



PARKLANDS BULLETIN

2nd - 6th December 2024

Week 2



Headteacher's Message

Dear parents and carers,

This week our Year 11 mock exams have started, and we have been really impressed with how well they have conducted themselves so far. The exams continue next week, and we hope to see more of the same excellent behaviour and thorough preparation for the exams. Year 11 will receive their results on our mock exam results day on Tuesday 14th January.

Next week our 'We Are With You' information evening about vape usage. We have organised this evening for your information, as we are becoming increasingly concerned about vape usage amongst young people. This is an issue across the country. This takes place at 6pm on Thursday 12th December. For more information, please contact Mrs Haslam at shaslam@parklandsacademy.co.uk

Christmas activities have continued this week, with the Year 7 Christmas Party last night. It was lovely to see them all dancing, singing, and playing a variety of party games. Everyone thoroughly enjoyed the evening! The Cinema rewards event for Year 7 also takes place next week on Thursday afternoon. In addition, we are also running a new books initiative for Year 7 - the Christmas Book Flood. Please see the Year 7 section for more details. The reward trip for the other year groups to the Trafford Centre takes place after school on Thursday 19th December.

Next Wednesday is our pupil Christmas dinner; please ensure that your child has their lunch account on Scopay up to date so they can enjoy the festivities!

Mrs. Batson

Headteacher

Whole School Messages

SAFEGUARDING

IT HAS BEEN BROUGHT TO OUR ATTENTION FROM MEMBERS OF THE PUBLIC, CONCERNED PARENTS AND STUDENTS, THAT SOME OF OUR STUDENTS WHO CYCLE TO SCHOOL ARE DOING SO WITHOUT PAYING ANY ATTENTION TO THEIR OWN OR OTHERS SAFETY. QUITE A FEW ARE CYCLING WITHOUT HELMETS OR LIGHTS, RIDING ON THE PAVEMENTS AT SPEED AND THERE HAVE BEEN SOME NEAR MISSES WITH TRAFFIC, AS THEY HAVE NOT TAKEN INTO CONSIDERATION THE SPEED OF TRAFFIC OR GIVEN ANY INDICATION OF THEIR OWN DIRECTION ON THE WAY INTO SCHOOL.

PLEASE SPEAK TO YOUR CHILD REGARDING THIS, AS WE ARE RECEIVING A NUMBER OF COMPLAINTS WEEKLY AND WE WANT THIS TO STOP AND PREVENT A SERIOUS ACCIDENT. THANK YOU FOR YOUR CONTINUED SUPPORT.

MRS FAIRHURST

Secure - Preston North End Community and Education Trust will be in school on Monday, continuing with our theme of Men's mental health. They will be delivering an assembly to all pupils and have created a session for pupils in form groups to work on. This will be available via your child's Secure Google classroom at the end of the day. They will also be working with small groups throughout the day in more intensive workshops aimed at breaking down the stigma of men and boys discussing mental health issues.

Year 7 - There will be a respect day next week where Year 7 pupils will be introduced to the work we have done over the last few years on Equality at Parklands. This day will focus on anti-racism, anti-sexism, disability awareness and Sustainability. All resources will be available via your child's Secure Google classroom at the end of the day.

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: 83 pupils to date
Year 8: 74 pupils to date
Year 9: 58 pupils to date
Year 10: 86 students to date
Year 11: 69 students to date
All: 370 students

How many had the perfect 3 in the previous week?

Year 7: 171 pupils
Year 8: 151 pupils
Year 9: 125 pupils
Year 10: 145 students
Year 11: 134 students
All: 726 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: 159 pupils
Year 8: 124 pupils
Year 9: 107 pupils
Year 10: 136 students
Year 11: 111 students
All: 637 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](#)

The collage features several panels:

- Learning Support Board Week Commencing 9th December 2024**: Includes a logo for the Learning Support Board and contact information: Learningsupport@parklandsacademy.co.uk
- HAVE YOU HEARD THE NEWS?**: A text-based panel about school events like mock exams, Christmas lunch, and a reward trip.
- Inspire Quiz**: A quiz question: "In America, the name of which cartoon character is given to a thin and spindly Christmas tree?"
- Quote by Charles M. Schulz**: "It's not what's under the tree that matters, it's who's around it."
- Jobs of the Week**: A panel with a cartoon illustration of elves and a snowman, asking "What do the elves do after school?" and "Their GNOME WORK".
- Special Educational Needs and Disabilities Local Offer in Lancashire**: A panel with a "LANCASHIRE LOCAL OFFER" logo.
- The best Christmas decoration is a... Smile**: A panel with a cartoon illustration of Santa Claus and Christmas decorations.
- Useful Links**: A list of resources including ADDitude website, Autism Eye, Autism Parenting Magazine, British Dyslexia Association, The Communication Trust, FIND Newsletter, Lancashire SEND Partnership, Headspace (Meditation & Sleep), KOOH Mental Health Support, Local Offer, NHS Urgent Mental Health Helpline, and Witherlack Group.

