



PARKLANDS BULLETIN

WEEK 2

8th September - 12th September
2025



Headteacher's Message

Dear parents and carers,

At the end of our first full week back, I would like to congratulate our Year 7 pupils who have made a fantastic start to their first year at Parklands. We have been really impressed with their efforts, their uniform, and their behaviour. I hope that this continues throughout the rest of the year.

This week we held our Welcome to KS3 Home Study evening, and it was lovely to see so many parents and pupils in attendance. If you have any further questions about the Home Study programme, please contact Miss Lewis-Brown who will be able to give you more information.

I would also like to congratulate our new Head Pupils - Barney, Bella, Adam, and Jenny. They went through a rigorous application and interview process, and have now received their purple ties. I would also like to congratulate the team of new Prefects and Senior Prefects. I am confident that they will all do a fantastic job this year.

We continue to ask for your support with uniform standards. In particular, can I remind you that clear retainers for piercings are not allowed in school. Also, jumpers are an optional item of uniform, and should not be worn instead of a blazer; navy blue v-neck jumpers can be worn under blazers.

We have become aware of some distressing material that is circulating on social media, especially Tik Tok. This is related to recent events in America. Issues like this are one of the reasons that we made the decision to ban the use of phones at any time during the school day. We do provide regular help and advice for pupils, parents, and carers to support online safety and responsibility. Each week, Natalie Fairhurst (DSL) shares a flyer as part of the bulletin; this is called 'Wake Up Wednesday' which gives advice on multiple aspects of digital safety. All bulletins are archived on our school website; in addition these can be accessed on Facebook, Instagram, Twitter and Tik Tok. It is also worth noting that social media sites have an age restriction, and should not be accessed by children under 13. This is one small part of the wide range of digital safety education that the pupils receive at Parklands.

Mrs. Batson
Headteacher

Whole School Messages

Key Dates - September 2025

- Friday 26th September – Macmillan Coffee Morning (more information to follow)

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.

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/carers 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.

Cashless systems - SCOPAY

To ensure smooth transactions that can be tracked and recorded for trips, food payments, uniform and more, we ask that payments are made online on SCOPAY wherever possible. We aim to reduce the amount of cash that is handled in school to improve efficiency and security. If you do not have a SCOPAY account, please email admin@parklandsacademy.co.uk stating your child's full name, form group and year group and a SCOPAY link will be sent to you. If this link does not arrive in your inbox please check your junk box.

Strictly prohibited - Aerosol sprays & perfumes

A reminder that all aerosols and perfumes sprays are not allowed in school. This is for the health and safety of both pupils and staff who suffer with medical conditions that can be aggravated by the use of these sprays. Pupils must not bring these items onto school premises. Pupils are welcome to use other types of non-aerosol deodorants.

Thank you for your support.

Whole School Messages

Parking during school drop off and pick up



In the interests of safety for all our pupils, staff & visitors, please keep the above designated areas clear of vehicles at both drop off and pick up times.

Thank you for your cooperation.

Flu Immunisation - All years

Please see the information below for the Flu immunisation this winter. Please follow the link to complete the consent/no consent form. Any queries, please contact the number below. This information has also been sent to you via Edulink.

Many thanks.

Dear Parent/Carer,

If you would like your child to receive the flu vaccine in school this year, please follow this link to complete an online consent form. If you would like to decline, please complete a no consent form on the attached link.

<https://nhsimms.azurewebsites.net/session/34c84245>

The vaccinations will take place at your child's school on 03/12/25. The link will close on the 02/11/25. If your child has already had the Flu vaccine elsewhere since Sept 2025, please complete a 'No' to consent form. If you have any problems accessing the link, please telephone 0333 3583 397 option 2 option 1.

Lockers

We are currently allocating recently purchased lockers to pupils. Once allocated the key will either be sent out via form tutors or a message will be sent out to ask students to collect it from the office. Due to the volume this can take some time, so please don't worry if your child hasn't received their key yet. Please email admin@parklandsacademy.co.uk with any questions.

Whole School Messages

Theatre Visit

We are being visited by Theatre for Schools next week and Years 7, 8 & 9 will all watch a performance of their latest piece entitled, "Invictus" this week. The themes of the play are mental health and overcoming childhood adversity and you can read more about them [here](#) if you would like to.

