



PARKLANDS BULLETIN

Week 1

19th May - 23rd May 2025



Headteacher's Message

Dear parents and carers,

We have now reached the end of a relatively short, but very busy, half term. We said goodbye to our Year 11s this morning after their English exam; they are now on study leave and will only return to school for their exams. We are really proud of how well they have worked and of their conduct in their exams. We are sure that they will approach the final exams after the half term break in the same way.

We will review the uniform at the start of next half term, depending on the weather. We try our best to respond to the hot weather by allowing PE kits to ensure that pupils remain as comfortable as possible in school, and we are aware that other schools in Chorley do not offer this privilege. Unfortunately, we have seen some reduction in standards this week; this has been a particular issue with footwear and equipment. When in PE kit, pupils should be wearing their PE trainers, not fashion trainers; pupils should also ensure that they bring all necessary equipment with them to school.

When we return from half term, we will expect high standards of uniform. Pupils should not be wearing any make-up or jewellery whilst at school. Pupils should also be in correct footwear. If we return to full uniform next half term, blazers and ties must also be worn. I would also like to remind you that pupils' phones must be off and in their bags or lockers at all times during the school day.

Please contact us if there are any problems with uniform. We do have a range of pre-loved uniform items available to buy; please contact koreilly@parklandsacademy.co.uk for further details.

Thank you for your continued support, and I hope that you and your families have a lovely half term holiday. I look forward to seeing all of our pupils when school reopens on the 2nd June.

Mrs. Batson
Headteacher

Key Dates

June

- **Monday 2nd June:** First day back, Year 10 assembly
- **Tuesday 3rd June:** Year 8 Tracker assembly, reports and reviews
- **Thursday 5th June:** Year 7 Tracker assembly, reports and reviews
- **Friday 6th June:** Duke of Edinburgh Weekend
- **Monday 9th June:** Meet the Tutor Evening for September 2025 starters - Asia House 5:00-6:00 and Australasia House 6:30-7:30
- **Tuesday 10th June:** Meet the Tutor Evening for September 2025 starters - South America House 5:00-6:00 and Africa House 6:30-7:30
- **Wednesday 11th June:** Meet the Tutor Evening for September 2025 starters - Europe House 5:00-6:00
- **Thursday 12th June:** Year 9 and 10 Behaviour for Learning reports home
- **Friday 13th June:** School Sports Day
- **Wednesday 18th June:** Chorley District Sports Day for selected athletes
- **Thursday 19th June:** Year 11 Leavers Assembly 9:30 and Year 10 Mock exams start
- **Tuesday 24th June:** Parent Forum 6pm
- **Thursday 26th June:** Year 10 Wigan and Leigh College Taster Day
- **Monday 30th June:** INSET Day (School closed to pupils)

July

- **Wednesday 2nd July:** Year 6 Induction Day and Year 10 Runshaw College Taster Day
- **Thursday 3rd July:** KS3 Presentation Evening - Invite only
- **Wednesday 9th July:** Year 7 and 8 Behaviour for Learning reports home
- **Thursday 10th July:** Year 11 Prom
- **Monday 14th July:** Learning Challenge Week, Year 10 Work Experience
- **Thursday 17th July:** Charity Football Match - Staff vs Pupils at Westway 3:30pm kick off
- **Friday 18th July:** Learning Challenge Week Festival Day
- **Wednesday 23rd July:** Year 9 End of Key Stage report home
- **Thursday 24th July:** Summer Reward Trip
- **Friday 25th July:** Last Day of the School year 1pm Finish

Whole School Messages

Year 11

We are delighted to inform you that the **Parklands Yearbook 2025** is now available to order. It is available on SCOPAY for a cost of £22.00. Orders can be placed up to Friday 20th June and the yearbooks will be available for collection on results day on Thursday 21st August.

The class of 2025 had a very different experience to the year groups that went before them, ending primary school and starting high school during the pandemic. They didn't experience the usual conventions that take place to mark the milestones of ending junior school or starting at Parklands. We hope the Parklands Yearbook will go some way to providing you with special memories and a long lasting keepsake from the end of another milestone in life - the end of 5 years at Parklands.

Y9 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.

Polite reminder - Uniform and Standards

A big thank you to those pupils and parents who are supporting us to uphold our uniform standards. However, we still have a minority of our pupils who are still not getting it right. Please see below some of the areas which are causing us the most issues;

Pupils' hair colour should be of a natural colour - blue and pink are not natural!

Socks should be black or navy and should not be sports socks.

False nails/nail varnish of any description are not permitted.