Whole School Messages

Visit to Highfield Community Primary School: Today a small group of Year 10 RS students visited Highfield to deliver a session to **Year 5** on worldviews and the biggest influences on our worldviews. The students did a great job and the session was very well received.

Well done to Aaron, Maria, Ava and Kacie!



Whole School Messages

PE Update week beginning 2nd December 2024

A great turn out for extra curricular this week despite some disruption due to poor weather and limited facilities due to Y11 mock exams. The weather is cold so if pupils wish to wear base layers UNDER their PE kit is absolutely fine. 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!

Year 7 Netball friendly fixtures. Two teams were selected to play their first fixtures representing Parklands. Definite improvements from last week's games, we still need to work on getting in front of our defenders. They all played very well and have lots to work on in training ready for their tournament after Christmas. Well done!



Year 8 Netball friendly fixtures against teams from Holy Cross, Bishop Rawsthorpe and St Michael's. The team has definitely started to work better together demonstrating more spatial awareness and ball skills. Lots to work on for the tournament after Christmas!



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

Whole School Messages



We are running a brand new Year 7 books initiative this Christmas.

The people of Iceland celebrate **Jolabokafloð** (the Christmas Book Flood) on Christmas Eve. They exchange books on December 24th and then spend the day in bed reading them and eating chocolate. The tradition began during WW2, as paper was one of the few commodities not rationed during the war, so books were one of the few presents not in short supply. Iceland is now a nation of bookaholics - half the country's population read at least 8 books a year.

For several years now, we have run a Christmas Book Flood for staff, and this year we would like to open it up to parents of Year 7 pupils.

The Book Flood works in this way:

1. You pay £10 to join (payments are open on Scopay as 'Christmas Book Flood')
2. You complete the Google Form to nominate your child to receive a book. This can be anonymous if you wish.
3. You complete some information about your child to help us to choose a book.
4. Your child receives a gift wrapped book, specially selected for them based on your summary. They will receive this book before the last day of term, ready to open and read on Christmas Eve.
5. Any money left over buys books as gifts for children at Parklands who may not receive many gifts at Christmas. These are also distributed before the last day of term.

Last year, we were able to provide 40 books for some of our children thanks to the generosity of staff taking part in the initiative.

If you would like to join this year, please pay your £10 and complete the Google Form by 3pm on **Friday 13th December 2024.**

derian house
children's hospice



Jolly Jingles



We're
SELLING JOLLY
JINGLES

DERIAN'S
ELF ARMY

Derian House Children's Hospice

JUST £3 ALL PROCEEDS
GO TO DERIAN HOUSE
CHILDREN'S HOSPICE



Whole School Messages

Christmas Hampers

It's that time of the year that we are again asking for donations towards our Christmas hampers. This year we will be supporting our older members of the community and also some of our neediest families. We ask for all donations to be in school by Friday 15th December.

CHRISTMAS HAMPERS

This Christmas many local families will struggle .

Let's work together to put a smile on their face by donating items towards your forms Christmas hampers.

List of suggested items:

- * Tea
- * Coffee
- * Biscuits
- * Chocolate treats
- * Jam jars
- * Soups
- * Mince Pies
- * Christmas Pudding
- * Stationery
- * Reading Books
- * Word searches
- * Miniature spirit bottles
- * Crisps, snacks, nuts



WEDS, THURS, FRI -
LAST WEEK OF TERM



Christmas Karaoke



Join your staff and fellow pupils in spreading some Christmas Cheer with some Festive Just Dance and Christmas Sing-alongs.



FRIDAY 13TH DECEMBER 2024



Christmas Jumper Day

**BRING A DONATION OF £1 AND WEAR
A CHRISTMAS JUMPER WITH YOUR
UNIFORM**

**ALL MONEY RAISED GOES TO DERIAN
HOUSE WHO WILL ALSO BE JOINING
US FOR PART OF THE DAY WITH THEIR
MASCOT**

BINGO ENTRY FOR ALL PUPILS WHO DONATE!