Secure

Monday's Secure session and assembly will be about wellbeing, particularly at times of change like the new school year. Some of our older pupils are wellbeing prefects and they will be showing pupils how to take care of their mental health and where they can get support in school if they need it.

Student Leadership Team

Congratulations to our new student leadership team!

We are thrilled to announce our newly appointed **Head Pupil**, **Senior Prefects**, and **Prefects** for the upcoming academic year.

A huge congratulations to all the students who were appointed to these important roles. They have demonstrated an exceptional commitment to our school values and we are confident they will serve as excellent role models and leaders for our student body.

We look forward to seeing all that they will accomplish. Please join us in congratulating them!

Mrs Fox

Student Leadership Lead

Head pupils

A huge thank you and well done to our outgoing Head Pupils for their outstanding leadership and commitment this past year. You have been excellent role models and we are grateful for all the hard work you've put into supporting our school community.

We are delighted to welcome our new Head Pupils and look forward to working closely with you as you step into your new roles.

Mrs Fox



Whole School Messages

Africa House

A big **well done and thank you** to our outgoing house captains Maisie G, Emily H and Hallie-Beth K . You've done a fantastic job leading your house with commitment and enthusiasm, we really appreciate all your hard work.

Now, a huge **congratulations** to our new house captains! Isobel H, Maggie L and Leen E. We're excited to see what you'll bring to the role and how you'll lead your house this year.

Let's give a big round of applause to both our past and new captains!

Miss Fox

South America House

Huge congratulations to the new heads of house, Seb and Genevieve! Our outgoing Heads of House have earned their Alumni ties so are still a very valued part of South America House. We have also announced our South America prefects and SSLT, well done!

It's the first house competition next week so we can't wait to start our winning streak!

Finally, a huge welcome Miss Barrett to South America House. Miss Barrett has taken over Argentina form and is already making her form time fun and competitive!

Miss Burrill

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 869 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	95.7%	96.3%
ASA	96.7%	96.9%
EUR	97.1%	97.2%
SAM	95.3%	95.8%
AFR	95.7%	96.6%
Totals %	95.7%	96.2%

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: 197 pupils to date

Year 8: 171 pupils to date

Year 9: 178 pupils to date

Year 10: 173 students to date

Year 11: 162 students to date

All: 881 students

How many had the perfect 3 in the previous week?

Year 7: 205

Year 8: 195

Year 9: 206

Year 10: 200

Year 11: 183

All: 989

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: TBC

Year 8: TBC

Year 9: TBC

Year 10: TBC

Year 11: TBC

All: TBC

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
15th September 2025

"Nothing can cure the soul but the senses, just as nothing can cure the senses but the soul."
OSCAR WILDE



Special Educational Needs and Disabilities Local Offer in Lancashire

Have You Heard the News?
September is of course, the ninth month of the year for us, but for the Romans, it was the seventh. It was only when they added July and August that it became the ninth month. By now, most extra-curricular activities or clubs will have begun. On Friday, the author Katherine Rundell, most famous for her recent children's novel *Impossible Creatures*, will be visiting school.
Learningsupport@parklandsacademy.co.uk

Joke of the Week



Why did the banana put on sun cream at the beach?
Because it began to peel!

Making New Friends



1. Show up
2. Join a club
3. Say nice things about other people
4. Make an effort to smile
5. Make friends with friends-of-friends



Identify this animal.



Last week's answer: Emmentid



Follow us on Instagram:
[pht_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

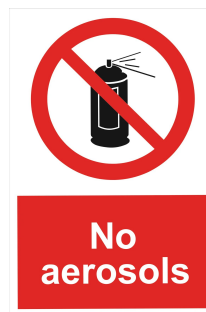
Whole School Messages

PE Update week beginning 8th September 2025

What a week for extra curricular! We have had great attendance at all of our clubs this week and would still like to welcome anyone who is interested. 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! This half term we have:

