



PARKLANDS BULLETIN

25th - 28th March 2024

Week 1



Principal's Message

Dear Parents & Carers,

We are nearly at the end of this half term and, as usual, it has flown by! Last week was Red Nose day for Comic Relief, and there were lots of events taking place in school. We had form Bingo, a quiz, and a hamper raffle. However, the real highlight of the day was lunchtime Karaoke in the hall; the Year 11s were particularly tuneful!

We also had a visit from Leah Burman, the daughter of a Holocaust survivor, who came to speak to our Year 7s. There is more information about this later in the bulletin; it was a fascinating talk and our year 7s behaved excellently throughout.

Revision is continuing for Year 11s, and the after school revision sessions have been really well attended so far. Easter school is coming up next, and we have lots of pupils signed up to attend. After Easter, they only have three weeks until their exams start, so it is good to see so many pupils engaging with all the revision support that is being offered by school. Runshaw interviews also took place for our Year 11s last week, so they are really getting ready for life after Parklands now.

This week was odd socks day for World Down Syndrome Day. Staff and pupils wore a selection of odd socks on Thursday. They certainly brightened up our usual uniform! Some of the socks on show were published on the school Instagram feed - head over to our Instagram profile to have a look.

On Tuesday of next week we are holding a community Iftaar event from 6.30-8.00pm. This event will support our students and staff who are fasting for Ramadan, as we will unite in breaking the fast together.

Next week is our last week before the Easter holidays. We break up for the holidays at the end of school on Thursday 28th for a well earned two week break.

Regards,

Mrs. Batson
Principal

Whole School Messages

Secure - There is a lot going on in Secure next week, with plenty of opportunities for pupils to learn beyond their subject areas.

On Monday, during the vertical tutor session, **all pupils** will look at the consequences fighting can have, both for victims and perpetrators. They will look at ways of better understanding how their brains change in adolescence and how this is linked to their increased risk taking behaviours.

On Tuesday, **Year 7** will have a visitor during assembly from a policing partner on the topic of how to get a 'Natural high' from life rather than the false high of drugs, gangs and fighting.

On Wednesday, **Year 9** will have a Respect day about 'Understanding the law'. As part of this day they will be learning about the consequences and laws around vaping, alcohol and other drugs. They will also be visited by the Choose life project. More information about these can be found on their [website](#)

On Thursday, **Year 7** will, hopefully, finally get their postponed Daisy day where they will be working with the charity that campaigns for disability awareness and rights.

All resources used in these sessions will be available on your child's Google classroom.

YEAR 11 EASTER SCHOOL - Thank you for booking. The deadline for bookings has now passed. We have shared the bookings with Year 11 to check and any queries should come to easterschool2024@parklandsacademy.co.uk

Details of arrangements will be shared with Year 11 next week in assembly and details sent to parents/carers.

YEAR 11 AFTER-SCHOOL REVISION PROGRAMME

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

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

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: 52 pupils to date
Year 8: 39 pupils to date
Year 9: 38 pupils to date
Year 10: 30 students to date
Year 11: 57 students to date
All: 216 students

How many had the perfect 3 in the previous week?

Year 7: 115 pupils
Year 8: 91 pupils
Year 9: 99 pupils
Year 10: 106 students
Year 11: 128 students
All: 539 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: 150 pupils
Year 8: 96 pupils
Year 9: 107 pupils
Year 10: 95 students
Year 11: 121 students
All: 569 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
18th March 2024

HAVE YOU HEARD THE NEWS?
The exam build-up continues with further revision sessions for our year 11s. RS is on Monday, option B on Tuesday and English on Wednesday. In addition to WOI, the Zen Den is now available for pupils who need a very calm space at breaks and lunchtime. N17 is only for when pupils need to see a member of staff.
Learningsupport@parklandsacademy.co.uk

**Which of the Seven Wonders of the Ancient World is shown here?**

Last time's answer: Chariol

"Democracy cannot succeed unless those who express their choice are prepared to choose wisely. The real safeguard of democracy, therefore, is education."

