



PARKLANDS BULLETIN

22 Mar - 26 Mar 2021: Week 1



Headteacher's Message

Dear parents, carers and students,

I am pleased to announce that the lateral flow testing in school has now been completed. It is really important for me to acknowledge the very mature approach they all took and how well our students conducted their tests.

On Tuesday this week we held an online assembly with students in years 7 to 10 regarding the airdome project. Click [here](#) to access the presentation from Rhenden Pillay, the project lead. If possible, please register your support for the project [here](#) - the greater the support, the better chance Rhenden will have with the planning application. The airdome is planned to be located on the bottom playcourt, and it will contain 4 courts. Hopefully, if successful, this project will give our students an amazing facility to use during their PE lessons. I will keep you all updated as the project progresses.

Today has been Children In Need and we are close to having raised over £1000 towards this fantastic cause. As ever, our school community has shown itself to be truly charitable and thoughtful of others.

Wishing you a relaxing weekend,
Mr Mitchell

Year 7 Messages

None this week

Year 8 Messages

None this week

Year 9 Messages

None this week

Year 10 Messages

Please find the information for year 10 and 11 DofE Bronze and Silver pupils.



DofE pupils - Training walk - 27/03/21 - Need to know



- Arrive promptly before 9am at Rivington Primary school
 - Rivington Foundation Primary School
 - Horrobin Lane
 - Rivington BL6 7SE
- You should be wearing WALKING BOOTS - not wellies or trainers. - if this is an issue, you must tell NG ASAP.
- You will need to have a small rucksack to carry your lunch and perhaps a waterproof incase of any weather changes.
- Bring drinks and snacks.
- Please ensure you are promptly collected at 1pm from Rivington Primary school. If there is any change your teacher will ask you to ring home.
- Your eDofE needs to be completed - All assessors reports in or you will not be able to do the camping expedition.

Year 11 Messages

See the DofE message above in the Year 10 section.

NCS is back for the summer!

Have a look at this short film: https://www.youtube.com/watch?v=E_eKOLyT3Vs - get your application in and reserve your place. Learn new skills, challenge yourself, meet new friends - have a great summer!

Universities love to see that students have done an NCS programme, as do colleges and employers - it shows that you are the kind of person they need: a go-getter, a team player, a leader. Don't miss out.

Whole School Messages

COVID-19 home testing kits - all pupils who have previously been given parental consent for the school COVID testing will have received their home test kits. These kits are for Parklands pupil testing only. Parent and Carers can order household kits by following this link

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

All pupils who have taken the tests in school have remained professional throughout the testing process over the past 2 weeks and we would like to thank them for participating in this important process. Please continue to support your child in using the home testing kits twice weekly (with a 3-5 day gap between tests).

Perfect 3s

Has your child continued to achieve the perfect 3 since September 2021. There are 197 pupils with the perfect 3 - Well done!

Year 7: 32 pupils
Year 8: 48 pupils
Year 9: 45 students
Year 10: 38 students
Year 11: 34 students

Who had the perfect 3 last week?

Year 7: 188 pupils
Year 8: 180 pupils
Year 9: 173 students
Year 10: 170 students
Year 11: 180 students

Please congratulate your child if they are one of the perfect 3s! All BfL scores can be found in the Edulink app.

Message from Year 10 student Sarah-Beth, : On the 12 of June 2021 my dad and I are doing a sponsored motorbike ride for the Royal British Legion Poppy Appeal. It is a 1000 mile ride aimed to be completed in 24 hours. I would be very grateful if anyone could sponsor us so that we can raise as much money as possible by doing this event.

There are two ways you can sponsor us:

For the next few months I will be carrying a sponsor sheet around school with me for anyone who would like to sponsor us.

I have also set up a go 'fund me' for anyone who can't access me in school. This is the go fund me link: <https://gofund.me/ec97fab6>

Thank you very much for any support you want to give.

What a year it's been! Children are back at school at last, but as we are all aware, the pandemic has left many struggling with anxiety and other issues. You can find information in this issue on ways to help your children cope with all the changes, as well as details of organisations that can provide support to everyone.

