inspire Club Quiz
This is an unusual view of a well known building in Chorley. What building?

Last time's answer: Venezuela

What do frogs drink in hot weather?

CROAK-a-cola!

Stay SAFE
By water Online
On roads Near railways
In the sun On bikes


Follow us on Instagram:
[p_h_s_learningsupport](#)

Useful Links

- FIND Newsletter
- GOV.UK Covid-19 Information
- Headspace (Meditation & Sleep)
- KOOTH Mental Health Support
- Local Offer
- NHS Urgent Mental Health Helpline
- Witherslack Group

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

Territory of the week

<p><u>Country of the week</u> Comoros</p>		<p>Comoros is an island nation off the coast of Africa, comprising 3 main islands: Mwali, Mdzuwani, and N'Gazidja. Throughout its history, many have colonized and taken ownership of the islands, including the French. Additionally, there could have been a 4th island called Mayotte, which held a referendum to decide whether to remain a French colony, become independent, or join Comoros.</p>
	<p>Capital - Moroni Population - 836,774 Main religion - Islam Leader - Azali Assoumani Official language - Comorian, French and Arabic Land mass - 2,235 km² Currency - Comorian Franc</p>	

Whole School Message

Refugee Week 'Home' house competition

A huge well done to everybody who entered a poem or piece of art into the Refugee Week 'Home' house competition. I am delighted with the standard of entry this year and the best ones have been compiled into this wonderful online book. Please take a look!

Mrs Donohue

<https://drive.google.com/file/d/1smJcwg8rOTvxLgKquQCJ9cVvEPYNaibR/view?usp=sharing>



LCW - Bring it on challenge

The Bring it on challenge students were flying high for Derian House Children's Hospice this week. Attending Cheerleading workshops, selling American sweets, making homemade bracelets, rings, phone charms and baking goods all to raise money as part of Derians £50 challenge. The current figure raised is over £600 tbc next week!



Whole School Message

LCW 2024 I'm a Parklands Pupil Get Me Out Of Here....

This week the pupils were challenged to put themselves out of their comfort zone, and they all rose to the challenge. We started the week with team building activities, and then ,moved on to exploring the hidden gems of Astley Park. They ate weird and wonderful foods and picked critters out of gunk!



LCW Journalism group

Please click [here](#) to read all about Learning Challenge Week 2024 from the journalism group.

Learning Challenge 2024

Year 8 & 9 Challenges



PARKLANDS
SUMMER
MUSIC
CONCERT

MONDAY 22ND JULY

FROM **6pm**

£1 ON THE DOOR

Click [here](#) for the guide.

kooth + Qwell

NHS

Providing NHS services

How to talk to your children about their feelings

A guide for parents and carers



www.kooth.com

www.qwell.io



Share this free advice and support for parents and carers this summer

We've created the ultimate support pack to set parents, carers and families up for a summer of fun. Our pack includes creative workshops and classes, from fashion to cooking, science to sketching, we also have tips for going on holiday and a daily summer planner to prepare everyone for the day ahead.

[Explore The Pack](#)

Click [here](#) for more information.



Euxton Villa Fc.

- Girls Teams from U9-U16 (2024/25)
- FA Qualified, friendly coaches
- First 4 weeks training free
- Games played in Sunday Leagues
- Sense of belonging, building confidence
- Social fun, inclusive, friendly and supportive

Euxton Villa, Runshaw Hall Lane, Euxton, Chorley, PR7 6HQ
euxtonvillagirls@outlook.com

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about **WORRY AND ANXIETY**

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



The National College

Dads & Male Carers Brunch Club

Children and Family Wellbeing Service

FREE

At Highfield Family Hub
(Wrights St, Chorley, PR6 0SL)

Quality time
& FUN
With your
Children
0–11yrs

Saturday 31st August
Saturday 26th October
9.30am till 11.30am

NO BOOKING NEEDED!

LANCASHIRE
**FAMILY
HUB
NETWORK**



Call
01257 516316
for more info



Lancashire
County Council



Whole School Messages

Click [here](#) to see What's On - Chorley



What's On - Chorley

July/August 2024

Duke Street Family Hub
Duke Street, Chorley,
PR7 3DU

Highfield Family Hub
Wright Street (off Brown
Street), Chorley, PR6 0SL

Children and Family Wellbeing Service offer a wide range of

FREE groups.

Find us on Facebook 'Chorley Family Hub'



Week 1 – Monday 22 - Friday 26 July

Monday 22nd

Baby and You (09:30am - 11:30am) with Healthy Family Practitioner on site (baby weighing clinic) @ Duke Street Family Hub

From birth to 12 months this is a session with activities, crafts, songs and nursery rhymes. Learn about your baby's development with opportunities to ask questions and share experiences. No need to book.

