



PARKLANDS BULLETIN

Week 1

20th - 24th January 2025



Headteacher's Message

Dear parents and carers,

This week has been another busy week at Parklands, with the usual range of after school and lunchtime activities to keep the pupils happy and engaged with school. Yesterday we had a representative from the Oddballs Foundation, a charity dedicated to raising the awareness of testicular cancer. They spoke to all of our Year 10s in assembly, and we were really pleased with the mature and sensible way in which Year 10 listened to the information given by our guest speaker.

On Thursday next week we will be holding the rescheduled Year 10 progress Evening. This will be an online event; all appointments from the original evening have been carried over unless you requested any changes. Appointments can be booked or changed using the usual School Cloud system.

Friday next week is an INSET Day, so school will be closed to all pupils. Hopefully Year 11 can use this time to get some useful revision completed.

I would also like to remind you that tickets are on sale through Scopay for our Annual School Dance Show. This year the theme of the show is "Dancing Through Life", and it will take place from Wednesday 26th - Friday 28th February. The show is always a huge success and we are always delighted to see so many friends and family in the audience supporting the performers.

Regards,

Mrs. Batson
Headteacher

Whole School Messages

Dear Year 7 Parents/Carers only.

The Religious Studies Department is once again gathering feedback on children's experiences within our lessons.

We would appreciate it if you could complete the survey linked.

[Year 7 Parent/Carer survey.](#)

If you have any difficulties completing the form or require the form in a different format, please email srhodes@parklandsacademy.co.uk

Year 7 PASS (Pupil Attitudes to Self and School) survey.

A huge thank you and well done to our Year 7 students who approached the PASS survey on Monday with outstanding maturity and focus.

We have started to receive some feedback on student responses and will hopefully be able to update you all shortly.

Many thanks for your support

Miss Rhodes

Year 7 Achievement Lead

YEAR 7 received their BfL (Behaviour for Learning) Reports yesterday and they are now also available on Edulink (documents section). We are delighted at the excellent approach and efforts being made by the majority of our Year 7s in every lesson. We hope you have had the chance to discuss the report with your child.

YEAR 8 received their BfL (Behaviour for Learning) Reports yesterday and they are now also available on Edulink (documents section). Most of our Year 8s are working hard and meeting all the expectations to make sure they are on track to achieve well. We hope you have had the chance to discuss the report with your child.

Year 11

Please see the revision timetable for week 2 (27th Jan).

Staff members in each subject will let you know the specific details.

Week 2	Subject		
Monday	Religious Studies		
Tuesday	Option C		
Wednesday			
Thursday	Maths		

Core Subjects	Option A	Option B	Option C
English Maths Science RS	French Geography History Art Dance Health and Social Music Photography GCSE PE	Computer Science French Geography History Art Drama Engineering Food and Nutrition Business Studies Health and Social	Computer Science Geography History Creative Media Triple Science Design Technology Engineering Food and Nutrition Music Tech Connect

Whole School Messages

KS3 Religious Studies: Exploring Abrahamic Religions

This term, KS3 students are exploring the rich traditions and beliefs of the Abrahamic religions. Each year group is focusing on a unique topic:

- **Year 7:** Judaism
- **Year 8:** The History of Christianity
- **Year 9:** An Introduction to Islam

Here are some questions to discuss with your child/children this week:

Year 7 – Judaism



- Why do Jews believe in the Promised Land?
- Why is Moses an important figure in Judaism?
- What are mitzvot, and why are they significant?

Year 8 – Christianity



- What do you already know about Jesus and Christianity?
- Are all Christians the same?
- How did the identity of Jesus influence the split from Judaism?

Year 9 – Islam



- Who are the key figures and Prophets of Islam?
- How is Islam connected to other religions?
- What are the main teachings of Islam?

Extra Challenge

Students in Years 8 and 9 are encouraged to try answering the questions posed to earlier year groups!

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: 71 pupils to date

Year 8: 59 pupils to date

Year 9: 50 pupils to date

Year 10: 65 students to date

Year 11: 58 students to date

All: 303 students

How many had the perfect 3 in the previous week?