FRANKLIN D. ROOSEVELT

Joke of the Week

Why does a hummingbird hum?
Because I don't know the words!

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

MARCH
In like a lion...

...out like a lamb.

**Follow us on Instagram:**
[phs 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

Attendance matters!

Overall school attendance since September 93.5%

Overall school attendance for the week 92.5%

National Average since September - as at 11/3/24 - 90.2%

Attendance by House since September:

Australasia 94%
Asia 94.6%
Europe 94.3%
South America 94%
Africa 94%

Attendance by House since last week:

Australasia 91.4%
Asia 93.5%
Europe 94%
South America 91.9%
Africa 95.2%

Highest form attendance per House for the week:

Australasia - Fiji 97.5%
Asia - Hong Kong 96.8%
Europe - Portugal 98.1%
South America - Colombia 95%
Africa - Côte d'Ivoire 97.4%

Head Students' Page

Hello everyone

I hope everyone had a great penultimate week before Easter holidays.

This week, we supported Down Syndrome Day by wearing odd socks. Some of the socks pupils and teachers wore were certainly interesting!

There was also the Runshaw Maths Challenge, in which both year 9 and 10 pupils participated. Our teams finished 7th and 12th out of 30. Which was very respectable, especially as they were up against teams of Year 11 pupils. Very well done to those who took part.

I hope everyone has a great weekend,

Tom



Whole School Messages

Holocaust Assembly from the RS department

We wanted to take a moment to reflect on the experience shared with our Year 7 students during Tuesday's assembly. Our guest speaker, Leah Burman, brought an invaluable perspective to our school community by recounting her father's journey as a Holocaust survivor.

In her presentation, Leah delved into the realities of her father's childhood, shedding light on the brutal segregation of Jews and the atrocities of the concentration camps. Through her storytelling, she not only conveyed historical facts but also imparted the emotional weight and resilience of those who endured such dark chapters of history.

The assembly served as a powerful reminder of the importance of bearing witness to history, not only through textbooks and documentaries but also through personal narratives that connect us to the human experiences behind the events.

We are immensely grateful to Leah for sharing her family's story with us and imparting invaluable lessons of empathy, courage, and resilience to our students. Through initiatives like Tuesday's assembly, we strive to equip our students with the knowledge and empathy necessary to build a more inclusive and compassionate world.

We encourage you to continue the conversation at home, exploring these themes with your children and reinforcing the importance of tolerance, acceptance, and standing up against injustice.

Once again, we extend our heartfelt appreciation to Leah for her impactful contribution to our school community.



The Big Parklands Paper

Issue 10: March 2024



South Korea Dog
Meat Ban
Page 2

Levelling Up for
'our kid?'
Page 3

AFCON reports
Page 4

Get involved at Parklands

Ramadan kareem to all our Muslim pupils & staff

Many pupils will, this month, join Muslims around the world in fasting for Ramadan. Sawm (to fast) is one of the Five Pillars of Islam - observing pupils and staff will be unable to eat or drink between sunrise and sunset.

This year, other pupils can join in for a sponsored fast on Tuesday 26th March. The money raised will go to support the ongoing Save the Children Appeal for Gaza.



Matilda Fairhurst

Here at Parklands there are so many ways to get involved! I personally believe that there are so many benefits of getting involved during your time at school and I would like to share a few of these reasons with you.

Firstly, it gives you a chance to enjoy clubs and activities that you already love and doing them at school can make them so much more convenient to you. You can also use school clubs as a chance to try new things and find new hobbies and passions. As well as new experiences, you can also make new friends, and grow your confidence by stepping outside of your comfort zone. This can lead on to you becoming a Prefect, SSLT or even a Head Pupil.

The best ways to achieve these leadership roles is to have experience. For example being a Learning Ambassador and helping with events is all about you getting involved.

You may be wondering why you should want to have leadership roles. This is because it sets you up for your future and teaches you about responsibility, which will be very beneficial for college or potential jobs. As well as this, it can also be very enjoyable and rewarding.