Mini Move and Groove (10am - 11:30am) @ Highfield Family Hub

For parents/carers and children under 5 this is a great session for children to build social skills, have fun together and make friends. No need to book.

Summertime Baby Messy Play (1pm - 2pm) @ Duke Street Family Hub

From birth to 12 months this session will allow babies to explore through a variety of mediums, sensory experiences. Prepare to get messy in nappies. Quiet area available too. Please bring a towel and change of clothes for baby. To book please visit www.lancashire.gov.uk/events

Development Matters - Stay and Play (1pm - 2pm) @ Highfield Family Hub

For parents or carers and children under 5 a lovely session creating opportunities for your child to learn, play and socialise with other children. No need to book.

Wizards and Witches Crafty Activities (3pm - 4pm) @ Duke Street Family Hub

For 2-11 years. All things crafty with a Wizardry Theme. Come and join the fun and meet new friends over some spells! All children must be accompanied by an adult. To book please visit www.lancashire.gov.uk/events

Tuesday 23rd July

Weigh, Stay and Play (9:30am - 11am) with Healthy Family Practitioner on site (baby weighing clinic) @ Clayton Brook Village Hall

For babies and toddlers this is a session with activities, crafts, songs and nursery rhymes. Learn about your baby's development with opportunities to ask questions and share experiences. No need to book.

Cooking for Fun!! with Jigsaw Homes (1pm - 3pm) @ Clayton Brook Village Hall

For 2-11 years. Come and learn how to become a 'Creative Chef' and create something wonderful to eat with new friends! All children must be accompanied by an adult. To book please visit www.lancashire.gov.uk/events

lancashire.gov.uk



Click [here](#) for events and things to do for families over the summer.



ARE YOU WORRIED ABOUT A CHILD WHO MAY BE BEING NEGLECTED...



If you are a young person, you can contact 2-10pm, 365 days a year.
Phone on 0800 51 11 11
Text on 07786 51 11 11
Email: talkzone@lancashire.gov.uk



NSPCC

If you are an adult or professional,
call 0300 123 6720



For more information
www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/neglect/



Lancashire Family Hubs
For more information, scan the QR code or
visit www.lancashire.gov.uk/children-education-families/family-hubs/



**Holiday Activities and Food Programme
(HAF)**

For more information, scan the QR code or visit
<https://www.lancashire.gov.uk/children-education-families/school-holiday-activities/>

Autism Training

Oliver House, a specialist autism school, are offering free training to any parents. There will be ten courses:

- | | |
|---------------------------|--|
| 9th September 2024 | Throwing away the rule book – Parenting in Autism |
| 7th October 2024 | PDA and High Anxiety in Autism |
| 4th November 2024 | Autism and ADHD |
| 2nd December 2024 | Sensory issues and Autism |
| 13th January 2025 | Maximising Educational opportunities |
| 10th February 2025 | Organisations who support families |
| 10th March 2025 | Behaviours that challenge |
| 12th May 2025 | Autism & Associated Conditions |
| 9th June 2025 | The Future - beyond school age |
| 7th July 2025 | Transitions in Autism |

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**



SUPPORTED BY



'SWEET CHILLI PARENTING'

WORKSHOPS AT HOME-START CENTRAL LANCASHIRE

- ❓ **Is your child experiencing emotional, behavioural, or mental health challenges, and you are not too sure how to help?**
- ❓ **Do you want to learn how to support your child to be resilient, and to deal with the challenges they may face?**

Home Start Central Lancashire are leading providers in therapeutic parenting training, which allows parents to gain a better understanding of the emotional and physical impact of trauma.

We all experience trauma within our lives, however how we are supported through challenging times can have a huge impact on our parenting styles, future life choices and wellbeing.

This course will allow parents to learn about brain development, the impact of stress on both adults and children, and how a trauma informed, therapeutic approach to parenting can have a positive impact on the whole family.

The course is delivered over 3 workshops that will take place at HSCL on...

