



# PARKLANDS BULLETIN

## Week 1

### 24th - 28th February 2025



#### Headteacher's Message

Dear parents and carers,

This week hundreds of our pupils (and some staff!) have been performing in the annual dance show. I attended on Wednesday and it was lovely to see so many pupils performing on stage, and also to see so many of their friends and families in the audience supporting them. The show is always one of the highlights of the school calendar and this year is no exception. Tonight is the final night and I'm sure it will be a spectacular finale!

This is the last full half term before for Year 11 before their exams begin, and they are very busy with lessons and revision in these very important final weeks. Some of Year 11 have also been busy this week with their Food and Nutrition NEAs - there have been some amazing smells coming from the kitchens, where pupils have planned, prepared, and cooked full menus for their GCSE qualifications.

Year 9 have also been introduced this week to the specialisms process, as they will soon be making important choices about which subjects to specialise in for Years 10 and 11. The Specialisms Evening for pupils and their families will take place on Thursday 20th March from 6.00 - 7.30. Information will be sent to Year 9 parents and carers with more information.

Next Thursday is Year 8 Progress Evening, and this will be held in school. Thank you to those of you who filled in the survey about Progress Evenings; we will be providing feedback from the survey in the coming weeks.

Next Friday is our annual Careers Fair for years 9, 10, and 11. At the fair we will have representatives from many local businesses, the Public Services, the Armed Forces, Universities, Colleges, and Apprenticeship providers. Pupils will have the opportunity to collect information and speak to staff about opportunities for future careers. It is always a really useful day for pupils to find out information to help them to make their important choices for their futures.

This has been a very busy and full first week back - the half term holiday already seems like a long time ago!

Regards,

Mrs. Batson  
Headteacher

# Key Dates

## Key Dates

### March

- 6th March - Y8 Progress Evening in school - Appointments to be made via SchoolCloud when released
- 7th March - Careers Fair for Y9,10 and 11
- 20th March - Y9 Specialisms evening 6:00-7:30 pm in school
- 21st March - Comic Relief Day - more information to follow
- 25th March - Parent Forum 6pm
- 27th March - Iftar Evening

## Year 11 Revision Timetable

Week beginning 3rd March is a week 2 and nearly all revision sessions are up and running now unless the subjects have coursework to complete.

Please still check details with the individual teachers/subjects regarding available sessions.

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

## Ramadan Update

Friday 28th February marks the beginning of Ramadan, a significant month for many of our students and families.

To support students during this time, we have put the following measures in place:

- **Form Time materials** to help all students understand the significance of Ramadan.
- **Increased staff awareness** of the challenges some students may face.
- **Additional prayer spaces** available at lunchtime and after school.
- **Iftar Evening** – Thursday 27th March (6pm - 7:30pm). Tickets will be available soon. Food donations for this event are very welcome.
- **Student-led fundraising events** throughout the month in support of Islamic Relief – more details to follow.

If you have any questions or concerns, please contact Miss Rhodes at [srhodes@parklandsacademy.co.uk](mailto:srhodes@parklandsacademy.co.uk).

**Ramadan Mubarak to all who are celebrating!**

## KS3 Religious Studies: Exploring Abrahamic Religions

This term, KS3 students have been exploring the rich traditions and beliefs of the Abrahamic religions. To deepen their understanding, students can reflect on and discuss the following questions at home:

### **Year 7: Judaism**

- What is Shabbat, and why is it important for Jews?
- How is Shabbat celebrated?



### **Year 8: The History of Christianity**

- What were the reasons for the Great Schism in 1054?
- How did the split impact Christianity?



### **Year 9: An Introduction to Islam**

- What is a mosque, and why is it important for Muslims?
- What happens inside a mosque?



**Extra Challenge:** Students in Years 8 and 9 are encouraged to test their knowledge by answering questions from the earlier year groups.

# Attendance

Dear Parents/Guardians,

I hope this message finds you well. My name is Miss Swarbrick, and I am excited to introduce myself as the new Attendance Manager for Parklands. I look forward to working with you and your children going forward.