- **Boys Football** - Y7 Monday. Y8/9 Thursday Y10/11 Tuesday
- **Girls Football** - All years Friday
- **Netball** - Y8-11 Monday, Y7-9 Tuesday, Y7-11 Thursday
- **GCSE Handball** - Friday
- **Rugby** - all years Thursday
- **Cheerleading** - teams are split into key stage 3 and key stage 4 and train. Y7,8,9 Thursday, Y10/11 Tuesday
- **Pom Dance** - Y7 Monday, Y8/9 Thursday, Y10/11 Tuesday
- **Dance** - Y7 Monday, Y8/9 Wednesday, Y10/11 Thursday
- **KS3 Badminton** - every lunch (must bring trainers)

Notice - Please be advised that we have a no aerosols policy here at Parklands. This is especially important in the PE changing rooms as it is a small space and can trigger asthma attacks. Pupils are welcome to use other types of non-aerosol deodorants. Thank you for your support.



This week in pictures...



Whole School Messages

Macmillan Coffee Morning



Hi everyone,

I just wanted to give you some more information about our Macmillan Coffee Morning on Friday 26th September. It is an annual event we hold here in school, it has always been a great success and well supported by all. The students get the opportunity to buy cakes on the day and enjoy the great atmosphere in the Hall. Should they wish, students can take part in a cake auction and enter the Star Baker competition.

For this event to run we need support from home too. If you are able to send your child in with cakes to sell before or on the day, it would be greatly appreciated. We encourage home baking and Star Baker entries, however we know this is not possible for everyone, so shop bought are just as welcome.

Students need to bring cash (preferably change) with them on the day and they are allowed to wear a green or purple t-shirt with their uniform to show their support. We also have a fantastic raffle with some great prizes. More information to follow.

Thanks in advance, events like this cannot happen without the support of the whole school community.

Mrs K Dewhurst

kdewhurst@parklandsacademy.co.uk





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.

KS3 Dance Team Auditions 2025

Limited Places!

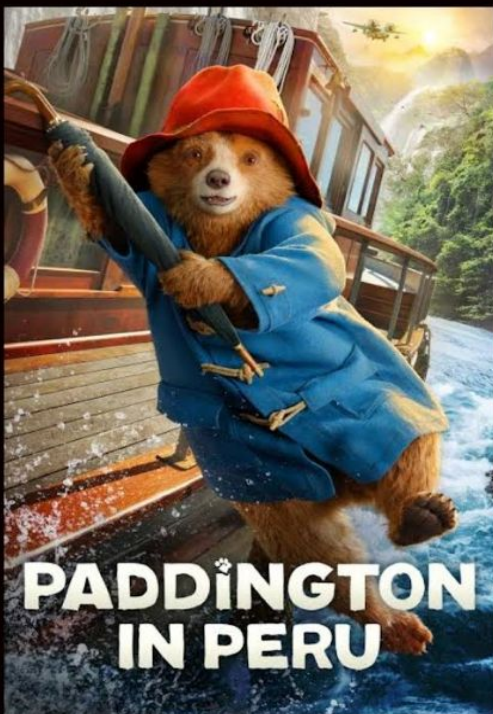


Monday 15th September 3.50pm - 5pm * Hall * Open to Years 7-9

You do not need to prepare anything. You will be taught a short routine then perform in groups.
The KS3 Dance team - will compete in both local and national dance competitions.
Have 2 routines to learn before the show next year.
Must have high levels of commitment and attendance and a good BFL.

Team members must be available for; Shine for Sally - Saturday 22nd November (evening) & Sunday 23rd November (afternoon), School dance show - 4th - 6th March 2026, and the National schools cheerleading competition - Sunday 28th June 2026.

