



# PARKLANDS BULLETIN

## 1 Nov - 5 Nov 2021 : Week 2



### Year 7 Messages

Please see the splash on the school website for the link to the photos of year 7s very successful Super Learning Day! Everyone had lots of fun and learnt a lot!

See PGL football message in the Whole School Messages section

### Year 8 Messages

A request for more members of the safety team in Year 8 or 9 - we will be taking part in competitions, training days and industry visits. Anyone interested in getting involved, please contact Miss Berry ([pberry@parklandsacademy.co.uk](mailto:pberry@parklandsacademy.co.uk)) or call in at the Top Office. We have lots of fun writing scripts and making videos, as well as looking at serious health & safety issues! (Thank you to those who have already applied).

BfL reports will be issued on Friday 5th November. You will find the reports in the Documents section of Edulink.

See PGL football message in the Whole School Messages section

### Year 9 Messages

A request for more members of the safety team in Year 8 or 9 - we will be taking part in competitions, training days and industry visits. Anyone interested in getting involved, please contact Miss Berry ([pberry@parklandsacademy.co.uk](mailto:pberry@parklandsacademy.co.uk)) or call in at the Top Office. We have lots of fun writing scripts and making videos, as well as looking at serious health & safety issues! (Thank you to those who have already applied).

BfL reports will be issued on Thursday 4th November. You will find the reports in the Documents section of Edulink.

See PGL football message in the Whole School Messages section

### Year 10 Messages

BfL reports will be issued on Wednesday 3rd November. You will find the reports in the Documents section of Edulink.

## Year 11 Messages

On our return after the half-term break Year 11 will receive their first WaG (Working at Grade) Report of the academic year and have their review day on 2nd November. The report will be made available to parents/carers through the app the following day.

Please note that the WaGs reported are a clear indication of how your child is working and the grades produced at the Key Assessment Points during the reporting period (02/09/20 - 06/10/20) and are **not overall predictions**. It is possible that WaGs will vary depending on the effort, application and outcomes in each reporting period.

The reports will also contain a separate 'RAG' rating for Year 11 Assessment Week in each subject that conducted an assessment. Please note the ratings are based on the effort and approach, rather than solely results.

**Red** = little or no effort, results significantly below what the student is capable of achieving.

**Amber** = some effort demonstrated but significant room for improvement

**Green** = well prepared, good effort, positive outcome.

We are pleased at how maturely and conscientiously the majority of Year 11 have approached the return to school and are showing a real engagement and determination in their learning.

Students who graded mainly 'red' will be re-sitting those assessments in the first week back, to give them the opportunity to improve their result.

## Head Students Page

We've finally reached the end of our first half term back, so well done everybody!! The majority of students have made a great start and the year 7s have settled in so well! We'd like to mention some of the things that have happened this term:

- The term has ended in a series of basketball House competitions for all years, so well done to everyone who competed
- Many in the new prefect group have made an excellent start to their projects
- The year 7s have had their first Respect Day, 'Super Learning Day', which was a great success, so well done to all the year 7s who were so enthusiastic and all the students who taught the lessons
- We held our Open Evening and so many teachers and parents raved about how brilliant the prefects were as tour guides
- The year tens have completed their Duke of Edinburgh Award as well
- A group of students have been litter picking to help the environment which is super positive

Of course there are so many more things we could mentioned, as we've had such a positive start to the year, so keep it up!

Have a brilliant half term break!!!

From

Jack, Millie, Rebecca and Eadie

## Whole School Messages

Half-term holiday: school closes on Friday, 15th October at 3pm and reopens on Monday, 1st November.

### Entrance times

Please be advised that students should not enter the school building until 8.20am. From that time they should make their way to the hall/dining areas if they wish to sit. This will ensure that they can walk straight out of the Refectory fire doors should there be an emergency evacuation.