As Attendance Manager I will be the point of contact for any attendance-related questions or concerns. I am here to assist with absences, punctuality, and any related matters to ensure students are fully engaged and receiving the best and most consistent education possible.

Please do not hesitate to reach out if you have any questions or need assistance. I look forward to working with you to support your child's success.

Warm regards,  
Miss S Swarbrick  
Attendance Manager





# 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: 61 pupils to date

Year 8: 58 pupils to date

Year 9: 48 pupils to date

Year 10: 55 students to date

Year 11: 50 students to date

All: 272 students

## How many had the perfect 3 in the previous week?

Year 7: 146 pupils

Year 8: 149 pupils

Year 9: 115 pupils

Year 10: 148 students

Year 11: 121 students

All: 679 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: 147 pupils

Year 8: 121 pupils

Year 9: 97 pupils

Year 10: 129 students

Year 11: 95 students

All: 589 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  
3rd March 2025

"When one flower blooms,  
Spring awakens everywhere."

JOHN O'DONOHUE



**Special Educational  
Needs and Disabilities  
Local Offer in  
Lancashire**

### Have You Heard the News?

Welcome back after the half-term break. Hopefully, we will now experience some better weather. There's a Pupil Premium trip to Lancaster University on Tuesday. The Year 8 Progress Evening is in school on Thursday. Learning Support remains based in N17. Have a lovely week.

[Learningsupport@parklandsacademy.co.uk](mailto:Learningsupport@parklandsacademy.co.uk)



What is the name of this spring wildflower?



Leafy Throat's answer: Hummingbird



Your mind is a garden.  
Your thoughts are the seeds.  
You can grow flowers  
or you can grow weeds.



Follow us on Instagram:

**[p\\_h\\_s\\_learningsupport](#)**

### 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 24th February 2025

A busy week back after half term with our annual dance show and basketball/handball season upon us! 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!

**Dancing Through Life Dance Show** - What a week! It's that time of year again when the countless hours of practice, dance routines and dazzling costumes are finally put together to perform our legendary annual dance show. Pupils from year 7 to year 11 have auditioned and choreographed routines or singing performances to earn their spot in the show. We have performances from soloists, duets, dance teams, PE class dances all showing incredible commitment and talent.

The week started with two full dress and tech rehearsals on Monday and Tuesday ensuring all routines ran smoothly. Wednesday was opening night and what a night it was followed by an even better night on Thursday! We still have the afternoon matinee and Friday evening performance to go and I'm sure they will be even better with a SOLD OUT Friday evening!

The cast have been truly fantastic this year with so much talent on display on stage but also they have been a true credit to the school and their parents as their behaviour backstage has been exemplary! The atmosphere has been truly magic and we hope pupils will remember this in years to come.

A massive thanks to the music department, especially Mr Penkith and all of the tech crew who made sure all of the mics were on, lights were shining and the song list was played (in the right order!) The prefects, the Peru Crew who volunteered to help with refreshments and all the staff who volunteered their time to help! We couldn't have done it without all of the help of staff and pupils who give up their own time to help create dances, sew costumes, run rehearsals, sell tickets, help with refreshments etc. so THANK YOU!





## Whole School Messages

**Year 9 Chorley District Basketball Tournament** - the squad played teams from St Michaels, Holy Cross and Southlands. After a nail biting competition the boys secured 2nd place. Well done!



**Year 11 Chorley District Handball Tournament** - Their last ever Handball competition representing Parklands. The team played some very strong teams showing some great skill and tactics. After some great attacking plays and some nail biting defending it was all down to the last match...a great game but unfortunately it ended in a loss. **HOWEVER** they secured second place. Well done. We are very proud of you.



**Ski Trip Italy** - Over the February half term Miss Marr, Miss Sullivan and Mr Cross took some of our students on the ski trip to Pila, in the Aosta Valley, Italy. It was a wonderful week filled with skiing and lots of fun apres ski activities too. Many of our students were beginners who had never skied before and they all made great progress, as did our more experienced skiers who finished the week trying out some black runs! We had many wonderful comments from members of the public, and the Interski staff, about the conduct of our students and we were really proud of them.

