



# PARKLANDS BULLETIN

## WEEK 2

6th October - 10th October 2025



### Headteacher's Message

Dear parents and carers,

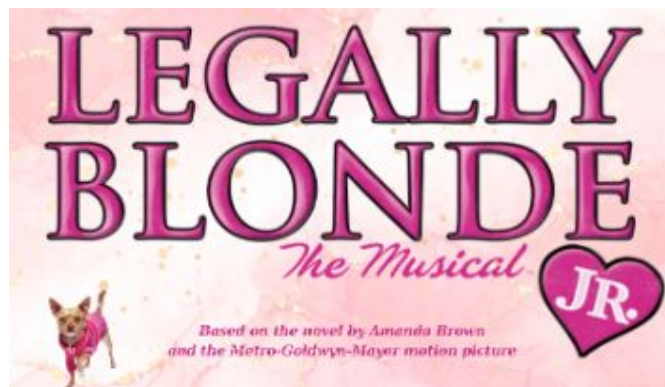
This week was the first Respect Day for Year 7, which was Super Learning Day. These sessions were mostly delivered by our Student Leaders in Years 10 and 11. The staff who supported these sessions were really impressed with the quality of the lessons, and the maturity of delivery. Our Year 7s also gave really positive feedback and they had a great day learning how to be better learners and better friends. The day concluded with a Road Safety Roadshow, delivered by external providers.

Linked to road safety, we have been concerned to receive a number of complaints from members of the local community about the road awareness of our pupils at the start and end of the day. The main issues have been related to unsafe use of bikes and pupils walking into the road whilst distracted by their phones. If your child cycles to school, could I please ask you to speak to your child about responsible and safe behaviour on bikes. It is notable that many pupils do not wear helmets, despite regular reminders from us. Pupils are also cycling on the pavement, which can be dangerous for pedestrians. In more serious cases, pupils have also been seen weaving in and out of the traffic on Southport Road. In addition, please speak to your child about the dangers of mobile phone distractions when crossing the roads

We are excited about our school production of Legally Blonde, which takes place on Thursday and Friday of next week. There are lots of children in many roles - both performing and backstage support. Tickets are available at [www.ticketsource.co.uk/parklands-high-school](http://www.ticketsource.co.uk/parklands-high-school). We look forward to seeing lots of you there!

Regards,

Mrs. Batson  
Headteacher



# Whole School Messages

## Key Dates - October and November 2025

- Thursday 16th October – Legally Blonde Drama Show, 7:00pm
- Friday 17th October – Legally Blonde Drama Show, 7:00pm
- Tuesday 21st October – Year 11 Family Revision Evening (more information to follow)
- Thursday 23rd October – Year 7 Transition Evening, 3:15–5:30pm (more information to follow)
- Friday 24th October – School closes at 3:00pm for half term
- Monday 10th November – School reopens

## Y9, Y10 and Y11 same day detentions

Please be aware that if your child should receive a **BfL 1 or 0** they will be required to serve a same day detention after school from 3pm until 3.30pm. We hope this sanction may lead to an improved focus and better behaviour in lessons. We will endeavour to notify you by text message should your child need to attend the detention, however please be aware this may not always be possible depending on the time of day. For example, if your child receives a 1 or 0 during their P5 lesson we may not be able to notify you ahead of picking your child up at the end of the day. You can also monitor your child's BFL on the EduLink app under the 'Attendance' section.

Thank you for your ongoing support.

## Year 9 Health questionnaire

- **Monday** in form time Year 9 Europe house need to go to A11 and S13
- **Tuesday** in form time Year 9 Africa house need to go to A11 and S13
- **Wednesday** in form time Year 9 ANZ house need to go to A11 and S13
- **Thursday** in form time Year 9 SAM house need to go to A11 and S13
- **Friday** in form time Year 9 ASA house need to go to A11 and S13

## Parking

Please could we ask that you are considerate when parking around school. We have received a number of complaints with regards to residents driveways being blocked and the cemetery being used as a waiting area which has impacted those wishing to visit the cemetery.

Thank you for your understanding.

## Polite reminder - Dropping items off at reception

Parents and carers are welcome to drop off forgotten items at reception, however please note that we are not able to notify pupils to let them know an item has arrived. Due to the high volume of PE kits and equipment we receive throughout the school day this is not possible. However, pupils are regularly informed and reminded that if they realise they have forgotten something they are able to check at the office to see if an item has been dropped off, even if a parent/carer hasn't been able to notify them prior. Pupils can continue to check throughout the day.

