

PARKLANDS BULLETIN 18th - 22nd March 2024 Week 2



Principal's Message

Dear Parents & Carers.

This week I have decided that the focus of my message needs to be an issue of significant and growing concern in schools nationally; vaping and its inherent dangers. This is now a safeguarding issue as the following information emphasises. To start with, there are some important points to note:

- During the Easter break, we are having Vape detectors installed in all toilets.
- From this point on if a vape is discovered in school, it will be confiscated and disposed of.
- The law states that 'It is illegal to sell nicotine vaping products to anyone under 18 or for adults to buy them on behalf of under-18s.'
- Our behaviour policy states that 'Under no circumstances should students be in possession of illegal or inappropriate items.'

Supporting information:

First publicised as a safer alternative to smoking tobacco, vaping caught on because it did not contain the carcinogens (a substance capable of causing cancer) or tars found in most tobacco products. Vaping was supposed to eliminate the dangers of second-hand smoke to non-smokers. It all sounded pretty harmless in theory, but those theories have turned out to be wrong.

Vaping both nicotine-based liquids and non-nicotine-based liquids carries risks to young people's health. Young people think that they are invincible and often believe that terrible things happen to everyone else, but the risks associated with vaping are real. Some people are now taking vaping a step further by adding cannabis THC oils and other dangerous additives which dramatically increases the risks to your health.

THC or Tetrahydrocannabinol in liquid form is far more potent than smoking a cannabis joint. THC is the main psychoactive compound found in cannabis that produces the "high" sensation. THC can cause the following:

- memory and coordination impairment
- difficulty problem-solving
- sensory and mood changes
- nausea
- vomiting
- increased heart rate
- reduced brain development
- unconsciousness



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There have been incidents of young people who have suffered severe — sometimes irreversible — damage to the lungs and other organs through vaping. In extreme cases, people have died as a result of vaping. When patients end up in A&E in respiratory distress from vaping, it is very challenging for healthcare professionals to treat them due to the difficulty in correctly identifying what they inhaled. This is especially difficult when the patient is unconscious. It takes two to five minutes to smoke most cigarettes. E-cigarettes can last up to 20 minutes, which means delivering more nicotine and other damaging chemicals to the lungs. In addition, some vaping mixtures can contain twenty times the nicotine contained in a single cigarette.

Please also see this message of serious concern from PC 3601 Rob Connor Safer Neighbourhood Teams Constable:

"Prior to the half-term holiday the police became aware of several incidents involving school children buying what they thought was THC vape oil. These children experienced serious reactions leading to medical episodes and hospital treatment. The substances involved were seized by the police and tested by their forensic team. The result of that testing revealed the substance to be spice and not THC. Spice (also known as the 'zombie drug' and very common in prisons) is a nickname for a substance containing one or more synthetic cannabinoids. Synthetic cannabinoids were originally designed to mimic the effects of cannabis. However, they are much more harmful and unpredictable than cannabis and THC.

It is extremely concerning that children are being exposed to this awful poison. This oil was not purchased from a licensed shop but from some horrible drug dealer on the street. Non-licensed sellers of vape oils are not regulated, and they are usually associated with organised criminal gangs only interested in your money and not your health. Nobody here should be vaping. In addition to the health risks, the law states that you have to be 18+ to purchase e-cigarettes and associated products. It is a criminal offence for a retailer to sell e-cigarettes and associated products to u18s. It is also a criminal offence for anyone 18+ to buy e-cigarettes and associated products for u18s. Anyone buying vape liquids from "some bloke in the street or in the park" is taking their own lives in their hands."

We hope that you will support us in ensuring that all of our pupils are educated about the dangers of vaping, and are also very clear about the consequences should they choose to bring vape products into school.

Regards,

Mrs. Batson Principal

YEAR 11 EASTER SCHOOL - Will be held during the Easter break. Details were sent via email to parents and carers last week. Click on the link for a copy of the Easter School 2024 letter
DEADLINE for bookings and payment Tuesday 19th March.