The ski trip runs every two years and the next one will be open to students currently in years 7, 8 & 9 soon. If you would like to register your interest in attending the next one, please email Miss Marr at [gmarr@parklandsacademy.co.uk](mailto:gmarr@parklandsacademy.co.uk) to ensure you are sent the information as soon as we have details from the tour operator.



# Barcelona Dance Trip 2026

Sunday 24th May – Thursday 28th May 2026

All pupils, in current Y7-9, who dance inside and outside of school are welcome to attend!

- Flights to and from Spain
- 4\* Accommodation in Lloret De Mar
- Breakfast, lunch and dinner at the hotel
- 4 professional dance sessions
- Visit to Girona
- Visits to the Lloret De Mar Beach
- Bowling
- Full day at the local waterpark
- 1 x tour t shirt

**absolute**  
travel&tours

Total Cost estimate £895.

Deposit of £250 required by 28th March 2025

**NOW TAKING DEPOSITS VIA SCOPAY UNDER  
BARCELONA DANCE TRIP**



# Barcelona Football and Netball Tour



Saturday 24th (Sunday 25th) May – Thursday 29th (Friday 30th) May  
2025

Pupils in current years 7-10 who play and attend school Football/Netball club are welcome to attend!

- 2 professional coaching sessions
- Festival Matches against other schools
- A stadium tour and museum/shop visit.
  - Visit to Las Ramblas
- Visits to the Lloret De Mar Beach
- Bowling on one of the evenings included in price
  - Sightseeing in Barcelona
- All meals during the trip are included in the price. Breakfast and Tea and a packed lunch for days when out of resort
  - Waterpark Excursion on the final day.
  - 2 x Tour tops TBC

Total Cost On SCOPAY NOW £850



**ANY QUESTIONS CONTACT**  
[ngreaves@parklandsacademy.co.uk](mailto:ngreaves@parklandsacademy.co.uk)



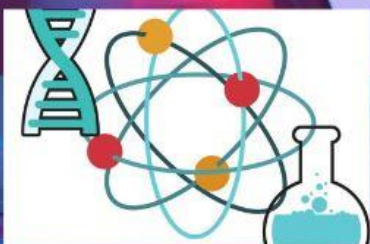


# KS3 Science Club

# 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.

## Vacancies

Click [here](#) for more details.

