



# PARKLANDS BULLETIN

## 26th Feb - 1st March 2024

### Week 1



#### Principal's Message

Dear parents and carers,

This week has been another busy start to the half term, and we have been delighted to welcome all of our pupils back after the half term break. We hope that our Year 11s have been revising as well as resting, as the exams are approaching quickly. GCSE revision sessions have continued this week, and Year 11 also had a Review Day where they discussed their progress towards their target grades with their HALs.

Next week sees one of the highlights of our school year - the Dance Show. Every year, hundreds of our pupils take part in this show, including dancers, singers, technical support, and make up artists! The theme this year is 'Music from the Movies'. The show takes place on Wednesday, Thursday, and Friday next week and tickets are available now. We look forward to seeing lots of you next week!

Year 10 and 11 Drama groups went with Mrs Gray to see a production of 'Animal Farm' at The Octagon in Bolton. This is a vital part of their GCSE exam specification, and was also a really enjoyable trip. As ever, our pupils represented the school really well and were a credit to us.

You may have seen in the news that the Government has published new advice to schools regarding the use of mobile phones. Our current policy is that phones cannot be used inside the school building. However, in light of this new guidance, and growing concerns about the safeguarding implications of mobile phone usage, we are currently reviewing our policy. We will keep parents and carers informed of any changes to our current policy.

Regards,

Mrs. Batson  
Principal

# Whole School Messages

Please see the letter below for Y11



**PARKLANDS  
HIGH SCHOOL**

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[www.parklandsacademy.co.uk](http://www.parklandsacademy.co.uk)

23rd February 2024

Dear parents and carers,

As we approach the most crucial time of your child's time at Parklands we would like to provide some important information and reminders.

Year 11 received their third tracker report this week. This provides an indication of the grades students are currently working at compared to their target grades and we hope you have had the chance to discuss the report with your child.

There are only 8 weeks before the start of GCSE final exams and all the learning taking place in lessons is geared towards preparing our students for the exams. Work set outside of lessons also supports them in their preparation. Sometimes we hear students remark on having to revise in addition to having home study but, at this stage, all the work set outside of lessons acts as revision- they are one and the same.

We have a full after school revision programme running and we would encourage you to ensure your child attends every session. The programme is shown below:

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	

With such a short time remaining in school before the start of the exams, it is essential that attendance and behaviour for learning is excellent.

# Whole School Messages

There is some interesting information below:

## Attendance facts:

- There are 175 non school days a year.
- There are only 190 school days a year.
- Less than 95% attendance means 1 day missed in every 20 days at school. This equates to 100 lessons missed in one academic year.
- Less than 90% attendance means 1 day missed every 2 weeks.

While we appreciate every year group is different, the impact on achievement is clear. This can be seen by looking at last year's Year 11:

## Attendance impact

- The average grade for a student with 90% or less attendance was a 3.
- The average grade for a student with 97%+ attendance was a 6.
- Every student with 100% attendance passed both English and Maths (4+)
- Over a ¼ of students with less than 97% attendance failed to pass both English and Maths (4+)

## BfL and Behaviour impact

- 100% of students with a BfL of less than 2.9 made negative progress
- 80% of those students with 2 or more amber subjects did not make positive progress.
- 70% of students with 1 amber subject did not make positive progress.

Having received the latest tracker report this week, you will be able to check your child's attendance and BfL in relation to the information above. We are pleased to report that the majority of Year 11 have excellent BfL and attendance and are approaching their learning with commitment and maturity.

The summer GCSE exam timetable has now been published and is available on Edulink. Clearly, it is essential that all exams are attended and conducted in the manner required by the exams regulator, JCQ. Should a student fail to attend an exam parents/ carers will be invoiced for the entry fee.

We hope that the remaining time at Parklands continues to be successful and we will do our utmost to support your child to achieve their best possible academic outcomes. Should you have any questions or concerns do not hesitate to contact us.

