



# PARKLANDS BULLETIN

## 19th - 23rd Feb 2024

### Week 1



#### Principal's Message

Dear parents and carers,

This week sees the end of another very busy half term at Parklands.

It has been an important week for Year 9, as they start to consider their specialisms for GCSE next year. Mr Galbraith spoke to the year group in assembly on Monday, and last night was an online Progress Evening for Year 9 parents and carers to speak to the teachers about how their children are performing in their subjects. Year 9 will have a Specialisms Respect Day on March 7th, and Specialism evening will take place in school on March 14th at 6pm. There is a lot to think about for our Year 9s!

Year 11s are continuing to prepare for their exams by attending after school revision sessions, which have been very well attended so far. These will continue next term in order for us to support Year 11 in preparing thoroughly for their exams. Some Year 11s also attended interviews for Wigan and Leigh College on Tuesday.

Year 7 and 8 took part in a darts House Competition this week, which they really enjoyed. It is great to see so many pupils taking part in House Competitions, and helping to build up points towards winning the coveted House Cup at the end of the year!

I hope that all of our pupils and their families have a fantastic half term break. Everyone has worked hard this half term, and has earned a rest! We look forward to seeing our pupils back in school on Monday 19th February, ready for another busy half term.

Regards,

Mrs. Batson  
Principal

## Whole School Messages

**Whole school message** - Please can we reiterate our requirement for high standards of both behaviour and uniform. All pupils are required to wear their blazers at all times. Outdoor coats are not permitted to be worn in the school building. Make up, jewellery, false eyelashes and piercings are not allowed and if any pupil chooses to abuse this rule, they will be asked to remove the items/make up. Refusal to do so will lead to sanctions.

**Year 10s** - please take a little time over the half term holiday to find your work experience placements. Well done to those who have already returned their completed booklets - there are some brilliant placements already secured. Talk to relatives or neighbours, go for a walk and have a look at the vast number of small businesses around the local area. If employers need more details, either ask them to email Miss Berry ([pberry@parklandsacademy.co.uk](mailto:pberry@parklandsacademy.co.uk)) or look on the school website (under 'School Information' heading): <https://www.parklandsacademy.co.uk/parents/work-experience>

**Year 9, 10 and 11** will all attend the annual Careers Fair on Friday 1st March from 9am - 12.30pm. There will be lots of colleges, universities, training providers and employers from various industries. Parents/carers are welcome to come along - just drop me an email and I can tell you when your child will be attending.

**Wigan & Leigh College** will hold a second round of interviews in school on 26th February, for anyone who applied after the initial interviews or was absent. If you wish to apply, it's not too late. Go to: <https://www.wigan-leigh.ac.uk/application-form> and you'll be added to the interview schedule.

**Runshaw College** interviews will take place on 14th and 15th March, in school. Again, it's not too late to apply - go to: <https://www.runshaw.ac.uk/study-at-runshaw/apply/> - although the deadline for all college applications is rapidly approaching, so don't leave it too late!

**Year 10** will attend two taster days at college (Runshaw and Wigan & Leigh) in July, and there will be assemblies just after half term to enable them to choose their subjects for the day. It is important that they choose the options they want to find out more about, not what their friends are choosing - everyone will get an individual timetable for the day. I will share the options with students prior to the assemblies so they have time to consider which will be the best subjects to sample.

# Whole School Messages

**(Year 7) Weekly discussion questions from the RS Department.**

**Current Unit - Introduction to Judaism**

**Enquiry Question - What does it mean to be a Jew in the 21st century?**



1. What are the different branches of Judaism we have looked at in class?
2. What does Kashrut mean?
3. Give an example of a food that is Kosher.
4. Give an example of a food that is Trefah



**(Year 8) Weekly discussion questions from the RS Department.**

**Current Unit - The History of Christianity**

**Enquiry Question - Who was the real Jesus?**



1. Who was Claudius Tacitus and what did he reveal about Jesus?
2. Who was Flavius Josephus and what did he reveal about Jesus?
3. What is the Talmud and what does it teach about Jesus?
4. Who were the Gospels written by?



**(Year 9) Weekly discussion questions from the RS Department.**

**Current Unit - An Introduction to Islam**

**Enquiry Question - Is it possible to be a 'good' Muslim living in Great Britain?**



1. What was life like in Mecca before the arrival of Islam?
2. Do you think the various battles were necessary to fight in?
3. Why do Muslims see Prophet Muhammad as a role model?



## Head Students' Page

Hello everyone,

I hope you've all had a good week. This week we've had the year 7 and 8 darts house competition, which I hope you all enjoyed doing. Also a big well done to everyone who has participated in the chess competition!

This week we also had a preview of the annual dance show and it was great to watch. The dancers have clearly put in loads of effort and practice, so make sure you all get your tickets as I'm sure it will be a great event!

Well done to all of our year 11s who have been revising for their upcoming GCSEs!

Lastly, I hope you all have a good half-term break and Valentine's Day. Make sure you all rest and recharge ready to come back to school after the break!