THE PERU CREW PRESENTS



MOVIE

Night

THURSDAY

25TH SEPTEMBER

6-8PM

TICKETS £3

BUY ON SCOPAY

YEARS 7, 8 AND 9 ONLY

See Mr Johnston in The Library for more information

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



OUR MENU WEEK 3

Choose your favorite dish









Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Chicken jalfrezi £2.40 (GF) (60g) Vegetarian option Veggie korma £2.40 (GF) (75g) Jacket Potatoes with various fillings (GF) (37g) Grab & Go Sausage roll £1.50(24g) Chicken wrap £1.90(77g) Pizza £1.50(25g)	Main Meal Meatballs & spaghetti £2.40 (75g) Vegetarian option Mac & cheese £2.40 (GF) (65g) Jacket Potatoes with various fillings (GF) (37g) Grab & Go Herby potato cubes £1.50(19g) Chicken wrap £1.90(77g) Pizza twist £1.90(25g)	Main Meal Sausage mash Yorkshire pudding £2.40 (75g) Vegetarian option Quorn sausage mash & Yorkshire pudding £2.40 (70g) Jacket Potatoes with various fillings (GF) (37g) Grab & Go Panini £1.90(35g) Chicken Wrap £1.90(77g) Steak pie £1.50(28g)	Main Meal Peri chicken pasta bake £2.40 (GF) (55g) Vegetarian option Creamy garlic mushroom bake £2.40 (60g) Jacket Potatoes with various fillings (GF) (37g) Grab & Go Chicken wrap £1.90(77g) Cheese pasty £1.50(25g) Pizza twist £2.10(25g)	Main Meal Peri chicken folded naan £2.40 Veg option (65g) Halloumi folded naan £2.40 (68g) Jacket Potatoes with various fillings (GF) (37g) Grab & Go Meat & Potato pie £1.50(23g) Chicken wrap £1.90(77g) pizza £1.50(24)



Click [here](#) for career news.

GET INTO LAW VIRTUAL EVENT
FARRER & CO SLAUGHTER & MAY CLIFFORD CHANCE
FRAGOMEN A&O SHEARMAN Linklaters Mishcon de Reya
MONDAY 22ND SEPT | 5PM - 7PM

Open Event
Saturday 20 September 10am - 2pm
runshaw.ac.uk/openevent

STEM DORADO Science
Subscribe annually at <https://stemdorado.com>
6 - 14 year olds

HOW DO I WRITE A CV AND WHY DO I NEED ONE?
Top tips to get you started with your CV

CAREER News 2025
Your weekly guide to careers information, advice and news from Parklands High School

PARKLANDS
LEARN • RESPECT • ASPIRE • ACHIEVE

Career News

Have a good weekend!

Lots of really useful information in this week's Career News: conferences, competitions, virtual work experience opportunities, webinars, apprenticeship vacancies and much much more. Ignore the rain, put the kettle on and settle down for a read.

Careers

College open events coming up:

- **Burnley College** - Wednesday 17th September, 5.30pm - 8.30pm
- **Runshaw College** - Saturday 20th September, 10am - 2pm
- **Blackburn College** - Tuesday 23rd September, 4.30pm - 7.30pm
- **Westholme Sixth Form** - Tuesday 23rd September, 5pm - 7pm
- **Preston College** - Wednesday 1st October, 4pm - 7pm
- **Myerscough College** - Saturday 4th October, 10am - 2pm
- **Wigan & Leigh College** - Monday 6th October, 4.30pm - 7pm
- **Bolton Sixth Form** - Wednesday 8th October, 5pm - 8pm
- **LUSoM** - Saturday 11th October, 10am - 12.30pm

Year 11 pupils should make an effort to visit as many as possible in order to make a fully informed choice. Each college or sixth form will offer different subjects, qualifications and combinations and have different entry requirements, so it's important to make sure you will be able to do the course you want to do at the college you prefer.

There is an assembly for Year 11s on Wednesday with Wigan & Leigh College, where they will explain the application process (similar for all colleges). Pupils need to apply to at least TWO colleges and interviews will start in January, so it's important to make a start on applications fairly soon. This applies even if a pupil intends to join the armed or uniformed services or take up an apprenticeship position.

Year 11 one to one careers discussions will start next week. These are not formal interviews, rather a chat about possible future destinations and pathways. These will take place in the careers office (top office) and pupils will be sent a reminder slip with the date and time.



YOUTH FUTURES DROP IN

ARE YOU 16 OR 17 AND NOT IN SCHOOL OR WORKING?

We can help you with;

- Your next steps
- Getting into education
- Finding work
- Building your confidence
- Boosting your skills

Let's work together to figure out your next steps!

DROP IN



Chorley Library, PR7 1EB



Monday 1-4pm
Usually I'm there, but
best to check!