[Please follow the link to view the Spring edition of the FIND Newsletter:](#)

7 ways to support children and young people who are worried

The document sent to you yesterday by Mr Pilling via Edulink is informed by a Cognitive Behaviour Therapy (CBT) approach to managing anxiety. CBT is one of the therapeutic approaches which is most commonly used to treat anxiety and depression. It is recognised by the NHS NICE guidelines as a suitable evidence based treatment.

CBT is a talking therapy which can help people to manage their feelings or problems by changing the way that people think and behave. It offers a practical approach which aims to help people tackle problems that can feel overwhelming by breaking them down into smaller parts and by challenging negative thinking and/or behavioural patterns in order to improve the way that they feel. This document is not intended as a substitute for therapy but to outline some of the principles that can be easily adopted to support children and young people.

1 Create a space for conversation

Demonstrate that you are available to talk but don't force the conversation at the wrong time as this may feel intrusive. Be open and consistently available, allowing conversation to flow when the young person is ready and willing to talk. Children and young people often find it easier to talk while doing another activity, such as drawing, going for a walk or baking.

2 Demonstrate calm

Try to model a calm and measured response. We know that children are good at noticing when others around them are anxious and will watch the behaviour of others to work out whether they too should feel anxious themselves. Even if you're feeling anxious on the inside, you can help the young person by remaining calm on the outside. This will help to reassure them that things might be difficult, but they are manageable.

3 Empathise and validate

We often want to reassure children, and to help find solutions to make them feel better, but first, spend time listening to the young person, ask them questions, and show an interest in viewing things from their perspective. Be accepting of their worry, anger and sadness about how things are at present. Try to avoid early reassurance which can often sound like "everything's fine". Recognise that these kinds of feelings are common and understandable. Explain that, although the physical feelings we experience in our bodies when we are anxious can be unpleasant, they are normal.

4 Introduce alternative perspectives and ways of thinking

A worry is a thought, not necessarily a fact. Listen to the young person and try to understand exactly what they are concerned about. What exactly are they worried about, and are their worries likely to happen, if so, what would it mean if they did? Exploring alternative ways of looking at things might help to put worries into perspective and in turn result in less anxiety-provoking conclusions.

Whole School Messages

5 Reduce environmental stresses

Help the young person to consider and recognise what makes anxiety worse, for example constant exposure to stressful stimuli such as too much social media/news, and the withdrawal of daily activities which may have previously provided support. Try to keep to a routine, with activities throughout the day (e.g. schoolwork, exercise, relaxing, keeping in touch with friends and sleep). However, don't add pressure if they seem overwhelmed. Instead, emphasise the importance of self-care and being kind to themselves.

6 Problem solving and coping

Focus on emphasising confidence in the young person's ability to cope and engage them in helping to think about different strategies. For example;

- (a) Future and action orientation: '...so what are we going to do about this? We can't do X... but we can do Y...'
- (b) Holding the hope: that somehow this situation may make space for something different and better to happen.
- (c) Keeping up healthy habits – school and domestic routines.

7 Check-in and monitor progress

A critical part of the process is to carefully observe the impact of any suggestions/changes in approach with the young person. This could be done using an Anxiety Thermometer which is based on the child's response; 0 being calm and content to 10 being extremely anxious, hopefully by taking these steps the young person's Anxiety Thermometer will reduce over time.

Final opportunity to sign up to the school ski trip for 2022. Only a handful of places remain! Speak to Miss Marr in PE for any further information. Contact details are on the poster below.



PARKLANDS HIGH SCHOOL SKI TRIP

- 6 full days with ski instruction
- Ski or snowboard 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.