Thanks  
Josh





## Attendance matters!

Overall school attendance since September 93.5%

Overall school attendance for the week 92.4%

National Average since September - as at 8/1/24 - 91.6%

Attendance by House since September:

Australasia 94%

**Asia 94.5%**

Europe 94%

South America 93.9%

Africa 93.6%

Attendance by House since last week:

Australasia 91%

Asia 93.9%

Europe 92.4%

**South America 94%**

Africa 91.9%

Highest form attendance per House for the week:

Australasia - Australia 96.3%

Asia - Nepal 96.4%

**Europe - Denmark 100%**

**South America - Brazil 100%**

Africa - Côte d'Ivoire 98.1%

# 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: 71 pupils to date  
Year 8: 52 pupils to date  
Year 9: 44 pupils to date  
Year 10: 33 students to date  
Year 11: 62 students to date  
All: 262 students

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

Year 7: 171 pupils  
Year 8: 132 pupils  
Year 9: 126 pupils  
Year 10: 126 students  
Year 11: 152 students  
All: 707 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: 161 pupils  
Year 8: 107 pupils  
Year 9: 112 pupils  
Year 10: 95 students  
Year 11: 122 students  
All: 597 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  
**12th February 2024**

**"I am not what happened to me.  
I am what I choose to become."**  
CARL JUNG

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

**HAVE YOU HEARD THE NEWS?**  
We've reached the half-term holiday so I hope the children are enjoying the break from school work. DICKENS will be open as usual at breaks and lunchtimes for those pupils needing a quiet space when school reopens on Monday 19th. Remember that N17 if for when you need to see a member of staff.  
[Learningsupport@parklandsacademy.co.uk](mailto:Learningsupport@parklandsacademy.co.uk)

**What are the three basic ingredients of ice cream?**  
  
Last time's answer: 2013 mph, Borrow Island, Australia

**Joke of the Week**  
What has six legs, bites and talks in code?  
A MORSE-quito!  
Do not die. Do not die. Do not die.

**STOP THINK**  
MAKE THE RIGHT CHOICE

**Follow us on Instagram:**  
**[p\\_h\\_s\\_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

**Chinese New Year** - Today we celebrated Chinese New Year with decorations and a fabulous special menu in the canteen. Xīnnián hǎo (新年好) / "Gong hei fat choy" (恭喜发财) to all our Parklands community celebrating this festival.





## Whole School Messages

### Panathalon event

Parklands received the silver medal coming second in Chorley School Sports Partnership's Panathalon event. A big well done to all pupils involved!



Like sport and PE but looking for a club to join? Click [Here](#)





# Whole School Messages

## PE Update week beginning 20th November

Although plagued by bad weather we had another busy week for extra curricular activities in the PE department.

**Y7 Boys Football** against Bishop Rawsthorne. A very excited team of boys showed great teamwork and represented Parklands proudly, well done!



**Year 8 Netball Tournament** - We're so proud of the girls for coming out in force this year to attend the netball tournament. They fought well against teams from Holy Cross, St Michaels, Albany and Bishop Rawsthorne. Well done!



**Year 9 Netball Tournament** - The team showed great skill and camaraderie in all games against teams from Holy Cross, St Michaels, and Bishop Rawsthorne to take a fantastic 2nd place overall! Well done!

**Year 7 Netball Tournament** - This has been postponed due weather conditions. We will let you know when this has been rescheduled.



**U16 Basketball.** A fanatic display of skill and teamwork which resulted in a nail biting final with a very unfortunate loss by one point! The team are 2nd in the district and well done!

We're so proud of the level of commitments shown by all of our pupils and which everyone a great half term!



### 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](mailto: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](mailto:yearbook@parklandsacademy.co.uk)



## Whole School Messages

Like sport and PE but looking for a club to join? Click [Here](#)





# Whole School Messages

## HOUSE T Shirt Order

HOUSE T Shirt Order - for all pupils. Link to Google Form is [here](#). You then MUST pay via SCOPAY. Deadline 9th February 2024

We will be offering these as an optional item to all pupils on the Barcelona trip to use while travelling and going from Hotel to Activity.

Also available on SCOPAY



## PARKLANDS HOUSE T-SHIRTS



Represent your house on sports day, alternative sports day and other house events!

They are £11 and you can pay on SCOPAY.

Complete the document [here](#) to order and pay online.



See Miss Greaves for any other information:  
**NEW DEADLINE 9th February 2024**

## Parklands Sports Bag

We have a new item we want to offer to pupils. These can be used for fixtures, school, trips abroad.

We will be offering these as an optional item to all pupils on the Barcelona trip to use while travelling and going from Hotel to Activity.

Also available on SCOPAY.



## PARKLANDS SPORTS BAGS



Represent your school.  
Keep your sports kit organised.

They are £20 and you can get yours in Royal or Navy Blue.

School Badge and your child's initials.

Separate compartment for footwear and two pockets for other items.



40 cm in height.