YEAR 11 AFTER-SCHOOL REVISION PROGRAMME

Make the most of every opportunity to prepare for the best possible outcomes.

Week 1	Subject	Week 2	Subject
Monday	Science	Monday	Religious Studies
Tuesday	Option A	Tuesday	Option B
Wednesday	Maths	Wednesday	English
Thursday	Option C	Thursday	401000011
Friday		Friday	E ACTION CONTRACTOR

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: 53 pupils to date Year 8: 40 pupils to date Year 9: 38 pupils to date Year 10: 30 students to date Year 11: 57 students to date

All: 218 students

How many had the perfect 3 in the previous week?

Year 7: 93 pupils Year 8: 71 pupils Year 9: 107 pupils Year 10: 85 students Year 11: 104 students All: 460 students

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

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How many pupils have a BfL score of 2.99 -

3?

Year 7: 151 pupils
Year 8: 94 pupils
Year 9: 104 pupils
Year 10: 95 students
Year 11: 120 students
All: 564 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



Head Students' Page

Hello everyone

I hope you've all had a great week!

This week we had the year 9 and 10 darts house competition. Lots of people took part and had fun winning points for their house!

We also had our annual Pi day house competitions where lots of you baked some delicious pies and memorised countless digits of Pi. Well done to those who took part and can remember loads of the random numbers which is really impressive! I had a go and could only remember 11!

This week commemorated the start of Ramadan. Lots of our students and some staff are fasting. We understand the struggles they may face with school and we are supporting them. Happy Ramadan! Have a great weekend!

Josh



Learning Ambassadors - The following Learning Ambassadors visited Highfield Primary School during the week of World Book Day (Friday). They were an absolute credit to the Reading Team and to our school. They delivered a full hour lesson to year 2 students on the book 'Monkey Puzzle' by Julia

Donaldson:

Martha Critchlow Hermione Jones Ellison Frohock Sara Essa Anastasiia Paslavska Jessica Hand

Well done!

















Buckshaw Primary school visit - We had a fantastic time with Buckshaw Primary school, who came into school to do some PE sessions on our trampolines - lots of fun learning to be had not only by the children, but also the staff who joined in!!













PE Update week beginning 11th March 2024

Another busy week of extra curricular activities here in the PE department!

GCSE Moderation - Our GCSE P.E. students are continuing to make preparations for their upcoming

GCSE practical examination.

Year 10 Girls Handball at St Michael's. All girls competed well and represented Parklands proudly. It was absolutely fantastic to see more pupils getting the opportunity to represent the school in a relatively new competitive sport.





Year 10 Boys Handball at Albany. Fantastic performance by a group of very talented pupils. A close competition which came down to goal difference. A brilliant 2nd place in the district. Well done!

U14 Girls Football Lancashire cup against Lytham St Anne's in Lytham. What an exciting game! The team fought hard against a very strong team, special mention to TP who was absolutely outstanding and helped achieve a 3-2 victory! Congratulations!





Achievement. What a great achievement for Liam in year 10 who passed his Taekwondo grading to get his 4th poom black belt becoming the only one in the country!

What an achievement, well done!

It was absolutely fantastic to see more pupils getting the opportunity to represent the school in competitive sport and we look forward to giving pupils many more of these opportunities!

You're Invited to Our Community Iftaar Event!



Date: 26th March

Time: 6:20 PM - 8:00 PM

Location: Parklands High School

We are excited to extend an invitation to our upcoming Iftaar event. This event holds special significance as we come together to not only break our fast, but also to honour and support our students who are observing fasting during school hours.

We warmly invite all students, families, and friends to join us for this meaningful occasion. It's an evening dedicated to community and delightful food!

Ticket Information:

Price: £3 per person

Tickets can be collected from Mrs Kothia in Room N25 during school hours.

