



PARKLANDS BULLETIN

20th - 24th May 2024

Week 2



Principal's Message

Dear Parents & Carers,

Exams are continuing for Year 11s this week, and it has been a very busy week for them. They have continued to set an excellent example for the rest of the school with their focussed and determined approach to their exams.

Today our Year 7s have had a Respect Day, where they learned all about basic First Aid. They took part in a variety of sessions, including learning CPR and how to apply bandages correctly. They also took part in a session about Mental health which was delivered by our fantastic Wellbeing prefects and Head Students.

This weekend some of our students are out on a Duke of Edinburgh expedition. They left school at lunchtime today and they have been very lucky with the weather so far - we hope the sunshine stays for the rest of the weekend!

Could I also ask that you remind your children about safety when they are travelling to and from school. We have had some reports from members of the public about children cycling on pavements and of children not paying full attention to the roads when crossing. Thank you for your support with this.

Regards,

Mrs. Batson
Principal

Whole School Message

All pupils will be learning about the dangers of swimming in open water during Secure on Monday. We are hosting a visitor from Lancashire fire service who will explain about this danger to pupils.

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

Current Unit - Wealth & Poverty

Enquiry Question - Who is responsible for helping the poor?

1. What was the aim of the 'Make Poverty History' campaign?
2. Give 3 key causes of world poverty
3. What is a HIC?
4. What is a LIC?

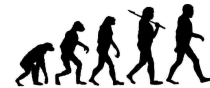


(Year 8) Weekly discussion questions from the RS Department.

Current Unit - Life after death

Enquiry Question - Is death the end?

1. What does Samsara mean?
2. What does reincarnation mean?
3. Which religion believes in Moksha?
4. What are the 2 types of Buddhists we have learnt in lessons?



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

Current Unit - Religion & Life

1. What does stewardship mean?
2. What does dominion mean?
3. Why might some Muslims believe in stewardship?
4. Why might some Christians believe in dominion?



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: 48 pupils to date
Year 8: 33 pupils to date
Year 9: 32 pupils to date
Year 10: 28 students to date
Year 11: 50 students to date
All: 191 students

How many had the perfect 3 in the previous week?

Year 7: 157 pupils
Year 8: 119 pupils
Year 9: 137 pupils
Year 10: 122 students
Year 11: 164 students
All: 699 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: 149 pupils
Year 8: 96 pupils
Year 9: 106 pupils
Year 10: 96 students
Year 11: 118 students
All: 565 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
20th May 2024

HAVE YOU HEARD THE NEWS?
This week is another busy GCSE week for our year 11s. There are English Lit and Language papers, French Writing, Physics Computer Science, Arabic and Chinese exams. Good luck to all candidates. Remember, pupils requiring learning support can contact their key person in N17 for help.
Learningsupport@parklandsacademy.co.uk

Inspire Quiz
Here is the lowest place on the Earth's surface.
Where is it?
Last time's answer: 309.5 metres

"The science of today is the technology of tomorrow."
EDWARD TELLER

Joke of the Week
Why did you need so much extra paper in the English exam?
It's a LONG STORY!

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

Seek knowledge from the cradle to the grave

Follow us on Instagram:
[p_h_s_learningsupport](#)

Useful Links

- FIND Newsletter
- GOV.UK Covid-19 Information
- Headspace (Meditation & Sleep)
- KOOTH Mental Health Support
- Local Offer
- NHS Urgent Mental Health Helpline
- Witherslack Group
- ADDitude Magazine
- Autism Eye
- Autism Parenting Magazine
- British Dyslexia Association
- The Communication Trust

Whole School Messages

Asylum Speakers webcast

We were absolutely delighted to have our KS3 form captains taking part in a webcast by Asylum Speakers. The pupils heard from founder Jaz O'Hara and her Eritrean foster brother Meseret Bereket who left his country as an unaccompanied child, making the journey to the UK in order to find safety, and how him joining Jaz's family had a life-changing impact on them both.

There will be follow up meetings with the form captains to discuss ideas for Refugee Week, A Day of Welcome and further ways we can help our school to become a School of Sanctuary.



Country of
the week

Bhutan



Bhutan is a Buddhist kingdom located near India. It opened its gates up in 1974 (50 years ago!) to tourists because the government didn't want its pristine natural environment and wildlife to be harmed by tourists. Bhutan is known as one of the carbon-neutral countries in the world, and it is illegal to harm living creatures there.



