



PARKLANDS BULLETIN

7 Feb - 11 Feb 2022 : Week 2



Year 7 Messages

Achievement News - just for Year 7s! Click [here](#) to see if your child has been nominated for their efforts!

Year 8 Messages

None this week

Year 9 Messages

Well done to Year 9 for their contributions on today's RESPECT Day. The visitors had nothing but praise and compliments about our pupils. We hope they enjoyed today and now feel more informed about careers.

Students are now at the start of the process of choosing their Specialist Subjects, which they will continue to study next year. They have had an assembly explaining what they ought to consider and the blocks into which subjects will fall. Videos from subject leaders will be added to the website after half term. All details of key dates and information about the courses on offer are on the school website. Please click [here](#) for the link

Year 10 Messages

None this week.

Year 11 Messages

Click [here](#) to read a letter from the Minister for Skills, Alex Burghart, regarding apprenticeships. Parents/carers - click [here](#) for the parent letter from the Minister.

Year 11 will be having an RSE Respect day next Thursday. Sessions will include both positive and negative relationships and information about sexual health.

Year 11 have been sent home today with their Statement of Entry for the Summer GCSE exams. Could you please check through this to ensure that all of the information is correct.

This week in SECURE we learnt about hidden disabilities. At the start of the lesson we were tasked with listing as many hidden disabilities as we could think of. Next, we discussed some celebrities with hidden disabilities such as Elon Musk with Asperger's Syndrome, Albert Einstein with dyslexia, dyspraxia, autism and ADHD, and Daniel Radcliffe with dyspraxia just to name a few! It was really interesting to see how these people had overcome challenges to get where they were/are now despite their circumstances.

Furthermore, we believe that we need to acknowledge the people in our lives who continue to inspire us by achieving just as highly as we do. We also looked at the sunflower lanyard and how this can really benefit those who may need it. We believe that it is important to know that people with disabilities can live their lives and achieve well. Many students said how educational it was and that they now understand this topic better than they did. Have a lovely weekend!

Alannah, Alex, Evie and Oscar.



Whole School Messages

School is closed on FRIDAY, 11th February for an INSET day. We re-open on 21st February.

Weekly Learning Support Board - click [here](#).

Due to COVID the SEN assessment day has had to be changed to 24th February 2022.

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: 43 pupils since September

Year 8: 28 pupils since September

Year 9: 50 pupils since September

Year 10: 35 students since September

Year 11: 31 students since September

How many had the Perfect 3 in the previous week?

Years 7: 156 pupils

Year 8: 109 pupils

Year 9: 139 pupils

Year 10: 132 students

Year 11: 146 students

Please congratulate your child if they have the Perfect 3. All BfL scores can be seen in the Edulink app.

Click [here](#) to access this booklet for mental health support.

Websites, helplines &
further information

My Mental Health &
Wellbeing booklet

PGL WATERSPORTS 2023



FOR MORE FOOTAGE
CHECK OUT
@PEPARKLANDS

PGL WATERSPORTS 2023



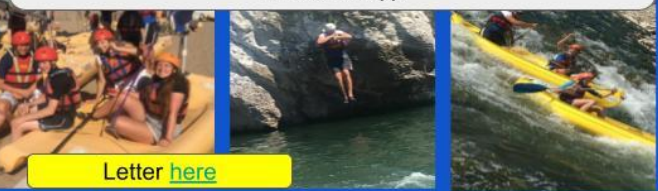
£ 725

TWO CENTRE ADVENTURE
3 DAYS BEACH WATERSPORTS @ BEACH
2 DAYS DESCENT DOWN THE ARDECHE
1 DAY AT AQUALAND

31st July - 7th August 2023

ALL FOOD, TRANSPORT, EVENING ENTERTAINMENTS, AND WATERPARK INCLUDED.

Letters have been emailed from Miss Greaves to parents via edulink app.



Email ngreaves@parklandsacademy.co.uk

Letter [here](#)

Job Vacancy

We're looking for a Lunchtime Welfare Assistant to join our friendly team of site staff to help secure the safety, welfare and good conduct of our students throughout the midday break, and help maintain the tidiness of the school grounds afterwards. Please click [here](#) for more information.