Your presence at this event not only shows your support for our fasting students but also strengthens the bond within our community. We look forward to creating unforgettable memories together at our

Iftaar event!

Warm regards,

Mrs Kothia



Charity News

Thank you to everyone who donated at the school dance show, "Songs from the Screen" We collected £539.73 for "Shine for Sally" in memory of Sally Cornes. This money will be distributed to local charities that helped Sally and her family.

The Shine for Sally Fund has been founded to provide funds to improve the welfare and fulfil the needs of children with cancer & their families.

The proceeds will go to help fund specialist treatment and provide equipment they need to make their stays in hospital as enjoyable and comfortable as possible.

We also support other charities involved with helping children with cancer.

https://www.shineforsally.co.uk/ https://www.facebook.com/profile.php?id=100089033477873



GCSE Dancer, Elite Team Member & True Warrior 'Flying with the Angels, Dancing with the Stars'





On Thursday 21 March, we welcome everyone to wear their

favourite socks

to mark
World Down Syndrome Day!

We will be celebrating everything that makes all of us different, and yet the same.



#LotsOfSocks
Join us on 21 March 2024









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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

Year 7

Easter Egg Hunt

Pay £2 on Scopay by Friday 22nd March and in your PE lesson on Wednesday 27th March, you will take part in an Easter Egg Orienteering Hunt*

Lots of Easter eggs to be won, all entries will receive a prize.

All money will be donated to

Derian House



* This is an optional event - if you choose not to take part, you will do your scheduled PE lesson as normal



Like sport and PE but looking for a club to join? Click Here



Please click here for the weekly menu and additional information.





PROM - Incentive (half termly)

- BfL average 2.94 and over 1 point
- Attendance 93% and over 1 point
- No social strikes 1 point
- No lates 1 point
- A suspension will clear all points for the half term.

4th December until exams finish!

You will need 12 points to be eligible for prom.

There will be opportunities for you to 'buy' extra points by attending revision sessions and using Class Chart points.

Extra points available for 100% attendance and perfect '3' BfL.

PROM - Incentive (this term)



- 2 extra prom points available for attending a minimum of 12 revision sessions
- 1 extra point if you attend between 6 and 11
- This is in addition to the 4 you can gain for this half term

At the moment there are;

- 73 pupils with 8 points
- 64 with 7 points
- 38 with 6 points
- 20 with 5 points
- 8 with 4 points
- 9 with 3 points
- 3 with 2 points

After School Revision Programme 2024

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Thursday	Option C	Thursday	
Friday		Friday	

Easter School 2024

Takes place during the Easter break.

Attendance is not compulsory.

Sessions: 9.00am-12.00 noon 12.30pm-3.30pm

Timetable to follow.

Subjects on offer.

Dance

H8SC

RS

D8T

Maths

Further maths

Business

Science

Computer science

Art

Food & Nutrition

Media

Languages

Not English, Drama, Geography, PE, History or Music

Parklands Projects

Canopy

The canopy roof was installed earlier this week. We now await the glass and vinyl for the sides. Delivery expected w/c 25th March, if all goes to plan this area will be opened up for students on their return after Easter half term.



3G Pitch

This week has seen the artificial pitch fully laid with just a couple of joints to seal. Sand will be applied to the pitch next week, weather permitting! Once the layer of sand has been applied it will be finished off with a rubber crumb.









CURRENT YEAR 11

We need your photos from your time at Parklands. This could be trips such as Ski, PGL's, Watersports, DofE.

We want photos from the COVID period in school, sports, cheer, dance shows, young love,

MUST be a JPEG image and of a good quality, no screenshots or blurry images.



yearbook@parklandsacademy.co.uk









Parents and carers Please send your

- A 'baby' photo
- 1st day of year 7 photo
- photos to the email address below!
 Please ensure that we can tell it is your child so no newborn photos please.