See Miss Greaves for any other information:  
**NEW DEADLINE 9th February 2024**

# Whole School Messages

## Year 11 ONLY.

You have been emailed via EDULINK the link to the leavers shop. Please find another link here. This is all done by an outside company. Any errors will have to be amended and paid for by yourselves. The deadline is 11th February 2024. This CANNOT and will not change.

<https://www.leavershoddies.com/parklands-2024-leavers/january-2024-1>



## LEAVERS ITEMS



<https://www.leavershoddies.com/parklands-2024-leavers/january-2024-1>

The Leavers items shop is open now!

Hoodies, T-shirts and even Pyjamas.

Deadline 11th February 2024.

After this date you cannot purchase any more items.

This is a online separate company and school is just the delivery address.



See Miss Greaves for any other information:  
**NEW DEADLINE 9th February 2024**

Please click [here](#) for the weekly menu and additional information.



## OUR MENU WEEK 3

Choose your favorite dish

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> Carbonara & garlic bread £1.90	<b>Main Meal</b> Chicken enchiladas £1.90	<b>Main Meal</b> Meatballs & spaghetti £1.90	<b>Main Meal</b> Meat and potato pie £1.90	<b>Main Meal</b> Beef burgers & wedges £1.90
<b>Vegetarian option</b> Stuffed peppers (GF)	<b>Vegetarian option</b> Veggie enchiladas	<b>Vegetarian option</b> Quiche (GF) wraps	<b>Vegetarian option</b> Cheese & leek pie	<b>Vegetarian option</b> Veg burgers & wedges
<b>Jacket Potatoes</b> with various fillings	<b>Jacket Potatoes</b> with various fillings (GF)	<b>Jacket Potatoes</b> with various fillings	<b>Jacket Potatoes</b> with various fillings	<b>Jacket Potatoes</b> with various fillings
<b>Grab &amp; Go</b> Sausage roll £1.15 Chicken wrap £1.90 Pizza £1.20	<b>Grab &amp; Go</b> Herby potato cubes £1.50 Chicken wrap £1.90 Sausage rolls £1.15	<b>Grab &amp; Go</b> Pizza £1.20 Chicken Wrap £1.90 Steak pie £1.15	<b>Grab &amp; Go</b> Chicken wrap £1.90 Cheese pasty £1.15 Pizzini £1.90	<b>Grab &amp; Go</b> Meat & Potato pie £1.15 Chicken wrap £1.90 pizza £1.20



# Whole School Messages

## “Songs from the Screen”

Tickets are now on sale for our annual dance show.

“Songs from the Screen” will be a celebration of the best movie and TV soundtracks from our generation. With over 200 pupils performing, this is an event not to be missed! Tickets are £5 for adults and £3 for concessions. They are available at break or lunchtimes from the pavilion office. Don't miss out!



# Whole School Messages

Click [here](#) for more information.

Please note that this is a Aspirational Futures Multi Academy Trust vacancy and not a Parklands High School role.



**Aspirational Futures Multi Academy Trust**  
Head Office, Southport Road, Chorley, PR7 1LL

[www.aspirationalfutures.co.uk](http://www.aspirationalfutures.co.uk)  
Email: [coo@aspirationalfutures.co.uk](mailto:coo@aspirationalfutures.co.uk)

A vacancy has arisen for a

## **Cleaner – 15 Hours per week**

3.15pm – 6.15pm Mon – Fri, Term Time plus 3 weeks

**Grade 3 SCP4, Salary £23,114 (£8,548.73 pro rata). To start as soon as possible**

Aspirational Futures Multi Academy Trust is looking for a cleaner to assist with general cleaning duties within the trust and the wider academy of schools as required. Under the direction and instruction of the Cleaning Supervisor, you will undertake the cleaning of areas within the trust premises to ensure that they are kept in a clean and in a hygienic condition, to the agreed quality standards and be responsible for ensuring a consistent high standard of cleaning throughout. You will need to be flexible to assist with staff absences as needed and will need to be a car user as travel between the schools and the trust head office will be required. Due to the nature of the role, previous experience in the cleaning industry is preferred.

Aspirational Futures is a newly formed trust which will initially comprise of 2 High Schools and 3 primary schools. This is an exciting time for us and we would love you to be part of our journey. Staff employed by the trust benefit from access to the UK's leading provider of healthcare insurance and a pension scheme. This role also offers the opportunity to work with staff across our 5 schools.

For further information about the role, please contact Carol Slater, Chief Operations Officer by email at [coo@aspirationalfutures.co.uk](mailto:coo@aspirationalfutures.co.uk). Candidates should visit the trust website for an application form on which you will outline your experience and suitability for the position. Electronic applications should be returned to [hr@aspirationalfutures.co.uk](mailto:hr@aspirationalfutures.co.uk). Handwritten applications may be posted to HR Manager, Aspirational Futures Multi Academy Trust, c/o Parklands High School, Southport Road, Chorley. PR7 1LL.