### HR and Finance Officer

Ref: SCH-AFM-0025

17 day(s) remaining

**Establishment:** Aspirational Futures Multi Academy Trust

**Location:** Aspirational Futures MAT Central Office, Euxton Lane, Chorley PR7 6TE

**Salary:** 27268.66 - 31066.89

**Department:** ADM

**Job Type:** Full Time

**Closing Date:** 17/03/2025 13:00

**Interview Date:** 26/03/2025

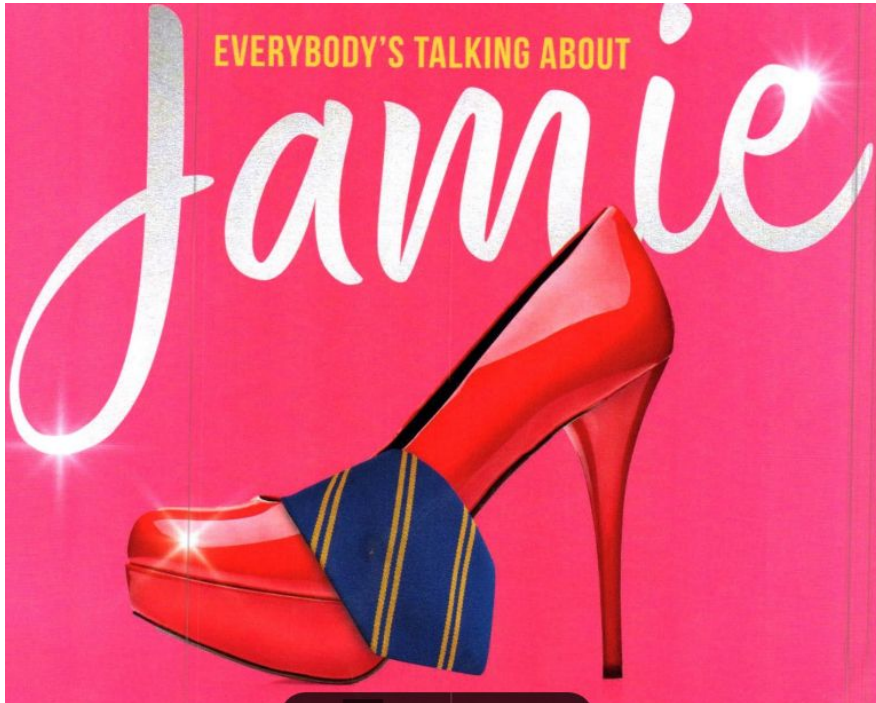
**Start Date:** As soon as possible

## Whole School Messages

### Theatre Shows

We are thrilled to share that three of our pupils, past and present, are starring in the below productions 'Jamie' at the Grand Theatre in Blackpool and 'The Witches of Eastwick' at the Horwich Amateur Theatre Society. Seb Holbert, Ebony Williams and Jake Newns are joining the cast of Jamie with Seb Holbert starring as the lead character, and Ebony Williams and Mrs Sullivan Brown are starring in 'The Witches of Eastwick'. We wish them all luck for these fantastic shows.

Click [here](#) for the Jamie poster



Click [here](#) for the Witches poster





WESTHOLME  
PRESENTS...



5 - 8 MARCH 2025 - 7:00PM  
CROSTON THEATRE  
TICKETS ON SALE FEBRUARY 2025

Book, Music, and Lyrics by Jim Jacobs and Warren Casey

("Hopelessly Devoted to You", "You're The One That I Want", "Sandy" and "Grease") Used by arrangement with Robert Stigwood

"GREASE" is presented through special arrangement with and all authorised performance materials are supplied by Theatrical Rights Worldwide (TRW), [www.theatricalrights.co.uk](http://www.theatricalrights.co.uk)



Click [here](#) for career news

**Sidney Sussex College** | **UNIVERSITY OF CAMBRIDGE**

**The Return of The Sidney Sussex Webinar Series!**

We are excited to be re-launching our Webinar Series for this year, beginning in March and taking you all the way through the Oxbridge application cycle.

Covering: Course Choice, Student Life, Super-Curriculars, Personal Statements and more!

**Sidney Sussex Webinar Series**

Sidney is offering a series of free webinars, aimed at school students who are targeting university, and may be considering making an Oxbridge application. They are primarily directed at KS4 and KS5 students, but everyone is welcome to attend (including teachers and support staff).

[Click here to sign up to the webinar series](#)

**University of Central Lancashire** | **Apprenticeships**

**Training 2000**

**How to apply for an Apprenticeship with Training 2000**

It's as easy as 1, 2, 3!

- 1 Apply online**  
Whether you know what Apprenticeship you'd like to apply for or you are unsure, everyone will need to submit an application form on our website - [www.training2000.co.uk](http://www.training2000.co.uk) (or scan the QR code)
- 2 Meet our recruitment team**  
Our recruitment team will get in touch with you to arrange an info session. They will talk to you about all the options available. You can view Apprenticeship vacancies on our website. If there are any that you are interested in, make a note of the reference number and let your recruitment team know.
- 3 Start your career**  
You will be invited to interviews with the companies you are interested in. For while completing your Apprenticeship. If you are successful, you can start your Apprenticeship and your career!

**University of Southampton**

**BECOMING DOCTOR**

March 2025

**'Becoming a Doctor' webinar**

Join a webinar in collaboration with the University of Southampton. This is a webinar for Year 10 and 11 students and is entitled 'Becoming a Doctor'. It will explore why patient and colleague relationships are so important in the medical profession and how the University of Southampton enables their students to put patient care front and centre. Please share this opportunity with your students who are interested in the medical profession.