Christmas Menu

Wed 11th DEC

Christmas Dinner Day

Turkey / Quorn roast

Sprouts / carrots

Potatoes

Yorkshire pudding

Pigs in blankets and
delicious gravy

£1.90

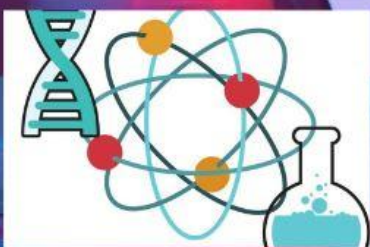
Xmas biscuits also
available

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.



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

Come and compete with the best of our KS4 scientists to win the coveted **Science Challenge Trophy**, a certificate endorsed by **Cambridge University** and **points for your house!**

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

The test will take place in N14 at 3pm on Weds 18th December

Whole School Messages



Our sponsorship page is here:

<https://gofund.me/7d94a587>

Click [here](#) to view

OUR MENU WEEK 3

Choose your favorite dish

Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Spaghetti bolognas* £1.90 Vegetarian option Veggie pasta bake £1.90 Jacket Potatoes with various fillings	Main Meal Chicken korma £1.90 Vegetarian option Chickpea and spinach curry £1.90 Jacket Potatoes with various fillings (GF)	Main Meal Jerk chicken & spicy bean rice £1.90 Vegetarian option Caribbean veggie curry & rice £1.90 Jacket Potatoes with various fillings Grab & Go	Main Meal Cottage pie £1.90 Vegetarian option Veggie quesadilla £1.90 Jacket Potatoes with various fillings Grab & Go Panini £1.90 Chicken wrap £1.90 Potato cubes £1.50 Sausage roll £1.50	Main Meal Chicken fajita £1.90 Vegetarian option Halloumi fajita £1.90 Jacket Potatoes with various fillings Grab & Go Pizza £1.20 Curly fries £1.50 Steak pies £1.50

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 MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

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/mental-health-apps>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.12.2024

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**

Click [here](#) for career news.

UNI MYTHS BUSTED

MYTH: Uni isn't for "people like me"

Have you got a picture in your mind of the type of person who goes to university? Are you worried that they aren't like you? You aren't alone.

Some data about who was at university in 2022/23 might reassure you:

- 18%** Of full time undergrads were eligible for free school meals.
- 50%** Of students were the first person in their family to go to uni!
- 22%** The number of Black & Asian students has increased by 22% since 2019.
- 91%** Of undergrads students were from state schools.

All changed

There's been a big growth in the numbers of people going to university in recent years. That means the student population has become much more diverse, as demonstrated by those statistics above. It also means that universities have adapted experience a varied groups of students expect. For example:

- Many universities teach in different styles, using practical projects or presentations rather than only essays and exams.
- All universities make sure their students have access to support for mental health and any disabilities.

Looking at the numbers

There's no getting away from the fact that everyone is affected by the current high cost of living. Students are no exception, however:

- Universities will have some additional financial support available if you are concerned about costs.
- Some universities charge their fees to support students to work part time while they are studying.
- The government have just announced a 3% increase in student maintenance support for next year.
- UCAS are also helping university applicants and Fee School leads students no longer pay the UCAS application fee.

What is a Sprint?

Hosted by experienced provider Springpod, Sprints are short online courses designed to allow students to complete a realistic task from an industry professional and the Met Office play their part!

About this Sprint

Weather plays a crucial part in our lives - but how can we understand it better and how the Met Office uses data to understand our weather and its impact? In this Sprint, students will use their skills to understand the relationships between weather and the Met Office. Damian will take students through some key aspects of the weather and guide them through a task that'll show them key patterns and relationships. Students will learn from their Met Office mentor through videos and can't wait to model answers to refine their abilities even further. Plus, they'll get a chance to hear more about data science and Damian's role at the Met Office.

Why Choose Us?

Explore 15+ Careers: Immerse yourself in real-world experiences with top professionals.

Boost Your Application: Earn a Level 3 Award in Work Experience, securing 8 UCAS points to enhance your university prospects.

Attend our Webinar!

Learn more about our programmes and decide if they're right for you.

Event Ends Soon!

Book off all summer programmes by 31st December!