Kind regards,  
Mrs G. Aspinall  
Vice Principal

## Whole School Messages

**Secure** - In Monday's vertical form session, pupils will be exploring gender bias in the workplace and how it can limit their achievements. They will also be voicing their own opinions about how they want Parklands to help them to prevent this.

**Parklands Parent Forum** - The next Parent Forum is Tuesday 5th March at 6 pm in the Conference room in school. Items that are currently on the agenda are:

- 1 - Mobile Phones
- 2 - Vaping
- 3 - Home Study
- 4 - AOB

Please email [shaslam@parklandscademy.co.uk](mailto:shaslam@parklandscademy.co.uk) should you wish to attend.

**Year 10 Messages** - Here is a [letter](#) from Mr Metcalf regarding the first Year 10 tracker. Please take time to read the key messages.

**GCSE Pod** - All KS4 pupils are being shown how to activate their GCSE Pod accounts this week during form if they haven't already done so.

If you would like to get a headstart in getting your child onto GCSE Pod, here is the video that shows the steps to do so.

[GCSE Pod Student Activation Video](#)

Additionally - you can access a number of very helpful documents to help you understand GCSE Pod as a parent and how to monitor usage and support revision.

[GCSE Pod Parent Pack in English](#)

[GCSE Pod Parent Pack in Arabic](#)

**School of Sanctuary** - As a school we are in the process of applying to become a School of Sanctuary to celebrate the commitment we have to creating a culture of welcome, understanding and belonging for those forced to flee, as well as other pupils and their families who may need to seek sanctuary for any reason. We will keep you updated with our progress!



**Science Disneyland Paris Trip** - Science Disneyland Paris Trip - please ensure that you bring your child's passport and GHIC card in and hand it in to the main office. I need these to complete the travel arrangements. Thanks Mr Madigan

**The Careers Fair** is on Friday 1st March and you are very welcome to attend. All of Year 9, 10 and 11 will visit the event for about an hour, giving them the chance to speak to various professionals from a diverse range of industries, as well as colleges, universities and training providers. If you would like to attend please let Ms Berry know.

# Whole School Messages

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

**Current Unit - Introduction to Judaism**

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



1. What does the term 'covenant' mean?
2. Name three things you find in a synagogue
3. What does Shabbat mean?
4. Why do Jews observe Shabbat?



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

**Current Unit - The History of Christianity**

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



1. How is Jesus seen as a political revolutionary?
2. How is Jesus seen as a God-man?
3. How is Jesus seen as a social revolutionary?
4. How is Jesus seen as human?



**(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 does the word 'Islam' mean?
2. Why are there no pictures or memorials of Prophet Muhammad?
3. What were the conditions in Arabia as Prophet Muhammad was growing up?



## Head Students' Page

Hello everyone,

I hope you've all had a good half term and a good first week back, as we enter the Spring Term.

This week, there was a Year 11 review day. We wish them all the best of luck for their upcoming GCSEs, which are only 3 months away now.

There was also a Health and Social exam for Year 10, which is 30% of their whole grade. Well done to those who did it.

Finally, a quick reminder that there is the dance show next week, so make sure you get your tickets at the Pavilion, as I'm sure it will be very good. It is always the highlight of our school year!

Have a great weekend everyone!

Tom

## Attendance matters!

Overall school attendance since September 93.5%

Overall school attendance for the week 94.7%

National Average since September - as at 5/2/24 - 90%

### Attendance by House since September:

Australasia 94.1%

**Asia 94.5%**

Europe 94.1%

South America 94.2%

Africa 93.6%

### Attendance by House since last week:

Australasia 95.2%

Asia 95.5%

**Europe 95.7%**

South America 95.4%

Africa 94.2%

### Highest form attendance per House for the week:

Australasia - New Zealand 98.5%

**Asia - Philippines 98.8%**

Europe - Belgium 98.2%

South America - Colombia 97.1%

Africa - Botswana 96.7%

# 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: 66 pupils to date  
Year 8: 50 pupils to date  
Year 9: 43 pupils to date  
Year 10: 33 students to date  
Year 11: 61 students to date  
All: 253 students