Makeup is not allowed nor are false eyelashes. Year 11s may wear discreet makeup.

The only jewellery that is permitted is a watch. All other jewellery will be confiscated until the end of the week.

School will be the final arbiter with regards to uniform and standards. Should any pupil continue to disregard our school policy then further sanctions will be applied.

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 69 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	Attendance % last week	Attendance % this year so far
Australasia	90.5%	92.8%
Asia	93.2%	94.7%
Europe	91.6%	94.5%
South America	92.4%	94.2%
Africa	91%	93.8%
Whole School	91.4%	93.4%

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: 47 pupils to date

Year 8: 50 pupils to date

Year 9: 39 pupils to date

Year 10: 48 students to date

Year 11: 40 students to date

All: 224 students

How many had the perfect 3 in the previous week?

Year 7: 153 pupils

Year 8: 144 pupils

Year 9: 135 pupils

Year 10: 139 students

Year 11: 167 students

All: 738 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: 139 pupils

Year 8: 113 pupils

Year 9: 93 pupils

Year 10: 127 students

Year 11: 100 students

All: 572 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
26th May 2025

"Life isn't but a feather floating in the wind. One second it's in your grasp, next second, it's floating high, wondering what is to come."
WILLIAM SHAKESPEARE

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

Have You Heard the News?
I hope that you're enjoying your Spring Bank holiday Monday. While most of us can look forward to a restful week, our year 11s should be revising hard for next week's GCSE exams. The later Spring Bank holiday was originally known as Whit Monday and was moved in 1967 before being fixed by the Banking & Financial Dealings Act of 1971. Whitsun is still recognised as a religious holiday by the church.
Learningsupport@parklandsacademy.co.uk

**Inspire Quiz**
What is the name of this layered pastry and nut dessert from the Middle East?

Last Time's Answer: Azou

Joke of the Week

Where did the chef learn to make a banana split?
"Sundae" school!
How to make a banana split

You'll never catch your second wind if you give up the moment you lose your breath!

**Instagram**
Follow us on Instagram:
[p_h_s_learningssupport](#)

Useful Links

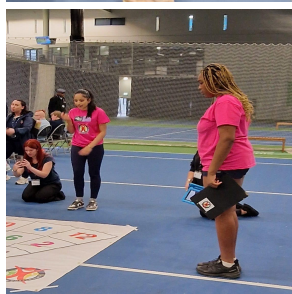
- ADDitude Magazine
- Autism Eye
- Autism Parenting Magazine
- British Dyslexia Association
- The Communication Trust
- FIND Newsletter
- GOV.UK Covid-19 Information
- Headspace (Meditation & Sleep)
- Kooth Mental Health Support
- Local Offer
- NHS Urgent Mental Health Helpline
- Witherslack Group

Whole School Messages

PE Update week beginning 19th May 2025

A great start to the summer term with glorious weather too! Remember to check out the new summer extra curricular timetable which includes athletics, rounders, cricket, flag football and tennis! Lessons outside will continue unless it is unsafe to do so. Remember, there is no need to sign up just look at the extra curricular timetable, choose an activity, bring a kit and attend!

Young Leaders. A group of our year 9 and 10 young leaders were selected to help run a Panathlon event organised by Chorley Schools Sports Partnership. The event involved lots of local schools and our pupils really showcased their leadership skills! All pupils had a fantastic time and were a credit to the school.



Parklands Academy Sports Day. It's that time of year again! The second week back after half term (weather dependent) is Parklands Sports day! House Leaders are working hard to compile their teams. Will Asia house win for a 3rd consecutive year?



Have a great half term break!

Nepal

Country of the week



Capital - Kathmandu
Population - 29.69 million
Main religion - Hinduism
Leader - Ramchandra Paudel
Official language - Nepali
Land mass - 147,515 km²
Currency - Nepalese Rupee

Nepal is a landlocked nation bordering China to the north and India to the south. Nepal has a diverse geography, including fertile plains, subalpine forested hills, and eight of the world's ten tallest mountains, including Mount Everest, the highest point on Earth. Kathmandu is the nation's capital and its largest city. Nepal is a multi-ethnic, multi-lingual, multi-religious, and multicultural state, with Nepali as the official language.

SKI TRIP

- 5 full days with ski instruction
- Ski hire
- Boot hire
- All meals provided including breakfast on the outbound and inbound journey
- Full area ski lift pass
- Apres ski programme including bowling, pizza, ice cream & disco
- Trip hoody
- Helmet hire
- Comprehensive winter sports insurance.

Open to years 7-9

The next trip will not go until 2029 so don't miss out!