[Register Here](#)

**university & apprenticeship search fairs**

**Cardinal Newman College, St Augustine's sports hall**

**NETBALL TRIALS**

**WEDNESDAY 28TH MAY 9.00AM - 3.00PM**

**BASKETBALL TRIALS**

**THURSDAY 29TH MAY 9.00AM - 3.00PM**

**Cardinal Newman College, St Augustine's sports hall**

**CAREER News 2025**

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

Welcome back to the first edition of Career News for this half term. As in the previous half term, there are many events coming up, including the annual Careers Fair, which this year is being held in National Careers Week. There are some great local and national businesses attending, as well as colleges, universities and training providers, so pupils should have lots of interesting and inspiring people to talk to.

Also in the next few weeks we have the final college interviews in school (Preston, Wigan & Leigh and Runshaw Colleges). If anyone has not yet applied to college, please see Miss Berry as soon as possible (even if you intend to take up an apprenticeship position or join the uniformed services). Everyone needs a Plan B, just in case.

In this edition of Career News:

- Football, netball and basketball trials at Cardinal Newman College for anyone who has applied to the various sports academies.
- Final open event of this academic year for Runshaw College, so if you want to look around and ask questions, don't miss your chance. Not many more college open events coming up as deadlines are close.
- For those considering applying to Oxbridge in the future, have a look at the Sidney Sussex webinar series.
- Lots of great opportunities for aspiring medical and health professionals: virtual work experience with Medic Mentor, Dental Mentor and Allied Health Mentor, as well as live online conferences and webinars, aimed at supporting pupils with applications, university choices and much more.
- Final call for those intending to apply to Layland Trucks for their apprenticeship intake - these are amazing opportunities to earn while you learn at a world-leading company. There are also apprenticeships at Santander, Dunelm, Tesco and more. Year 11 had an assembly earlier this week on apprenticeships.
- Young Professionals and Loyds Banking Group are holding an online event to support budding entrepreneurs.
- For those keen on a STEM career, why not look into the 'Virtual Routes into STEM' course, offered by EDT, with input from Dan Miller of VYP.
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*Have a great weekend*

3rd - 7th March 2025

**Cardinal Newman College, St Augustine's Sports Hall**

**Wednesday 28th May 9-3pm**

**Thursday 29th May 9-3pm**

[cardinalnewman.ac.uk/form/sport-academy-trials-2023?event\\_id=196](http://cardinalnewman.ac.uk/form/sport-academy-trials-2023?event_id=196)

**Career News**

Lots of great opportunities in this week's Career News. There are webinars, work experience placements, apprenticeship vacancies, competitions, challenges and much more.



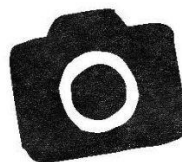
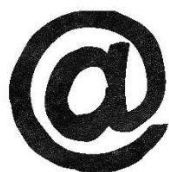
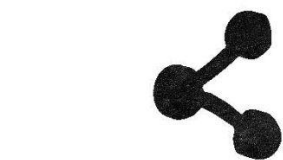
## Careers

College interviews in school w/c 10th March: Preston, Wigan & Leigh and Runshaw. If anyone has not yet applied and would like to do so, please see Miss Berry as soon as possible so you can be added to the interview schedules. Deadlines have already passed for some colleges, with others rapidly approaching. Even if you intend to take up an apprenticeship position or join the uniformed services, you need to have a college application in place just in case - lots of things can change between now and August, so it pays to have a Plan B.

Careers Fair next Friday 7th March. Lots of different employers, both local and national will be in attendance, along with colleges, universities and training providers. All of Year 9, 10 and 11 will visit the fair during the morning. If any parents/carers wish to attend, please email: [Ms P Berry](#)

# Online Sexual Harassment

Advice for Parents and Carers of 13-17 year olds



The thing that is happening online but nobody talks about

Childnet has produced this guidance to help parents and carers and their teenage children talk about the important issue of **online sexual harassment** – specifically when this is happening between children of **around the same age**.



## What is online sexual harassment?

At its simplest, it is any unwanted sexual comments or actions that occur online. This is something that young people are likely to be seeing and impacted by even if they are not directly involved.