Year 7: 158 pupils

Year 8: 151 pupils

Year 9: 121 pupils

Year 10: 144 students

Year 11: 127 students

All: 701 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: 152 pupils

Year 8: 120 pupils

Year 9: 99 pupils

Year 10: 135 students

Year 11: 105 students

All: 611 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
27th January 2025

"However difficult life may seem, there is always something you can do and succeed at!"
PROFESSOR STEPHEN HAWKING



Special Educational Needs and Disabilities Local Offer in Lancashire

Have You Heard the News?
We have now reached the halfway point of this half-term. Also, this is a four day week for pupils with Friday being an INSET day for staff. Learning Support remains based in NE7 if you need to see a member of our department. Have a wonderful week.
Learningsupport@parklandsacademy.co.uk

Joke of the Week



Where do they put their telescups on Mars?
On their FLYING SAUCERS!

QUIET PEOPLE HAVE THE LOUDEST MINDS



What type of hat is this?
Last time's answer: Silliness



Follow us on Instagram:
[p_h_s_learning_support](#)

Useful Links

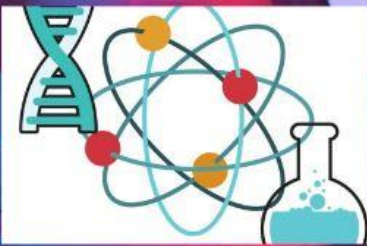
- FIND Newsletter
- GOV.UK Covid-19 Information
- Headspace (Meditation & Sleep)
- KOOTH Mental Health Support
- Local Offer
- NHS Urgent Mental Health Helpline
- Witherslack Group

KS3 Science Club

N22



Science club will take place on **Tuesday lunch times at 1.35pm**
Students from years 7, 8 and 9 are welcome, please sign up at the main prep-room by Monday if you would like to take part.
Science club will take place in N22



Lunch passes can be collected on Monday and handed in at the club.

Algeria

Country of the week



Capital - Algiers
Population - 47,803,000
Main religion - Islam
Leader - Abdelmadjid Tebboune
Official language - Arabic
Land mass - 2,381,741 km²
Currency - Algerian Dinar

Algeria is an African nation located in north Africa. Although the official language is Arabic, there is heavy french influence from when France colonised the country. Its capital Algiers means islands, which is derived from the french language and even though in the modern day there aren't islands, Algeria did use to have some until they were built on top of some of the Spanish from gaining any land.

Whole School Messages

PE Update week beginning 20th January 2025

A quieter week in the PE department. The weather had a major impact on our clubs over the past couple of weeks. As the weather is still cold pupils can wear base layers UNDER their PE kit if they wish. Lessons outside will still 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!

Dance - all dance groups and teams are working hard to finalise their routines for the upcoming dance show at the end of February. Don't forget to get your tickets to come and watch!



Dancing THROUGH life
SONG & DANCE
Show Dates
Wednesday 26th February
Thursday 27th February
Friday 28th February 2025
at 7pm in the Hall
Tickets on sale now
£5 - Adults £3 - Concessions
Available from the Pavilion at lunchtimes
Song and dance extravaganza

Year 8 Basketball - This was a basketball festival involving teams from across the district developing key basketball skills. What a great night!

Year 8 Netball Tournament - This was postponed due to poor weather. We will contact you with another date as soon as it has been rescheduled.

U14 Girls Football - Lancashire Cup against St Michael's at home. The team fought hard showcasing some great skill but unfortunately it wasn't to be, they did not make it through to the next round.



Key Stage 3 Table Tennis - Everyone is welcome from key stage 3 for the table tennis club on Thursdays after school 3-4 in the gym.

District Swimming Gala - if you are interested in representing Parklands at the upcoming swimming gala on January 28th please contact Miss Greaves (ngreaves@parklandsacademy.co.uk)



We're so proud of the level of commitments shown by all of our pupils, well done!



We are proud to present our
February start
Adult Courses

- **Free Maths & English***
- **Counselling** Level 3
- **Accounting** Levels 3 & 4
- **Software Development** Level 3
- **Web Development** Level 5

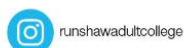
Study at times to suit you!