Please speak with your child to let them know that this is the protocol and therefore should they forget anything, they will know where to look.

# Whole School Messages

## Is Your Child a Young Carer?

If you think your child may have young carer responsibilities, or if you'd like to make us aware, please get in touch.

Please email Miss Rhodes (Assistant Head) [srhodes@parklandsacademy.co.uk](mailto:srhodes@parklandsacademy.co.uk) with the following information:

- Child's name
- Year group
- Who they care for
- How frequently they provide care
- Anything else you would like us to know

While young carer status does not come with additional funding, it does ensure your child is recognised and supported in school.

## Could Your Child be Eligible for Free School Meals?

Check **eligibility and apply** via Lancashire County Council:  
[Free School Meals - Lancashire County Council Lancashire.gov.uk](https://www.lancashire.gov.uk/free-school-meals/)

If you do apply, please also email Miss Rhodes (Assistant Head) [srhodes@parklandsacademy.co.uk](mailto:srhodes@parklandsacademy.co.uk)

## School Menus

To see our school menus, please click [here](#). Next week will be week 4.

## Mental Health Awareness

When children and young people experience traumatic or difficult life events, their emotional world can be shaken, and the impact may show up in their behaviour, mood, or relationships. Whether it's bereavement, a family breakdown or witnessing something distressing, the support of trusted adults can be key in helping them feel safe again. This guide looks at how to create a nurturing environment to help young people process difficult feelings. Please click [here](#)

It also shares clear, actionable strategies to promote recovery – from building emotional literacy and creating a predictable routine to recognising signs that further help may be needed. Sensitive language, patience, and presence all play a part in empowering children to move forward at their own pace. With the right support, they can rebuild a sense of security and resilience.

# Whole School Messages

## Black History Month

All pupils will continue to celebrate Black History Month's theme of 'Standing firm in power and pride' in Secure on Monday. We will be looking at famous black Britons and how they have influenced British culture and society. We will also have a fantastic guest speaker for our assembly. We are pleased to host Paris Bartholomew, who you can read more about [here](#).

## This Week in KS3 Religious Studies

This week in RS, our students have been exploring some big questions and ideas! To help spark meaningful conversations at home, here are some discussion questions you might like to explore together:

### Year 7 (Ultimate Questions)

- What is an ultimate question?
- What are some examples of ultimate questions people might ask?
- Where might religious and non-religious people try to find answers to ultimate questions?



### Year 8 (Prejudice and Discrimination)

Year 8 students have been completing their first assessment of the year: an extended piece of writing about the history of racism in Britain. As part of this, they have reflected on:

- What do you know about the treatment of Black people in Britain?
- How did this make Black people feel at the time, and how do they feel today?
- What can be done today to stop racism - by you, by school, and by the government?



### Year 9 (Human Rights and Social Justice)

- Why do Sikh and Jewish teachings place such importance on fairness?
- How do religions encourage people to act for justice?
- How can religious and non-religious people work together for justice?





# Attendance

## Weekly Attendance Update

As part of our ongoing commitment to fostering a positive and successful learning environment at Parklands, we would like to provide you with an update on the overall attendance across the school. Regular attendance is essential for student success, and we want to share important information regarding current trends, key attendance goals and ways we can work together to support all of our students.

We currently have 545 students who have 100% attendance so far this year. If your child is one of these students please congratulate them and continue to encourage their attendance, it is a great achievement.

House	This week %	This year %
ANZ	92.5%	95.1%
ASA	94.1%	95.1%
EUR	95%	95.6%
SAM	95.6%	95.3%
AFR	93.6%	95.2%
<b>Totals %</b>	95.1%	94.1%

Students are expected to be in the school building at 8:25am, heading to form at 8:30am and be in form by 8:35am. If they are arriving between 8:35am and 9:15am for any reason they need to enter through the pupil entrance and be signed in at the **Top Office**.