2nd April 2022 8 days Total cost: £950 Deposit: £100

Email Miss Marr for a letter or more information
gmarr@parklandsacademy.co.uk

Parklands Eco Initiative



Below is a link to a short video clip about Earth Hour. On Saturday, 27th March at 8.30pm we ask that you turn off your lights for an hour and join in with this initiative to help highlight the plight of nature around the world. While we are still apart, let's join together and show we care about our planet's future.

https://www.panda.org/wwf_news/press_releases/?1568441/Earth-Hour-2021-shines-a-spotlight-on-the-perilous-state-of-the-planet-calling-for-urgent-action-to-set-nature-on-the-path-of-recovery

Last year, I stayed in and played board games at home with my family. It was a great way to discuss why we were doing it and how small gestures can make a difference when we all stand as one. I would love to see how you celebrate the hour. You can email your pictures to eco@parklandsacademy.co.uk

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If you fancy being more involved please follow our Eco group on Insta @parklandseco and let me know and I can then include you in our upcoming Eco initiatives around school.

Many thanks, Mrs Dewhurst

kdewhurst@parklandsacademy.co.uk

2022 Normandy Food Tour Years 7,8,9 &10



- Boulangerie – bread making
- Goats Cheese Farm
- Oyster Farm
- Visit to Bayeaux Market and shopping
- Sweet Making Factory
- Apple Juice & Cider Farm
- Arromanches 360 Cinema – D-Day Landing beaches and WWII history.
- Food Tour Party and Campfire
- Local Market and shopping at Deauville
- ... and more!



**Please see below for
links to a letter and
booking form.
Thanks, Mrs Brookes**



Staying
at
Chateau
Du Baffy



4 days 4th-7th April 2022 - £450

[Normandy Food Tour Trip Letter including Covid Cancellation Guarantee](#)

Plus details of this all inclusive price and payment plan.

[Booking Form Food Tour April 2022](#)

[Château du Baffy - 360° Virtual Tour, Video and Gallery](#)

Please email Mrs Brookes if you have any questions or would like further details.
sbrookes@parklandsacademy.co.uk

Wellbeing and mental health resilience is extremely envogue at present due to restrictions that have been levied on our social interactions.

The short film below highlights the importance of ensuring we have elements of our time devoted to 'uncoupling' from the stresses, anxieties and unpleasant emotions.

If you need a safe place to discuss any of these matters then please contact me accordingly.

Look after yourselves and thanks for reading.

<https://youtu.be/wN5BqCKO9DY>

Year 6 into Year 7 PGL Weekend



Year 7 PGL Trip

Welcome to Parklands



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

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



Following the difficult year pupils are have we know that now more than ever it is important to stay active and look after our physical and mental health. We have ran this trip before with great success and are really please to be able to offer it again.

All food and travel is included in the price and they will be accompanied by their house leaders and members of Parklands staff.

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

We will be travelling on Friday 10th September 2021, the weekend is at a reduced cost of £150

If you are interested please complete the google form [here](#) and return the slip overleaf with a deposit of £50.

Please note there is no obligation for your child to attend it is optional.

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

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

ngreaves@parklandsacademy.co.uk



Prince's Trust - 16 action packed weeks that could change your life forever!

We are pleased to announce the start date for our next Prince's Trust Team Programme in Chorley. We are recruiting now to start on 26th April 2021.

Each year the Prince's Trust Team Programme helps thousands of young people to get their lives back on track. Getting involved with the Prince's Trust Team Programme will help young people to:

- Meet new people and make new friends
- Make a difference to your local community
- Learn new skills and gain qualifications
- Get work experience in a job you enjoy
- Build your confidence
- Start looking forward to a positive future

Participants will also receive the following:

- A weekly bus pass, if they need help with travelling.
- Support throughout the programme to help gain employment.
- Students could be entitled to a bursary from the college and possible meal vouchers.
- Children in care or care leavers, 18 and under, will be able to claim a bursary from the college.
- There is a possibility that we can help to sort some food vouchers out if needed.
- Upon completion of all elements of the programme there is also the chance to gain a £100 development award of a high street voucher.

In order for us to carry out the programme safely a number of new measures have been put in place. We will be following the guidelines issued by the government and will change our measures to suit the situation as it changes in the coming weeks. A full risk assessment is available upon request.

