

PARKLANDS BULLETIN 22nd - 26th April 2024 Week 1



Principal's Message

Dear Parents & Carers.

It has been lovely to welcome staff and pupils back from the Easter holidays for our final term. We are delighted to say that our new wet weather shelter has opened this week. We are really pleased with this space, and it will allow pupils to get some fresh air in rainy weather, whilst still remaining dry.

Our brand new Astroturf pitch has also opened this week. The 4G pitch has been completely relaid and we are celebrating this with a week of football house Competitions next week. We are also planning to open this at lunchtimes soon to provide pupils with more activities during their breaks.

Our Year 11s are now entering exam season. Today is the Dance exam, and the Languages speaking exams have also started. We remain proud of the way that our Year 11s have approached their exam preparation, and we will continue to support them through their final preparations.

Regards,

Mrs. Batson Principal



(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 is Anti-Semitism?
- 2. How have Jews been mistreated throughout history?
- 3. What action can we take to challenge Anti-Semistism today?

(Year 8) Weekly discussion questions from the RS Department. Current Unit - The History of Christianity

Enquiry Question - Who was the real Jesus?

1 What is The Great Schism referring to?



- 2. When was Emperor Constantine baptised and why?
- 3. What does the term excommunicated mean?
- 4. Which English King began The Church of England and why?





(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 are the 5 pillars of Islam?
- 2. What is the Shahadah?
- 3. What is the purpose of prayer?
- 4. How do Muslims prepare for prayer?



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: 49 pupils to date Year 8: 36 pupils to date Year 9: 35 pupils to date Year 10: 30 students to date Year 11: 57 students to date

All: 207 students

How many had the perfect 3 in the previous week?

Year 7: 177 pupils Year 8: 141 pupils Year 9: 150 pupils Year 10: 136 students Year 11: 152 students All: 756 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: 152 pupils
Year 8: 102 pupils
Year 9: 112 pupils
Year 10: 96 students
Year 11: 122 students
All: 584 students

Students, please click the link to see what clubs, trips and activities are happening in school Parklands Bulletin

Weekly Learning Support Board - please click here



Head Students' Message

Hi everyone.

I hope you've all had a wonderful half term holiday and a great first week back at school!

Good luck to all of the year 11s with their revision.

Also I hope that everyone doing DofE enjoys their first walk tomorrow.

- Matilda



Attendance matters!

Overall school attendance since September 93.5%

Overall school attendance for the week 93%

National Average since September - 91.6% as at 25/3

Attendance by House since September:

Australasia - 93.3%

Asia - 92.6%

Europe - 94.1%

South America - 94.3%

Africa - 93.5%

Attendance by House since last week:

Australasia - 94%
Asia - 94.5%
Europe - 94.1%
South America - 948
Africa - 94%

Highest form attendance per House for the week:

Africa - South Africa - 96.6%

Asia - Japan - 96.6%

Australasia - Papua New Guinea - 96.9%

Europe - Portugal - 98.9%

South America - Colombia - 98.9%

Attendance

Attendance message -

Bitup messages for last term have been sent this week.

Absences

Please note that all absences need to be reported before 8:35am on the day of absence.

Ways to report absences:

- EduLink App (most favourable please)
- School absence line 01257 264596 option 1 please leave your child's full name, form group and a reason for absence
- All absences need to be reported daily you cannot 'block book' absences
- Home visits will be conducted for all absences on day 2 or three as per the Lancashire County Council Attendance Pathway

Leave requests

All leave requests need to be completed on the form (click here) and submitted directly to ffish@parklandsacademy.co.uk for consideration by the Headteacher. Only the Headteacher can approve any leave in term time; this applies to holidays, funerals, compassionate leave, sporting activities, scout camps - in essence anything that means a child cannot attend school on a certain day.

Holiday in term time is a large problem for all schools since the pandemic, as a result any holidays in term time may result in your child being ineligible for any reward trips that year.

FIFA Standard 3G Pitch Completion

We are pleased to announce the opening of our new FIFA Standard 3G Pitch. Work on the pitch commenced on 12th March 2024 and it has now been handed over to the school on completion.

We are extremely grateful to Surfacing Standards Ltd (SSL), our Project Consultants for the efficient way they have managed the project on our behalf. We were impressed by their understanding of our project requirements and how they ensured the school worked with trusted contractors. They dealt with the tender process, the construction stage duties, post construction detail and all CDM duties.

We are also extremely grateful to Hunts Contractors Ltd. Hunts were successful with their competitive tender and have worked with the school and SSL to ensure all requirements have been met to an extremely high standard, ahead of time and under budget. Hunts staff have conducted themselves in a very professional manner and have ensured that the day to day tasks of a busy school have continued without interruption.

This facility will be a huge boost to the PE provision at Parklands. It is a surface we can use in all weather and will provide us a great surface for lots of the sports we have on our curriculum. It will also allow us to have lots more football training and games played without cancellation. The PE team is absolutely delighted to have this facility for the pupils.

Before:



After:

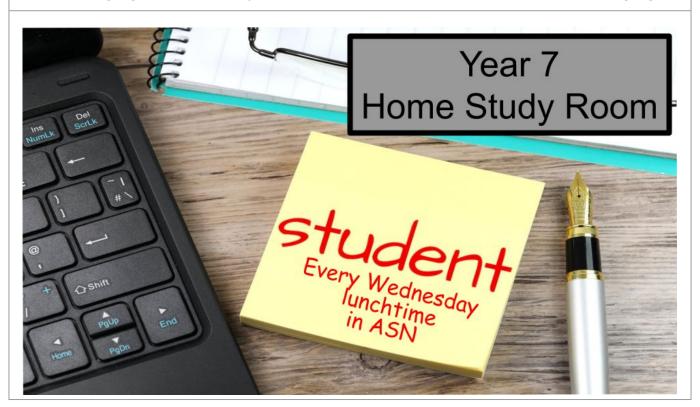




This week the GCSE Languages speaking exams have begun with English as an Additional Language, Arabic, Russian, Polish and Cantonese. A huge well done to all of the y9, y10 and y11 students who took part in these.