There are so many different clubs at school whether you enjoy music, games, sports, reading, writing, drama and so much more. It's impossible to not enjoy at least one of them. We even offer clubs if you feel like an outcast. LGBTQIA+ and the wellbeing club are always open for everyone.

Whole School Messages

🌙 You're Invited to Our Community Iftaar Event! 🌙

Date: 26th March

Time: 6:20 PM - 8:00 PM

Location: Parklands High School

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

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

Ticket Information:

- Price: £3 per person
- Tickets can be collected from Mrs Kothia in Room N25 during school hours.

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

Warm regards,

Mrs Kothia



Whole School Messages

PE Update week beginning 18th March 2024

Another busy week of extra curricular activities here in the PE department! Huge congratulations to the Year 11 GCSE students who completed their final practical examinations this week. They all performed to an exceptional standard under a very pressured environment and were a credit to Parklands. The focus will now shift to the theory exams!

Year 7 Girls and Boys Handball to represent the school in a relatively new competition. The pupils were introduced to the rules of the game and played some mini games against schools from the Chorley district. They all progressed to a full sized game and all played brilliantly! Hopefully this is a sport that they will continue to enjoy here at Parklands.



Y7 Basketball at Parklands. The team played against other schools from the Chorley district. All of their hard work in training clearly paid off as they came 2nd and 3rd. Well done!

Year 7 & 8 Rugby away at Holy Cross. What a game! A close competition from the start and the boys came away with the victory by two tries! Well done.



Whole School Messages

PE Update week beginning 18th March 2024

Year 7 Boys Football Hospital Cup against Wellfield. The boys played away against a tough team showing great skill and teamwork. They came away with a 3-1 victory! They are now through to the semi final next week against Southlands. Well done.



Achievement - A big congratulations to one of our Year 9 pupils Oliver J who competed for Lancashire on Sunday at the regional (North West) sports-hall athletics championships. Lancashire won the team event and will now compete in the National finals on 6th April. Oliver came 4th equal in the all-rounder competition! Well done!

Whole School Messages

Dance and Performing Arts Trip to London

Some of our Y10 and Y11 pupils had the amazing opportunity to travel to London this past weekend. The weekend included some shopping and lunch in Covent Garden, two West End Shows and a Dance and Performing Arts convention! The pupils were fortunate enough to see two incredible performances on Saturday ; *Everyones talking about Jamie* and the opening week of *Sister Act*! On Sunday the group took part in dance workshops including a Disney auditioning session! They were able to meet and chat with all the top dance and performing arts schools in the country and get a real insight into the industry. They were all a credit to the school and had a blast!



We love all of the opportunities we are able to offer here at Parklands and hope all of the commitment to sport and physical activities continues! One more week to go...

Parklands Projects

Canopy

Quiet on site this week while we await delivery of the glass and vinyls on Monday. Installation continues next week, if we don't hit any problems, or have any breakages!! the canopy will be open for pupils on their return from Easter break.



3G Pitch

Pitch markings have continued to progress well this week, thanks to a little break in the wet weather conditions.





Easter Egg Tombola



Chocolate and
Sweetie Cones
and Baskets



In the Pavilion at lunchtime on Wednesday 27th March



All monies raised will go to Fusion - Parklands Cheerleading Team

Year 7

Easter Egg Hunt

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

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

All money will be donated to
Derian House



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



Whole School Messages

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



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



OUR MENU WEEK 4

Choose your favorite dish

Monday	Tuesday	Wednesday	Thursday	Friday
Main meal Cottage pie £1.90	Main Meal Salt & pepper chicken £1.90	Main Meal Beef hotpot £1.90	Main Meal Lasagna £1.90	Main Meal Chicken & rice £1.90
Vegetarian option Mac & cheese £1.90	Vegetarian option Salt & pepper noodles £1.90	Vegetarian option Potato bake £1.90	Vegetarian option Veg lasagna £1.90	Vegetarian option Veggie chilli £1.90
Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Jacket Potatoes with various fillings
Grab & Go Sausage roll £1.15 Chicken wrap £1.90 Pizzini £1.90	Grab & Go Meat & Potato Pie £1.15 Chicken wrap £1.90 Pizza twist £1.90	Grab & Go Sausage roll £1.15 Chicken wrap £1.90 Pizza £1.20	Grab & Go Cheese pasty £1.15 Panini £1.90	Grab & Go Sausage rolls £1.15 Chicken wrap £1.90 Chicken strips £1.50