Capital - Thimphu
Population - 782 thousand
Main religion - Buddhism
National animal - Takin
Official language - Dzongkha
Land mass - 38,394km²
Currency - Indian rupee

Whole School Messages

PE Update week beginning 13th May 2024

A great week in the PE department. The summer season is well and truly underway with cricket, rounders, athletics and tennis on display! Check out the new extra curricular timetable.

Year 7 Boys and Girls Football Rotary Cup Tournament at UCLAN. This was a great tournament involving a huge number of schools from across all of Lancashire. Both teams showed great grit and determination throughout the competition playing against very strong teams. They made us very proud! Well done.



Duke of Edinburgh Bronze and Silver expeditions. Pupils from year 9 will be heading out this afternoon on their first DofE overnight practice expedition whilst some of our year 10 and 11 pupils will be going on their 2 night silver practice expedition. Pupils will have to demonstrate a range of skills including navigation and planning, campcraft, teamwork and cooking! Best of luck and we hope you all have a great weekend. And thank you to those staff who are volunteering to give up their own time to allow this to take place.

Great attendance at all extra curricular clubs this week. Wishing you all a great weekend!

Charity Football Match Parklands Staff vs Former Year 11 pupils (2024 leavers)



Mr Metcalf is leading his team of fine teacher athletes into a charity football match once again against our former pupils!

Please come if you want to see the famous Mr Cross offside trap, Mr Rimmer rolling back the years and Mr Johnston flying up the wing.

Last year the staff came from a goal down to win 2-1 and we are very confident of another win!

This is to raise money for a very worthy cause that we will announce closer the time.