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

Year 7: 156 pupils  
Year 8: 123 pupils  
Year 9: 139 pupils  
Year 10: 133 students  
Year 11: 151 students  
All: 702 students

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

### How many pupils have a BfL score of 2.99 - 3?

Year 7: 161 pupils  
Year 8: 104 pupils  
Year 9: 109 pupils  
Year 10: 95 students  
Year 11: 120 students  
All: 589 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  
**26th February 2024**

**HAVE YOU HEARD THE NEWS?**  
The school dance show starts this week on Wednesday evening. On Friday our years 9-10 will visit the school careers fair. Remember that DICKENS is no longer available at breaks and lunchtime. Pupils should come to N17 when you need to see a member of staff.  
[Learningsupport@parklandsacademy.co.uk](mailto:Learningsupport@parklandsacademy.co.uk)

**What kind of crocodilian is this?**  
  
Last Week's answer: Milk, crocod & alligator



"Have a heart that never hardens, and a temper that never tires and a touch that never hurts."

CHARLES DICKENS



## Joke of the Week

Why do tigers have stripes?  
So they won't be SPOTTED!

**Special Educational Needs and Disabilities Local Offer in Lancashire**

**IF YOU HAVE AN ARGUMENT**  
**Don't**

- Name call
- Storm out
- Raise your voice
- Insist on being right
- Tell them to "calm down"
- Leave things unresolved

**Follow us on Instagram:**  
**p\_h\_s\_learningsupport**

**Useful Links**

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



# Whole School Messages

## Parent Forum

Our next parent forum will take place on Tuesday 5th March from 6pm to 7pm in the school library. The forum gives parents the opportunity to discuss what we are doing well in school and areas that we could improve. Everybody is welcome to attend, however, we are particularly keen for parents who have children who speak another language at home to attend to discuss their experiences. If you would like to attend, please let me know by replying to this email.

يُعقد منتدى أولياء الأمور القادم يوم الثلاثاء 5 مارس من الساعة 6 مساءً حتى 7 مساءً في مكتبة المدرسة. يمنح المنتدى أولياء الأمور الفرصة لمناقشة ما نقوم به بشكل جيد في المدرسة والمجالات التي يمكننا تحسينها. نرحب بالجميع للحضور، ومع ذلك، فإننا حريصون بشكل خاص على حضور الآباء الذين لديهم أطفال يتحدثون لغة أخرى في المنزل لمناقشة تجاربهم. إذا كنت ترغب في الحضور، فيرجى إبلاغي بذلك عن طريق الرد على هذا البريد الإلكتروني.

Наш следующий родительский форум состоится во вторник, 5 марта, с 18:00 до 19:00 в школьной библиотеке. Форум дает родителям возможность обсудить, что мы делаем хорошо в школе и какие области мы могли бы улучшить. Приглашаются все желающие, однако мы особенно заинтересованы в том, чтобы родители, у которых есть дети, говорящие дома на другом языке, могли прийти и обсудить свой опыт. Если вы хотите принять участие, сообщите мне об этом, ответив на это письмо.

Наш наступний батьківський форум відбудеться у вівторок, 5 березня, з 18:00 до 19:00 у шкільній бібліотеці. Форум дає батькам можливість обговорити, що ми робимо добре в школі, і в яких сферах ми могли б покращити. Усі бажаючі можуть бути присутніми, однак ми особливо зацікавлені в тому, щоб батьки, у яких є діти, які говорять іншою мовою вдома, прийшли, щоб обговорити свій досвід. Якщо ви хочете взяти участь, повідомте мене, відповівши на цей електронний лист.

