



PARKLANDS BULLETIN



9th - 18th December 2024

Headteacher's Message

Dear parents and carers,

Just before my Christmas message, I would like to draw your attention to the information later in the bulletin about THC vapes. We held an information evening last week for parents which was delivered by We Are With You, a local drug support charity. It is worth all parents and carers looking at the information, even if you believe your child is not at risk.

This week and last week there have been a range of Christmas festivities. We served Christmas lunch for staff and pupils, and this was the busiest ever - we served more Christmas dinners than in any previous years. We have held 12 Days of Christmas Sing Offs in assemblies. Christmas Jumper Day raised lots of money for Derian House, and this again was a record for us - more Christmas jumpers than ever before! The Cinema Reward Trip for Year 7 went last week and was a great success. The Trafford Centre Reward Trip for all other years is tomorrow. We have also held Christmas Karaoke at lunchtime, where pupils and staff have been singing along to some Christmas Classics. Alongside all of these activities lessons continue as normal, though some may have a Christmas theme!

We have also been collecting for our annual Christmas Hampers, which will be delivered to needy families in the local area. I would like to thank all members of our Parklands community who have generously donated items for the hampers. It is always heartwarming to see the impact that these hampers have on the people who receive them.

I would like to take this opportunity to thank everyone in school who has organised or helped out over the last couple of weeks - especially the kitchen, site, and office staff who have been kept very busy by all the additional Christmas fun.

I would like to remind everyone that we have an early finish on Friday - the children will leave school at 1pm. Lunch will still be served as normal.

Finally, I would like to wish all of our staff, children, families, and friends of the school a wonderful Christmas and a happy and healthy New Year. We look forward to seeing everybody refreshed and ready for a New Year on January 6th.

Best wishes
Mrs. Batson

Headteacher



Whole School Messages

Message from the Headteacher regarding THC vapes

Last week, you were invited to an information evening delivered by With You, a local drug support charity. We held this evening as a result of something that is becoming increasingly prevalent both nationally, locally, and here at Parklands—the exponential rise in vape use among high school-aged children and in addition the use of THC vaping fluid. A particularly worrying trend is the growing use of THC oil in vaping liquids. THC oil is a sticky, thick, yellowy-brown substance derived from the cannabis plant. THC is the psychoactive chemical responsible for the "high" effect and is illegal in the UK.

We have had to permanently exclude three students for possessing and using THC vapes on school premises, in line with our behaviour policy. For clarity, it is also illegal to sell nicotine-containing vapes to anyone under the age of 18, and adults are prohibited from purchasing them on behalf of minors. It is safe to say that all parents and carers involved in these incidents have been shocked to discover that their child not only had a vape but that it contained a Class B drug.

Parents who attended the information evening were shocked by some of the information shared. Here are some reflections from attendees:

“I had no idea that so many vapes contained drugs, or how easily available these vapes are to underage children. I will be talking to my child about this tonight.”

“It is really shocking how strong these things are. I had heard about them but thought they were pretty harmless. I know now that’s not the case at all.”

“Thank you for bringing this to our attention. I’m really shocked by what I’ve heard.”

“The We Are With You session on THC Cannabis vapes/vaping was really informative and not judgemental. I was not aware of how much Cannabis produced today had changed and how the THC is more potent. I also had not a clue about the Cannabis sweets which are now being manufactured and marketed at kids as branded sweets. I learned a lot more about vaping and how highly addictive it is and the toxic ingredients such as metals they contain. It has equipped me as a parent to talk to my kids about vaping and THC and know where to go for professional support and how to reduce harms.”

“Thanks for the informative evening as usual. Poorly attended but had a message for everyone. Jane was great delivered a clear message and I think the content would be valuable to students. I suppose conveying the education and risk of any vaping is the only thing you can do.

I will talk to my daughter and see if she can spread the risk around her friends”

Please see the attached slideshow [here](#), which contains information from the evening.

Whole School Messages

Dear Parents and Carers,

I am writing to share a deeply unfortunate incident that occurred on Monday evening. I had to speak with and apologise to a very upset member of the public - a grieving parent who was visiting her son's grave at Chorley Cemetery. Sadly, her visit was disrupted because one of our parents or carers was using the cemetery as a pickup point for their child after school. I kindly ask for your understanding and community spirit in this matter. Please show compassion and respect for those using the cemetery by refraining from using it as a place to collect your child or children. This small act of consideration can make a significant difference to those who rely on this sacred space for reflection and remembrance.