Take your next career step!



*Free if you have not achieved a 4/C or above

t: 01772 642040 e: adulteducation@runshaw.ac.uk w: www.runshaw.ac.uk





OUR MENU WEEK 4

Choose your favorite dish



Monday

- Main meal
Meatballs & spaghetti £1.90
- Vegetarian option
Veggie bolognese £1.90
- Jacket Potatoes
with various fillings
- Grab & Go
Panini £1.90
Pizza twist £1.90
Sausage roll £1.50
Meat & potato pie £1.50
Pomme bites £1.50
Chicken wraps £1.90

Tuesday

- Main Meal
Bangers & mash £1.90
- Vegetarian option
Veggie bangers & mash £1.90
- Jacket Potatoes
with various fillings
- Grab & Go
Panini £1.90
Pizza twist £1.90
Cheese pasty £1.50
Chicken wrap £1.90

Wednesday

- Main Meal
Chinese chicken curry £1.90
- Vegetarian option
Chinese veggie curry £1.90
with various fillings
- Grab & Go
Calzone £1.90
Sausage roll £1.50
Chicken wings £1.90
Peri chicken folded naan £1.90

Thursday

- Main Meal
Beef moussaka £1.90
- Vegetarian option
Veggie moussaka £1.90
- Jacket Potatoes
with various fillings
- Grab & Go
Pizza £1.20
Steak slice £1.50
Curly fries £1.50
Chicken wrap £1.90

Friday

- Main Meal
Chicken pasta arribatta £1.90
- Vegetarian option
Mac & cheese £1.90
- Jacket Potatoes
with various fillings
- Grab & Go
Pizza twist £1.90
Sausage roll £1.50
Pomme bites £1.50
Chicken wrap £1.90



Coming soon to your Form room

Valentine's Gifts bags for just £2 each. All money raised goes to Derian House.



Cash Only please.



Dancing

THROUGH life

SONG & DANCE



Show Dates



Wednesday 26th February

Thursday 27th February

Friday 28th February 2025

at 7pm in the Hall



Tickets on sale now

£5 - Adults £3 - Concessions

Available from the Pavilion at lunchtimes

Song and dance extravaganza

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**

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 HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin to take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025

Click [here](#) for career's news

Blackburn CyberFest
A family fun cyberday for our local community with lots of cyber and digital activities in collaboration with local community groups IMO and OneVoice. Talk with cyber and digital employers to find out about jobs in the sector.

FREE FOOD
FREE DRINK
FREE PARKING
ALL ARE WELCOME

Activities
• Laser Tag
• Cyber Ops Trivia
• Escape Room
• Sphero Racetrack
• Virtual Shields (VR Game)
• Cyber Mythbusting
• KI Robots
• And much more....

When
Saturday
8th February 2025

Location
University Centre at
Blackburn College
University Close,
Blackburn BB2 1LH

BOOK YOUR PLACE NOW!

**APPRENTICESHIP
ADVICE NIGHT**
THURSDAY 13 FEBRUARY 4

**NATIONAL
APPRENTICESHIP
WEEK** #NAW2025
10-16 February

**Training 2000
Apprenticeship open evenings**

Employers confirmed so far:

- Kindeva
- FORT VALE
- SACO
- Rolls-Royce
- NIS
- Chubb
- PE SECURITY LTD
- SAFRAN
- LEYLAND TRUCKS
- HEIDELBERG MATERIALS
- GA ENGINEERING

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College & University Centre**
INSPIRING EXCELLENCE

- ✓ School Leavers
- ✓ Apprenticeships
- ✓ University Degrees

**Course
Advice Mornings**

Thursday 8th February 2025
Saturday 29th March 2025

PRESTON ACROSS NORTH WEST
PRESTON • BLACKBURN
LIVERPOOL • WARRINGTON

www.myerscough.ac.uk

Career News
2025

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

Welcome to another edition of Career News, absolutely packed from cover to cover to cover with great opportunities for students of all ages.