ہمارا اگلا پیرنٹ فورم 5 مارچ بروز منگل شام 6 بجے سے شام 7 بجے تک اسکول کی لائبریری میں ہوگا۔ یہ فورم والدین کو یہ بات کرنے کا موقع فراہم کرتا ہے کہ ہم اسکول اور ان شعبوں میں کیا بہتر کر رہے ہیں جن میں ہم بہتری لا سکتے ہیں۔ ہر کسی کو شرکت کے لیے خوش آمدید کہا جاتا ہے، تاہم، ہم خاص طور پر ان والدین کے لیے پرجوش ہیں جن کے بچے ہیں جو گھر میں دوسری زبان بولتے ہیں اور اپنے تجربات پر بات کرنے کے لیے حاضر ہوں۔ اگر آپ شرکت کرنا چاہتے ہیں، تو براہ کرم مجھے اس ای میل کا جواب دے کر بتائیں۔

A banner for House Football Competitions. It features a background image of a football pitch with a stadium in the background. Two golden trophies are positioned at the top corners. The title 'HOUSE FOOTBALL COMPETITIONS' is written in large, blue, stylized letters across the top. Below the title, there is a table with three columns containing event details.

Friday 8th March 2024 3-4pm	Year 7-9 Girls - 7 a-side Football Competition	Grass Pitches  Boots are required!
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Like sport and PE but looking for a club to join? Click [Here](#)

A banner for Parklands Sporting Links. It features a background image of various sports equipment (soccer ball, tennis racket, badminton racket, basketball, baseball glove, etc.) scattered on grass. In the center is a circular logo with the text 'LEARN · RESPECT · ASPIRE · ACHIEVE' around the perimeter and 'PARKLANDS' at the bottom. Below the logo, the text 'PARKLANDS SPORTING LINKS' is written in large, bold, white letters with a black outline.

LEARN · RESPECT · ASPIRE · ACHIEVE  
PARKLANDS

**PARKLANDS SPORTING LINKS**

# Whole School Messages

## PE Update week beginning 19th February 2024

A busy week to start off the new half term with a big focus on preparation for our GCSE PE students who have their final practical examination in the coming weeks! We have also been busy with final rehearsals for our fantastic dance show which is next week! Remember full technical rehearsals Monday and Tuesday after school and opening night on Wednesday! Don't miss out on coming to see this spectacular show, tickets are still available but are selling fast!



**Year 10 & 11 Boys Handball** district tournament at Albany - the team competed against all schools in the district and for some it was their last ever handball competition. The boys showed great skill and determination and did us proud, well done!

**Year 10 & 11 Girls Handball** district tournament at St Michael's - the team competed against all schools in the district and for some it was their last ever handball competition. This was a great experience for our GCSE PE students to get a good understanding of the competitive game of handball. Well done.



**Under 13 Girls Football Lancashire Cup semi final** against St Augustines - another tough team to play. The girls played well as a team and showed great skill but unfortunately lost 2-1. Well done for getting so far in the competition!

**Year 8 Basketball** at Parklands - we were able to enter two teams into this tournament against schools from the Chorley district. The boys all played really well and presented Parklands valiantly. The teams placed 3rd and 5th well done!

Another great week for Parklands in the PE department with lots of fun had!





### CURRENT YEAR 11

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

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

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



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



Parents and carers

Please send your

- A 'baby' photo
- 1st day of year 7 photo
- photos to the email address below!

*Please ensure that we can tell it is your child so no newborn photos please.*



29th March 2024



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

## Whole School Messages

### “Songs from the Screen” - NEXT WEEK!

Tickets are now on sale for our annual dance show.

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





## Whole School Messages

Seb Hobert, Mrs Sullivan-Brown & Mrs Holbert are all performing in the smash hit musical Priscilla Queen of the Desert during the Easter holidays. It is the heartwarming, uplifting adventure of three friends who hop aboard a battered old bus searching for love and friendship and end up finding more than they had ever dreamed of. With a dazzling array of outrageous costumes and a hit parade of dance floor favourites including "It's Raining Men," "I Will Survive," "Hot Stuff," "Boogie Wonderland," "Go West," "Girls Just Wanna Have Fun," and "I Love The Nightlife," this wildly fresh and funny musical is a journey to the heart of FABULOUS! Choreographed by Miss Marr and Mrs Sullivan-Brown. Tickets are available from @h-a-t-s.net



**HATS**

"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](http://www.theatricalrights.co.uk)