Whole School Messages

ONLY 10 PLACES LEFT - FIRST COME FIRST SERVED

SCIENCE DISNEYLAND PARIS TRIP 2023

£ 515

OPEN TO YEAR 7,8 & 9

VISIT CITE DES SCIENCE AND THE MARIE CURIE MUSEUM
CRUISE ALONG THE RIVER SEINE
1 DAY AT DISNEYLAND PARIS

3rd-6th APRIL 2023

BREAKFAST AND EVENING MEAL, TRANSPORT, TICKETS TO MUSEUMS AND DISNEYLAND INCLUDED

Letters have been emailed from Mr Madigan to parents via edulink app.



Email amadigan@parklandsacademy.co.uk

We have 2 Parent Governor vacancies - An ideal opportunity to have an input on school decisions that may affect your child. For further information or expressions of interest, please email: admin@parklandsacademy.co.uk



HOUSE COMPETITION 21/22



w/c 23rd Jan	Years 10 boys Football	EUR	6	AFR	5	SAM	5	ASA	4	ANZ	2
W/c 31st Jan	Years 11 boys Football	AFR	6	ASA	6	SAM	6	ANZ	4	EUR	4



EUROPE	83
ASIA	75
AUSTRALASIA	75
SOUTH AMERICA	78
AFRICA	85



Africa Lead by 2 points ahead of Europe...

Whole School Messages

Emotional Health & Wellbeing message

The January blues are now just a distant memory and there is no better way to celebrate than to focus on the future in the form of 'Friendly February' (my apologies for the over alliteration!)

As with some of the previous 'Action for Happiness' calendars each day will give you the opportunity to do something nice that will have a positive effect on your emotional health and wellbeing. It is also helpful to mention that parents have previously fed back to me that the activities have helped to galvanize their relationship with their children. Sounds simple and often it is!

Please feel free to give feedback on your experiences.

Kind regards,

John Pilling - Emotional Health & Wellbeing Coordinator

Friendly February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Show an active interest by asking questions when talking to others	1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Organise a virtual 'tea break' with a colleague or friend	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while
14 Tell a loved one or friend why they are special to you	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day
21 Really listen to what people say, without judging them	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun
28 Give positive comments to as many people as possible today	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them

ACTION FOR HAPPINESS **Happier · Kinder · Together**



Whole School Messages

Clear Fear

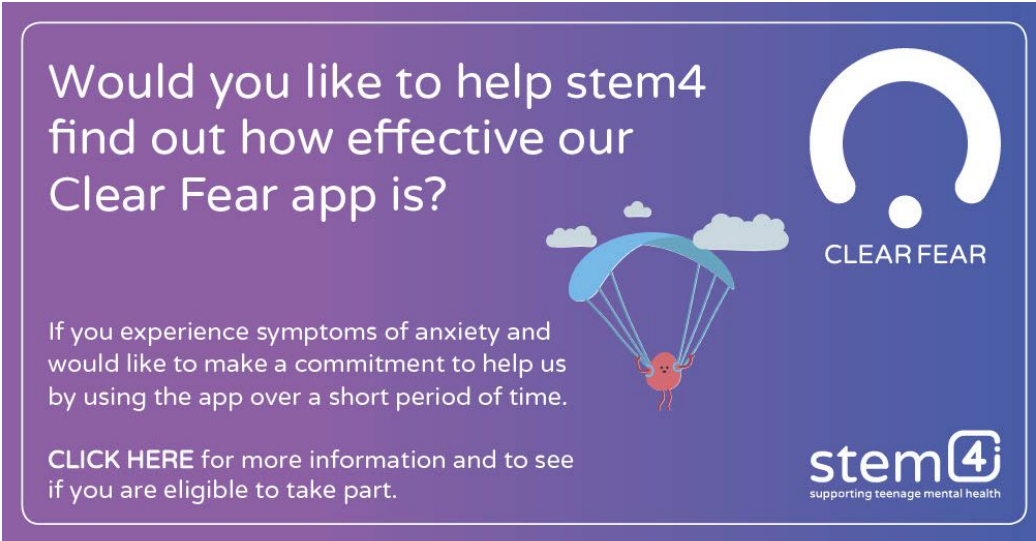
The Clear Fear app provides ways for children and young people to manage anxiety. Developed by Dr Nihara Krause, a Consultant Clinical Psychologist, together with ideas from young people, Clear Fear uses a Cognitive Behavioural Therapy (CBT) framework to help change anxious thoughts and emotions, alter anxious behaviours and calm fear responses.

The app also has helpful descriptions of the different ways in which anxiety shows, resources and a 'grit box' to boost resilience. It is recommended for the ages of 11-19 years but can be used by a younger group with the support of a parent/carer.

Clear Fear compliments, but does not substitute for the assessment and ongoing support of a mental health professional.