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

### 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: 95 pupils  
Year 8: 41 pupils  
Year 9: 76 pupils  
Year 10: 68 students  
Year 11: 72 students

#### How had the Perfect 3 last week?

Years 7: 174 pupils  
Year 8: 101 pupils  
Year 9: 138 pupils  
Year 10: 129 students  
Year 11: 142 students

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

**ACHIEVEMENT POINTS:** click [here](#) to see our latest winners and leading House!

Letter to parents/carers from the Secretary of State for Education: click [here](#)

To mark World Mental Health Day on Sunday 10 October, the Department for Health and Social Care have published a range of mental wellbeing resources on the [Public Health England School Zone](#) website as part of their 'Better Health – Every Mind Matters' campaign aimed at helping everyone to look after their own mental health. This includes:

- support for student wellbeing through Better Health's range of free resources for year 6, key stage 3 and key stage 4
- Better Health's new self-care lesson plans for 10 to 16 year olds, filled with engaging, bite-sized wellbeing activities
- tailored wellbeing support for teachers using the 'Every Mind Matters mind plan', which provides personalised tips about what works for you
- an opportunity to win an exclusive student wellness workshop with Mind, by signing up to the School Zone

**GCSE PE pupils** - if you are struggling for a team sport Leyland and Chorley Hockey Club are after members and will help you get through the practical. Check out the club links hockey page for details on how to contact them.



## Whole School Messages

### PGL Football Years 7-9.

Develop your footballers' skills on and off the pitch with a weekend of football training with UEFA B (FA) qualified coaches. There's expert skills training and the chance to play in an informal tournament as well as the added bonus of PGL adventure activities which help develop those all-important teambuilding and leadership skills.

Letters have been emailed to years 7-9 pupils.



**PGL Football @ Boreatton Park**  
Open to girls and boys in years 7-9.

Departing 6th May returning on Sunday 8th May

Pupils will take part in training sessions over the weekend and mini matches as well PGL activities.



Price: £140 Deposit £50 on SCOPAY -  
Deadline: 5th November 2021



Letters are [here](#) (please note it is the 2nd letter -  
2 trip runs at the same time Netball and Football)

PP discount available.

Require further information [email ngreaves@parklandsacademy.co.uk](mailto:ngreaves@parklandsacademy.co.uk)

We have signed up to **Your School Lottery** as a way of raising money for school.

Your School Lottery is an exciting weekly lottery that raises money for schools in the UK. All schools supported by the lottery will benefit the UK and its residents.

Play the lottery, support your school - it's that simple!

Tickets for the lottery cost just £1 per week, with a top prize of £25,000!

Each ticket will consist of 6 numbers and each number will be between 0 and 9. There will be a draw every Saturday night when a 6 digit winning combination will be picked. Match all 6 and you win the JACKPOT!

There is also a guaranteed winner for each school every Saturday which is drawn on a raffle basis, so there are two chances to win a prize.

<https://www.yourschoolottery.co.uk/lottery/school/parklands-high-school>

Our first draw is 22 days - no money is taken until then! Please help support your school.

# Whole School Messages

## Maths

If you frequently find completing maths homework with your child is a struggle due to either your own maths anxiety or theirs then you may find the following resources useful.

These resources have been created by an educational psychologist that works with one of the maths platforms we use.

### **1. Free webinar for parents on helping your Maths-anxious child - Click for the link**

Using both the latest research and her vast experience in this area, Eadi's educational psychologist will give practical advice on ways parents can help their children with their maths, whether they are struggling with maths anxiety or stuck on their homework. And they'll learn tips for keeping their own maths anxieties at bay too!

*The webinar takes place on Wednesday 3rd November at 7:30pm.*

### **2. Free course for Maths-anxious Parents - Click for the link**

This is a 25 minutes course made up of 5 short videos. The videos will guide you through ways to help your child with their maths work at home without having to know too much about maths. If you feel that you can't help your child at home because "you are not a maths person" then this course is for you!

### **3. Free course for Students with Maths anxiety- Click for the link**

This is a 30 minute course for your child to complete. It goes through 6 techniques they can use when experiencing anxiety. The techniques range from breathing exercise to maths modelling, whilst keeping a main focus on how your brain is working when experiencing anxiety. The course is made up of 6 short videos and they get a certificate at the end.

## **COVID update from DfE**

Further to the [joint letter to parents](#) from the Secretary of State for Education and the Secretary of State for Health and Social Care on Monday 11 October, we have produced frequently asked questions for schools and further education providers on increased LFD testing to respond to potential outbreaks.