When: Thursday 18th July

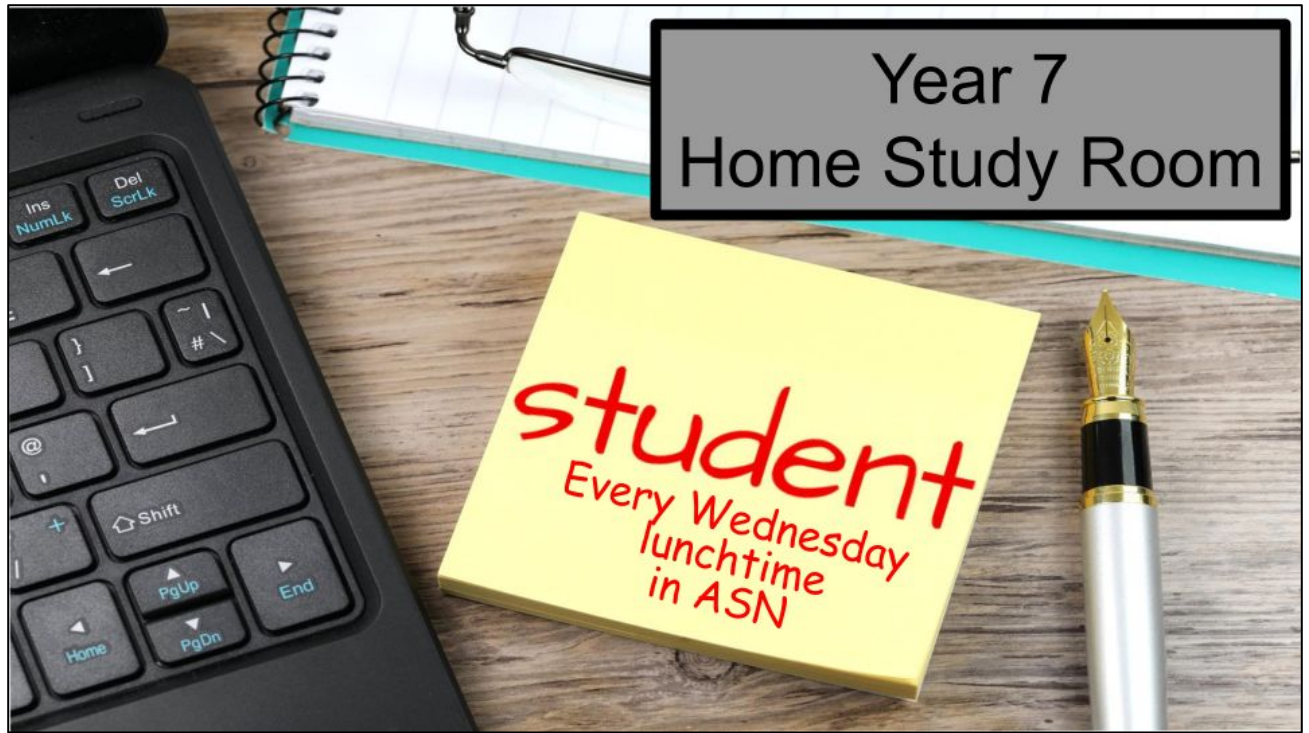
Time: 15:30-17:00

Where: Westway

Donations: Minimum £2 cash per person to watch, this to be collected at Westway by staff.

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





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



OUR MENU WEEK 2

Choose your favorite dish

				
<p>Monday</p> <p>Main Meal Sticky chicken & rice £1.90</p> <p>Vegetarian option Pasta bake £1.90</p> <p>Jacket Potatoes with various fillings</p> <p>Grab & Go Panini £1.90 Chicken wrap £1.90 Pizza £1.20</p>	<p>Tuesday</p> <p>Main Meal Chicken korma £1.90</p> <p>Vegetarian option Veg burritos £1.90</p> <p>Jacket Potatoes with various fillings (GF)</p> <p>Grab & Go Meat & Potato pie £1.15 Cheese pasty £1.15 Pizza twist £1.90</p>	<p>Wednesday</p> <p>Main Meal Pasta americano £1.90</p> <p>Vegetarian option Veggie lasagna) £1.90</p> <p>Jacket Potatoes with various fillings</p> <p>Grab & Go Pizza £1.20 Chicken wrap £1.90 Herby potato cubes £1.50</p>	<p>Thursday</p> <p>Main Meal Lasagna £1.90</p> <p>Vegetarian option Veg lasagna £1.90</p> <p>Jacket Potatoes with various fillings</p> <p>Grab & Go Panini £1.90 Pizza twist £1.90 Chicken wrap £1.90</p>	<p>Friday</p> <p>Main Meal Chicken chow mein Vegetarian option Veggie stir fry Jacket Potatoes with various fillings (GF)</p> <p>Grab & Go Panini £1.90 Chicken wrap £1.90 Steak pie £1.15</p>



BLACKPOOL PLEASURE BEACH

Thursday
25th July
9.00 - 6.00

£30

UNLIMITED
RIDES,
TRANSPORT
INCLUDED

**Limited
places**

Please see your emails for full details of our end of year trip to Blackpool Pleasure Beach.

Please ensure that once the consent form has been completed that you log back into the trip to pay for it. It is the payment that secures your child's place on the trip however please note, attendance on the trip is subject to approval from the Houseleaders. If your child is removed by the Houseleaders, a full refund will be given.

LET'S SING! LET'S DANCE! LET'S ACT!



Age 7 - 17 welcome

DON'T MISS OUT!

SUMMER SCHOOL 2024

Monday 29th July - Friday 2nd August

At Hollinshead St Rooms, Hollinshead St (& Byron St), Chorley



Grand Performance

on Saturday 3rd August
at Adlington Community Centre
at 7.30pm



Only £75
for the full 6 days
(10am - 4pm)



For further information, please email:
ljbrown76@hotmail.com
or tel: Lesley on 07917 411252



All staff are fully enhanced CRB checked & First Aid qualified



A show in a week!!
One whole week of drama, dance and singing,
working on extracts from musicals, movies and plays

Prom Incentive



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

Vacancies

Click [here](#) for current vacancies.



PARKLANDS
HIGH SCHOOL

Parklands High School : An Academy

Southport Road, Chorley, PR7 1LL

Co-Ed Comprehensive with 1118 students on roll. Tel: 01257 264596

www.parklandsacademy.co.uk

Email: admin@parklandsacademy.co.uk

Learn, Respect, Aspire, Achieve

A vacancy has arisen for a

CLEANER – 20 hours per week 3.15pm – 7.15pm Monday – Friday. Term time plus 3 weeks.

Grade 3, SCP 4 £11,416.56 (£23,151 fte). Start date 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 staff benefit from access to the UK's leading provider of healthcare insurance, entry into the LGPS pension scheme, UK healthcare, as well as on site parking, out of hours access to our new gym facilities and our cycle to work scheme

For more information about the role and how to apply please email Carol Slater, Chief Operations Manager at 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. (Paper applications can be requested from the school.) Electronic applications should be returned to the email address hr@aspirationalfutures.co.uk. Handwritten applications may be posted to HR Manager 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 20/05/2024 with interviews to be held 23/05/2024.