Thursday 19th September
09:30-14:30

Thursday 26th September
09:30-14:30

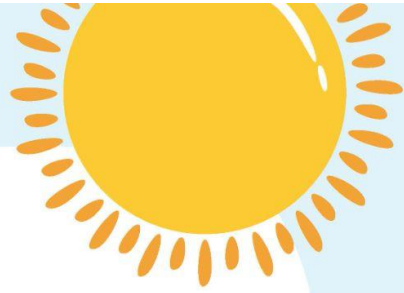
Thursday 3rd October
09:30-14:30



To book your space please call:



01257 241636



Summer holidays stay and play

Fridays 10-12

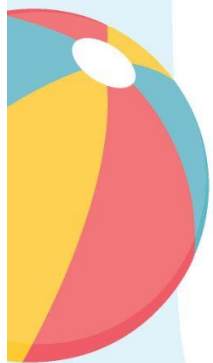
**Starting 26/07/2024
to 30/08/2024**



**All ages
welcome**

Crafts, Games, toys and a place
for your child to socialise and make
friends during the summer holidays

Home Start Central Lancashire
112A Market Street
Entrance on fleet street carpark
Pr7 2sl





TRAINING EVENT



ADULT ILLITERACY AND SAFEWARDING IMPLICATIONS

Breaking the Silence –
Addressing Adult Illiteracy
and Its Safeguarding
Implications

WHEN

August 5th
12pm – 3pm

WHERE

**Home-Start Central
Lancashire**


112a Market Street, Chorley PR7 2SL

COURSE OBJECTIVES:

- UNDERSTAND THE PREVALENCE AND IMPACT OF ADULT ILLITERACY IN THE UK.
- IDENTIFY SIGNS OF ILLITERACY CHALLENGES IN VULNERABLE ADULTS.
- DEVELOP STRATEGIES FOR EFFECTIVELY COMMUNICATING INFORMATION TO THOSE WITH LOW LITERACY SKILLS.
- ADVOCATE FOR INCLUSIVE POLICIES THAT CONSIDER THE NEEDS OF ADULTS WITH LITERACY CHALLENGES TO ENSURE THEIR SAFETY AND WELLBEING.

Places are limited, so book now by –

 admin@homestartcentrallancs.org.uk or

 Jen on 01257 241636

**FOR ANYONE
WORKING WITH
ADULTS AND/OR
FAMILIES**

TOPICS COVERED

- Defining Adult Illiteracy
- Impact of Adult Illiteracy
- Causes of Adult Illiteracy
- Addressing Adult Illiteracy
- Role of Support Workers

Explore the crucial role support workers play in advocating for adult illiteracy and safeguarding vulnerable individuals

This Course is delivered by Donna Hussain on behalf of Home-Start Central Lancashire

**HOME
START**

Central
Lancashire

Every school ✓
day matters!



LEARN | RESPECT | ASPIRE | ACHIEVE

PENALTY NOTICE FINES FOR SCHOOL ATTENDANCE

The new National Framework for Penalty Notices

The following changes will come into force for Penalty Notice Fines issued after 19th August 2024.

Per Parent, Per Child

Penalty Notice Fines will now be issued to each parent, for each child that is absent.

For example, 2 siblings with unauthorised absence during term time may result in each parent being issued with one penalty notice per child.

10 sessions of unauthorised absence in a 10 week period

Penalty Notice Fines will be considered when there has been 10 sessions (5 days) of unauthorised absence in a 10 week period.

1 £160 pp, pc

The first time a Penalty Notice is issued for Term Time Leave or Irregular Attendance, the amount will be:

£160 per parent, per child, paid within 28 days.

Reduced to £80 per parent, per child, if paid within 21 days.

1ST OFFENCE

2 £160 pp, pc

(within 3 years from the date of issue of the first penalty notice)

The second time a Penalty Notice is issued for Term Time Leave or Irregular Attendance, the amount will be:

£160 per parent, per child, paid within 28 days.

2ND OFFENCE

3 Up to £2500

(within 3 years from the date of issue of the first penalty notice)

The third time an offence is committed for Term Time Leave or Irregular Attendance, a penalty notice will not be issued, and the case will be presented straight to the Magistrates' Court. Magistrates' fines can be up to £2500 per parent, per child.

This is a criminal offence and a parent may end up with a criminal record.

3RD OFFENCE

Do you know
about...



Free
school meals

?

If your child qualifies for free school meals,
they will have a free meal every school day

It's easy to find out if you qualify –

Lancashire

Website: <https://lancashire.gov.uk/children-education-families/schools/free-school-meals/>

Pupil
Premium

Is **additional funding** for our school to
ensure we can support pupils
to **achieve their full potential**

Whole School Messages

Please get back involved. We have had lots of ticket sale disappear and we need to get them back up to 250 tickets

£1 a week, the weekly prize fund is currently at around £70 a week! There is a draw every week for Parklands and you are also entered in all of the bigger prizes.

Enter our **Super Draw** **Nintendo Switch Bundle**

OR £1,000 CASH PRIZE



- Tickets cost just £1 a week
- Chance to win up to £25,000
- Play weekly, or just play the Super Draw!
- Win an amazing gaming bundle!



PLAY NOW:

Go to

www.yourschoollottery.co.uk

Search for: **Parklands**



GambleAware



See website for Terms & conditions. Enter by 24/02/24