# 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: 142 pupils to date

Year 8: 107 pupils to date

Year 9: 117 pupils to date

Year 10: 112 students to date

Year 11: 106 students to date

All: 584 students

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

Year 7: 181

Year 8: 158

Year 9: 166

Year 10: 159

Year 11: 176

All: 840

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: 175

Year 8: 141

Year 9: 147

Year 10: 136

Year 11: 141

All: 740

**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  
13th October 2025

**"The only thing that will redeem mankind is co-operation."**  
BERTRAND RUSSELL

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

**Have You Heard the News?**  
There are just two weeks to go until the October break but the school remains very busy. The major event this week is undoubtedly the school production of *Legally Blonde*. There are rehearsals every evening with performances on Thursday and Friday. For Year Eleveens, Runshaw College are giving a special assembly on Tuesday. Meanwhile, we'll be in N19 to answer any Learning Support queries.  
[Learningsupport@parklandsacademy.co.uk](mailto:Learningsupport@parklandsacademy.co.uk)

**Where did Ernő Rubik invent the Rubik's Cube?**  
  
Lost time's answer: Block Forest Odessa

**Joke of the Week**

How do you stop an elephant from smelling? Tie a knot in its trunk!



**Many HANDS make work LIGHT**



**Follow us on Instagram:**  
**[phs\\_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

### Congratulations to our Wellbeing Prefect Team!

A huge well done to our incredible Wellbeing Prefect Team for completing an amazing challenge walking, cycling, or rowing **50 miles in just one week** in support of the **Young Minds charity**. Their energy, teamwork, and commitment to promoting positive mental health have been truly inspiring!

Donations are still being gratefully accepted. You can contribute **via cash or through Scopay** to help support this fantastic cause.

# YOUNGMINDS

### Reindeer Run



**REINDEER RUN**

Monday 15th December

£2.50 entry (on SCOPAY)  
You get some Reindeer Antlers and a sweet treat at the end!

Help raise money for Derian House.  
Run, walk, crawl or dance your way round our route!

derian house  
children's hospice

LEAMINGTON SCHOOL



Click [here](#) for career news.



As always, lots of useful information in this week's Career News: Open events, webinars, podcasts, work experience opportunities, conferences, competitions and much much more.

Next week sees two college assemblies for Year 11, plus the same colleges (Runshaw and Newman) will be in school for a lunchtime drop-in session (16th and 17th October). This is an ideal opportunity to speak to college staff and ask about courses, entry requirements, applications and interviews. Year 11 need to be getting college applications in before Christmas, as interviews start in January and places fill up very quickly. Don't forget that at this stage you are only reserving a place at a college - you can change your mind about the subject or course at any point up until enrolment in August 2026. If you are considering an apprenticeship or joining the armed services, you still need a full time college place as a backup option, as so much could change before next September!

## Careers

Each college has a different offering so it's worth going to as many open events as possible to see which one is best suited to your particular situation. Some only offer vocational courses, some just A Levels, some have a mixture of both. You need to apply to at least TWO colleges - everyone needs a Plan B.

The BAE Systems apprenticeship window opens in November. If you are interested in applying, check out the website now and be prepared:

<https://careers.baesystems.com/locations/uk/apprentices/advanced>

However, applications for MBDA apprenticeships for September 2026 are open NOW:

<https://www.mbdacareers.co.uk/early-careers/apprenticeships> - don't miss out ... some popular roles may close sooner than the advertised date, based on volumes of applicants.

You can set up an account on the [Gov.UK](https://www.gov.uk) national apprenticeship website at any time (even if you can't start an apprenticeship until the end of June 2026 at the earliest!)

<https://signin.account.gov.uk/sign-in-or-create> The process is very straightforward, but if you are struggling I have a useful booklet that breaks down each step. Email Miss Berry for details.

There are a number of free conferences coming up from Medic Mentor - these are absolutely vital for anyone in Year 10 or 11 considering a career in healthcare. Despite the number of pupils stating their intention to follow such a career path, these are very poorly attended. To stand out in interviews for medical schools, you need to have far more than just good GCSE and A Level grades. Medic Mentor also offer a free virtual work experience programme with the NHS.

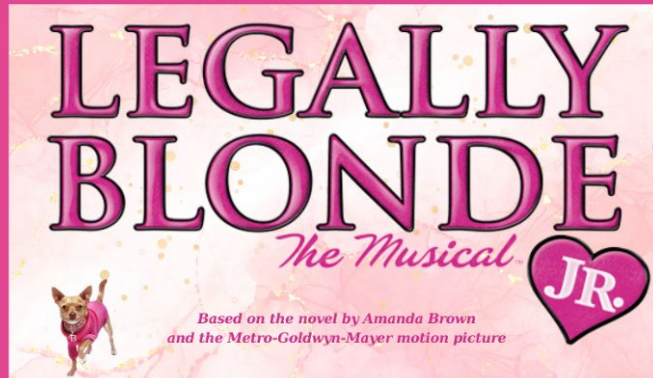
[Click here for more details and to sign up.](#)

## Whole School Messages

Legally Blonde Jr - Snap up the last few remaining tickets before it's too late!