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 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 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@parklandsacademy.co.

Vacancies

Click [here](#) for current vacancies.



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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 £14,728.08 - £16,013.93 actual salary per year (£23893 - £25979 FTE)

Term Time plus 3 weeks. 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 postholder 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.

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. 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 Cleaning Supervisor"

Closing date for applications: 12 noon 20/05/2024 with interviews to be held 24/05/2024

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 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 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

Click [here](#) for current vacancies.



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We are currently seeking an inspirational and enthusiastic

Teacher of Geography

From September 2024

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

We are seeking a teacher of Geography to join our highly successful department. The position would suit an experienced practitioner but we would also welcome applications from ECTs / RQTs. You will receive high quality, comprehensive CPD and support from your colleagues who will coach and guide you through any continued professional development. Parklands has a bespoke ECT/RQT programme in place and staff also benefit from access to the UK's leading provider of corporate healthcare cash plans provided by UK Healthcare and out of hours access to our gym facilities.

Parklands High School is a popular, over-subscribed and high-achieving school. This is an opportunity to work in a friendly, supportive, well-resourced and forward looking environment. If you wish to come and visit us or require more information regarding the role, please contact Helen Partington, Vice Principal, by telephone or email (hpartington@parklandsacademy.co.uk)

Candidates should complete an electronic application form, available on our school website, along with a letter of no more than 3 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: 10:00 am Tuesday 16th May 2024 . Interviews to be held on Tuesday 21st May.

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 criminal record check via the Disclosure and Barring Service as well as qualification and reference checks. Copies of our Recruitment and Selection policy are available from hr@aspirationalfutures.co.uk

Vacancies

Click [here](#) for current vacancies.



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Email: admin@parklandsacademy.co.uk

Learn, Respect, Aspire, Achieve

We are currently seeking an enthusiastic and dynamic

Teacher of Maths

Required from September 2024 .

Fixed term 1 year in the first instance

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

We are seeking a teacher of Maths to join one of our highest performing departments. The position would suit an experienced practitioner but we would also welcome applications from ECTs / RQTs.

You will receive high quality, comprehensive CPD and support from your colleagues who will coach and guide you through any continued professional development. Parklands has a bespoke ECT/RQT programme in place and staff also benefit from access to the UK's leading provider of corporate healthcare cash plans provided by UK Healthcare and out of hours access to our gym facilities.

Parklands High School is a popular, over-subscribed and high-achieving school. This is an opportunity to work in a friendly, supportive, well-resourced and forward looking environment. If you wish to come and visit us or require more information regarding the role, please contact Angela Johnson, Curriculum Leader, by telephone or email (ajohnson@parklandsacademy.co.uk)

Candidates should complete an electronic application form, available from the TES, Gov.uk Teaching Vacancies 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 13th May 2024 with interviews to be held w/c 20th May 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 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@parklandsacademy.co.uk

St Paul's Players Presents

Les Misérables

SCHOOL EDITION

Tues Sept 3rd - Sat 7th September

Based in Adlington, St Pauls Players is an amateur theatre society who produce 3 amazing shows a year

Following on from our most recent successful youth show Everybody's Talking about Jamie, and previous youth shows of Bugsy Malone, Jesus Christ Superstar, We Will Rock You and many many more, This September we are putting on the popular musical:

Les Miserables (schools edition)

and we are looking for new youth stars!! Could this be you?

Do you love singing? Do you love being on stage? Do you love being part of a big team? then here is the information you need!

Location: Adlington Community Centre, Railway Rd
Adlington, Chorley PR6 9RF

Welcome Meeting /Sing Through: Sunday 12th May 2024 at 1pm

Auditions Sunday 19th/20th May (timetabled)

Age Ranges: 11 (at time of production) - 18 **must be in education**

*younger will be considered for gavroche/young cosette

Contact : Graham (Director) on 07886 033045 or
Jane (Co-ordinator) - 07806788860 for further information



Parkland's Peru Expedition

Coming soon.....