Register Now

+44 (0) 203 488 5099
www.investin.org

SCHOOL OF PERFORMANCE, PRODUCTION AND MEDIA AT THE SIXTH FORM BOLTON

Take part in our fun and creative after-school clubs.

The Sixth Form Bolton is proud to offer two exciting after-school clubs for pupils with a passion for Performing Arts, Media and Music and for those interested in pursuing a career within the creative industries. These interactive sessions will help you learn and develop a wide range of performance and music skills.

COURSE 1: PERFORMING ARTS AND MEDIA

Duration: 4-week course
Dates: 20th January - 10th February
Day: Monday 4:30pm - 5:45pm
On the final week you will watch our Performing Arts Academy students perform in the comedy production of 'The City'.

COURSE 2: MUSIC AND MUSIC TECHNOLOGY

Duration: 3-week course
Dates: 20th February - 10th March
Day: Monday 4:30pm - 5:45pm

Venue: The Sixth Form Bolton
Course cost: £10 per course to be paid in full in advance
Age group: Year 10 - Year 11 pupils

To book your place please contact us on: afterschoolclubs@bolton-sfc.ac.uk

Boone Road, Bolton, BL3 5BU Tel: 01204 866215
www.bolton-sfc.ac.uk

CAREER News

2024

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

Welcome to a packed edition of Career News, full of useful advice, information and events to get involved in.

- Would-be journalists in Years 10-11 are invited to register for the Young Reporter course offered by the Lancashire Telegraph - this is a four month course during which you will submit one article per month.
- There are various open evenings coming up after Christmas - don't miss the ones at Alliance Learning or Training 2000 if you are interested in an apprenticeship position. Another really interesting one is the event at Farnworth Medical College, showcasing careers in Performing Arts.
- Bolton Sixth Form are offering two exciting after-school clubs for anyone interested in Performing Arts, Media and Music/Technology. These will run in January, but places will go quickly, so sign up now!
- Met Office is hosting a 'Sprint', a short course accessible on demand, covering Met Office careers. The course is free, only takes a couple of hours to complete and you will receive a certificate of completion, as well as learning much more about potential careers within data science.
- The last few conferences of the year for Medics. Medics are too well-known and next and cover a wide range of topics, vital for any aspiring medics. The virtual work experience programme is also on offer for any future medics, dentists, vets and allied health practitioners. If you are serious about going to medical school, you really do need to take part in these useful - and FREE! - events.
- There is so much more to do! including Uni Myths busted, practical ideas to help prepare over the cold weather months from the Woodland Trust, lots of information and advice around apprenticeships, Write from the Month from BBC Business Careers plus podcasts, webinars, virtual work experience opportunities and of course, Career of the Week.
- Finally, congratulations to the Year 10 team who won the Business Ethics Challenge at Rumbourne College this week, beating teams from four other schools to take home the trophy.

Have a great weekend

Dec - 13th December 2024

Learn, Respect, Aspire, Achieve

PARKLANDS

Career News

This week's issue of Career News is absolutely crammed full of useful information, events and opportunities for students of all ages. Take a break from the horrible weather and gloomy news on TV and settle down for a read about all things careers related!

Don't forget that certain colleges have early application deadlines, so don't miss out. College interviews start after Christmas, with Preston, Runshaw and Wigan & Leigh interviewing in school. You can change any detail on your application form: at interview, on new student day or at enrolment, so don't think you are stuck with the choices you have made forever! You are merely reserving a place at a couple of colleges at this stage.

Careers

There will be an apprenticeship assembly in the New Year, which will explain how to search for and apply to an apprenticeship position. Most vacancies will appear towards Easter, when employers know that school leavers will be looking for jobs.

However, companies like BAE Systems, Westinghouse, MBDA etc already have their vacancies on offer and the application window will close soon. If you intend to apply to any of these, please do so as soon as possible as they have already started interviewing. See Miss Berry (top office) if you need any support with applications.

There will be an assembly next week for Year 10 to launch the Work Experience programme for summer 2025. Students are expected to find their own placements, but we will of course support with this if necessary. Students are free to work in just about any industry, as long as parents/carers approve. Why not have a conversation with friends and relatives over the Christmas holiday about possible placements? They can be anywhere - in the past students have travelled to London, the Isle of Man, Scotland, Wales, Northern Ireland, Sweden, Germany ... as well as in the local area, so think big and push yourself to try something new!

Contact pberry@parklandsacademy.co.uk for more details.