In addition to regular twice-weekly LFD testing, local health teams may advise additional LFD testing at your school or college. For example, if a student is identified as a close contact, they may be asked to take daily LFD tests while they wait for their PCR test result. In this scenario, they should continue to attend school or college as long as their LFD test results remain negative. You may also be advised to conduct a one-off round of LFD testing or daily testing for a group or cohort in secondary schools or colleges where case numbers are very high. This should be done for a minimum of 5 days, increasing to 7 days as necessary to ensure the final LFD test is taken on a school day.

The frequently asked questions can be found on the document sharing platforms for [secondary schools](#)

# Whole School Messages

## Extra Curricular PE

Next half term we stop football training for the boys and look towards Basketball and Badminton for the winter sports. Please come down and learn a new sport. Badminton and Basketball is open to both girls and boys and anyone wanting to try a new sport. We will have local and county competitions in Basketball and local competitions in Badminton next half term.

### Football

Y8 & Y10 boys will have at least one football match next half term in round 2 of the Lancashire cup. Y11 boys are in the Chorley cup final as well which is next half term, date and venue to be arranged.

Y8/9 girls football team will also be playing in round 2 of the Lancashire cup next half term.

EXTRA CURRICULAR AFTER SCHOOL TIMETABLE - AUTUMN 2 - 2021

	MON	TUE	WED	THUR	FRI
GYM	Y7 Basketball	KS3 Cheerleading (HM & SOK)	Y8 & Y9 Basketball	KS4 Cheerleading (GM)	
SPORTS HALL	Year 7s (optional) Netball (NG/CS)	Year 10/11 Basketball	Year 8/9 Netball (NG/CS)	GCSE Badminton Y10 & 11	Badminton Y7, Y8 & Y9
MAIN HALL	Y8 & 9 Dance Club (LR)		Y7 Dance Club (LR)		
ASTRO		KS4 Netball (GCSE and others welcome) (Playcourts)		Girls Football (All years) NG/AC/AS	
FIELD			Running club PW MM (All pupils all years)	Rugby - All years	
PAVILION	KS4 Dance Team (4-5pm) GM		KS3 Dance Team (4-4.45) LR		Y10 & 11 Dance Club (GM)
FITNESS SUITE	C. Melia L. Newton	G. Burgess	P. Bolster	C. Snell	P. Willsher



YOUTH  
WITHOUT  
LIMITS

## DOFE BRONZE



Year 9

Complete your bronze by signing up for the expedition!

You will walk for 2 days and camp for 1 night.

Fancy the challenge?

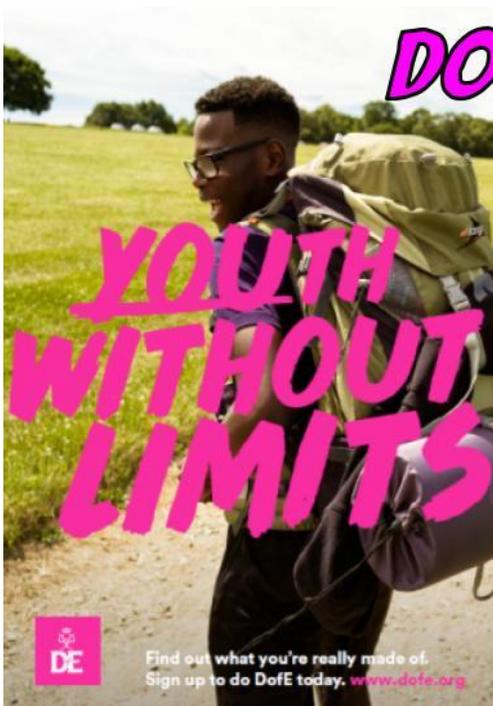
You parents/carers have been sent a [letter](#) today!



Because there's no better way to... try new things, meet new people, discover new talents, learn new skills, see what you're made of, give to your community, feel more confident, make a difference, recognise your potential, boost your wellbeing – and know that whatever life throws at you, you're ready.



So what are you waiting for?  
Join DofE at [www.dofe.org](http://www.dofe.org)



## DOFE SILVER



Year 10/11 who completed Bronze

There are now limited spaces available to complete your DofE Silver Award.