29th March 2024



yearbook@parklandsacademy.co.uk

Priscilla

A musical full of the best songs from the 80s following three outrageous characters across the desert they're witty and hilarious, they laugh, cry and ultimately make you realise how much the world has embraced the differences in people but also how far we still need to go. Starring Seb Holbert, Mrs Sullivan-Brown, Miss Fox and Mrs Holbert Don't miss it! Book now www.h-a-t-s.net



Please ensure that your child wears a helmet when they ride a bike.



Vacancies

Click <u>here</u> for further details.





Parklands High School: An Academy Southport Road, Chorley, PR7 1LL

Co-Ed Comprehensive with 1121 students on roll. Tel: 01257 264596 www.parklandsacademy.co.uk Email: admin@parklandsacademy.co.uk Learn, Respect, Aspire, Achieve

Assistant Curriculum Leader - Maths

Required from September 2024 (or sooner) TLR 2.2

Full time, permanent. Hours of work are as detailed in the School Teachers Pay and Conditions Document

We are seeking an Assistant Curriculum Leader to join our successful maths department. The position would suit an experienced teacher with excellent qualifications who can demonstrate a strong ambition to support the improvement of our provision.

The ethos of the department is one of teamwork, engagement and high expectations. We are seeking someone with a love of maths and a firm belief in the Mastery approach who can inspire our students. In return you will receive high quality, comprehensive CPD and support to coach and guide you through any continued professional development.

As a member of our staff you can also benefit from working for a provider who has wellbeing at its heart including access to the UK's leading provider of corporate healthcare cash plans provided by UK Healthcare, out of hours access to our excellent gym facilities, easy access to school from all major road and motorway routes, free onsite parking, cycle to work scheme and a host of other local discounts and benefits.

Parklands High School is a popular, over-subscribed and high-achieving school. If you wish to come and visit us or require more information regarding the role, please contact Beth Cosgrove, Assistant Principal, by telephone or email bcosgrove@parklandsacademy.co.uk)

Candidates should complete an electronic application form, available via the TES or our school website, along with a letter of no more than 2 sides of A4, in which you outline your experience and suitability for the position. Electronic applications should be returned to the email address admin@parklandsacademy.co.uk.

Closing date for applications: 12 noon 21st March 2024 with interviews to be held w/c 25th March 2024.

Parklands High School is part of the Aspirational Futures Multi Academy Trust. Please note, we reserve the right to withdraw this vacancy at any time and regret we are unable to contact individual applicants who may be unsuccessful. Parklands High School is committed to safeguarding and promoting the welfare of its staff and pupils and expects those working at the School to share this commitment. Applications from ethnic minority candidates and other diverse groups are welcomed. The successful candidate will be required to undertake a

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 DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system.

Our guide offers expert tips for helping children to sleep more healthily.

MINDFUL TECH USE



2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding calfeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their testh – to set up an association between that action and falling asleep.

OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthler, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

MILITARY SLEEP METHOD

Look up 'the military sleep method': It's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

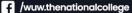
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





The National College

@wake_up_weds







Please get back involved. We have had lots of ticket sale disappear and we need to get them back up to 250 tickets

£1 a week, the weekly prize fund is currently at around £70 a week! There is a draw every week for Parklands and you are also entered in all of the bigger prizes.



Careers

Click here for this week's news.



As always, lots of great careers content in Career News magazine: webinars, work experience, open events, apprenticeships ... and lots more.

If pupils were absent and missed their Runshaw interviews this week, don't panic - we will organise a further interview session. Keep an eye on the daily bulletin at school.

Please get your work experience booklets in as quickly as possible - all insurance details have to be checked and approved well in advance of any placements. Dates for WEX are 15th - 19th July, so not as far away as you might think! Application forms for the NHS WEX scheme are available from the Top Office - limited numbers so don't miss out if you want to know more about careers in the NHS. Also available, a limited number of placements with MPCT, the military preparation academy in Chorley - email Miss Berry for more information about any aspect of careers and work experience!