**Celebrating their 70<sup>th</sup> Anniversary**  
**HORWICH AMATEUR THEATRE SOCIETY**  
Present...

**PRISCILLA**  
— QUEEN OF THE DESERT —  
*The Musical*

**WED 3<sup>RD</sup> - SAT 6<sup>TH</sup> APRIL 2024**  
Peace Community Theatre, Rishton Lane, Bolton, BL3 2BN  
**TIME: 7:30PM 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 amateur theatre

# Whole School Messages

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



## OUR MENU WEEK 4

Choose your favorite dish



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b> Chicken & rice £1.90	<b>Main Meal</b> Hot dogs £1.90	<b>Main Meal</b> Chicken noodle stir fry £1.90	<b>Main Meal</b> Chicken jalfrezi £1.90	<b>Main Meal</b> Beef hotpot (GF) pizza
<b>Vegetarian option</b> Veggie stir fry £1.90	<b>Vegetarian option</b> Veggie hotdogs £1.90	<b>Vegetarian option</b> Veggie noodle stir fry £1.90 (gluten free)	<b>Vegetarian option</b> Veg korma £1.90	<b>Vegetarian option</b> Potato bake £1.90
<b>Jacket Potatoes</b> with various fillings	<b>Jacket Potatoes</b> with various fillings	<b>Jacket Potatoes</b> with various fillings	<b>Jacket Potatoes</b> with various fillings	<b>Jacket Potatoes</b> with various fillings
<b>Grab &amp; Go</b> Sausage roll £1.15 Chicken wrap £1.90 Pizzini £1.90	<b>Grab &amp; Go</b> Meat & Potato Pie £1.15 Chicken wrap £1.90 Herby Potato Cubes £1.20	<b>Grab &amp; Go</b> Sausage roll £1.15 Chicken wrap £1.90 Pizzini £1.90	<b>Grab &amp; Go</b> Cheese pasty £1.15 Panini £1.90	<b>Grab &amp; Go</b> Sausage rolls £1.15 Chicken wrap £1.90 Chicken strips £1.50





At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit [nationalcollege.org](https://nationalcollege.org).