Here are some examples:

- Sharing sexual gossip or rumours online
- Editing photos to make them sexual
- Offensive sexual language and name-calling online
- Sharing someone else's sexual images online or threatening to do so
- Receiving unwanted sexual requests, comments and images

### It is hard for young people to know what to do

When it is other young people doing or saying these things it can be very hard for a young person to know what to do or how to challenge it. They may not even realise that what they

are experiencing is not ok until it has been occurring for a while or until it happens to them or someone they know.

### What did our research tell us?

It is hard for young people to talk about this

We found that one of the biggest concerns for parents and carers is their child keeping something worrying that happens to them online to themselves. Here are some of the reasons young people may be reluctant to talk to their parents or carers about these issues:

- Too embarrassed
- Worried about what would happen next
- Worried about being targeted by those involved
- Worried about getting in trouble
- Don't see it as something serious

## How do young people want you to help?

Discussing topics like this can be difficult for you and them. The nature of your situation could present an added challenge too, as the relationship with your child may just be developing. Young people have told us, however, that they do want to talk about this and how they would like their carers to support them:

### Be

- Available to talk to, even if it seems like we may not need you
- Reassuring and understanding
- Patient
- Open and honest
- Willing to take us seriously, and admit if you don't know something
- Willing to ask us how we want to be helped

### Avoid

- Overreacting and getting angry
- Judging or blaming us
- Assuming you know how we feel
- Threatening to or taking away access to the internet
- Overriding or belittling our emotions
- Taking it as a criticism of your parenting
- Shaming us for our friends or relationships

## Start a conversation

It is important to talk to young people about their lives online. Here are some ways that you can create a safe environment for those conversations:

- Regularly make time to listen and be available for a chat; just the two of you, with no agenda and no distractions.
- Ask open questions about your child's friends and the time they spend online. Include the online world in the conversations you have about relationships and growing up.
- Let your child know that they can come to you with any problem they have, and you will be there for them. They may need regular reassurance.
- Use a distancing technique – ask about what other young people at school are going through or dealing with online, so they don't have to talk about first-hand experience.

## Further information...

For more information about how you can help to support your child with the issue of online sexual bullying and harassment:

[childnet.com/OSHparents](http://childnet.com/OSHparents)

For general advice around online safety and how to talk about it with young people:

[childnet.com/resources/lets-talk-about-life-online](http://childnet.com/resources/lets-talk-about-life-online)

PROJECT  
**deSHAME**

Digital Exploitation and Sexual Harassment Among Minors in Europe  
For more information visit: [deshame.eu](http://deshame.eu)



Co-funded by the  
European Union



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](https://nationalcollege.com).

## What Parents & Educators Need to Know about MARVEL RIVALS

**AGE RESTRICTION**  
**PEGI 12**

ESRB advise nobody under the age of 13 should play

### WHAT ARE THE RISKS?

#### IN-GAME CHAT

Voice chat allows players to speak to teammates and opponents within the game, but in a competitive environment, some conversations can become unpleasant. Text chat is equally prominent among those playing on PC and will be shown on the side of the screen. Moderation on chats is relatively lax, so it's important to recognise that potentially inappropriate messages could arrive at any time.

#### IN-GAME PURCHASES

While Marvel Rivals is free, there is an in-game store, selling character skins from recognisable movies and comic-book titles. Each season also includes a £10 Battle Pass (much like those seen in Fortnite and Call of Duty), offering a series of exclusive cosmetic items. These passes don't expire – but they can't be purchased once the next season rolls around, creating a fear of missing out.

#### CONTACT WITH STRANGERS

With such a huge player base, it's impossible to predict whom your child will be teaming up with or playing against. They're virtually certain to run into strangers through voice and text chat, for starters. Most of these people will just be ordinary gamers enjoying the action, but there is the risk of some users behaving inappropriately with younger players – either intentionally, or because they don't realise that they're speaking to a child.

#### VIOLENT CONTENT

There's no gore in Marvel Rivals, and the violence depicted is comparatively cartoonish – but the playable characters available vary between more traditional superheroes and supervillains, and figures like Black Widow and The Punisher, who use more realistic firearms. Given the game's nature as a shooter, this may make some parents and carers uncomfortable as some players will be firing these weapons at each other.