CONTACT US



07917 534459



01772 531 044



@youthfutures_team



youthfutures@lancashire.gov.uk

Parenting Guide: Using Life360 to Secure Your Child's Phone

1. What is Life360?

Life360 is a family safety app that helps parents stay connected with their children by providing real-time location tracking, driving behavior reports, and emergency alerts. It allows families to create private 'Circles' where members can share their locations and communicate securely.

2. How to Set Up Life360

1. Download the Life360 app from the App Store or Google Play.
2. Create an account using your email or phone number.
3. Set up your profile and create a Circle for your family.
4. Invite your child to join the Circle by sharing the invite code.
5. Grant necessary permissions such as location access and notifications.

3. Key Features for Safety

a. Location Tracking

Track your child's real-time location and receive alerts when they arrive or leave designated places like school or home.

b. Driving Reports

Monitor driving behavior including speed, phone usage while driving, and hard braking to ensure safe travel.

c. SOS Alerts

Your child can send an SOS alert with their location to all Circle members in case of emergency.

4. Tips for Using Life360 Effectively in the UK

- Discuss the app openly with your child to build trust and understanding.
- Use location alerts to monitor school commutes and social outings.
- Set up geofences around key locations for automatic notifications.
- Review driving reports together to encourage safe habits.
- Use the app's privacy settings to manage what information is shared.

5. Official Resources

For more information and support, visit the official Life360 website:

UK Site: <https://www.life360.com/en-gb/>

Support Center: <https://support.life360.com/hc/en-us>

YouTube Tutorial: <https://www.youtube.com/watch?v=BDA9kaDe9ng>

Parent Guide to Mobile Safety in the UK

Introduction

Mobile phones are a big part of children's lives. While they offer many benefits, they also come with risks. This guide helps parents in the UK keep their children's mobile use safe and healthy.

General Mobile Safety Tips

- Talk regularly with your child about how they use their phone.
- Set clear rules about screen time and appropriate content.
- Keep devices in shared family spaces when possible.
- Encourage your child to come to you if something online makes them uncomfortable.

Recommended Parental Control Apps

Here are some trusted apps that help parents monitor and manage mobile use:

- Qustodio: Offers screen time limits, app blocking, and activity reports.
- Net Nanny: Provides web filtering, alerts, and location tracking.
- Norton Family: Helps monitor web use, search terms, and time spent online.

Social Media Safety

- Know which platforms your child uses (e.g., TikTok, Instagram, Snapchat).
- Set privacy settings to limit who can contact or view your child's profile.
- Teach your child not to share personal information or location publicly.
- Encourage respectful and kind behavior online.

Screen Time Management

- Use built-in tools like Apple Screen Time or Google Family Link.
- Set daily limits and schedule device-free times (e.g., during meals or bedtime).
- Model healthy screen habits as a parent.

UK-Specific Resources

- NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- Internet Matters: <https://www.internetmatters.org/>
- Childnet: <https://www.childnet.com/>
- UK Safer Internet Centre: <https://saferinternet.org.uk/>

Comparison of Parental Control Apps

This table compares popular parental control apps that help monitor and manage children's phone usage. It includes key features, supported platforms, and pricing information where available.

App Name	Key Features	Platforms Supported	Pricing (if available)
Qustodio	Screen time tracking, app usage, web filtering, location tracking, panic button	iOS, Android, Windows, Mac	Free basic plan; Premium starts at ~£39.95/year
Net Nanny	Internet filter, app blocking, screen time management, location tracking	iOS, Android, Kindle, Windows	Starts at ~£39.99/year
Norton Family	Web activity monitoring, search tracking, location tracking, time limits	Windows, Android, iOS	Included with Norton 360 Premium (~£79.99/year)
Google Family Link	App management, screen time limits, location tracking, approve downloads	Android, iOS	Free
Life360	Real-time location tracking, driving reports, SOS alerts, check-ins	iOS, Android	Free basic plan; Premium plans available
Bark	Monitors texts, emails, 30+ apps for risks, alerts to parents	iOS, Android, Chromebooks	Starts at ~£79/year
Apple Screen Time & Family Sharing	App limits, downtime, content restrictions, purchase approvals, location tracking	iOS only	Free (built-in)

Parent Guide to Apple Family Sharing and iPhone Safety

1. Setting Up Family Sharing

Apple Family Sharing allows you to share Apple subscriptions, purchases, and more with up to six family members. To set it up:

- Go to Settings > [your name] > Family Sharing.
- Tap 'Set Up Your Family' and follow the onscreen instructions.
- Invite family members using their Apple IDs.