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

H&SC

RS

D&T

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

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

Priscilla

Less than 2 weeks to go till Priscilla Queen of the Desert. The musical is adapted from the 1994 Australian film of the same name about a group of drag queens travelling through the Australian Outback in a bus nicknamed 'Priscilla', to perform a show in Alice Springs. If one thing is for sure, Priscilla is a musical that cannot be missed. It consists of the perfect balance of humour, entertainment and emotion which has the ability to have the audience clapping along whilst having a tear in their eye at the same time. Starring Seb Holbert, Mrs Sullivan-Brown, Miss Fox and Mrs Holbert Don't miss it! Book now www.h-a-t-s.net

A vibrant poster for the musical 'Priscilla Queen of the Desert'. The background is a colorful, abstract sky with purple, pink, and orange hues. In the foreground, a silhouette of a person in a red dress stands on top of a yellow bus, with their arms raised. To the left of the bus is a yellow diamond-shaped road sign with a black silhouette of a kangaroo. The text is arranged in a central column, with the title 'PRISCILLA' in large, stylized letters. At the bottom, there are logos for 'bats', 'Fieldings Porter', and 'noda'.

"PRISCILLA QUEEN OF THE DESERT" is presented through special arrangement with and authorised performance materials are supplied by Theatrical Rights Worldwide (TRW), www.theatricalrights.co.uk

HATS

Celebrating their 70th Anniversary
HORWICH AMATEUR THEATRE SOCIETY
Present...

PRISCILLA
— QUEEN OF THE DESERT —
The Musical

WED 3RD - SAT 6TH APRIL 2024
Peace Community Theatre, Rishton Lane, Bolton, BL3 2BN
TIME: 7:30^{PM} TICKETS: h-a-t-s.net

Developed for the Stage & Originally Directed by Simon Phillips
Book by Stephan Elliot & Allan Scott
Musical Arrangements & Orchestrations by Stephen 'Spud' Murphy

WARNING:
This production contains strong themes and language (which may be unsuitable for children)

Based on the Latent Image / Specific Films Motion Picture Distributed by Metro Goldwyn-Mayer Inc.
Produced by NULLARBOR PRODUCTIONS. In association with MGM ON STAGE

The original motion picture was written and directed by Stephan Elliot, produced by Al Clark and Michael Hamlyn, Executive producer Rebel Penfold-Russell and was financed with the assistance of the Films Finance Corporation Australia Limited and the New South Wales Film and Television Office

bats
Bolton Amateur Theatre Societies

Fieldings Porter
Solicitors since 1871

noda
Be inspired by another theatre

Dear parent/carers,

With the Easter break approaching, at Kooth Digital Health we appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, teaching staff and friends that the school community provides.

WE ARE STILL HERE.

Kooth Digital Health offers free and anonymous therapeutic mental health and wellbeing support to young people. Funded and endorsed by public health and the NHS, our services remain available over the Easter period, offering 'on the day' wellbeing support from the comfort of your own home, via any web-enabled device via the following website-

www.kooth.com



Kooth offers free access to online text-based practitioner chats, self-help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer to peer communities.

With no threshold, waiting list or referral process, young people from the age of 10 – 19 in BwD and Lancashire and 11 – 18 in Cumbria, can access support for ANY issues they may be experiencing. These may include body image, self-esteem, loneliness, bereavement, academic pressures, stress, anxiety, friendships, sexuality, life changes etc.

The registration process is quick, anonymous and safe, simply by registering at www.kooth.com using non-identifiable information.

Kooth delivers 1000's of online wellbeing sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are unfortunately deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of ensuring children and young people can access free support when they need it, in a way that they find comfortable to access, via any web-enabled device.