It is more challenging! You will camp for 2 nights and walk for three days! All while being self sufficient.

You also have to complete the 3 sections, Physical, Skill and Volunteering!

Fancy the challenge?

See Miss Greaves for a [letter](#) today!



Find out what you're really made of.  
Sign up to do DofE today. [www.dofe.org](http://www.dofe.org)



# Shine for SALLY



**Saturday 4th December from 7.30pm**  
at Adlington Community Centre, Railway Road, Adlington

Tickets available via Ticketsource

<https://www.ticketsource.co.uk/booking/t-ajvrpy>



All proceeds to the @sallycancerfoundation

A night to remember Sally Cornes and raise money in her memory  
to help cushion the blow for children with cancer



<https://www.ticketsource.co.uk/booking/t-ajvrpy>

Booking information for the 'Shine for Sally' show



# AUDITIONS

**WEDNESDAY 8<sup>th</sup> DECEMBER**  
from 3.00pm, in the Pavilion

**SHOW DATES: 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> March 2022**  
*you must ensure you are available for all the dates*

**Singers/dancers welcome - your chosen song/artist  
MUST be British.**

**Check with Miss Marr or Ms Robinson to ensure your choice  
is not already being used.**

**SIGN UP FOR AUDITIONS IN THE PAVILION**

# Fireworks, The Law and You



Fireworks can only be purchased from registered sellers for private use between:

**15th October - 10th November**  
**26th December - 31st December**  
**3 days before Diwali or Chinese New Year**

It is illegal to sell fireworks or sparklers to anyone under 18

It is illegal for anyone under 18 to possess fireworks in public

If you are caught with fireworks in public you could be given an on the spot fine of £80

It is an offence to set off fireworks between 11pm and 7am

It is also an offence to obstruct emergency workers

**If you are caught committing any of these offences you could be given an on the spot fine or be taken to court where you can be given a heavier fine or prison sentence.**



**THINK ABOUT IT.**

# Firework Code



Lancashire Fire  
and Rescue Service

**Always supervise young children**

**Light sparklers one at a time**

**Keep pets indoors**

**Keep them in a closed box**

**Follow all instructions carefully**

**Stand well back**

**DO's**

**&**

**Don'ts**

**Never return to a lit firework**

**Don't give sparklers to under 5's**

**Don't set fireworks off after 11pm**

**Never put them in your pocket**

**Never throw them**

*Bright Spark*

**For more information visit:**

[www.lancsfireandrescue.org.uk/bonfires-and-fireworks.aspx](http://www.lancsfireandrescue.org.uk/bonfires-and-fireworks.aspx)

WEAR IT  
PINK

BREAST  
CANCER  
NOW The research  
& care charity

YOU'RE  
INVITED  
TO WEAR IT PINK

Come along and help us support this amazing charity at Astley Village Community Centre, Hallgate, PR7 1XA.

Saturday 23rd October 1pm - 5pm

- \*COFFEE AND CAKE
- \*CRAFT STALLS AND GIFTS
- \*RAFFLE
- \*GAMES AND PRIZES

FOR EVERYONE AFFECTED  
BY BREAST CANCER -  
WE WILL WEAR IT PINK.

Find out more at: [wearitpink.org](http://wearitpink.org)



Registered with  
FUNDRAISING  
REGULATOR

Breast Cancer Now is a charity registered in England and Wales (1160558), Scotland (50045584) and the Isle of Man (1200).

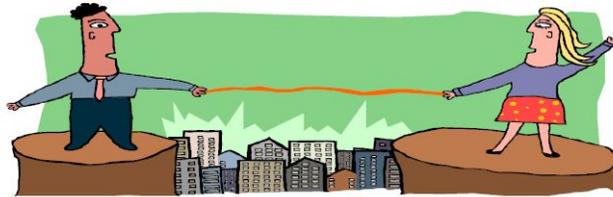
# Whole School Messages

## Wellbeing for all

I have often offered pertinent explanations to some of the students I have worked with about our language and the significance we levy on certain words when we are explaining or giving an instruction. By replacing the word 'Why?' (which can be interpreted as an adverb, an interjection, a noun or a conjunction) with something else we might elicit a more favorable response. For example changing 'Why did you just do that?' to 'Should you be doing that?' or 'Am I going to be ok with that?' means that the person will encode the information differently and so may respond with 'No, I shouldn't be doing...!' or 'Sorry...!'