If your child speaks another language at home, is in y8, y9 or y10 and you would like them to sit an additional GCSE in that language, please email jdonohue@parklandsacademy.co.uk There are dozens of languages available and your child must be able to speak, read and write in the language.



PE Update week beginning 15th April 2024

And so the summer term begins! We have officially opened up our brand new state of the art 3G pitch! The facility is incredible as we are very fortunate as a school to be able to use this fantastic space for our lessons, after school and with our wider community. To ensure this surface is kept in great condition we need to remind all those who use it that no school shoes or metal studs can be used at all. The PE extra curricular timetable has also been released please take a look at all the new summer

sports!





Year 7 & 8 Table Tennis - Our key stage 3 pupils have all been working hard to improve their table tennis skills over the past few weeks. We were able to select 3 strong teams to enter the district table tennis competition. What a result...silver medals all round! Well done!







Under 14 Girls Football Lancashire Cup semi final against Balshaw will be taking place next week and if successful the girls will play the final at Darwin Vale FC! Come on girls!

Elite Dance Teams - both our key stage 3 and key stage 4 elite dance teams will be competing in the district dance competition after school Friday, winners will then move through to next rounds!

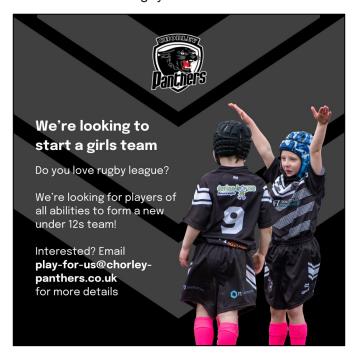




PE Update week beginning 15th April 2024

Calling all girls passionate about rugby league!

Join Chorley Panthers in forming a new under 12s team! Learn new skills, make lifelong friendships, and be part of a supportive team. All abilities welcome! Interested? Email play-for-us@chorley-panthers.co.uk #GirlsRugby



Another great week for Parklands in the PE department well done!

HOUSE FOOTBALL COMPETITIONS					
Monday 22nd April	Year 7 - 7 aside				
Tuesday 23rd April	Year 9 - 7 aside	4G - NO METAL STUDS ALLOWED			
Weds 24th April	Year 10 - 7 aside	Only correct footwear allowed to			
Friday - 26th April	Year 8 - 7 aside	enter the pitch			
	The second second	Ellin Freez			

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

After School Revision Programme 2024

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

Easter School 2024

Takes place during the Easter break.

Attendance is not compulsory.

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

Timetable to follow.

Subjects on offer.

Dance

H8SC

RS

D8T

Maths

Further maths

Business

Science

Computer science

Art

Food & Nutrition

Media

Languages

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







CURRENT YEAR 11

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

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

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



yearbook@parklandsacademy.co.uk









Parents and carers Please send your

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



29th March 2024



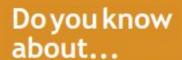
yearbook@parklandsacademy.co.uk

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



Please click <u>here</u> for the weekly menu and additional information.







Free III school meals

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If your child qualifies for free school meals, they will have a free meal every school day

It's easy to find out if you qualify -

Lancashire

Website: https://lancashire.gov.uk/children-education-families/schools/free-school-meals/

Pupil Premium

Is additional funding for our school to ensure we can support pupils to achieve their full potential

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

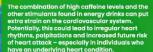
ENERGY DRINKS

WHAT ARE THE RISKS? Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or flzzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnial, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS



IMPACT ON MENTAL HEALTH

The significant levels of carfeine and sugar in energy drinks can excerbate anxiety, nervousness and even - in susceptible individuals - contribute to ponic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of decression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall calseep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks 'stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohal polisonino.

POTENTIAL FOR DEPENDENCY

requent consumption of energy drinks can lead to tolerance – meaning that individuals may sed to consume increasing amounts to ontinue achieving the desired effects. This can otentially lead to dependency and addiction, specially in younger individuals who may be security and the security of the security and the security and the security of the security and the security and the security of the security and the security and the security of the security and the security and the security of the security and the security and the security of the security and security and the security of the security and the security of security and security of the security and security of security of security and security of security sec

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

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PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy diriks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the Ali-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.

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









The

National College



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10 Top Tips for Parents and Educators

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

I=EZP

PRACTISE WORKLOAD

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realisted and allows them sufficient time to relax and triows them something to leave and a revision techarge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively effect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxisty.

RECOMMEND CREATIVE **NOTE-TAKING**

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

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

GATHER A TECH TOOLKIT

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

KEEP IT FUN

kevision tends to go far more smootiny if in children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-ilfe experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about excess. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and settling realistic goals can help them stay motivated and focused.

HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam—day strategies — such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

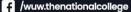
Meet Our Expert



National College











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.





Lancashire

County

Council

www.lancashire.gov.uk

Ages 12-16 years

Careers

Click here for this week's news.



As always, lots of really useful content in Career News: conferences, challenges, open events, revision support, virtual work experience, webinars and much more!

Any Year 8s interested in designing, building and flying a quadcopter, get in touch with Miss Berry or Mr McAvoy as soon as possible. We are again taking part in the Raytheon Quadcopter Challenge and need a new winning team!

Work Experience booklets need to be completed and returned as soon as possible, so that insurance details can be verified. WEX week is 15-19 July 2024. Booklets available from the Top Office or school website.