#### INAPPROPRIATE CONTENT

The game includes some innuendos and mature themes in the dialogue, which could expose youngsters to content unsuitable for their age, detracting from a safe and family-friendly gaming experience. As we mentioned previously, the content of the in-game chat could also be age-inappropriate, ranging from swearing to mature themes to potentially harmful content.

#### FAMILIAR CHARACTERS

The inclusion of iconic characters might make Marvel Rivals appear more approachable than other games in the genre, with recognisable heroes and villains like Spider-Man and Venom. This could lead to more interest from younger players, increasing the likelihood of children playing the game without properly understanding the risks.

## Advice for Parents & Educators

### FOLLOW ESRB RATINGS

The ESRB rating for Marvel Rivals says the game shouldn't be played by anyone under 13. Most children of that age will be able to appreciate the moral compass of the roster of characters (people can play as Hela, the Goddess of Death, for example), while also ensuring that the violence, however cartoonish, won't overwhelm them.

**UNDER 13**

### FAMILIARISE YOURSELF

The game's inclusion of fan-favourite characters like Iron Man and the Hulk, plus its increasing popularity, means that younger Marvel fans will likely be eager to see what the fuss is about. Since it's free, consider playing Marvel Rivals yourself to gauge how you feel about a child playing it. Alternatively, you could let them play against the game's AI in Practice Mode, until they're old enough to compete online.

### MONITOR OR TURN OFF CHAT

Voice and text chat can both be adjusted within the in-game settings. If you're particularly concerned about exposing children and young people to them, however, you can disable both forms of chat in the game's settings. If a child wants to play alongside friends, remind them that they can use their console's party chat feature or host a call on a third-party service like Discord.

**NO CHAT**

### DISCONNECT PAYMENT OPTIONS

Parents should ensure that no payment options – such as debit cards – are linked to the game, to prevent unauthorised purchases and charges. Children can be tempted by enticing in-game offers without fully understanding the costs. Removing payment methods avoids impulsive in-game spending and instils a sense of financial awareness, teaching young people to be careful with their money.

### Meet Our Expert

Lloyd Coombes is Games Editor at the Daily Star and has been working in the gaming and tech industry for five years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, he has been published on sites including IGN, TechRadar and plenty more.



**#WakeUpWednesday**

The National College

[@wake\\_up\\_weds](https://twitter.com/wake_up_weds)

[www.thenationalcollege.com](https://www.thenationalcollege.com)

[@wake.up.wednesday](https://twitter.com/wake.up.wednesday)

[@wake.up.weds](https://twitter.com/wake.up.weds)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.02.2025



BACK BY  
POPULAR  
DEMAND

# LIVE PARENT/CARER SLEEP WEBINAR

Sleep is a  Power

We all need sleep, and some of us would  
like even more of it!

This webinar aims to provide an overview for parents/carers on the purpose of sleep, the impact of poor sleep, and advice and strategies to improve sleep and overcome some common sleep difficulties. The strategies may be applied to both adults and children and young people.



**When:**

**Wednesday 26th March; 1.00pm - 2.15pm**

## Join Our Webinars!

Our webinars are open to all young people and parents/carers of students who attend our allocated schools and colleges.

Register now using the link below or simply  
scan the QR Code to secure your spot!



<https://MarchSleepWebinar.eventbrite.co.uk>

SCAN ME



**To attend please sign up before 5.00pm Tuesday 25th March.**



COMPASSBLOOM@COMPASS-UK.ORG



@COMPASSBLOOM



01772 280123

UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF

## Holiday Activity and Food Programme

### Guidance for 15% additional criteria for pupils not on FSM with other vulnerabilities or risk factors

Oct 2024

The Holiday Activities and Food Programme (HAF) funds places for children who are eligible for benefits related Free School Meals. That is because evidence shows that children from homes with a low income are

- more likely to experience 'unhealthy holidays' in terms of nutrition and physical health
- less likely to access organised out-of-school activities
- more likely to experience social isolation

There are children who are not eligible for Free School Meals who live with other vulnerabilities or risk factors who also need support in the holidays, we are able to use 15% of our HAF budget to provide places for these children.

