



PARKLANDS BULLETIN

Week 2

27th - 30th January 2025



Headteacher's Message

Dear parents and carers,

This bulletin is published a day early this week, as tomorrow is INSET Day, which means school will be closed to pupils. We look forward to seeing everyone back to school as normal on Monday morning.

On Tuesday of this week, Mrs Donohue took a group of pupils to the premiere of the Inclusive Schools Film, which some of our pupils took part in. The premiere was a red carpet event at Duke's Theatre in Lancaster, and it was an amazing event. We are so proud of our pupils, especially those who gave speeches at the event (which must have been pretty nerve wracking!) We were really delighted to be a part of this project, and we are proud that we have been recognised as a fully inclusive school. There are photographs from the event later in the bulletin, and you can watch the film on YouTube by clicking [this link](#). I would encourage all of you to watch the film - it brought tears to all of our eyes!

I would like to remind Year 10 parents and carers that tonight is our rescheduled Progress Evening; this will take place online from 4 - 7pm. Next Thursday is Year 9 Progress Evening; this is also an online event.

Next week Year 7 have a Respect Day on Wednesday. This Respect Day focuses on disabilities, and we will have visitors in school from Daisy Inclusive UK, a small, award-winning charity based in Liverpool, who support disabled and vulnerable people. Daisy visit us every year, and it is always an enjoyable and eye-opening day for pupils and staff.

Next week continues to be a busy week for Year 11 as their journey towards exams and life beyond parklands continues. There will be Admissions interviews for Wigan and Leigh College on Wednesday and Friday.

Regards,

Mrs. Batson
Headteacher

Whole School Messages

Respect day - Year 7 will be taking part in a Respect day this week about disability. As part of the day, we will be receiving visitors from Daisy UK. If you would like to find out more about the work they do, please click on the link [here](#)

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 9 - Please be advised that there will be DTP/ACWY Immunisations taking place on February 4th (in the Pavilion) for all Y9 students whose parents/carers consented online. If you are unsure or need any further information, please contact Intrahealth on **03333 583 397 option 2**. School do not hold any information regarding the immunisations.

Year 11 Revision Timetable – Week 1 (February 3rd)

February 3rd marks the beginning of a 'Week 1' schedule. Please check with individual teachers for session details. Remember, completing any outstanding coursework should be your top priority before attending revision sessions.

Week 1	Subject
Monday	English
Tuesday	Option A
Wednesday	Science
Thursday	Option B

Secure lesson - All pupils will continue the work we have done around sustainability in their form time Secure lesson this week. This time we will be looking at preventing climate change from having a negative impact on pupils' mental health and the ways in which they can make a difference.

Head Student Message

Hello everyone,

At the weekend we represented our school at the Chorley Holocaust memorial, along with other local high schools. It was the 80th anniversary since the liberation of Auschwitz- Birkenau. The service encouraged us to remember and respect those who suffered at the time. This week during form time, students have learnt about the holocaust and explored the persecution of Jews. Being taught about the holocaust has given students time to reflect and learn about discrimination, which is still present today and why it is never ok.

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: 68 pupils to date

Year 8: 60 pupils to date

Year 9: 48 pupils to date

Year 10: 61 students to date

Year 11: 55 students to date

All: 292 students

How many had the perfect 3 in the previous week?

Year 7: 159 pupils

Year 8: 145 pupils

Year 9: 127 pupils

Year 10: 145 students

Year 11: 127 students

All: 703 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: 151 pupils

Year 8: 121 pupils

Year 9: 99 pupils

Year 10: 132 students

Year 11: 103 students

All: 606 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 February 2025

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

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

Have You Heard the News?
Here comes another busy week in school. On Tuesday, there are DTP and Meningitis/Septicaemia vaccinations for our year 9s. There is a year 7 Respect Day on Wednesday and an online year 9 Progress Evening on Thursday. Learning Support remains based in N17. Have a great week.
Learningsupport@parklandsacademy.co.uk

Inspire Quiz
What is the voltage of this type of battery?
Last time's answer: Four Pe Volt

Joke of the Week
Where's the best place to find out what's going on in February?
The WINTER-NET!

#SLEEP RECHARGES YOU
PERFORM BEST
FEEL GREAT
LEARN MORE
LOOK BETTER
SLEEP 8-10 HOURS BY NIGHT

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

KS3 Religious Studies: This term, KS3 students are exploring the rich traditions and beliefs of the Abrahamic religions. Here are some questions to discuss with your child/children this week:

Year 7: Judaism

- What are the key differences between Orthodox and Reform Judaism?
- What are the main features of a synagogue?
- How do Orthodox and Reform synagogues differ?