2. Managing Screen Time

Screen Time helps you monitor and limit your child's device usage:

- Go to Settings > Screen Time.
- Tap 'Turn On Screen Time' and choose 'This is My Child's iPhone'.
- Set Downtime, App Limits, and Content & Privacy Restrictions.

3. Using Ask to Buy

Ask to Buy sends purchase requests to the family organizer:

- Go to Settings > [your name] > Family Sharing > [child's name] > Ask to Buy.
- Turn on Ask to Buy to approve or decline purchases remotely.

4. Sharing Locations

Location sharing helps you keep track of your child's whereabouts:

- Open Find My app.
- Tap 'Share My Location' and choose family members.
- Ensure Location Services are enabled in Settings > Privacy & Security > Location Services.

5. Setting Content Restrictions

You can restrict explicit content, web access, and app downloads:

- Go to Settings > Screen Time > Content & Privacy Restrictions.
- Enable restrictions and customize settings for content, web access, and app usage.

6. Tips for Keeping Children Safe on Apple Devices

- Regularly review your child's device usage and app activity.
- Use Family Sharing to manage purchases and subscriptions.

Whole School Messages

- Enable Find My for location tracking.
- Discuss online safety and responsible device use with your child.

Autism Training

Oliver House, a specialist autism school, are offering free training to any parents. There will be ten courses:

15th September 2025 Parent led session about 3 case studies

13th October 2025 ADHD and Autism

10th November 2025 Social communication challenges

8th December 2025 Girls with autism and masking

19th January 2026 Sensory challenges in autism

23rd February 2026 Social anxiety and isolation

23rd March 2026 PDA evening slot 6.30pm-8.30pm

27th April 2026 Executive functioning difficulties

8th June 2026 Challenging behaviour and autism

The courses will run from 10am to 12 noon and there are 80 places on each course- Except the 23rd of March which is an evening session.

Tea & coffee will be provided

Please note that if you wish to attend you **must** book on the courses. Please contact Jenny Powell at Oliver House School on 01257 220011 to book.

**Venue: Valley Church, Fourfields, Bamber Bridge,
Preston, PR5 6GS**

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 CONSPIRACY THEORIES

Conspiracy theories are false or misleading beliefs that explain events as secret plots, often involving powerful groups. While once fringe, they are now more accessible through digital media, online influencers and because of algorithmic recommendations. The DfE guidance document, 'Keeping Children Safe in Education' (KCSIE) explicitly recognises conspiracy theories as potential content risks. This guide will help parents and educators understand the risks, spot the signs, and build children's resilience to conspiracy theories.

WHAT ARE THE RISKS?

UNDERMINING TRUST

Conspiracy theories can lead children and young people to distrust democratic institutions and British Values, teachers, and even their own families and loved ones. This erosion of trust makes young people more vulnerable to extremist narratives by isolating them from reliable sources of information.

ONLINE ALGORITHM TRAPS

Social media platforms can often recommend sensationalist content. Once a child engages with one conspiracy-themed video or post, algorithms push more of the same, thereby creating an echo chamber that can intensify their beliefs.

MENTAL HEALTH IMPACT

Exposure to frightening conspiracy content, such as global plots, viruses, or government control, can fuel feelings of anxiety, paranoia, or hopelessness. For some young people, it can trigger prolonged distress or obsessive thinking.

GATEWAY TO EXTREMISM

Conspiracy theories can often overlap with extremist ideologies. Narratives that blame specific groups, such as politicians, scientists, or particular ethnic groups, can groom children in ways that foster hate, bigotry, and radicalisation.

CONFLICT WITH PEERS

Belief in conspiracy theories can lead to isolation or conflict at school. Children may struggle with peer relationships if they express these beliefs or become distrustful of others who disagree; sometimes, confrontation can even result in a strengthening of the belief in the conspiracy theory.