Please clearly mark the envelope "Application for post of Cleaner"

**Closing date for applications: 12 noon 16/02/2024 - Interviews to be held 19/02/2024**

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. Aspirational Futures Multi Academy Trust is committed to safeguarding and promoting the welfare of its staff and pupils and expects those working trust to share this commitment. Applications from ethnic minority candidates and other diverse groups are welcomed. The successful candidate will be required to undertake a criminal record check via the Disclosure and Barring Service as well as qualification and reference checks. Online checks will also be conducted on shortlisted candidates. Copies of our Recruitment and Selection policy are available from [hr@aspirationalfutures.co.uk](mailto:hr@aspirationalfutures.co.uk)



# Whole School Messages

Click [here](#) for more information.

Please note that this is a Aspirational Futures Multi Academy Trust vacancy and not a Parklands High School role.



**Parklands High School : An Academy**  
Southport Road, Chorley, PR7 1LL  
Co-Ed Comprehensive with 1122 students on roll. Tel: 01257 264596  
[www.parklandsacademy.co.uk](http://www.parklandsacademy.co.uk)  
Email: [admin@parklandsacademy.co.uk](mailto:admin@parklandsacademy.co.uk)  
**Learn, Respect, Aspire, Achieve**



**PARKLANDS  
HIGH SCHOOL**

**A vacancy has arisen for a**  
**CLEANER – 16.25 hours per week**  
**3.15pm – 6.30pm Monday - Friday. Term time only plus 3 weeks.**

Grade 3, SCP 4 £9261.133 (£23114 fte). Start as soon as possible.

Parklands High School is a popular, oversubscribed, forward thinking and high-achieving school which is part of the Aspirational Futures Multi Academy Trust

We wish to appoint a reliable, flexible and self - motivated individual to join our existing Premises team. Under the direction and instruction of the Cleaning Supervisor, you will undertake the cleaning of designated areas within the school premises to ensure that they are kept in a clean and hygienic condition, to the agreed quality standards and be responsible for ensuring a consistent high standard of cleaning throughout. Experience is preferred but not essential as training can be given however a strong work ethic and to be able to work well in a team are crucial.

Parklands High School is part of the newly formed Aspirational Futures Multi Academy Trust. Our staff benefit from access to the UK's leading provider of healthcare insurance, entry into the LGPS pension scheme, UK healthcare, as well as out of hours access to our new gym facilities, free onsite parking, good motorway links and our cycle to work scheme

For more information about the role and how to apply please email Carol Slater, Chief Operations Officer at [coo@aspirationalfutures.co.uk](mailto:coo@aspirationalfutures.co.uk). Candidates should complete an application form, available from the school website in which you outline your experience and suitability for the position. Electronic applications should be returned to the email address [hr@aspirationalfutures.co.uk](mailto:hr@aspirationalfutures.co.uk). Handwritten applications may be posted to HR Manager Aspirational Futures Multi Academy Trust c/o Parklands High School, Southport Road, Chorley. PR7 1LL.  
Please clearly mark the envelope "Application for post of Cleaner"

**Closing date for applications: 12 noon 23/02/2024 with interviews to be held w/c 26/02/2024**

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**Learn, Respect, Aspire, Achieve**



**PARKLANDS  
HIGH SCHOOL**

**A vacancy has arisen for a**  
**Cleaning Supervisor**  
**3.00pm – 8.00pm (25 hours per week) Monday - Friday.**  
Grade 5, SCP 6 - 11 £23893 - £25979 per year (£16143.92 - £17553.38 pro rata)  
Start as soon as possible.

Parklands High School is a popular, oversubscribed, forward thinking and high-achieving school which is part of the Aspirational Futures Multi Academy Trust

We wish to appoint a reliable, flexible and self - motivated individual to join our existing Premises team. Acting with limited supervision, the postholder will manage a large cleaning team, organising the work of the team, allocating areas and identifying and prioritising cleaning requirements and preparing work programmes. The postholder will be accountable for an agreed budget and will assist the Principal in the promotion of school premises. Other responsibilities include acting as Health & Safety Officer for cleaning related matters, and related resources to the agreed quality standards. The postholder will ensure the cleanliness of the school premises and furnishings, monitoring compliance with the equipment and chemicals and report issues in relation to non-compliance to the Trust Chief Operations Officer. The post holder will clean specific areas of the school daily alongside the cleaning staff.

Parklands High School is part of the newly formed Aspirational Futures Multi Academy Trust. Our staff benefit from access to the UK's leading provider of healthcare insurance, entry into the LGPS pension scheme, UK healthcare, as well as out of hours access to our new gym facilities, free onsite parking, good motorway links and our cycle to work scheme.