For further information on the app visit the Clear Fear website - click [here](#).


Available on the App Store and Google Play.




Would you like to help stem4 find out how effective our Clear Fear app is?

If you experience symptoms of anxiety and would like to make a commitment to help us by using the app over a short period of time.

[CLICK HERE](#) for more information and to see if you are eligible to take part.

 CLEAR FEAR

 stem4
supporting teenage mental health

The graphic features a purple background with a white question mark icon, a small red character with a parachute, and the logos for CLEAR FEAR and stem4.

SELF HARM

Please see the Calm Harm app for young people to sign up to and get good advice and guidance to support them.



Worried about self-harm?

Download the free Calm Harm app
Featured on NHS Apps Library

GET IT ON Google Play Available on the App Store

The graphic shows a smartphone displaying the Calm Harm app logo, which consists of a stylized 'C' and 'H' in blue and purple. The background is light grey with a blue and green gradient at the bottom.



FITNESS SUITE

You said

You said adding 'Girls only and boys only nights would encourage you to use the fitness suite'.

You said

'you would like some year group only nights.'

So we listened. This is the new Rota for the fitness suite for SPRING 1



MON	TUES	WEDS	THURS	FRI
GIRLS ONLY 9-11	BOYS ONLY 9-11	Year 9 ONLY	Year 10/11 ONLY	YEAR 9/10/11



SSLT Opportunity



We have an opening for a new red tie to help lead on our whole school careers drive, one of your roles will be to create a weekly loom.

If you are in year 10 and interested please email

ngreaves@parklandsacademy.co.uk

emy.co.uk

A colorful illustration for the Junior Bake Off poster. At the top, a string of colorful bunting (yellow, red, grey) hangs across the sky. Below it, the text 'JUNIOR BAKE OFF' is written in large, bold, red capital letters. To the right of the text is a bright yellow sun with rays. Below the title, the text '...IS LOOKING FOR THE UK'S BEST YOUNG BAKERS AGED 9 - 12' is written in green capital letters. The background features a light blue sky with a white cloud on the left and a white bird in flight on the right. In the center, there is a white tent with a bunting string hanging from its top. The ground is a light green field with several stylized trees in various shades of green and white. At the bottom of the field, there is a large pile of golden confetti or sparkles.

JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 12

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

**APPLICATIONS CLOSE
SUNDAY 13TH MARCH 2022**

Enquiries:
applyforjuniorbakeoff@loveproductions.co.uk

We are looking for young budding bakers between **9-12 years old**.

Filming would take place from July 2022, but our **applications close on Sunday 13th March 2022**.

Interested bakers can apply online at - www.applyforjuniorbakeoff.co.uk

Best wishes,

The Junior Bake Off Team

enquiries: applyforjuniorbakeoff@loveproductions.co.uk



PREFECT OF THE FORTNIGHT

PARKLANDS HIGH SCHOOL
PREFECT TEAM



Robyn Wellbeing Group

Robyn has just become a Wellbeing Prefect and although they are quiet, they have some absolutely fantastic ideas. I am really impressed by Robyn's enthusiasm and motivation. They are a brilliant addition to the wellbeing team!

Maisie Charity Group

Maisie has researched and come up with a great fundraising idea after only being on the Charity team for one week. Her enthusiasm and hard work is wonderful.

Maria Learning Support

Really gets involved with all the pupils and never lets us down!

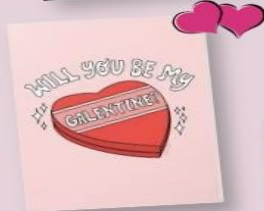
Please see Miss Greaves to collect your voucher!

LEARN

ASPIRE

ACHIEVE

RESPECT



Share the Love

For all your Valentines/Galentines cards and sweet gifts from £1.00

Visit the Pavilion at lunchtime on Monday 7th - Wednesday 9th February. Buy and takeaway or buy and we will deliver for you during form on Thursday 10th February.



All profits will be donated to The Wish Centre, Lancashire, who support victims of domestic abuse



Lots more card designs to choose from!





Play Today
Win A Getaway

Support Our Lottery This Term
WIN a Forest Staycation!

- Help give our fundraising a much needed boost
- Tickets cost just £1 a week
- Guaranteed cash prize winner every week
- Jackpot of £25,000!

Play Now! Go to:

YourSchoolLottery.co.uk/play

and search for: Parklands



Careers

Miss Berry will send out the Careers Newsletter early next week