THE MUSICAL FOR ALL TIME

BILL KENWRIGHT PRESENTS

WILLY RUSSELL'S

BLOOD Brothers

'EFFICIENT' USING AIDS

'TRIUMPHANT' THE INTERIM

A SIMPLY STUNNING BLOCKBUSTING MUSICAL. CREATOR STUNNED

BEST MUSICAL ALL MAJOR AWARDS

BLOOD BROTHERS THEATRE TRIP

Who: This trip is open to current Year 10 to go when you are in Year 11.

Where: Manchester Palace Theatre.

When: Thursday 21st November 2024 leaving school at 6pm.

Price: Total cost is £46 per pupil.

This includes your ticket and return coach.

There are 99 places available.

Pay your £20 deposit on Scopay to secure a place.

Please see Miss Duffell or Miss Malone for more details. Further details have been emailed to Year 10 parents.

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

What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and Interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/school-avoidance

@wake_up_weds

/www.thenationalcollege

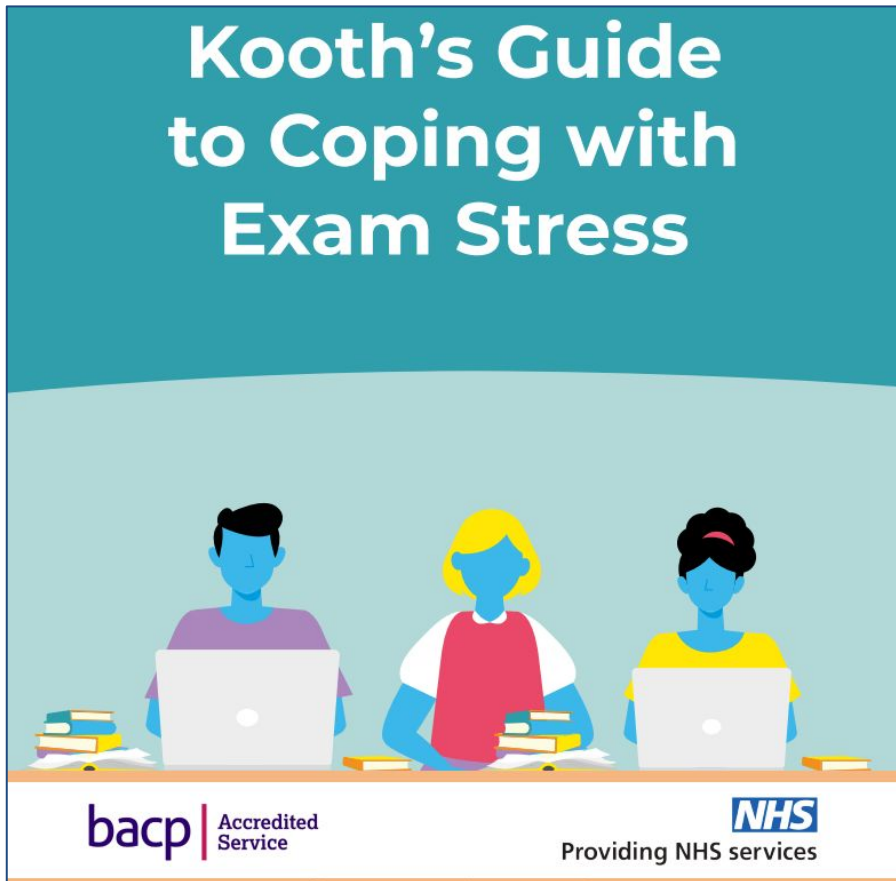
@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.05.2024

Whole School Messages

Click [here](#) for the Kooth's Guide to Coping with Exam Stress.