For more information about the role and how to apply please email Carol Slater, Chief Operations Officer at [coo@aspirationalfutures.co.uk](mailto:coo@aspirationalfutures.co.uk). Candidates should complete an application form, available from the school website in which you outline your experience and suitability for the position. Electronic applications should be returned to the email address [hr@aspirationalfutures.co.uk](mailto:hr@aspirationalfutures.co.uk). Handwritten applications may be posted to HR Manager Aspirational Futures Multi Academy Trust c/o Parklands High School, Southport Road, Chorley. PR7 1LL.  
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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit [nationalcollege.com](https://nationalcollege.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about MONKEY

Also known as Monkey Cool, this platform aims to fill the gap left by Omegle (which has now shut down) by placing users in random video chats with strangers. Participants use their mobile number and Snapchat username to connect to the service, where they can make matches, message other people and join group chats. The mobile version has been removed from the App Store due to safety concerns, but iPhone owners can still access the site via their web browser. The app remains available on Google Play, where its listing claims that Monkey has more than 30 million users worldwide.

### WHAT ARE THE RISKS?

#### AGE-INAPPROPRIATE CONTENT

The app claims to use AI to detect sexual content or activity that violates its policies, along with having a 24/7 moderation team. However, reports in the media continue to indicate that explicit content remains commonplace on Monkey (including sexually graphic or violent material) and is therefore accessible to anybody who uses the app – including those aged under 18.

UNDER 18

#### CONTACT WITH STRANGERS

The obvious risk in accepting random video chat partners is that users cannot know what or who they will see on their next connection. Talking to strangers is, of course, potentially dangerous – especially for children who might be persuaded to meet up with these people offline. The app lets users find each other by location, increasing the chances of a child being matched with a stranger from their local area.



#### IN-APP SPENDING

While Monkey is free to download, it nevertheless offers in-app purchases promising to unlock access to premium features. For example, users who wish to make use of 'Knock Knock chat' (Monkey's text-based messaging option), rather than the app's Chatroulette-style random video calling feature, will need to pay to be able to do so.



#### INTRUSIONS ON PRIVACY

According to Monkey's privacy policy, personal information (such as name, profile picture and date of birth), user-contributed content (any photos, texts, videos and screenshots shared) and each user's browser and IP address are collected. That is a considerable amount of data for Monkey to gather on its users – and all of this information is shared with third parties.



## Advice for Parents & Carers

### DISCUSS THE DANGERS

Even if you're comfortable with your child using Monkey, it's still important to talk about the potential dangers. It's crucial, for instance, that young people recognise the risks that stem from video chatting with strangers; that they understand not to share identifying information (like their street or school name); and that they know what to do if they are exposed to inappropriate content.



### REPORT INAPPROPRIATE CONTENT

Monkey states in the safety section of its site that 'people are given the power' and that, to a large extent, Monkey is self-governing. If a user is exposed to sexually explicit or inappropriate content on the platform, they can select the 'police' emoji in the top right corner of their screen to submit a report for Monkey's moderation team to review.



### RESTRICT IN-APP PURCHASING

If your child is accessing Monkey via an Android device, you can prevent them from making in-app purchases through the device's settings. If you do allow your child to use the site, we'd recommend that you enable this feature: young people have been known to spend significant amounts of money in their desire to unlock more features in apps such as this.



### SPOT THE SIGNS

If you're concerned that your child is spending too much time on Monkey – or that they may have been exposed to inappropriate or distressing content – it's important to watch for potential indications that they've been affected emotionally. They could be unusually irritable or unable to concentrate, for example, or failing to complete their homework or even to eat regular meals.



### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College



National Online Safety

#WakeUpWednesday





## SEND Holiday Club

We are trialling a full day holiday club offer for our SEND members.

- Monday 12th Feb (9-3pm)
- Tuesday 13th Feb (9-3pm)

Breaktime - £12

Non-Breaktime - £24

Lunch included.

CHECK IT  
OUT!

CONTACT US:

📞 01257 228888

✉ [caitlin.blythe@inspireyouthzone.org](mailto:caitlin.blythe@inspireyouthzone.org)

**EPIC**

ENGAGEMENT PROJECTS  
INTERVENTION CLUBS

**THURSDAYS 4-5PM**

**6 week Projects**

Wheelchair Basketball  
Football Team Training  
Dance Troupe  
Clay Club  
Choir / Music Lessons  
Baking Club



CENTRAL & WEST LANCASHIRE MENTAL HEALTH SUPPORT TEAMS

WE OFFER A FREE AND CONFIDENTIAL SERVICE SUPPORTING CHILDREN AND YOUNG PEOPLE, AGED 5-18, WITH MILD TO MODERATE EMOTIONAL HEALTH AND WELLBEING NEEDS. WE WORK IN SCHOOLS AND COLLEGES THROUGHOUT CHORLEY, SOUTH RIBBLE, PRESTON AND WEST LANCs.