## 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

### 1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

### 2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

### 3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

### 4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

### 5. BE A DYSREGULATION DETECTIVE

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

### 6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

### 7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

### 8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

### 9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

### 10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

### Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national\_online\_safety

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CENTRAL & WEST LANCASHIRE MENTAL HEALTH SUPPORT TEAMS

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

## WE PROVIDE MENTAL HEALTH SUPPORT FOR:



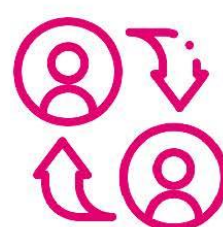
MILD TO  
MODERATE  
ANXIETY



LOW MOOD:  
SADNESS, LOW  
MOTIVATION



DIFFICULTY  
MANAGING  
EMOTIONS



DIFFICULTY ADJUSTING  
TO CHANGE AND  
TRANSITION

## HOW WE DO IT:

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

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

WE PROVIDE  
ADVICE AND  
GUIDANCE TO  
SCHOOL AND  
COLLEGE STAFF

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



@COMPASSBLOOM



01772 280123

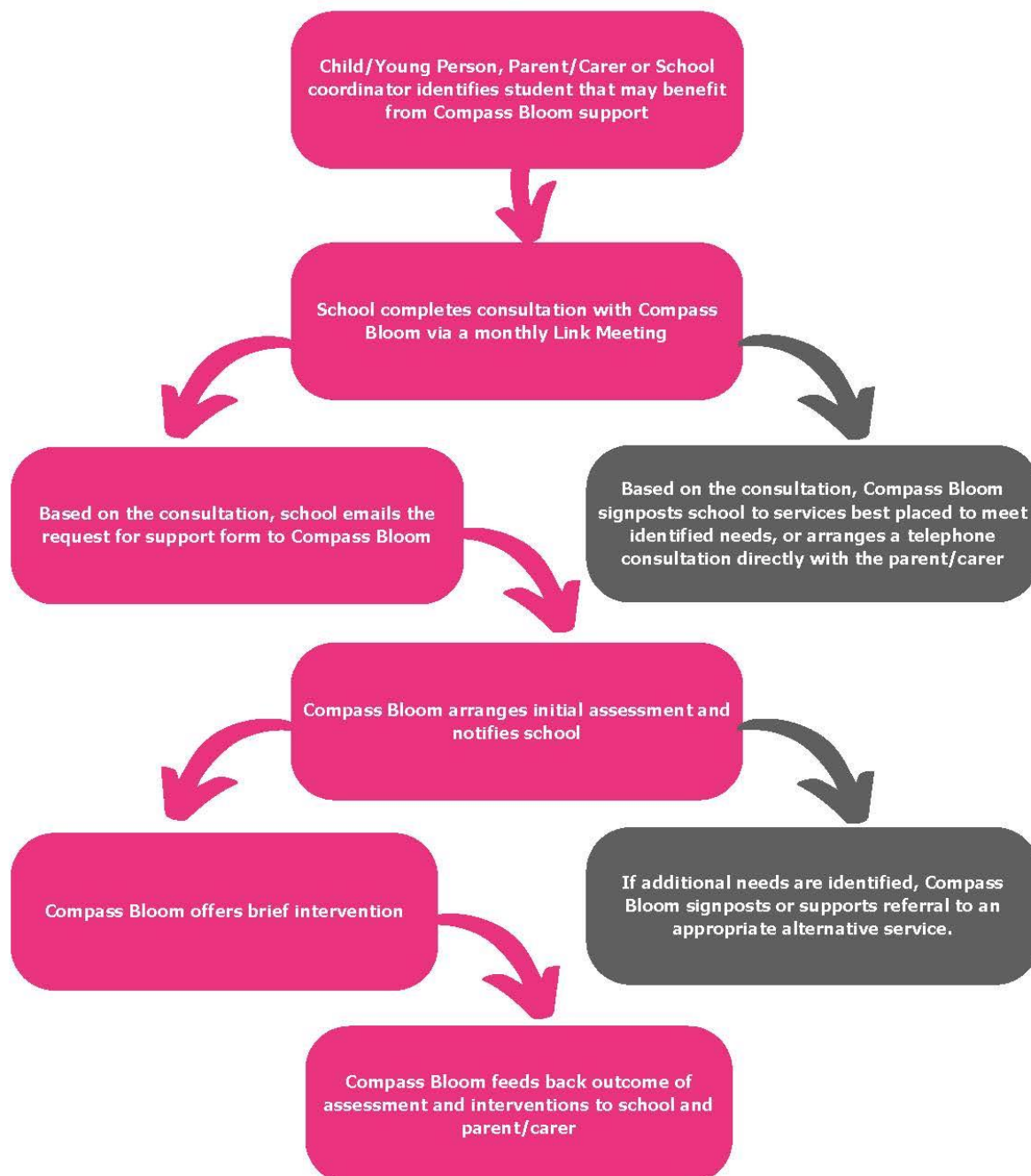


COMPASSBLOOM@COMPASS-UK.ORG

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

## Compass **BLOOM**

### REQUESTING OUR SUPPORT



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CENTRAL & WEST LANCASHIRE MENTAL HEALTH SUPPORT TEAMS

## PARENT/CARER CONSULTATIONS

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

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

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

THIS COULD LOOK LIKE:



FEELING  
WORRIED



STRUGGLING  
TO  
SLEEP



WITHDRAWAL  
FROM FAMILY,  
FRIENDS  
AND/OR USUAL  
ACTIVITIES



STRUGGLING  
TO  
CONCENTRATE



TEARFUL

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

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

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



CONTACT US VIA:



@COMPASSBLOOM



01772 280123



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



# CALLING AUTISTIC LEARNERS.....



## What do you think about where you go to school?

### CAN YOU HELP WITH MY RESEARCH STUDY?

My study is asking for the views of autistic young people about where they go to school, to understand and improve schooling experiences.