- There are still a few open events to attend at local colleges, plus there are some opportunities for students of all ages.
- Blackburn College are hosting a Cyber Funday on 8th February, with free food and drink, free parking and the chance to find out more about cyber and digital employers, as well as taking part in various activities like Laser Tag, Virtual Shields and Sphero Racetrack. Scan the QR code on the poster to register.
- Myerscough College are hosting an advice morning and also a Football Taster Session for girls in Years 9-11.
- National Apprenticeship Week is fast approaching, so you will find lots of information about apprenticeships in this issue. Dunelm, The British Army, the NHS, B&B Systems, EDF and many more. Don't forget that you will earn whilst you learn - and you can even do a degree apprenticeship eventually, meaning no student debt.
- Young Professionals are hosting a series of online insights into industry, with some of the biggest companies in the world. Hear about the range of options available and learn how to stand out in applications and interviews.
- There is a section on CVs, with links to various sites offering support with CV writing for those Year 11s who have not yet submitted their CV for the Mock Interviews on February 27th.
- The first college interviews in school are next Thursday, with 11:00AM. A number of students have already got the aptitude tests and are now due an interview. These will be held in the Meeting Room on the Altona Campus, so the aptitude tests and are now due an interview. The next college interviews are with Wigan & Leigh College on Friday 15th. These will be held in the Conference Room - times to be posted outside the Top Office.
- Please note that a number of colleges have deadlines coming up very soon, so don't leave it too late to apply. All students should apply to at least TWO colleges, just in case a course or subject fails to run next year as a particular college due to staffing or funding issues, or GCSE results are better/worse than expected. Everyone should have a Plan B!

Have a great weekend

27th - 31st January 2025

OUTSIDE YOUR COMFORT ZONE. DO AND TRY AS YOU NEVER THOUGHT YOU COULD DO. IT IS SCARY AT FIRST BUT IT WILL ALL BE WORTH IT. IN THE END, YOU COULD FIND OUT THAT SOMETHING YOU ONCE DISLIKED COULD ACTUALLY BE SOMETHING YOU LOVE!

#NCW2025 NCW

The most packed issue of Career News so far - absolutely bursting with great opportunities for students of all ages. Avoid the horrible windy weather and sit down for a read!

Blackburn College is offering a free Cyber Funday on 8th February from 10am - 2pm, with lots of great activities and the chance to talk to cyber and digital employers in the sector. Scan the QR code on the poster to register.

LEYLAND TRUCKS

A PACCAR COMPANY

2025 APPRENTICESHIPS ARE OPEN

Visit levlandtrucksltd.co.uk/apprenticeships



Leyland Trucks have announced their apprenticeship intake for 2025 - and it includes **TWELVE Level 3 Assembly Operative** apprenticeships. The closing date is 2nd March, but don't leave it till the last minute to apply. Spend some time going through the videos, hints and tips before applying, so you give yourself the best chance of success. See Miss Berry (top office) for more information/support.

Last few college open events coming up - if you are still unsure about a college, go and have a look, ask questions, check that the subject/course you are interested in is right for you. Some Year 11s have only applied for one college - you really need a back-up option just in case. Courses can be withdrawn if they are not full or if staffing changes - or your GCSE grades are better or worse than you expected. Don't be the person who finds that out on enrolment day!

Don't forget the Westholme Apprenticeships and Careers Fair on Tuesday 4th February - with over 50 top universities and businesses in attendance. There will also be talks on student finance, university admissions and UCAS, personal statements and apprenticeships. Register now and you might win a voucher for The Ivy restaurant!

National Apprenticeship Week is fast approaching, hence the focus on apprenticeships this week. For more information or advice, please contact: pberry@parklandsacademy.co.uk

LUSoM are interviewing a number of students next week. The following week sees Wigan & Leigh College interviewing in school. I will post a list of interview times as soon as I receive them - although students will also get a reminder text from the college.

Please could I remind parents/carers of Year 10 students to sign and return the WEX consent forms. These were handed out in December and must be returned by the end of January. All the relevant paperwork for work experience is on the school website: <https://www.parklandsacademy.co.uk/parents/work-experience> or students can collect paper copies from the Top Office.