### Parklands High School production of

Music and Lyrics by  
Laurence O'Keefe  
and  
Nell Benjamin



Book by  
Heather Hach

This amateur production is presented by arrangement with Music Theatre International.  
All authorised performance materials are also supplied by MTI ([www.mtishows.co.uk](http://www.mtishows.co.uk))

**Thursday 16<sup>th</sup> and Friday 17<sup>th</sup> October, 7pm start**

**Tickets: £3 Concessions, £5 Adult, £10 Family (up to four people)**  
**Available on Ticket Source: [www.ticketsource.co.uk/parklands-high-school](http://www.ticketsource.co.uk/parklands-high-school)**

Tickets are now on sale for our musical 'Legally Blonde Jr'. Please visit [Ticketsource](http://Ticketsource) to purchase.

## **ADHD AWARENESS EVENING**

**26TH NOVEMBER AT 6:00PM - 8:00PM**

**PARKLANDS HIGH SCHOOL INVITES YOU TO ATTEND AN EVENING OF INFORMATION ALL ABOUT ADHD AND ADOLESCENCE**

- The ADHD parent workshop will be a **practical** and engaging session that aims to provide parents with a **clear understanding** of what ADHD really is, separating facts from common **misconceptions**, and show **how ADHD affects children at school and home**.
- Parents will gain **clear, research-based insights** and **easy to use strategies** to support their child's learning and wellbeing.
- The workshop will be delivered by **Lydia Brooks**, an Assistant Educational Psychologist who currently works for **ed-Psychology Solutions**, an educational psychology service that helps identify and meet the individual and complex needs of young people across Lancashire.
- Lydia has a Masters in **Developmental Disorders** and has supported children with a wide range of special educational needs in nursery and school settings.

All parents welcome!

Please contact Lisa Williams SENCo if you would like to attend.

Email: [lwilliams@parklandsacademy.co.uk](mailto:lwilliams@parklandsacademy.co.uk)

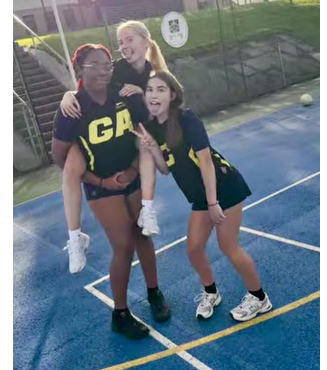


# Whole School Messages

## PE Update week beginning 6th October 2025

Another busy week in the PE department! Remember everyone is welcome to come and try clubs we offer. We have something on almost every night after school. There is no need to sign up just look at the extra curricular timetable, choose an activity, bring a kit and attend!

**KS4 Intra School Netball Tournament** Well done to years 9,10 and 11 who completed the intra school netball event. They all played very well and scored some vital house points!



**Cross Country** at Holy Cross. Our Parklands cross country runners did us proud at the Chorley district event. Well Done!



**Y7 Football** at home against Bishop Rawstorne. Their first official game representing Parklands against a very strong opposition. Some great football on display and lots to work on in practice. Well!





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).

## 10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT - HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College

X @wake\_up\_weds

f /www.thenationalcollege

@wake.up.wednesday

@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: 08.10.2025





# WRAP UP LANCASHIRE



As a school we are getting behind local initiatives and charities.

If you have any unwanted WARM COATS AND JACKETS at home please bring them in and dump them in the designated bin in the FITNESS SUITE PE office.

We will take any unwanted coats and give them to charities that support the homeless, refugees, children living in poverty and people fleeing domestic violence

\*Coats must have working zips and be in good condition/clean.

## PE HOODIES AVAILABLE



We have a large amount of PE hoodies available in school in a range of sizes for **free**.

These can be worn during PE lessons.

Please encourage your child to come and collect one from the PE office.

We have many without initials but when these run out we can offer pre-loved hoodies that do have initials on.

First come first served.