### I would like to hear from:

- Young people aged 11-16 years old who identify as being autistic
- Who currently attend a mainstream secondary school in England

### WHAT WILL BE INVOLVED?

There is an 8 question survey which gives you the chance to select creative and fun ways to express your views.

For more information please click on the survey link below, or email [robert.mckay.2020@uni.strath.ac.uk](mailto:robert.mckay.2020@uni.strath.ac.uk)

Study Supervisor:  
[anna.robinson@strath.ac.uk](mailto:anna.robinson@strath.ac.uk)

## CLICK SURVEY LINK

[https://hass.eu.qualtrics.com/jfe/form/SV\\_82ZPYVxYKvUDJl2](https://hass.eu.qualtrics.com/jfe/form/SV_82ZPYVxYKvUDJl2)

## 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](http://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



You are invited to our...

**OPEN EVENT**  
Wednesday 6th March  
4.00pm-8.00pm

Proud to **pursue excellence** together!

Final open event of the year - last chance for Year 11s before their interviews, but also ideal for Year 10s who want to get a head start!

Register online at: [www.runshaw.ac.uk/openevent](http://www.runshaw.ac.uk/openevent)

50th Anniversary  
1st April 2024

We have non-clinical opportunities available at Lancashire Teaching Hospitals NHS Foundation Trust for students aged 14-16 years old and a variety of virtual programmes available for students to gain an insight into careers within Health & Care. This window opens during May 2024. Please apply via our website.

## 14-16 Year Old Virtual Work Experience



The illustration shows seven stylized, diverse young people standing in a row. From left to right: a girl in a white lab coat and green skirt holding a clipboard; a boy in a black suit and yellow tie holding a briefcase; a girl in a black dress holding a large white envelope; a girl in a pink shirt and blue skirt wearing a yellow hard hat; a boy in a blue shirt and dark trousers wearing glasses and holding a tablet; a girl in a light blue lab coat holding a clipboard; and a boy in a yellow safety vest and blue shirt wearing a yellow hard hat and holding a clipboard. Each person is holding a black briefcase with the word 'Healthcare' written vertically on it.

We are hosting a Virtual Careers Insights Programme during Easter which enables candidates aged 14-16 to gain a valuable insight into careers within Health & Care.

Sessions are typically 1 hour in duration and are hosted via Microsoft Teams. As part of this programme, candidates are expected to attend a minimum of 3 sessions to gain a certificate. There are typically 3, 1 hour sessions during the Easter holidays, giving you plenty of time to enjoy your time off.

Once candidates register via our website, they will be emailed the registration and sent further information.

To register and see sessions available, please visit our website:  
<https://nhscareeraww.co.uk/programmes/14-16-virtual-work-experience>

# CAREER News

2024

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

Welcome to another packed edition of Career News, incorporating the NHS Newsletter this week as well. There are loads of great opportunities for students of all ages, conferences, webinars, live employer events, open events, work experience, podcasts and much more.

Next Friday is our annual Careers Fair for all of Year 9 and 10. Pupils can meet employers, universities, colleges and training providers, to find out more about the possible career paths they may follow. We have a fantastic selection of industries like year workers, representatives from all the armed and uniformed services, nuclear, motor vehicle, defence, hair and beauty, health care professions, STEM, construction, law, accountancy, sport, music - hopefully, bigger and better than ever!


Next week also sees the last of the Vigen & Leigh interviews, with Runshire interviews taking place mid-March.

There are still a number of Year 10s who have not yet returned their consent forms for Work Experience - these must be back by the end of February. Once a pupil has found a placement, they must collect a placement booklet and ask the employer to complete it. This applies even if a pupil is working with a parent or relative. All relevant documents are also on the school website. Other schools may have the same work experience week as Parklands, so please don't leave it too late to speak to potential employers. If you have a lot of employers, go to the careers office for support. This includes nurseries, primary schools, colleges, equestrian centres, dog groomers, shops, supermarkets and various others, as well as the NHS programme. See Miss Barry (Top Office) for more details on these opportunities.