13th February 2027

7 days

Total cost: £1590

Deposit: £100

Deposit Payments Via ScoPay
Email Miss Marr more information.

gmarr@parklandsacademy.co.uk

Letters available from the pavilion office.



PROM - Incentive (half termly)

- BfL average 2.95 and over - 1 point
- Attendance 94% and over - 1 point
- No social strikes - 1 point
- No lates - 1 point
- A suspension will clear all points for the half term.

From today until exams finish.

You will need **18 points** to be eligible for prom.

There will be opportunities for you to gain extra points by attending revision sessions, Easter School and using Class Chart points.
Extra points available for 100% attendance and perfect '3' BfL.

This Week in KS3 Religious Studies

Our KS3 students are making great progress with their summer term topics. To encourage reflection and conversation at home, here are some key questions you can explore together this week:

Year 7 - **Wealth and Poverty**

- Why do some people choose to volunteer for charities?
- What role do donations play in keeping a charity going?
- How can social media help raise awareness for charity work?



Year 8 – **Life After Death**

- What do Buddhists believe happens when someone dies?
- What do the terms *nirvana* and *reincarnation* mean in Buddhism?
- In what ways are Buddhist and Hindu beliefs about life after death similar or different?



Year 9 – **Religion and Life**

- What do Christian and Muslim teachings say about protecting nature?
- How are people harming the planet in today's world?
- What small changes can individuals make to live more sustainably?





Do you have what it takes to win the Science Summer Cup?

Come and compete with the best of our Y9 and Y10 scientists to win the coveted **Science Challenge Trophy**, a certificate endorsed by **Cambridge University** and **points for your house!**

Candidates will sit a **35 minute challenge paper** on content from the first chapter of Biology, Chemistry and Physics.

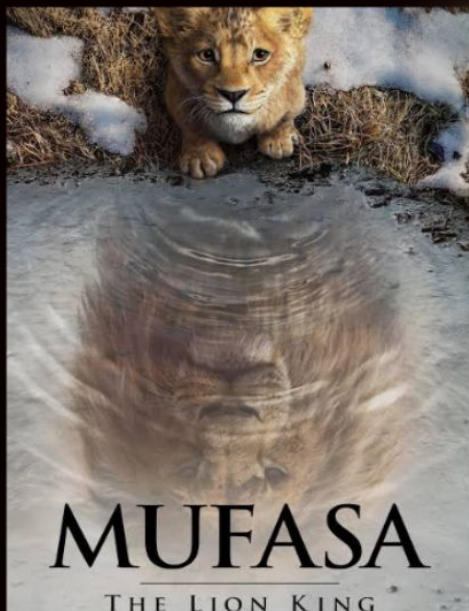
The test will take place in N14 at 3pm on Mon 16th June

Wanted: Food Business Owners

The Peru Crew are putting together a community recipe book and would like you to donate a recipe. If you want to be involved, please scan the QR Code opposite and donate £10 to our justgiving page. In return for this, you will get a double page spread in the book featuring your recipe, a photo, and an advert for your business. We are hoping to distribute our book throughout our school community, around Chorley and beyond. If you want to get involved or need more information please contact me on ajohnston@parklandsacademy.co.uk



THE PERU CREW PRESENTS



MOVIE

Night

THURSDAY

5TH JUNE

6-8PM

TICKETS £3

BUY ON SCOPAY

YEARS 7 AND 8 ONLY

See Mr Johnston in The Library for more information

Peru Crew Sponsored Walk

Join the Peru Crew on Sat 28th June for a walk on a local route with woods, water and a small hill.

**£5 PER PERSON, PLEASE PAY ON
SCOPAY. FOR MORE INFO, SEE MR
JOHNSTON IN THE LIBRARY**



Click [here](#) for career news.

Rise Academy Summer School is Back!

After the great success of the last three years, The Rise Academy Summer School is back for 2025 and bookings are now open!

The Rise Academy Summer School will take place on **Monday 28 July & Tuesday 29 July at dock10 Studios in Salford** and on **Thursday 31 July & Friday 1 August at London Screen Academy, London**.

Availability for each of the days are limited so please don't delay in securing a place or place!

Our summer school is completely FREE to attend however, as a registered charity we rely on donations to make these experiences possible.

BOOK PLACES NOW

The Rise Academy Summer School offers young people the chance to get hands-on experience of working in media technology, and learn about all of the different steps that are needed to get great content onto your TV, tablet or phone, including:

- Building a TV studio and creating a TV show;
- Exploring an Outside Broadcast (OB) Truck;
- Creating eye catching graphics;
- Learning more about post production and getting hands-on editing video content;
- Finding out more about what virtual production is;
- Exploring cloud technology.