CHECK OUT OUR  
RESOURCE HUB:



Compass Bloom are the Mental Health Support Team in your school.  
We provide free support for mild/moderate mental health concerns:



MILD TO  
MODERATE  
ANXIETY



LOW MOOD:  
SADNESS, LOW  
MOTIVATION



DIFFICULTY  
MANAGING  
EMOTIONS



DIFFICULTY ADJUSTING  
TO CHANGE AND  
TRANSITION

**SPEAK TO YOUR SCHOOL ABOUT SUPPORT FROM COMPASS BLOOM  
OR GET IN TOUCH:**



COMPASSBLOOM@COMPASS-UK.ORG



01772 280123

TAKE A LOOK AT  
OUR WEBSITE:



# Peru Crew Recipe Book

## We want your recipes!

We're looking for your favourite recipes to feature in our upcoming Recipe Book.  
It can be savoury, sweet or even a drink, mocktails only please. Vegetarian  
and Vegan recipes are welcome too.

Please send the recipe along with a photograph of the dish to  
[ajohnston@parklandsacademy.co.uk](mailto:ajohnston@parklandsacademy.co.uk)







## CALLING ALL PARENTS & CARERS!



**Is your young person  
feeling more worried  
than usual?**

Are those worries starting to get in  
the way of everyday life?

We're here to help.

We're running online worry  
management courses (PODS) for  
secondary school aged young  
people across Central & West  
Lancashire.

- 6-week course
- Delivered on MS Teams
- Join alongside other young  
people who feel the same

**What we'll cover (one topic each week):**

**Session 1** - Understanding anxiety – fight, flight, freeze + intro to CBT

**Session 2** - Spotting & managing physical symptoms

**Session 3** - Challenging negative thoughts – fact or opinion?

**Session 4** - Worry tools – the worry tree, letting go & problem solving

**Session 5** - Behaviours – safety, exposure & building confidence

**Session 6** - Emotions – self-soothing, safe spaces & moving forward

**A safe space to learn, share and discover new ways  
to manage worries.**

**Want to know more?**

Scan the QR code or follow the MS link below to fill in  
a quick form.

 <https://forms.cloud.microsoft/e/x1asaVTeTL>

We'll then give you a call for a friendly chat about the  
Worry Management Course and answer any  
questions you might have.

**SCAN  
ME!**



COMPASSBLOOM@COMPASS-UK.ORG



01772 280123



@COMPASSBLOOM



@COMPASSBLOOM\_

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

# Whole School Messages

The One Stop Shop is a drop in where families can access support from different services under one roof.

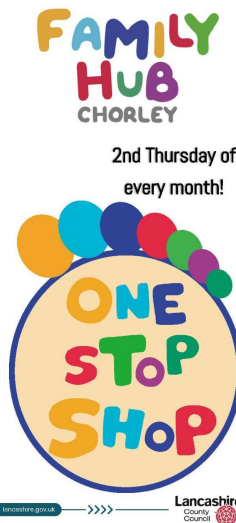


We offer a warm welcome, refreshments, and an opportunity to get help with:

- Housing
- Finance
- Accessing food banks
- Mental health support
- Emotional Health and Wellbeing
- Relationship's
- Targeted Youth Support
- Sexual Health
- Substance / alcohol
- ... & more



Drop-in  
2nd Thursday of every month  
9am till 12noon  
@  
**Inspire Youth Zone**  
**Chapel St**  
**Chorley**  
**PR7 1BS**

Children and Family Wellbeing Service  
Tel: 01257 516 316  
Email:  
Chorleyfamilyhub@lancashire.gov.uk



## SERVICES HERE TO HELP

2nd Thursday, Monthly

Get help with referrals for further support, and access to a range of community agencies, as well as information on lots of free groups (including parenting, domestic abuse, relationship communication, speech & language, and pre-school play sessions).



Inspire Youth Zone



Unify Credit Union



Chorley Buddies



Places For People



Social Prescribing



citizens advice



Home-Start Central Lancashire



Lancashire Talking Therapies



Jigsaw Homes



Christians Against Poverty



NEST Lancashire



Children & Family Wellbeing Service



... & more!

The One Stop Shop was relaunched on the 11<sup>th</sup> September, with numerous parents attending to access support for a range of support or advice needs, in one location..