ERODED CRITICAL THINKING

Young people influenced by conspiracies may reject evidence-based learning. This risks undermining their academic progress and weakening their ability to think critically, assess risks, or engage in healthy debate.

Advice for Parents & Educators

I WANT TO BELIEVE

CREATE SAFE CONVERSATIONS

Don't mock or dismiss any questions that children and young people ask about conspiracy theories. Instead, create open, judgement-free spaces to talk. This strengthens trust and makes it more likely they will confide in you.

PROMOTE CRITICAL THINKING

Teach young people how to assess information critically. Encourage them to ask appropriate questions, such as: Who is telling me this? What evidence is there? What do other trusted sources say? Use real examples from current media to explain your answers and reasoning.

MONITOR DIGITAL BEHAVIOUR

Be aware of the content children are accessing, especially on platforms such as TikTok, YouTube, or Reddit. Use parental controls, but more importantly, maintain ongoing dialogue about online experiences and influencers.

REINFORCE RELIABLE SOURCES

Point children toward trustworthy and reliable sources of news and information in a variety of formats tailored to the young person's age. Build habits of verifying facts using reliable sources, and teach them how to spot misleading content.

Meet Our Expert

Brendan O'Keefe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an adviser to The National College, he specialises in digital safety, PREVENT, and pastoral care.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/conspiracy-theories>

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DECIDER LIFE SKILLS FOR PARENTS



ABOUT THIS EVENT....

JOIN US FOR AN EXCITING ONLINE EVENT DESIGNED EXCLUSIVELY FOR PARENTS! THE DECIDER LIFE SKILLS FOR PARENTS WORKSHOP AIMS TO EQUIP YOU WITH ESSENTIAL SKILLS TO SUPPORT CHILDREN AND YOUNG PEOPLE RECOGNISE THEIR OWN THOUGHTS, FEELINGS AND BEHAVIOURS, ENABLING THEM TO MONITOR AND MANAGE THEIR OWN EMOTIONS AND MENTAL HEALTH.



THIS EVENT WILL BE A PACKED INTERACTIVE SESSION LED BY EXPERIENCED PRIMARY MENTAL HEALTH PRACTITIONERS WITH AN OPPORTUNITY TO CONNECT WITH OTHER PARENTS, SHARE EXPERIENCES, AND ASK QUESTIONS. YOU WILL LEARN ABOUT 'THE FIZZ', HOW THE BODY RESPONDS TO WORRY AND STRESS, AND HOW TO INCORPORATE AND IMPLEMENT EACH OF THE 12 DECIDER LIFE SKILLS INTO EVERYDAY LIFE. RESERVE YOUR SPOT NOW FOR THE DECIDER LIFE SKILLS EVENT AND EMBARK ON A TRANSFORMATIVE JOURNEY TOWARDS INCREASED MINDFULNESS, LESS STRESS AND MORE EFFECTIVE COMMUNICATION FOR YOU AND YOUR FAMILY.



ALL SESSIONS TAKE PLACE ON
MS TEAMS ON THE FOLLOWING
TUESDAYS FROM 4-5PM

- 15 APR 2025
- 27 MAY 2025
- 8 JUL 2025
- 19 AUG 2025
- 30 SEPT 2025
- 11 NOV 2025



PLEASE SCAN FOR
MORE INFORMATION

BARNARDOS



TO BOOK A PLACE PLEASE SEND YOUR
PREFERRED DATE, NAME AND EMAIL
ADDRESS TO THE INBOX BELOW

pmhw.mytime@barnardos.org.uk



The next session takes place on 30th September.

Sinking Feeling Schools Resource

Supporting students from Year 6-13 to understand and communicate emotions related to wellbeing and suicide.



Scan to find out more



PAPYRUS
PREVENTION OF YOUNG SUICIDE



Parklands Preloved uniform

Pass it on, don't throw away,
A uniform's here to save the day!
Keep it going, let it flow,
Helping pupils as they grow.

Please send any preloved uniform into school
to Mrs.K O'Reilly.

Thank you.

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**