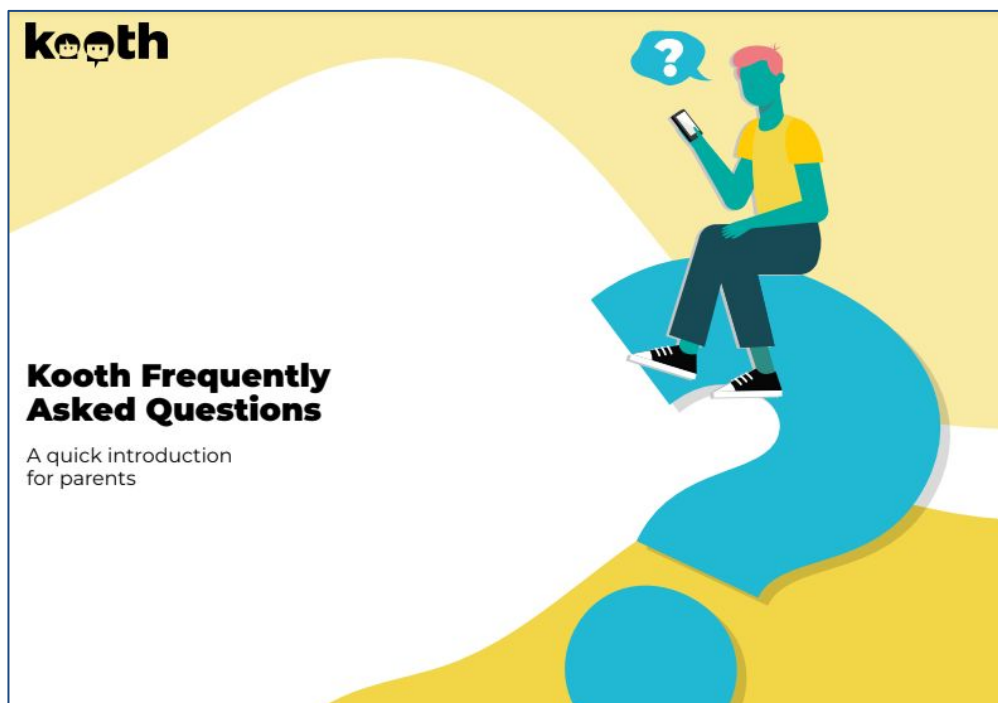


**Kooth's Guide
to Coping with
Exam Stress**

Illustration of three students (two boys and one girl) sitting at a desk with laptops and books. The background is a teal gradient.

bacp | Accredited Service

NHS
Providing NHS services



kooth

Kooth Frequently Asked Questions

A quick introduction for parents

Illustration of a student sitting on a large blue question mark, holding a smartphone. A speech bubble with a question mark is above the student. The background is yellow and white.

Click [here](#) for the Kooth FAQs.

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

Please click [here](#) for the What's on guide from the Children and Family Wellbeing Service.

Like our Facebook page for updates and news about sessions and courses
Chorley Family Hub

Like

DELIVERING EARLY HELP

Children and Family Wellbeing Service

Useful Numbers

NHS Dental Helpline 0300 311 2233 / www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/	Mind Matters (mental health support) 01772 773 437
Community Midwives 01257 245 116	Children's Services Support Hub 0300 123 6720 / 0300 123 6722 (out of hours)
Health Visitors 0300 247 0040 Opt 1	Food Bank Chorley 01257 260 050
Royal Preston Hospital 01772 716 565	Women's Centre Chorley 01257 265 342
Chorley Hospital 01257 261 222	Childline 0800 1111
Police Non-Emergency 101	National Domestic Abuse Helpline 0808 2000 247
Medical Advice 111	Tippy Toes Baby Bank 07711 964 309
Mental Health 24hr 08000 130707	NCT Infant Feeding Support 0300 330 0700
	Citizens Advice 01257 265 432

Get advice and support

Age 0-19 (up to 25 for young people with learning difficulties or disabilities)

Someone to talk to	Mental Health
Problems at home/school	Self Harm
Jobs and training	Bullying
Apprenticeships	Drugs and alcohol
Staying safe online	Things to do
Sex and health	Housing, rights and money
Relationships	What age can I?

Text 07786 511111
Talk online lancashire.gov.uk/youthzone
Call 0800 511111

facebook.com/LancashireYPS
twitter.com/LancashireYPS
You can contact us 365 days a year
2pm to 10pm



What's on guide

CHORLEY CFW
All our groups are free
April—June 2024



Lancashire
County Council

LANCASHIRE FAMILY HUBS NETWORK CHORLEY

www.lancashire.gov.uk

Whole School Messages

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.

Enter our **Super Draw** **Nintendo Switch Bundle**

OR £1,000 CASH PRIZE



- Tickets cost just £1 a week
- Chance to win up to £25,000
- Play weekly, or just play the Super Draw!
- Win an amazing gaming bundle!



PLAY NOW:

Go to

www.yourschoollottery.co.uk

Search for: **Parklands**



GambleAware



See website for Terms & conditions. Enter by 24/02/24

Click [here](#) for this week's news.