Thank you for your understanding and support.

Kind regards,
Sara Haslam
Assistant Headteacher

Trafford Centre trip is non uniform on Thursday 19th December for those attending. Those not attending it are in full school uniform. We anticipate that we will arrive back at school at approx 9pm. Please do not park in the bus bays to allow us to disembark safely.

LOST PROPERTY

Tables are out on the concourse with items handed in over the last term. Please encourage your children to look through with a view of returning the items to their rightful owners.

YEAR 9

We are due to visit Parklands High School on Tuesday 4th February @ 09.00hrs 2025 to administer Tetanus, Diphtheria & Polio (Td/IPV) & Meningitis ACWY Immunisations. to Year 9 pupils.

Most children have been immunised against Tetanus, Diphtheria & Polio and Meningitis C as part of the childhood UK schedule. It is recommended that your child now receives a booster dose of Tetanus, Diphtheria & Polio and Meningitis ACWY.

<https://nhsimms.azurewebsites.net/session/ff51140f>

Please complete the form to CONSENT or REFUSE the vaccinations by following the link below, which will close at midnight on Monday 30th December .

If you have made an error or are unsure whether you have already completed a form, please contact us on 03333 583 397 option 2, option 1.

If your child has already had these immunisations elsewhere, please give us a call to update our records.

YEAR 10 WELCOME EVENING

[Please follow this link to access the presentation](#) given to parents and students at last nights evening. If you have any further questions please contact Mr Galbraith at JGalbraith@parklandsacademy.co.uk.

Whole School Messages

Work Experience week for Year 10 is **14th - 18th July 2025**. When you are meeting up with friends and family over the holidays, why not ask if they work at, or know of, a company that would offer a work experience placement? All information and documents available on the website here:

<https://www.parklandsacademy.co.uk/parents/work-experience>

- Year 11 will have college interviews in school, starting in February (some colleges will invite students in for interview from January, so make sure applications are in as soon as possible).
- Runshaw, Preston and Wigan & Leigh Colleges all interview in school - dates/times will be advertised on the daily bulletin closer to the event(s).
- Year 11 also have Mock Interviews with employers in February, so have a look at the advice on the BBC Bitesize page in Career News for hints on interview techniques, CVs and so on.

In-person work experience with the NHS is available during the school holidays. The application window will open on January 2nd, so don't miss out. Click here: <https://nhscareersnw.co.uk/>

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: 80 pupils to date

Year 8: 69 pupils to date

Year 9: 56 pupils to date

Year 10: 82 students to date

Year 11: 65 students to date

All: 352 students

How many had the perfect 3 in the previous week?

Year 7: 172 pupils

Year 8: 146 pupils

Year 9: 131 pupils

Year 10: 148 students

Year 11: 147 students

All: 744 students

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

How many pupils have a BfL score of 2.99 - 3?

Year 7: 151 pupils

Year 8: 121 pupils

Year 9: 99 pupils

Year 10: 130 students

Year 11: 107 students

All: 608 students

Students, please click the link to see what clubs, trips and activities are happening in school [Parklands Bulletin](#)

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

Learning Support Board
Week Commencing
23th December 2024

HAVE YOU HEARD THE NEWS?
That's it! I hope that you're all enjoying a happy and peaceful Christmas. School reopens for pupils on Monday 6th January. Meanwhile, remember that we're always available to support pupils in N17.
Learningsupport@parklandsacademy.co.uk

INSPIRE CLUB QUIZ
What kind of 'Christmas' bird lays eggs like this?
Last time's answer: 2010

"Christmas is the season for kindling the fire of hospitality."
WASHINGTON IRVING

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

Job of the Week
Who looks after Father Christmas when he's ill?
The National ELF Service!

MERRY CHRISTMAS from LEARNING SUPPORT

Follow us on Instagram:
[phs learningsupport](#)

Useful Links

- ADDitude website
- Autism Eye
- Autism Parenting Magazine
- British Dyslexia Association
- The Communication Trust
- FIND Newsletter
- Lancashire SEND Partnership
- Headspace (Meditation & Sleep)
- KOOTH Mental Health Support
- Local Offer
- NHS Urgent Mental Health Helpline
- Witherslack Group

Head Pupils Message



Hello!

Just a quick message from the Head Pupils.

We hope you've all enjoyed the Christmas festivities this term.

Christmas Jumper day was a huge success with the most pupils wearing their Christmas jumpers, and all the proceeds going to Derian House.