Do you know Persimmon?

We're a leading UK housebuilder with our headquarters in York. We provide homes and serve local communities across the UK. You might recognise us as Persimmon Homes or through our other brand names, Charles Church and Westbury Partnerships.

What can you do with us?

Are you considering a career in construction? Consider Persimmon.

A career with us means you get to help build Britain's homes, supporting people as they move on to the housing ladder, whilst you progress in your role. It's up to you how high you go.

Here, the future is yours for the making.

Is an apprenticeship for me?

What is an apprenticeship?

- A paid job with training
- On-the-job training
- Off-the-job training in a classroom
- A nationally recognised qualification

Why are they a good choice?

- Experience and skills
- A nationally recognised qualification
- Employee benefits

NHC

Foundation Course

A Foundation Course is the perfect entry point if you wish to pursue a hands-on career in the racing industry. Whether you have a wealth of experience riding and caring for horses or are a complete beginner, the Foundation Course will put you firmly on track for a successful and fulfilling career in the racing industry.

Applications can be submitted before your 16th birthday.

Qualifications required, however, if you do not have a GCSE in Maths and English at grade 4 or above, you will be required to take these subjects during the course.

What is required?

- A minimum of 4 weeks
- Level 2 Equine Groom Apprenticeship

FIND OUT MORE

What is the Horseracing Industry?

The real work with training and studying, you'll apply what you learn in the classroom to the racing industry, gaining hands-on experience and skills.

What are the benefits?

Pay and receive a wage, meaning you can start an apprenticeship from the age of 16.

Find out more about Apprenticeships in the Horseracing Industry

CAREER News 2025

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

Hard to believe, but here we are again at the end of another half term. Year 11s are halfway through their GCSE exams, and will soon be leaving Parklands.

Year 10s have a busy few months coming up - two taster days at colleges and a week of Work Experience. Just before that, they will have an assembly from Leyland Playcentre, aimed at recruiting volunteers to help over the summer - this is a fantastic opportunity for pupils to learn new skills, improve their confidence and make new friends. It also looks great on CVs that they will be writing once they get into Year 11 and start making their college applications!

There are lots of brilliant opportunities in this issue of Career News, including:

- A Lloyds virtual workplace skills day
- Open Day and Country Fair at Myerscough College (comes highly recommended!)
- Army apprenticeships and bursaries
- Various open events at local colleges and universities
- Final chance to sign up for InvestEd's amazing summer work experience placements (with 15% discount so don't miss out!)
- Lots of great apprenticeships on offer this week, check out the apprenticeship page at the back

Don't forget that Work Experience booklets need to be in after half term. There are a few options still available, but pupils need to come and see me in the Top Office.

Have a great half term holiday

Half Term Edition

Myerscough College & University Centre

Open Day and Country Fair

Sunday 8th June 2025

9.00am - 4.00pm

Advance tickets available now

Action packed entertainment and fun for all the family!

Support Action with Steve Colley and 2800s Stunt Teams

• 4 Zone with Football, Golf and Basketball activities

• Popular popular Sheep Show, Tractor and Trailer Farm Tours

• All Action and Veterinary Nursing Events

• Various Arena Shows and Demonstrations

• Apple Pie and Food Fairs and Artisan Craft Stalls

• Horse, Countryside and Farming Displays

• Working demonstration and Twelves Dry horses

• Working and Farrier Displays in our Forge

• Working 4x4 Land Rover Off-road experience*

*Open to the small and large jets and livestock

• Farm Machinery and Vehicle Displays

• All of our subjects

• More activities, exhibitors and displays!

Don't miss out on this!

Free Dogs welcome on leads. (Don't feed them!)

Free tickets at www.myerscough.ac.uk or 20% against on the day prices!

OpenDayCountryFair X @Myerscough.ac.uk

01959 544 212
01959 544 213
01959 544 214

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Myerscough College is a charity and proceeds of the event go towards supporting the college.

Apprenticeships in the Horseracing Industry

The real work with training and studying, you'll apply what you learn in the classroom to the racing industry, gaining hands-on experience and skills.

What are the benefits?

Pay and receive a wage, meaning you can start an apprenticeship from the age of 16.

Find out more about Apprenticeships in the Horseracing Industry

Career News

Lots of great opportunities in this week's Career News, from apprenticeship vacancies to virtual workskills days - and much more in between!