There are still spaces on the EDT Brunze University Cadet Challenge - this is a STEM competition for Year 8-9 pupils and is great fun. This year we have been challenged to overcome two different challenges, so if anyone is interested in joining after the point, one with the organisers and our industrial mentors in March. Email [perry@eaknowltonacademy.co.uk](mailto:perry@eaknowltonacademy.co.uk) for more details.

*Have a great weekend*

26th February - 1st March 2024



**NATIONAL CAREERS WEEK**  
**JOIN THE ARMY AND FIND A ROLE THAT EXCITES YOU**

**Discover the 76+ jobs available in the British Army**

Your everyday life will depend on the role you choose. You will spend your time learning your trade - we have over [100+ in the below ranges](#).

**Combat:**

As an Infantry Soldier or a member of a Tank Crew, for example - soldiers are part of a fast-moving and responsive unit, taking part in a variety of operations around the world.

**Engineering:**

Engineers are multi-skilled soldiers, combat engineers and tradespeople, providing essential support to all areas of the British Army and are responsible for keeping the Army's equipment working and ready to use.

**Logistics & Support:**

In a Logistics and Support role, soldiers and officers are responsible for keeping the Army running: ensuring troops have all the equipment, resources and support they need.

**Medical:**

The Army offers training and support to those training in a medical profession. Bursaries are available for those already in training, student nurse roles, where you can study for your degree while in the Army.

**Communications & IT:**

Communications, IT and intelligence based roles work to keep troops connected and informed, ensuring all lines of communication are working effectively and free from security breaches.

**HR & Finance:**

Soldiers and Officers who work in HR, Support & Finance play a key role in keeping the Army in perfect working order.

**Music:**

The Army has 14 bands which travel and play for the public, other Soldiers, as well as VIPs, including royalty and heads of states.

**SEARCH  
ARMY JOBS**

Lots of great opportunities in this week's Career News: competitions, conferences, webinars, live employer events, open days, podcasts and much more.

Aspiring medics, dentists and allied health professionals have a wealth of options from the Medic Mentor family. These are absolutely vital for anyone who wants to enter the medical profession.

Wigan & Leigh College interviews on Wednesday 28th February - the college have sent out letters with the times of the interviews and there will be a schedule posted outside the Top Office. All interviews will be held in the Conference Room, not the Refectory. Runshaw interviews are 14th/15th March.

## Careers

The Careers Fair is on Friday 1st March and you are very welcome to attend. All of Year 9, 10 and 11 will visit the event for about an hour, giving them the chance to speak to various professionals from a diverse range of industries, as well as colleges, universities and training providers.

Thank you to everyone who has volunteered to support our pupils. If you would like to attend please let Ms Berry know.

There are a number of really good apprenticeship vacancies available on Gov.UK at the moment, with start dates after the summer holidays. The closing date for Leyland Trucks apprenticeships is 1st March, so if you are considering applying, do so as quickly as possible.

The NHS are looking for apprentice accountants - imagine the budgets you may be dealing with!

There are also a number of positions with United Utilities and Barratt Homes, to name just a few.

<https://www.gov.uk/apply-apprenticeship> is the website, put in your postcode and check out the vacancies in your area (a radius of 5 miles gives a manageable amount of vacancies to look through).

EDT Bronze Industrial Cadet Challenge - launch event coming up soon. There are two different challenges this year, one is a 'Green Garden' - the other will be revealed shortly. Thanks to our generous sponsors, NSG Environmental and Ninevah for enabling us to take part. Year 8/9 - see Miss Berry (top office) for more details. If you have already given me your name, you are on the team. Spaces for 6 more pupils.

Work Experience - consent forms must be back by 29th February. Booklets are available from the Top Office - once you have found an employer, they must complete a placement booklet (employer and insurance details). There are a number of great opportunities that local employers have offered, for anyone who is struggling to find a placement - contact Miss Berry ([pberry@parklandsacademy.co.uk](mailto:pberry@parklandsacademy.co.uk)) for more information.