If you have any questions regarding the service, please **contact me in school**. Or if you would prefer to contact Kooth directly, simply email parents@kooth.com. A selection of Parent/Carer resources can be accessed using this link: [Parents/Carers resources](#).

Kind Regards

Mrs Fairhurst

Assistant Principal – Designated Safeguarding Lead

Whole School Messages

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



**WEAR
A HELMET**
Please

Cyclists who receive a head injury while riding without wearing a helmet are **three times more likely to die than those who are injured while wearing a helmet.**

Click [here](#) for further details.



PARKLANDS
HIGH SCHOOL

Parklands High School : An Academy
Southport Road, Chorley, PR7 1LL
Co-Ed Comprehensive with 1107 students on roll. Tel: 01257 264596
www.parklandsacademy.co.uk
Email: admin@parklandsacademy.co.uk
Learn, Respect, Aspire, Achieve

We are currently seeking an enthusiastic and dynamic

Teacher of Drama

Required from September 2024 (or sooner)

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

We are seeking a teacher of Drama to join our small but 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 Karen Gray, Curriculum Leader, by telephone or email (kgray@parklandsacademy.co.uk)

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

Closing date for applications: 12 noon 19th April 2024 with interviews to be held w/c 29th April 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

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

10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

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



UK Health
Security
Agency

Measles: How to Stay Safe

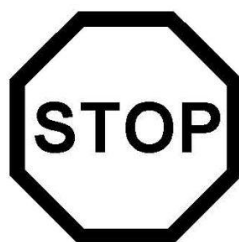
The best protection is 2 doses of the safe, effective MMR vaccine at 1 year of age, and 3 years, 4 months



If you have not had two doses, you can get them free from your GP surgery



Know the symptoms!
Keep people with symptoms away from others



Call ahead before going to A&E or your GP



Symptoms

Rash



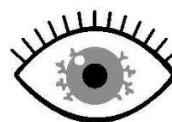
Temperature



Runny Nose



Red Eyes



Cough



CURTAIN CALL THEATRE SCHOOL

WE SING, WE DANCE, WE ACT!



WHAT DO WE DO?

Our classes consist of singing, dancing and acting. We increase stamina and teach children how to perform through the arts. A perfect alternative for children who don't wish to only attend a dance class but show an interest in Musical Theatre! Our classes increase confidence and prepares students for the stage. We take part in charity showcases and put on our very own performances!

WHO IS IT FOR?

This class is for students at ANY level. Whether you have no experience at all or years of experience you will shine at Curtain Call. We find this class is perfect for those looking for a confidence boost. We encourage students to express themselves in their own way through music, dancing & acting.

WHAT AGE DOES THE CLASS START AT?

We have 4 classes here at Curtain Call. Starting from the age of 4 we prepare students for the class above. We help them improve their reading skills, memory and performance.

TUESDAY CLASSES:

KS1 Class (for school years Reception to year 2) 5:40pm - 6:30pm

KS2 Class (for school years 3 to 6) 6:30pm - 7:30pm

Seniors (for school years 7 to 11) 7:30pm - 8:30pm

THURSDAY CLASS:

Mixed Ages Class (for school years 2 to 7) 6pm - 7pm

All our classes take place at Euxton C of E Primary School
Bank Lane, Euxton, Chorley, PR7 6JW



CONTACT US

For more information please contact us via our social media pages or alternatively call or email.

Lois: 07464 280 773

Jessica: 07828 816 903

Email: curtaincallmusicaltheatre@gmail.com



@curtaincallmusicaltheatre



Curtain Call Theatre School

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!