If you are aware of any young people who you think may benefit from this programme, please contact the team in Chorley on 07739 952224 or Kerry Andrews, Programme Manager (Prince's Trust Team) Groundwork Cheshire, Lancashire and Merseyside Telephone: 01942 821 444

<https://www.unitasterdays.com/ondemand/webinar/101/criminology>

For anyone interested in studying criminology at university, here's a short webinar from Uni Taster Days, talking to three different universities about their courses, the careers a degree in Criminology can lead to and advice and application tips to think about.

Career of the Week: Racehorse Trainer (fitting as it's Cheltenham Festival week). Check out the link and watch various videos from top jockey Bryony Frost.

<https://www.parklandsacademy.co.uk/students/career-of-the-week>

Careers

The next NHS Virtual Work Experience date is the 4th April. This programme is now available to support all aspiring healthcare students as an alternative to in-person NHS work experience at this time. Students will spend a day with real healthcare professionals, in the following professions:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Radiography
- Art, drama and music therapy
- Dietetics
- Radiography
- Prosthetics and orthotics
- Speech and language therapy and pharmacy

During the work experience day, students will follow two patients from their initial presentation to recovery. Students will observe the healthcare professionals as they interact with the patients and also each other. Students will have an opportunity to ask questions and gain knowledge through teaching. This will help them to make an informed career decision as well as learn about how healthcare professionals work together as part of a multidisciplinary team. Each work experience day is completely different and students will be able to build on their knowledge of NHS careers as they see different patient cases as healthcare professionals work in a variety of settings, such as hospital and community.

You can learn more and register for the programme here:

<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

Places are just £10 a day to cover administrative costs and run the tech on the day.

You can also download the flyer at this link:

<https://alliedhealthmentor.org/wp-content/uploads/2020/12/NHSHealthcareCareersLiveVirtualWorkExperience.pdf>

If you are in Year 9, 10 or 11 and want to find out more about a career in the RAF, then this event is for you! Thursday 25 March between 1830-2030

Explore all the roles the RAF has to offer within an immersive virtual hangar, with an opportunity to discover information on key roles, as well as chat live with a specialist RAF recruiter. All from the comfort of your own home!

- Find out more about life in the RAF.
- An immersive, interactive 360° experience.
- Find your force – discover a role for you.
- View role specific information.
- Chat live with an RAF recruiter – have questions answered.



You are advised to have a responsible adult in attendance throughout the session.

Link to free registration, 25 March

<https://www.eventbrite.co.uk/e/raf-virtual-event-access-all-areas-thursday-25th-march-2021-tickets-144995002957?aff=A5PDF>

<https://www.youtube.com/watch?v=YKsj2V5hwaU&t=6s>

If you want to know more about the Centre of Excellence in Health & Social Care at Wigan & Leigh College, have a look at this short video.

https://www.youtube.com/watch?v=Xr9_T0rN8v8&t=4s

This video discusses the new T-Level in Health offered at Wigan & Leigh College. Currently there are three pathways: Adult Nursing, Mental Health Nursing and Health Care Professional. Each option is designed in conjunction with the industry and features 45 days placement as an integral part of the course. Equivalent to A Levels, they are aimed at those students intending to go on to a degree.

New T Levels film: A new [film](#) is now available explaining all about T Levels. The film is ideal for teachers and careers advisers but is also relevant for students and their parents and carers. If you like the academic rigour of A Levels, but want practical experience built in - T Levels may be for you!

Bolton College

We couldn't invite your pupils into College this year, so instead, we've brought the College to them! Over 40 videos provide an insight into career paths, jobs and life at Bolton College. Also included are:

- ✓ Tutor interviews.
- ✓ Interviews with current students, who give their thoughts on the College and the programmes they've chosen.
- ✓ Vital information for parents and carers.
- ✓ Information on the new Gold Standard T Level qualifications, available at Bolton College from this September.