I use this all the time with my children at home and I find that it has a tendency to de-escalate situations and engage a prefrontal cortex response rather than a full scale amygdala hijack! You could try it with your kids or the students in school.

The infographic below explains a little more about dialect and how we can alter it accordingly.



## Creating the Bridge to Middle Ground

### How to think and act dialectically



- Move away from "either - or" thinking to "both - and" thinking. Avoid extreme words: "always", "shoulds", "never", "you make me..."
- Practice looking at different sides of a situation and alternative points of view. Find that kernel of truth in each view.
- Remember, there is often no absolute truth. Truth can be found in both sides.
- Other views can be valid even if you don't like or agree with them.
- Don't stand on one side or the other, try to find a middle way between the tension or conflict.
- Practice balancing **acceptance** with **change** by saying things like "This is really hard for me, and I am going to keep trying." "I am doing the best I can, and I am going to try harder".
- Practice sitting with feelings and notice feeling more than one emotion. An example might be: Loving someone and being angry at them at the same time.

# Career News - half term



THURSDAY 30TH SEPTEMBER

WEDNESDAY 13TH OCTOBER

TUESDAY 2ND NOVEMBER

## CAREER News

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

Here we are at the end of the term already! Welcome to another bumper edition of Career News, packed full of useful information and advice.

There are a number of really good work experience opportunities (both online and in person), so no matter what future career you have in mind, there's bound to be something to interest you!

For girls in Year 8 and 9, there is a fantastic FREE CyberFirst development day on offer - there's never been a better time to explore what a career in cyber security can lead to. Estimates suggest that there could be 100,000 unfilled cyber security roles in the UK by 2022\* (prospects.ac.uk) with half of all businesses looking for more technical know-how to protect against cyber attacks and critical security breaches. (CyberFirst is part of the National Cyber Security Centre (NCSC), a part of GCHQ).

For anyone interested in a career in law, take a look at the event with BrowneJacobson - one of the speakers is Barrister Sean Wallace aka The Dark Destroyer from TV's The Chase!

There are reminders about open events at colleges - don't forget that Year 11s should be applying to at least TWO colleges - including those students who plan on taking up an apprenticeship position. After the past few years, it's vital to have a back up plan!

Don't forget to sign up to Pathway (QR code inside). It's a free service aimed at connecting students with top employers for work experience, internships and support. You can even win a great prize if you sign up this week!

Finally, MBDA have opened their apprenticeship application window - if you are looking for a top class apprenticeship, here's your chance. Don't leave it too late ...

Have a great half term holiday. One to one interviews for Year 11s will continue after the break - if anyone would like an early interview, please drop me an email (especially if your surname is at the end of the alphabet!)

Half term 18 - 31 October 2021



YOUNG PROFESSIONALS

An evening with Mazars - One of the world's largest professional services firms

... announce that we have a brand new employer coming on board to ...  
 ... you to Mazars; a global audit, accounting and consulting firm ...  
 ... 1,000 professionals in 90 countries worldwide. With over £1.5 billion ...  
 ... are amongst the top 10 largest professional services firms in the

Rise up to the challenge.  
 CyberFirst Girls Development Days

Don't miss the chance to attend the CyberFirst Girls Development Days, an initiative inspired and led by the National Cyber Security Centre (NCSC) - a part of GCHQ. It's a fun, scenario-based initiative that aims to support girls interested in pursuing a cyber security career. The content exposes the girls to cyber security and delivers practical skills in an interactive and thoroughly enjoyable way.  
 Who can attend? Open to girls in Year 8-9

...to-face courses are running in October. There's a variety ...  
 ... attend. ...  
 ...aces are filling up fast, so reserve your seats today! ...  
 ... sign up now

... cyber security experts working for a fictitious app ...  
 ... ally, disaster has struck and there has been a serious ...  
 ... flagship app has been leaked. Your role is to work ...  
 ... uncovering how the leak happened whilst learning ...  
 ... se content is designed around four modules.