Work Experience

I can confirm that the NHS and MPCT placements will both go ahead. There are TEN places available on each scheme, so get in touch as soon as possible if you would like to reserve a place.

- The NHS scheme is the best option for anyone interested in a career in healthcare, as Year 10s can't do clinical work experience, so this is a brilliant alternative. You will be based at Chorley Hospital in the LIFE Centre and will meet lots of different health professionals as well as taking part in various activities and tours of departments.
- The MPCT scheme is being led by a vastly experienced ex Army trainer and you will be challenged to build up your leadership, teamwork and communication skills through a series of exercises and activities. Perfect for anyone who is thinking of a career in the armed or uniformed services, or who just wants a hands-on, outdoor-based week!

Email: pberry@parklandsacademy.co.uk to reserve a place on either scheme. These will go fast, so don't delay.

Leyland Playscheme

Year 10 had an assembly this morning with Natalie from Leyland Playscheme. This a superb volunteering opportunity in the summer holidays, that will look good on CVs, or to talk about in interviews in the future, as well as enhancing confidence, leadership, communication and teamwork skills. Full training is given and you get to accompany the children on all the fun trips and activities - for free!

To get involved, go to: www.playscheme.org/volunteer



Parklands High School Canteen Price List



Price increase from Monday 2nd June

Breakfast Items

Toast 35p
Crumpet 40p
Hash Brown 85p
Cheese on Toast £1.00
Pain au Chocolat £1.00
Cheese Toastie £1.35
Cheese and Ham Toastie £1.50
Sausage Barmcake £1.50
Bacon Barmcake £1.50

Sandwiches

Sandwich £1.55
Wrap £1.80

Snacks

Waffle 85p
Popcorn 95p
Popchips 95p
Flapjack 70p
Cookie 70p
Muffin £1
Slice of Cake £1
Tortilla Chips 95p
Cereal Bar 85p

Lunch Items

Chicken Wrap £1.90
Meal Deal – Healthy Food Option £2.40
Meal Deal £2.50
Jacket Potato £1.20 add a filling for 50p per item
Pie £1.50
Sausage Roll £1.50
Pizza £1.50
Pizza Twist £2.10
Potato Wedges £1.50
Garlic Bread 50p
Panini £2.10
Chicken Pieces £1.50

Chilled

Piece of Fruit 50p
Fruit Pot 95P
Jelly 80p
Yogurt 80p

Click [here](#) for full details.

Site Supervisor

Ref: SCH-AFM-0047

Establishment: Parklands High School

Location: Chorley

Salary: £24404 - £25183

Department: PRE

Job Type: Full Time

Key Stage: Key Stage 3, Key Stage 4

Closing Date: 02/06/2025 12:00

Interview Date: w/c 02/06/2025

Start Date: as soon as possible

Be a Hero!

Know the Signs of Type 1 Diabetes



Drawn by Otis aged 5 and living with Type 1 Diabetes

and you could help save a life!

Type 1 Diabetes is an auto-immune condition in which the body's own immune system attacks the cells in the pancreas which produce insulin. We do not know what causes Type 1 Diabetes, although it is not linked to lifestyle factors. There is currently no cure and it cannot be prevented. There are currently around 413,000 people living with Type 1 Diabetes in the UK and approximately 33,000 of them are children.

www.digibete.org

DO YOU KNOW...



Lancashire Fire
and Rescue Service



WHAT LIES BENEATH?

The only safe place to swim is in a swimming pool where the water is clean, safe and warm and there are lifeguards on hand if something goes wrong.

DON'T TAKE THE RISK, DON'T SWIM IN OPEN WATER.



Lancashire Fire and
Rescue Service



@LancashireFRS

www.lancsfirerescue.org.uk

making Lancashire safer



Lancashire Fire
and Rescue Service

FLOAT TO LIVE

IF YOU FALL IN - FLOAT OR SWIM ON YOUR BACK

BE WATER AWARE



**BE
WATER
AWARE**



**FLOAT
TO LIVE**

**IF YOU FALL IN - FLOAT OR SWIM ON YOUR BACK
& SHOUT FOR HELP**



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 VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'tough off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportharmfulcontent.com.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA

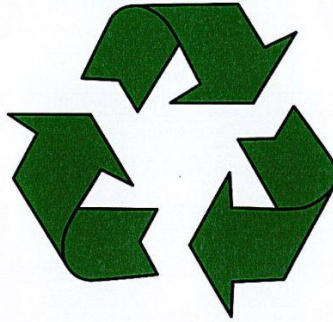
Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit onlinemedialawuk.com for more.



The National College



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.

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**