Some of the feedback comments included;

*"Very helpful, all under one roof"*

*"Face to face better"*

*"Easier to speak to housing directly"*

*"All agencies were very welcoming"*

*"Face to face is better than automated machines"*

*"I've actually sat down with someone who helped me. Made my day and made me happy."*

This is running on the 2<sup>nd</sup> Thursday of every month (9<sup>th</sup> Oct, 13<sup>th</sup> Nov, 11<sup>th</sup> Dec), 9am till 12 noon, at Inspire Youth Zone Chorley.

# School Nurse Drop-In Clinic

The School Nurse service runs a weekly drop in at your school, where you can attend, to access confidential health advice.

**(no appointment needed- just turn up)**

**Emotional Health - Stress - Worries- Relationships-Healthy lifestyles  
Healthy eating – Sleep and so much more**

**Your school Nurse is - Kate McGee**

**Will be in school on-**

**Mondays**

Time: **Lunchtime**

Place: **MAT Room 2**



Scan this QR code to access  
our website:

Lancashire Healthy young People & Families Service (LHYPFS)



Scan this QR code to send a  
message to our confidential  
messaging service,  
ChatHealth





## ONLINE SUPPORT - VAPING & SMOKING FOR YOUNG PEOPLE

Book an individual 20 minute session with one of our advisors on Monday, Tuesday, Thursday or Friday between 3.30pm to 5pm - offering tips & advice on how to stop smoking or vaping.

Book your slot via:  
<https://calendar.app.google/a5B8yFpZ2f737PJa9>  
Or use the QR code



[www.smokefreelancashire.org.uk](http://www.smokefreelancashire.org.uk)

# Fireworks, The Law and You



**Fireworks can only be purchased from registered sellers for private use between:**

**15th October – 10th November  
26th December – 31st December  
3 days before Diwali or Chinese New Year**

**It is illegal to sell fireworks or sparklers to anyone under 18**

**It is illegal for anyone under 18 to possess fireworks in public**

**If you are caught with fireworks in public you could be given an on the spot fine of £80**

**It is an offence to set off fireworks between 11pm and 7am**

**It is also an offence to obstruct emergency workers**

**If you are caught committing any of these offences you could be given an on the spot fine or be taken to court where you can be given a heavier fine or prison sentence.**



**THINK ABOUT IT.**

# Firework Code



Lancashire Fire  
and Rescue Service

**Always supervise young children**

**Light sparklers one at a time**

**Keep pets indoors**

**Keep them in a closed box**

**Follow all instructions carefully**

**Stand well back**

**DO's**

**&**

**Don'ts**

**Never return to a lit firework**

**Don't give sparklers to under 5's**

**Don't set fireworks off after 11pm**

**Never put them in your pocket**

**Never throw them**



**For more information visit:**

[www.lancsfireandrescue.org.uk/bonfires-and-fireworks.aspx](http://www.lancsfireandrescue.org.uk/bonfires-and-fireworks.aspx)





Polo shirt from girlfriend £60  
Sweatband, model's own £10  
Headphones from Mum & Dad £90  
Life-long scars from messing around with Roman Candle £7.99

**FIREWORKS  
BE SAFE  
NOT SORRY**  
ALWAYS FOLLOW THE CODE

**18+** IT'S AGAINST THE LAW TO  
POSSESS FIREWORKS IN  
PUBLIC IF YOU'RE UNDER 18  
Find out more at [www.direct.gov.uk/fireworks](http://www.direct.gov.uk/fireworks)

**BIS** | Department for Business  
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**I THOUGHT  
IT WOULD BE FUNNY  
TO THROW  
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# BRAND NEW DODGEBALL CLUB

Get Ready to Dodge, Duck, Dive - Where the Fun Thrives .

Looking for a sport that's fast, exciting, and packed with laughs? ⚡ Come and play Dodgeball - the ultimate game of teamwork, speed, and skill! ⚡

If your child is aged between 8-12, then this session is perfect for them.

Why Dodgeball?

- ✓ Make new friends
- ✓ Stay active and healthy
- ✓ Build confidence and teamwork
- ✓ Most importantly... have loads of fun!

Booking 

**EVERY WEDNESDAY**  
**6PM - 7PM**

St George's Church Hall  
Halliwell St Chorley  
PR7 2AL  
(Next to St George's Church)

£4 each per session

**JOIN NOW** ☎ 07716324974

✉ [TheSittingDuckDodgeball@outlook.com](mailto:TheSittingDuckDodgeball@outlook.com)

**DON'T BE A SITTING DUCK!**



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Helping pupils as they grow.

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