The Christmas lunch was delicious, thank you to all the kitchen staff. And finally Christmas Karaoke this week in the school hall.

Congratulations to the year 11's on completing their mock exams, I'm sure they are ready for a Christmas break.

Merry Christmas, to one and all, and a Happy New Year!

Evie, Rory, Yasmin, and Georgia



Whole School Messages

Visit to Chorley Hospital

On Thursday, a small group of Year 10 students visited the Life Centre at Chorley Hospital to explore the wide range of careers available in the healthcare sector.

Former Parklands student Karen Gore, now a Widening Participation Tutor, spoke to the students about the variety of clinical and non-clinical roles they could pursue. Karen also provided a refresher on CPR training - a crucial life skill.



Qatar Culture and environment



Capital - Doha
Population - 2.716 million
Main religion - Islam
Leader - Sheikh Tamim bin Hamad Al Thani
Official language - English
Land mass - 644,329 km²
Currency - South Sudanese Pound

Qatar is a small yet influential country located on the northeastern coast of the Arabian Peninsula. Known for its rich cultural heritage and rapid modernisation, it boasts a skyline filled with stunning architecture, including the iconic Burj Doha. The nation has invested heavily in its economy, primarily through oil and natural gas exports, making it one of the wealthiest countries per capita in the world. Qatar is also famous for hosting international events, including the FIFA World Cup 2022, which showcased its hospitality and commitment to sports. The blend of tradition and modernity makes Qatar a fascinating place to explore.

Whole School Messages

Sustainability News

We are so excited to share this news with you. We are currently having Solar panels fitted to the roof of the school. This project has been in the pipeline for some time now however we have kept it under wraps until we were sure it was definitely going to go ahead.

A couple of weeks ago we had a visit from the company 'Solar for Schools' who are fitting the panels and system. They spoke to our 'Student Sustainability Group' and answered some very well thought out questions. The students were allowed to fly the drone that has been used to survey the school roof in preparation for the installation.

On our return in January we will be briefing the whole school on this project and other sustainable ventures coming in the near future. This is all part of our school's 5 year sustainability plan which, we feel, sends the message to all, regarding our commitment to our environment today, tomorrow and for our future generations.

Below are some snaps of our team and the work in progress.



Whole School Messages

PE Update

A big week for Badminton competitions. 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!

KS 3 & 4 Boys and Girls Badminton

A big week for badminton! Pupils were selected from key stage 3 and 4 to represent Parklands in the district badminton competition. A special mention to the year 10 team who placed 2nd. All teams played very well and made us proud. Well done!



PE Update

Year 9 Girls Football. The team played against Albany, Southlands and St Michael's. The girls played extremely well and came second to St Michael's.



Year 9 Indoor District Cricket The team played well and made it through to the semi final against Holy Cross. They batted well, set a decent score but unfortunately Holy Cross needed 2 runs on the final ball of the game and got 3 so were victorious. Well done.

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

Wishing all my Europe House members a very Merry Christmas and a blessed New Year. I hope you enjoy your break and come back refreshed and ready for to tackle 2025





Parklands Christmas Market

THURSDAY 19TH DECEMBER

IN THE PAVILION AT LUNCHTIME



£1

HOT CHOCOLATE
REINDEER CONES

Cash only
please!



50p

LOLLIPOPS



£1

SWEETIE CONES!



50p

LUCKY DIP



Plus: 
REINDEER FOOD
CHRISTMAS EVE BAGS
CHRISTMAS TAGS
BRACELETS
CHOCOLATE TOMBOLA
RAFFLE

In aid of Parklands Cheer Team - Fusion

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.

Christmas Festivities



13th December - Xmas Jumper Day - House Comp - Donations £1 - Derian House in the hall @ Break.

16-17th December - 12 days of Christmas House Comp

16-20th December - Xmas Sing A-long - In the hall at lunch! (bit of Karaoke fun)

20th December - Just Dance Christmas - In the Hall at lunch

20nd December - House Christmas Bingo during form time. Extra tickets for people with 100% attendance and who took part in Xmas Jumper Day.

Peru Crew Raffle

Last Call for tickets

Win this Deadpool Mask

- Tickets £1 each from Mr Johnston or pay on scopay (closes on Dec 19th)
- Buy as many as you want.
- The draw will be made at break on Dec 20th.