We're really proud of this event, and the positive feedback we've received; Connexions said that the resources were really easy to use and helped support pupils.

www.boltoncollege.ac.uk/virtual-open

Learning Resources for students moving on to college

Subject-specific resources, with links to recommended websites, course materials and activities. These are each supported by life skills and general knowledge information, plus useful tips and resources. So if you want to know what you might be studying when you get to college, have a look at the subject(s) you have chosen: www.boltoncollege.ac.uk/bridging-resources

Business Operations Administrator - Solotus Advisors Ltd - VAC001669465

This vacancy is for a Level 3 Business Operations Administrator based in Chorley. The successful applicant will have the opportunity to undertake valuable work experience whilst gaining on the job qualifications: <https://www.gov.uk/apply-apprenticeship>

Virtual Internship from Oxford Scholastica Academy

We're excited to share that our Social Impact & Development internship is now open for bookings. If you have any students who have a passion for social impact, education, not-for-profit work or international development, as well as those with an interest in marketing and communications, this is the perfect opportunity to get all-important work experience. Our next round of virtual internships has thus far proved very popular, so we do recommend any of your students who might be interested sign up as soon as possible to avoid disappointment!

Students on this internship will:

- Support a UK education charity in order to broaden its reach and impact
- Work alongside a small team of fellow interns, and be supported by their Oxford Scholastica Mentor
- Conduct market research and design a Marketing and Communications strategy for the charity, to be implemented by the team in order to increase awareness, donations, and ultimately furthering the impact the charity makes

As a partner school your students are entitled to benefits such as:

- A bespoke 15% discount on all our online programmes
- First access to our academic conferences and online course opportunities
- You can nominate students for our Scholarship programme as part of our ambition to provide 1,000 scholarships over the next 3 years
- Your students are entitled to submit work for potential publication in our academic journals - an invaluable experience for them to refer to in their university and college applications

Follow this link for more details: <https://www.oxfordscholastica.com/online-summer-school/internships/>



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Prince's Trust

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Careers advice and support

Drop in session every Friday lunchtime for
Year 11 in A21

If you have any questions about colleges, apprenticeships, application forms, interviews ... in fact, any career-related concerns, then you should call in for a chat!

Apprenticeship Notices

APPRENTICESHIP EVENT at Training 2000 from 4.30pm - 6.30pm on Wednesday 24th March.

Visit www.training2000.co.uk/virtual to register for our virtual Apprenticeship Event.

We have Traineeships and Apprenticeships in a wide range of subject areas, so there is something to suit everyone. As we are part of the University of Central Lancashire, our apprentices will have direct progression routes to Degree Level Apprenticeships. Earn, learn and study without the debt of going to university.

If you like the idea of an apprenticeship, but don't want to commit fully at this stage, why not consider a traineeship - available in Automotive Technologies, Engineering, Information Technology, Dental Nursing, Business Administration and Accountancy.

I know National Apprenticeship Week has been and gone but have a look at this great e-magazine from Bolton College: <https://bit.ly/3cSeTlg>

Things are different this year, so we've really focused on our e-magazine, helping young people to learn about Apprenticeships in a fun and engaging way.

Former contestant of the BBC's The Apprentice, Adam Corbally, discusses Apprenticeships and positive choices in further education. Add to that the recipe for a perfect apprentice, case studies, videos, interactive quizzes and competitions, and we guarantee this e-magazine will inspire your young people!

March Parents' & Carers' Pack - All About Apprenticeships

In the [March issue](#) we look at International Women's Day, preparing for virtual recruitment, new T Levels film, apprenticeships in the fashion industry, SEND post-16 options and more!

Apprentice Medical Receptionist Leyland Surgery - VAC001684827

An Apprentice Medical Receptionist required for a GP surgery based in Leyland, completing a Level 3 Business Administrator Apprenticeship. <https://www.gov.uk/apply-apprenticeship>

Business Operations Administrator - Solotus Advisors Ltd - VAC001669465

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I have a limited supply of 'A Guide to Career Options 2021' from RateMyApprenticeship, featuring articles about interviews, CVs, cover letters, university vs apprenticeships and much more, as well as the Top 100 Apprenticeship Employer profiles. If anyone would like a copy, please drop me an email and I'll get one sent home to you (pberry@parklandsacademy.co.uk)