**YOUR
SCHOOL
LOTTERY**

PLAY NOW:

Go to

www.yourschoollottery.co.uk

Search for: **Parklands**



GambleAware

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

DELIVERING EARLY HELP



Children and Family
Wellbeing
Service



CHORLEY

EASTER HOLIDAY ACTIVITY AND FOOD PROGRAMME 2024

Ages 12-16years

www.lancashire.gov.uk



Tuesday 2nd April 5pm until 7:30pm
SEND Provision @Lord Street
Chorley

Circus skills
Meal and drinks provided

Friday 5th April 12:30 until 3pm
@ Devonshire park Chorley

Games, Arts&Crafts
Meal and drinks provided

Tuesday 9th April 2:30pm until 5pm
@Lord Street Chorley

Carnival games
Meal and drinks provided

To enrol on any of these programs you must be
on free school meals.

To request a booking form or ask any questions
please contact:
chorleysouthribble.TYS@lancashire.gov.uk



PARENT WEBINAR

ARE YOU WORRIED ABOUT YOUR YOUNG PERSONS
MENTAL HEALTH?



DO YOU WANT TO KNOW MORE ABOUT HOW TO
SUPPORT YOUR YOUNG PERSON'S EMOTIONAL
WELLBEING?

COMPASS BLOOM ARE RUNNING A FREE WEBINAR
FOR YOU TO ACCESS EXPERT ADVICE AND GUIDANCE
TO SUPPORT YOUR YOUNG PERSON.

CHOOSE FROM ONE OF THE FOLLOWING 4 DATES AVAILABLE TO
ACCESS THIS FREE INFORMATIVE WEBINAR.




- TUESDAY 9TH APRIL 2024: 6PM – 7PM
- WEDNESDAY 10TH APRIL 2024: 10AM – 11AM
- WEDNESDAY 10TH APRIL 2024: 2PM – 3PM
- THURSDAY 11TH APRIL 2024: 6PM – 7PM 11AM

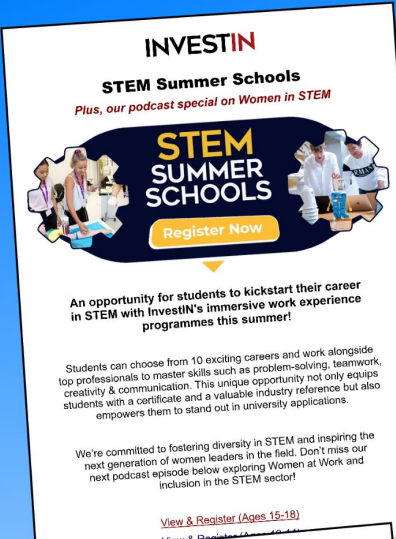


REGISTER FOR ONE OF OUR WEBINARS
HERE: [HTTPS://BIT.LY/PARENT_WEBINAR](https://bit.ly/parent_webinar)

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

Career News





INVESTIN
STEM Summer Schools
Plus, our podcast special on Women in STEM


STEM SUMMER SCHOOLS
[Register Now](#)

An opportunity for students to kickstart their career in STEM with Investin's immersive work experience programmes this summer!

Students can choose from 10 exciting careers and work alongside top professionals to master skills such as problem-solving, teamwork, creativity & communication. This unique opportunity not only equips students with a certificate and a valuable industry reference but also empowers them to stand out in university applications.

We're committed to fostering diversity in STEM and inspiring the next generation of women leaders in the field. Don't miss our next podcast episode below exploring Women at Work and inclusion in the STEM sector!

[View & Register \(Ages 15-18\)](#)
[View & Register \(Ages 16-18\)](#)



SCIENCE, ENGINEERING & IT WORK EXPERIENCE
SIGN UP NOW!

NGTU
NOT GOING TO UNI

REDROW

Apprenticeship Opportunities in Construction with Redrow


APPRENTICE BRICKLAYER
Looking for an individual who is passionate about bricklaying and willing to join as an Apprentice Bricklayer. As an apprentice you will be a level 2 apprenticeship in Bricklaying which will include both theoretical and practical skills for a duration of 18 months. Redrow Bricklayer will be split between working on site with an experienced bricklayer from their years of experience and intensive classroom learning from the Redrow Training Hub in Tamworth or Cambridge.

Apply Today!