## WE PROVIDE MENTAL HEALTH SUPPORT FOR:



MILD TO  
MODERATE  
ANXIETY



LOW MOOD:  
SADNESS, LOW  
MOTIVATION



DIFFICULTY  
MANAGING  
EMOTIONS



DIFFICULTY ADJUSTING  
TO CHANGE AND  
TRANSITION

## HOW WE DO IT:

WE DELIVER  
EVIDENCE BASED  
INTERVENTIONS  
THROUGH 1:1  
MEETINGS AND  
GROUP WORK

WE SUPPORT  
SCHOOLS TO  
DEVELOP A  
WHOLE SCHOOL  
APPROACH TO  
MENTAL HEALTH  
AND WELLBEING

WE PROVIDE  
ADVICE AND  
GUIDANCE TO  
SCHOOL AND  
COLLEGE STAFF

WE PROVIDE  
STRATEGIES TO  
PARENTS/CARERS  
TO SUPPORT WITH  
THEIR CHILD'S  
ANXIETY



@COMPASSBLOOM

01772 280123

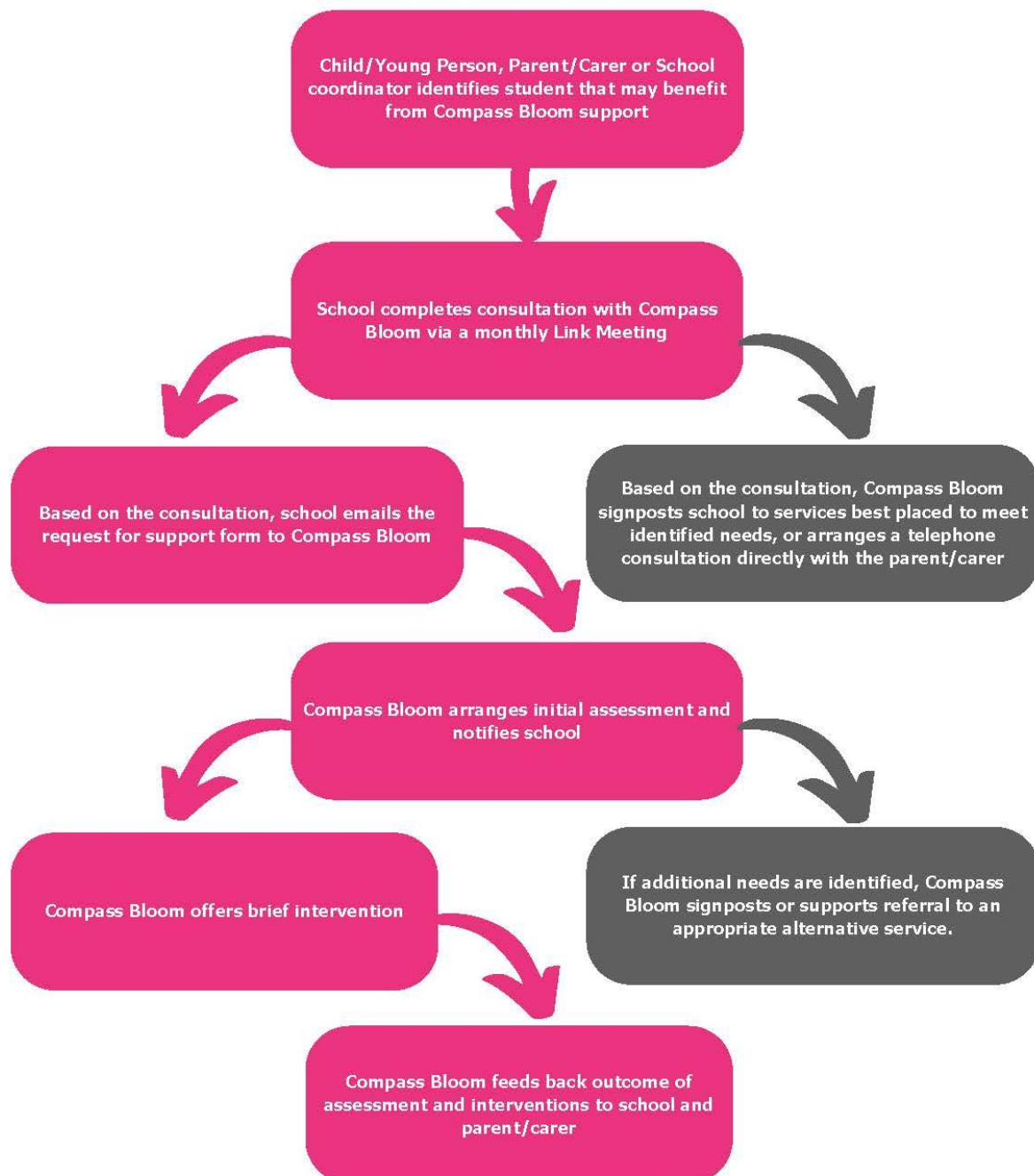


COMPASSBLOOM@COMPASS-UK.ORG

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

## Compass **BLOOM**

### REQUESTING OUR SUPPORT



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CENTRAL & WEST LANCASHIRE MENTAL HEALTH SUPPORT TEAMS

## PARENT/CARER CONSULTATIONS

WE OFFER A FREE AND CONFIDENTIAL SERVICE SUPPORTING CHILDREN AND YOUNG PEOPLE, AGED 5-18, WITH MILD TO MODERATE EMOTIONAL HEALTH AND WELLBEING NEEDS.