**Penetration Testing**

Stop malicious hackers in their tracks. Discover how to identify different groups that conduct cyber attacks, their motivations and penetration methodologies.

**Open Source Intelligence**

Find intelligence sources. Everything you do online leaves a digital footprint; how will you protect it?

## BACK TO SCHOOL GIVEAWAY

£1000 WORTH OF PRIZES UP FOR GRABS!!

WIN!

Beats Solo3 wireless headphones

Apple AirPods

UE BOOM Bluetooth Speaker

£100 Nike Voucher

Beats by Dr Dre Headphones

Don't forget to sign up to the Pathway programme to instantly be in the draw to win £1000 worth of prizes!!

A reminder of our upcoming prizes!

How it works:

Students who sign up will be entered into every giveaway after they join our programme, for example: If students sign up during the first week they will be entered into all five prize giveaways, the second week they'll be entered into the second, third fourth and fifth giveaways etc.

The prizes we have on offer are:

- W/c 27th September: Work-Experience Day with Pathway-CTM1 (x2)
- W/c 4th October: Apple AirPods
- W/c 11th October: UE BOOM Bluetooth Speaker
- W/c 18th October: £100 Nike Voucher
- W/c 25th October: Beats by Dr Dre Headphones

Winners will be announced on Friday 29th October!  
 Sign up easily using our QR code!



Bumper edition of Career News for half term. You do not want to miss any of these great opportunities: free courses from FutureLearn; the apprenticeship window is now open for MBDA Missile Systems; webinars and insights into industry from BT, Mazars, Accenture and Browne Jacobson (featuring none other than Barrister Sean Wallace - the Dark Destroyer from TV's The Chase); a virtual 'how to apply to college' event with Wigan & Leigh; open event dates from Cardinal Newman, Winstanley and Rivington & Blackrod 6th form; the latest parent pack from Amazing Apprenticeships; amazing career experiences with InvestIN; a free cyber event for girls in Year 8 and 9 from NCSC (GCHQ); prize draw from Pathway careers; a free Creative Industries guide to download; virtual work experience from Allied Healthcare Mentor; advice on job sites and last, but not least, Career of the Week!

[Follow the link:](#)

## Careers

Not in Career News, but just as important ... Arkwright Engineering Scholarships are now open for nominations. If there is anyone in Year 10 or 11 who is seriously interested in a career in engineering (or any STEM area) then please contact Miss Berry ([pberry@parklandsacademy.co.uk](mailto:pberry@parklandsacademy.co.uk)) for more details of how to get involved.

The scheme requires you to come up with a project or product and you have to show all your planning, research and development - the scholarship means that there is funding attached, so it is well worth getting involved. There is an exam as well - it is a prestigious award which helps with university or job applications in the future. The application deadline is just after Christmas, but you need to have a definite project/product in mind by then, so have a think over half term about what you could do!

As mentioned in the Career News section, MBDA have now opened their application window, so if you are interested in a really top class apprenticeship, have a look at their website and complete an application as soon as possible: <https://www.mbda-systems.com/>  
BAE Systems will open their apprenticeship application window on November 1st (with a series of open events to be announced at their academy in Samlesbury). Keep an eye on the bulletin and Career News for more information.

***Just a bit too late for this week's edition of Career News - but another event not to be missed!!***

We have a brilliant event taking place with BP coming up on Tuesday 19th October at 5:00pm - 6:00pm. BP are currently 3rd on the FTSE-100 list and offer some of the most well-paid student opportunities in the UK with some school-leaver salaries starting at £27,000 which is quite incredible.

BP offer a variety of apprenticeships and graduate programs and this event will cover a great deal of them from digital, technology, finance, trading and HR roles.

### Exclusive Online Webinar:

- Tuesday 19th October, 5pm - 6pm
- An introduction to BP and their opportunities from a multitude of areas of the business
- BP's work on renewable resources
- Q&A

If you'd like to take part in this online event to hear more about what it's like working for one of the biggest companies in the world sign up using the link below!

### Registration Link:

<https://www.surveymonkey.co.uk/r/bp-Event>