If you believe a pupil would benefit from a HAF place in the holidays are not on FSM but meet one of more of the following criteria, please issue vouchers for them.

- |    |  |
|----|--|
| 1. | Subject to an open Early Help Plan – with a Lead Professional supporting the family from school, Children and Family Wellbeing Service or any other early help partner   |
| 2. | Subject to a Child and Family Plan – Where the family is being supported by Children's Social Care   |
| 3. | Young Carers   |
| 4. | Children Looked After or subject to Special Guardianship Order   |
| 5. | Family in crisis –for example, sudden bereavement, illness or financial problems, refugee families and children at risk of criminal behaviour and/or exploitation.   |
| 6. | Children with Special Educational Needs or Disabilities (SEND) or Education Health and Care Plan (EHCP) <u>only if they do not meet any of the above criteria and the family are unable to access alternative or fee-paying holiday activities/childcare/ that would support their child's welfare during the holiday.</u> |

NB. We are not able to provide HAF places for all children on EHCP or SEND as this would take us over the 15%, we can use the budget for.

For further information about HAF visit our webpage

[Holiday activities and food programme \(HAF\) - Lancashire County Council](#)

Or contact us at [CFW-HAF@lancashire.gov.uk](mailto:CFW-HAF@lancashire.gov.uk)



# LOOKING FOR THINGS TO DO THIS EASTER?

ARE YOU OR IS YOUR CHILD IN RECEIPT OF FREE SCHOOL MEALS?

HOLIDAY ACTIVITY AND FOOD PROGRAMME 2025  
SPRING IN LANCASHIRE: EAT, PLAY, REPEAT!



You need a  
HAF voucher to  
book a place. Ask  
your parents or youth  
worker. The voucher  
will be emailed to  
your parents on  
March 10th.

There's so much to do  
across Lancashire



Scan me to find out more, or  
call in to your local Family Hub.

[lancashire.gov.uk/events](https://lancashire.gov.uk/events)





# HOLIDAY ACTIVITY AND FOOD (HAF) PROGRAMME EASTER 2025

DON'T MISS OUT ON HAF! –  
THERE ARE LOTS OF ACTIVITIES ON THIS EASTER

ASK YOUR PARENTS TO LOOK OUT FOR YOUR  
HAF VOUCHER IT WILL BE SENT TO THEM  
ON 10TH MARCH



There's so much to do  
across Lancashire

[lancashire.gov.uk/events](https://lancashire.gov.uk/events)





## You will get a voucher if

- You are in year 6 to 11.
- You are entitled to benefits related Free School Meals.
- Not on FSM but have another kind of vulnerability, ask school about this.

If you want to find out more ask at School  
or the Targeted Youth Service or contact:

Talkzone: **0800 511 111**

Text: **07786 511 111**

Email: **[talkzone@lancashire.gov.uk](mailto:talkzone@lancashire.gov.uk)**

Webtalk services:

**[lancashire.gov.uk/youthzone/  
get-in-touch](http://lancashire.gov.uk/youthzone/get-in-touch) or [facebook.com/  
LancashireYZ](https://facebook.com/LancashireYZ)**

Places go quickly  
so don't hang around!  
and please only book  
a place if you intend  
to use it –  
your booked place  
could stop someone  
else taking it.





# PARENT/CARER WEBINAR

## 'BUILDING CONFIDENCE AND SELF-ESTEEM'



### Join Our Free Webinar:

Empowering Parents & Carers to Build Self-Esteem in Children!



Want to help your young person develop confidence and resilience?

#### Webinar Topics:

- What self-esteem is and why it matters
- How to recognise the signs of low and high self-esteem in children
- Key factors that shape a child's self-esteem
- Practical, everyday strategies to build confidence



**When:**

**Thursday 20th March, 6pm -7pm**

### Join Our Webinar!

Our webinar is open to all young people and parents/carers of students who attend our allocated schools and colleges.

Register now using the link below or simply scan the QR Code to secure your spot!



[BCEWebinar.eventbrite.co.uk](https://BCEWebinar.eventbrite.co.uk)

SCAN ME



To attend please sign up before 5.00pm Wednesday 19th March.



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UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF

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**