WE WORK IN 63 SCHOOLS AND COLLEGES THROUGHOUT CHORLEY, SOUTH RIBBLE, PRESTON AND WEST LANCs.

ARE YOU THE PARENT/CARER OF A YOUNG PERSON WHO IS EXPERIENCING MILD TO MODERATE ANXIETY OR LOW MOOD?

THIS COULD LOOK LIKE:



FEELING  
WORRIED



STRUGGLING  
TO  
SLEEP



WITHDRAWAL  
FROM FAMILY,  
FRIENDS  
AND/OR USUAL  
ACTIVITIES



STRUGGLING  
TO  
CONCENTRATE



TEARFUL

IF ANY OF THE ABOVE SOUNDS LIKE YOUR CHILD/YOUNG PERSON  
WE CAN HELP!

IF YOUR YOUNG PERSON ATTENDS ONE OF OUR 63 SCHOOLS WE CAN OFFER A CONSULTATION WITH ONE OF OUR FRIENDLY PRACTITIONERS. THEY CAN OFFER YOU ADVICE, GUIDANCE AND SIGNPOSTING TO SUPPORT YOU TO SUPPORT YOUR CHILD/YOUNG PERSON.

CLICK THE BUTTON TO COMPLETE OUR CONSULTATION FORM [CLICK HERE](#)



CONTACT US VIA:



@COMPASSBLOOM



01772 280123



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



# **FREE ACTIVITIES** for young people **February Half Term 2024!**

In February half term we will be running three **FREE** sessions for 10-16 year olds. There will also be refreshments and prizes on offer.

## **Sunday 11 February**

West Way Sports Hub, 4.30pm-6pm

## **Thursday 15 February**

West Way Sports Hub, 3pm-6pm

## **Friday 16 February**

West Way Sports Hub, 2pm-4pm

### **Activities include:**

**Dodge ball, football, rounders, baking and lots more!**

Water available, please wear appropriate footwear.

The sessions have been organised by  
Chorley Council & funded by LANPAC



**Chorley**  
Council



# JOIN US TREK THERAPY



**Chorley**  
Council

## RIVINGTON PIKE - LANCASHIRE 'WELLBEING WALK' - 10.02.24

Trek Therapy CIC are facilitating a 'wellbeing walk' through funding made available by Chorley Council's small grants initiative. On Saturday 10th February 2024 we are excited to be leading a guided circular walk of area around Rivington Pike (362m) and the Tower on Rivington Moor.

Rivington Pike is a prominent landmark and from the summit it is possible, on a clear day, to see as far as Blackpool Tower, the Lake District, Liverpool, the Welsh mountains and as far as the Isle of Man.

We invite participants who reside in the Chorley area to join us on this wellbeing themed walking activity. See details below to register your place.



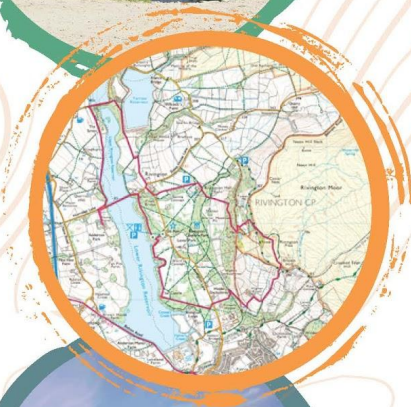
09:45am - 14:00pm (Approx. 4 hours duration)



Cleveland Street Car Park, Chorley, PR7 1BH



11.2 kilometres / 7 miles - Total ascent 362m



Trek Therapy CIC is a not-for-profit organisation. Company No. 13342085



Follow Us



Register your place by  
scanning the QR code  
or [click here](#)







Walking is one of the most cost-effective ways to stay physically and mentally well. Whether you're hiking long distances or on a leisurely walk on easy terrain, it all helps as part of a positive self-care routine. We have compiled a list of our recommended items for a safe and enjoyable day out walking in the outdoors.

### **Clothing... treat it like your armour!**

Waterproofs and appropriate footwear will help you deal with the elements and terrain underfoot keeping you warm and dry. It is important to avoid denim, cotton and normal trainers as once they get wet they will stay wet resulting in you feeling uncomfortable and increasing the chances of injury. The correct clothing and footwear, at the very least, will make your walk more comfortable but more importantly keep you protected.