HOUSE COMPETITION 24/25



Year 7 basketball	Eur	6	ASA	6	AFR	6	ANZ	6	SAM	6
Year 8 Basketball	Eur	6	ASA	6	AFR	5	ANZ	4	SAM	3
Year 9 Basketball	ANZ	6	SAM	6	AFR	5	EUR	4	ASA	3
Pumpkin Carving	ASA	6	ANZ	5	AFR	4	EUR	3	SAM	3
Horror Portrait	EUR	6	ASA	6	SAM	5	ANZ	4	AFR	4
Christmas Cards	SAM	6	AFR	5	ASA	4	EUR	3	ANZ	2

ASIA	31
AFRICA	29
SOUTH AMERICA	29
EUROPE	28
AUSTRALASIA	27

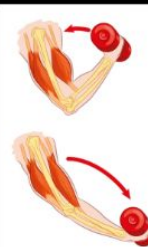
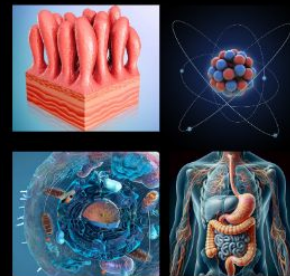


Our sponsorship page is here:

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

KS3 Science competition results - well done to all students who entered!

1st Place - Ryan R	3D Printed realistic arm with inflatable biceps!
2nd Place - Isaiah M	Entire human body with exceptional attention to detail.
3rd Place - Saffron H	Wooden model with hinged joint and correct anatomy on the muscles.
4th Place - Max B	Plastic model with great attention to detail and correct musculature.
5th/6th Place - Daksha S	A 'joint' entry with metal screw joints and detailed muscles on cardboard.
5th/6th Place - Hannah S	



House competition!

Make a functional model of the human arm (or leg) to include the antagonistic muscles of the bicep and tricep (or quadricep and hamstring)

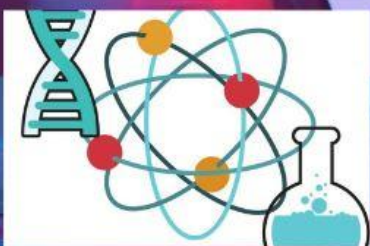
Deadline 13th December

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

Mental Wellbeing

The Christmas holiday is a period where people spend time with friends, family and carers, where they reflect on the year just passed, and where they look forward to the new year ahead. It can be a time of joy and celebration. But amongst all the festivities, it is normal for people to feel sad or worried, or struggle with their mental health – just as they would at other times of the year.

If you are feeling this way, know that you are not alone. Lots of people can struggle Christmas, and there are lots of people you can go to for support, who will listen to you and will try to help and understand.

Here are some useful contacts:

Kooth offers free, confidential and anonymous online support and counselling for 11-23-year olds. Their team will be available to provide mental wellbeing support over the festive period.

Childline provides a confidential telephone counselling service for any child with a problem.

Call: 0800 1111 anytime or online chat with a counsellor.

YoungMinds provide lots of tips for staying well over the Christmas period.

Hope Link Uk – Call: 0800 0684 141 Text 07860 039 967

Crisis Tools helps to support in crisis, resources are available

Lancashire NHS Wellbeing Helpline Call: 0800 915 4640 Text: HELLO to 07860 022846

Mental Health NHS Crisis Line Lancashire Call: 0800 953 0110

Papyrus

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call: 0800 068 3131 or text: 07860 039967 (9am-midnight, 365 days a year).

Samaritans

24/7 365 days a year – they'll help you and listen to how you're feeling. Call: 116 123 or email: jo@samaritans.org

Shout

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required Text "SHOUT" to 85258.

Christmas can be a daunting time, and a time you might feel more pressure to feel or be a certain way. Make sure you are kind to yourself over the Christmas period, and know it is okay to struggle and to talk about your feelings.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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**

Whole School Messages

Click [here](#) for career's news

Lots of great content in the Christmas edition of Career News. There are competitions, recipes, advice and information, work experience opportunities, podcasts, open events and much more.

Runshaw College is offering a very special 'Pathway to Excellence' Twilight Event to Year 11 students who are hoping to study A Levels on Tuesday 28th January, from 5pm - 7.30pm, for students and their parents/guardians.

There will be 3 inspiring sessions on:

- Revision strategies for GCSE exams
- Success in GCSE science
- A very special talk on what it takes to achieve an A Level mindset, to engage learners and support their knowledge base for their GCSE exams.

We would like to invite those students who are looking to study A Levels perhaps with a GCSE grade profile of 6 or above.

If you are interested in your child attending this event, please email: pberry@parklandsacademy.co.uk for more details. Places are limited, so don't leave it too late!