APPRENTICE CARPENTER
Looking for an individual who is passionate about carpentry and willing to join as an Apprentice Carpenter. As an apprentice you will be a level 2 apprenticeship in Carpentry which will include both theoretical and practical skills for a duration of 22 months. Redrow Carpenter will be split between working on site with an experienced carpenter from their years of experience, and intensive classroom learning from the Redrow Training Hub in Tamworth or Cambridge.

Apply Today!

REDROW PLC



YOUNG NORLAND

We know that funding your studies is a key factor in your decision to study at Norland. That's why we've compiled some useful information and exclusive insight from students and Norlanders on overcoming the financial hurdles to study our award-winning early childhood degree and diploma course.

Exclusive: watch our new finance films
Find out how the student finance process works, how we support students with their study films.

Our Head of Finance, Emma Burns, walks you through these important aspects of finance in a series of short films.

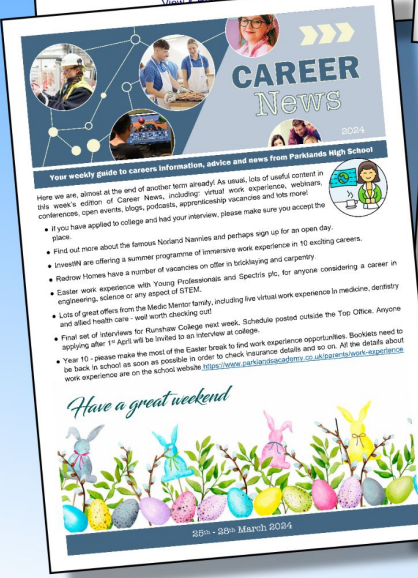
[Watch now](#)

Catch up: Norland Unwrapped on Funding
In February, Emma was joined by Sarah, Finance Manager, and three of our students for a Norland Unwrapped webinar dedicated to student finance and funding.

Our student panelists shared their finance experience, insight and tips. Mature student Beth shared how she spent two years working in a nursery to build funds and experience, and second-year student Jess explored how important the Emily Ward Bursary is to her.

Catch up on Norland Unwrapped by clicking the button below. Keep an eye out for the chapters in the YouTube video so you can skim to the sections you're interested in.

[Watch Norland Unwrapped](#)




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

Here we are, almost at the end of another term already. As usual, lots of useful content in this week's edition of Career News, including: virtual work experience, webinars, conferences, open events, blogs, podcasts, apprenticeship vacancies and lots more!

- If you have applied to college and had your interview, please make sure you accept the place.
- Find out more about the famous Norland Nannies and perhaps sign up for an open day.
- Investin are offering a summer programme of immersive work experience in 10 exciting careers.
- Redrow Homes have a number of vacancies on offer in bricklaying and carpentry.
- Easter work experience with Young Professionals and Spectris plc, for anyone considering a career in engineering, science or any aspect of STEM.
- Lots of great offers from the Macclesfield Menter Family, including free virtual work experience in medicine, dentistry and allied health care - well worth checking out!
- Final set of interviews for Runshaw College next week. Schedule posted outside the Top Office. Anyone not applying after 1st April will be invited to an interview at college.
- Year 10 - please make the most of the Easter break to find work experience opportunities. Booklets need to be back in school as soon as possible in order to check insurance details and so on. All the details about work experience are on the school website <https://www.parklandschool.co.uk/apartnershipwork-experience>

Have a great weekend

28th - 29th March 2024



As always, lots of useful content in Career News. Work experience opportunities, webinars, podcasts, blogs, apprenticeship vacancies, conferences and much more.

Final Runshaw College interviews next week - schedule posted outside Top Office and on the daily bulletin. If you have not applied to a college yet, the deadline is 1st April. After that, you are on a reserve list, with no guarantee of a place. Do not let this happen to you!

Redrow Homes are looking for apprentice bricklayers and carpenters - don't miss out. This is a massive recruitment drive from a well-known name in the industry.

Please return work experience booklets as soon as possible in order for insurance details to be checked. Make the most of the Easter break to visit shops, garages, cafes, offices, etc. if you haven't already returned your booklet.