### **What to wear:**

- Appropriate Footwear (ideally walking boots as these will protect your ankles on loose ground)
- Walking Socks (part of your footwear system, these need to be breathable to keep feet dry and avoid blisters)
- Waterproof Jacket (keep this in your rucksack until needed, don't leave home without it)
- Waterproof Trousers (for wearing over your walking trousers when it rains)
- Breathable Base-layer (breathable material is best, avoid cotton t-shirts)
- Insulating Mid-layer (fleeces, softshell jackets, hoody, dependent on the weather)
- Legwear (light quick drying trousers, or shorts, with a good range of movement are best, avoid denim)
- Hat, Gloves & Buff (weather can change quickly so keep these in your rucksack until needed)

### **What to carry in your rucksack:**

- A rucksack or 'daysack' (a 25 Litre rucksack is a good option for a day out)
- Medication and Personal First Aid Kit (keep accessible in a waterproof bag)
- Water Bottle (at least one litre for a 2-3 hour walk to stay hydrated, more in Summer)
- Torch or Headtorch (important item through the Autumn and Winter months)
- Sunscreen (even if it doesn't look that sunny, UV rays can still get through cloud)
- Sunglasses (useful for eye protection in bright conditions including winter)
- Flask of Hot Drink (brilliant on colder days and provides a sense of comfort)
- Food (general packed lunch plus high energy foods such as flapjacks, chocolate and trail mix)
- Mobile Phone (fully charged in a waterproof bag)
- Pocket Sweets (great morale boosters, good options include jelly babies, wine gums and boiled sweets)
- Map & Compass and the skills to use them (group leaders always carry these items)
- Emergency Group Shelter & Whistle (group leaders always carry this equipment)

### **Optional extra's:**

- Walking Poles (useful to help stability and take pressure off knee joints)
- Camera (to capture great views, record your adventures and maintain the life of your phone battery)
- Gaiters (very useful in wet and boggy terrain to help prevent water seeping over the top of your boots)
- Sit Mat (cheap, simple and helps keep you comfortable during rest stops)

Follow Us



Visit Us  
[www.trektherapy.co.uk](http://www.trektherapy.co.uk)





SUPPORTED BY

Chorley  
Council



# 'SWEET CHILLI PARENTING'

## WORKSHOPS AT ST JOHNS'S CHURCH COPPULL

? **Is your child experiencing emotional, behavioural, or mental health challenges, and you are not too sure how to help?**

? **Do you want to learn how to support your child to be resilient, and to deal with the challenges they may face?**

Home Start Central Lancashire are leading providers in therapeutic parenting training, which allows parents to gain a better understanding of the emotional and physical impact of trauma.

We all experience trauma within our lives, however how we are supported through challenging times can have a huge impact on our parenting styles, future life choices and wellbeing.

This course will allow parents to learn about brain development, the impact of stress on both adults and children, and how a trauma informed, therapeutic approach to parenting can have a positive impact on the whole family.

The course is delivered over  
**4 workshops** that will take  
place at Coppull on...

**Monday 12th February**

10:00-14:30

**Monday 19th February**

10:00-12:30

**Monday 26th February**

10:00-12:30

**Monday 4th March**

10:00-12:30

**SWEET CHILLI PARENTING**  
Reflective Learning  
**SWEET CHILLI PARENTING**

To book your space please call:



**01257 241636**



YOUR  
SCHOOL  
LOTTERY



**WELCOME BACK!**  
**SUPPORT OUR SCHOOL**  
**PLAY OUR LOTTERY**



- Join the lottery to support our school
- Win weekly cash prizes up to £25,000
- Free entry into the bonus Super Draw

## BUY TICKETS:

Go to: [www.yourschoollottery.co.uk](http://www.yourschoollottery.co.uk)

And search for: Parldands



GambleAware





# FEBRUARY HALF TERM

CLAYTON BROOK COMMUNITY CENTRE

TUESDAY 13TH 9.30 - 11AM

WEIGH STAY & PLAY SESSION FOR BABIES AND  
PRE-SCHOOL CHILDREN PLAY SESSION

CHORLEY TOWN CENTRE - FAZAKERLEY STREET

THURSDAY 15TH 10AM - 3PM

BIRD FEEDERS AND SPRING ARTS AND CRAFTS

CLAYTON GREEN LIBRARY

TUESDAY 13TH 1.30PM - 3PM

VALENTINES THEMED PLAY SESSION FOR BABIES  
AND PRE-SCHOOL CHILDREN PLAY SESSION

INSPIRE YOUTH ZONE

THURSDAY 15TH 12.30PM - 2PM & 2.30PM - 4PM

WINTER PLAY DAY - ARTS & CRAFTS SESSION

HIGHFIELD FAMILY HUB

WEDNESDAY 14TH 10AM - 11.30 AM

VALENTINES THEMED CRAFT SESSION

NON-STOP KIDS ENTERTAINER 1.30PM - 3.30PM

TATTON COMMUNITY CENTRE

FRIDAY 16TH 1PM - 2.30PM

PLAY SESSION FOR MOBILE PRE-SCHOOL  
SPRING ACTIVITIES

**ALL FREE!**

**RING 01257 516316/516466**

**FOR MORE INFORMATION**



Children and Family  
Wellbeing  
Service

## Careers

No Career News today, as it was emailed via Edulink on Tuesday. If you missed it, it is on the school website

(<https://www.parklandsacademy.co.uk/school-information/careers-information-advice-and-guidance>).

As always, there are lots of great opportunities for students including conferences, work experience, challenges, open events and much more.