Career News



BAE SYSTEMS

Work experience

Wondering what life is really like at BAE Systems?

Inspiring young people in their career choice

BAE Systems is an inclusive employer and values diversity. Everyone has the opportunity to be themselves and fulfil their potential no matter what their background.

Our Work Experience Programmes are very popular and places on the programme are limited. To register interest in our summer Work Experience Programme, simply complete the four sections of the form.

All requests are reviewed so please ensure you provide as much relative information as possible to support your submission.

There are two cohorts going ahead in Summer – one is for students in years 10 and 11, the other is for students in years 12 and 13 (college/sixth form). Please bear this in mind when applying.

[CLICK HERE TO FIND OUT MORE](#)



- ✓ School Leavers
- ✓ Apprenticeships
- ✓ University Degrees

Course Advice Morning



Ideal for Year 10s, but not too late for Year 11 applications!

Saturday 8th June

CENTRES ACROSS THE NORTH WEST PRESTON LIVERPOOL



LAUNCH STRONGER STARTS APPRENTICESHIP PROGRAMME

announced the launch of their new Stronger Starts Retail Apprenticeship Programme, as part of their commitment to help young people achieve a better future. The few apprenticeship programmes that doesn't require any entry requirements. In this programme, apprentices gain a Level 2 National Standard in Retail, and a GCSE pass.

Applications on 26th June 2024.

[LEARN ABOUT THE PROGRAMME](#)



CAREER News



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

Lots of great opportunities for students in this week's bumper edition of Career News: conferences, webinars, apprenticeship vacancies, work experience, open events, revision support, quizzes and much, much more!

A number of Year 9 and 10 pupils recently visited Royal Preston Hospital for an NHS Careers Day, where they spoke to health care professionals and took part in various activities. Some of our Year 10 pupils took part in an A Level Masterclass Day at Furness College - all of Year 10 will get to visit both Furness College and Wigan & Leigh College for taster days in July.

Next week sees a whole host of visits: a Sociological Dragons' Den event at Burnshaw College, a visit to NSG Environmental for the E21 Challenge pupils and finally a Construction Careers Day with Preston College and Penrith Homes. Thanks to all the organisations, both colleges and employers, for their support of our pupils.

Congratulations to Blackburn College who have recently been awarded the accolade of 3rd Best College in England in the Government's latest achievement tables for learners aged 16-18. There is an Open Event for Year 10 coming up in June at Blackburn College if you'd like to visit (date and booking information inside).

Gallop South Farm College have already opened the bookings for their Open Events taking place after the summer holidays, so if you want to get ahead and start lining up your diary, [here's the link](#). They are ticketed events and places are limited.



20th - 24th May 2024: It's World Bee Day on May 20th



National Horseracing College

Centre of Excellence for the Horseracing Industry

12-week Residential Foundation Course

For those people seeking their first taste of racing, our foundation course will ensure they have the necessary skills to gain employment in the racing industry.

- For anyone aged 16+
- 12 weeks at the NHC and 6 weeks work placement
- Courses start every 4 weeks
- Riding and non-riding option
- No previous equine experience or academic qualifications required

Want to further your career and gain qualifications?

- Fast Track and Exemption Courses for those working in racing
- Level 2 Apprenticeship Equine Groom (Racing)
- Level 3 Apprenticeship Senior Equine Groom (Racing)
- Level 4 Learning Programmes in the Horseracing Industry
- Licensing Courses for Jockeys, Amateur Riders and Trainers
- Administration Courses for Trainers, Assistant Trainers and Racing Secretaries
- Regional Staff Development Programme
- Level 2 and 3 Award in Equestrian Coaching (Racing)
- Racing2Learn Online Courses

Join us for an Open Morning

Our Open Morning's typically take place once a month. Head over to our website for dates, more information and to register.

For further information visit our website

www.theNHC.co.uk

01302 861000 info@theNHC.co.uk



Scan To Find More Info



WORLD BEE DAY - 20 MAY

A packed issue of Career News this week! BAE Systems are launching their summer work experience weeks, Anglezarke Designs are offering a fantastic apprenticeship opportunity, there are revision tips and templates, a careers quiz, lots of great events with the Medic Mentor family, open events at Blackburn College and Myerscough College, various online work experience options and lots more. Take a break from mowing the lawn (it is World Bee Day on Monday and No Mow May, after all), sit back and have a good read!