Year 8: The History of Christianity

- What does the term *Messiah* mean, and why was a messiah considered necessary during Jesus' time?
- What are the Gospels, and what do they reveal to Christians about Jesus?
- Are there any historical accounts of Jesus from non-Christian sources?



Year 9: An Introduction to Islam

- Who is Prophet Muhammad (pbuh)?
- Why is Prophet Muhammad (pbuh) considered a role model?
- What is the Qur'an, and why is it significant in Islam?



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

The Peru Crew



Thank you to everyone who supported our Movie Night last week, we all had a great time. Our Peru Crew are fundraising again this weekend as on Saturday, we will be Bag-Packing at Asda, Chorley. If you're out doing 'the big shop', please call in to Asda and have your bags packed for you for a small donation. Thank you for your ongoing support for this trip of a lifetime for our students.

Whole School Messages

Inclusive Schools Film Premiere

A huge well done to everybody who attended the Inclusive Schools Film Premiere on Tuesday, especially to Anastasiia and Hind who gave fantastic speeches and the dance team who performed to an auditorium of well over 100 people. All of the students represented Parklands fantastically and we can't wait to show you the finished film!



Whole School Messages

PE Update week beginning 27th January 2025

A good week of sport in the PE department this week! 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!

District Swimming Gala - A small but mighty team was selected to represent Parklands at the annual district swimming gala. The team did fantastic with some great positions won! Well done to all involved.



Y8 Girls Football District Tournament - The team played against teams from Holy Cross, Bishop Rawsthorne and St Michael's. They showed some fantastic skill throughout all games with great teamwork which led to a second place! Well done. .



Pupil spotlight - Congratulations to Finn who played in his first match representing Wales! Fantastic achievement well done!

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

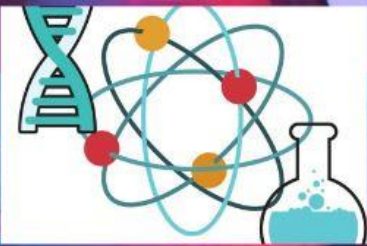
KS3 Science Club

N22

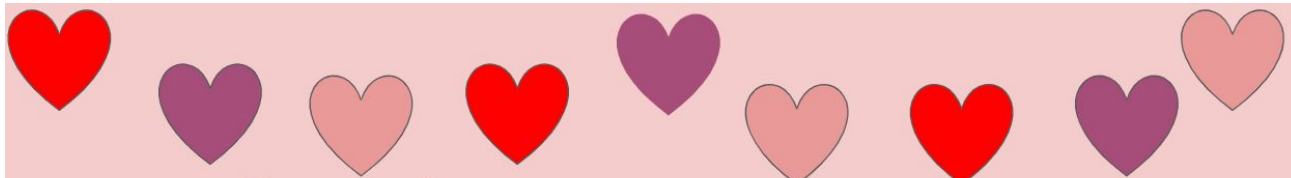


Science club will take place on **Tuesday lunch times at 1.35pm**
Students from years 7, 8 and 9 are welcome, please sign up at
the main prep-room by Monday if you would like to take part.

Science club will take place in N22



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



Coming soon to your Form room

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



Cash Only please.



Whole School Messages



Choose your favorite dish



Monday

Main Meal

Beef hotpot served with steamed veg £1.90

Vegetarian option

Vegetarian hotpot served with steamed veg

£1.90

Jacket Potatoes

with various fillings

Grab & Go

Pizza £1.20

Chicken wrap £1.90

Pies £1.50

Chicken wings £1.50

Tuesday

Main Meal

Salt & pepper chicken and egg fried rice £1.90

Vegetarian option

Salt and pepper noodles £1.90

Jacket Potatoes

with various fillings

Grab & Go

Sausage rolls £1.50

Pizza twists £1.90

Curly fries £1.50

Chicken bites £1.50

Wednesday

Main Meal

Lasagna served with garlic bread and salad

£1.90

Vegetarian option

Vegetarian lasagna served with garlic bread

and salad £1.90

Jacket Potatoes

with various fillings

Grab & Go

Pizza calzone £1.50

Chicken wrap £1.90

Chicken wings £1.50

Potato cubes £1.50

Thursday

Main Meal

Chicken curry and rice £1.90

Vegetarian option

Veggie chinchunga £1.90

Jacket Potatoes

with various fillings

Grab & Go

Pizza £1.20

Chicken wrap £1.90

Pies £1.50

Curly fries £1.50

Friday

Main Meal

Peri chicken folded naan

£1.90

Vegetarian option

Halloumi burger £1.90

Jacket Potatoes

with various fillings

Grab & Go

Pizza calzone £1.90

Panini £1.90

Chicken bites £1.50

Chicken wraps £1.90

Sausage rolls £1.50



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.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gilllett is Associate Vice-Principal for Personal Development at Penitance Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College