

## PARKLANDS BULLETIN 6th - 10th Nov 2023 Week 2



#### **Principal's Message**

Dear parents and carers,

As a school, we send sympathies to all civilians impacted by conflict or natural disasters. Later in this bulletin you will find a special edition of the Big Parklands Paper which deals with the question 'What is happening in Gaza?'

This has been a great week of celebrating and recognising our pupils in a variety of ways. We have made a conscious decision this academic year to acknowledge and reward our pupils who get everything right all of the time, and are great members of the Parklands community. Class Charts has given us the opportunity to commend Pupils of the Week and recipients of the Bronze Award for accumulating positive points.

A new accolade is the Principal's Award. This award has been given to nominated pupils for demonstrating excellent behaviour, excellent attendance, and most importantly great character and attitude to school and the wider community. In this final week of the half term we held House Assemblies and gave 5 pupils per house the Principal's Award. They received a certificate and a commemorative pen. We look forward to giving further awards in the next half term.



Best wishes for a peaceful and safe half term break. We look forward to seeing everyone back in school on Monday 6th November.

Kind regards,

Mrs. Batson Principal

#### The Big Parklands Paper - Special Edition

The current news around the Israel-Gaza War is a topic of discussions for our pupils. This is a very complicated situation and the school newspaper has taken on the task of trying to make this horrific situation understandable for our pupils.

A Special Edition of the paper has been shared today in form time. You can see a copy of it here. We hope that this will enable pupils to get to grips with a difficult situation. If you have any comments on this, or the paper generally, please email newspaper@parklandsacademy.co.uk

#### The Big Parklands Paper



Current news from Gaza

Israel/Palestine

For Peace من أجل السلام לשלום

## What is happening in Gaza?

In a Special Edition of the newspaper, we look conflict in Palestine and the situation in Gaza

The current war in Gaza started on Saturday 7th October when soldiers belonging to the Palestinian organisation Hamas broke out of Gaza and launched a surprise attack on Israel. Hamas is the elected government of Palestinians living in Gaza but it is also designated as a terrorist organisation by most of the world's governments (including our own).

The attack on Israel was shocking. The attack involved the launch of thousands of rockets into Israeli territory, rockets that fell onto communities throughout southern srael. It also involved a breakout of armed fighters from Gaza who attacked communities in southern Israel. As well as killing people, the attackers took some people hostage. The fate of those hostages remains unknown. Many of these attacks deliberately targeted civilians and Human Rights Watch have designated

Following the initial Hamas attacks, Israel has ed with a blockade of Gaza, huge air strike Gaza and Lebanon and deadly raids throughout Palestine. Israel has also threatened to launch a ground invasion of Gaza - one of the most densely populated areas of the world.

The situation in Gaza is a humanitarian crisis: civilians in Gaza have had no power for nearly two weeks; the territory has run out of food, water and medicine; Israeli bombing has flattened tower blocks, schools and hospitals, creating thousands of refugees. The only entrance into Gaza (through the Rafah Crossing into Egypt) is currently closed because of bombing.

As the war enters its second week, there are fears that thousands of civilians could die and the war could spread to other parts of Palestine and the Middle East. Currently, over 3,500 Palestinians have died and over 1,400 Israelis have died





#### Context

Here we look at some of the background of the current conflict. For many people, these facts are contested but here we are trying to answer some of the big questions that pupils may have

#### Why is the war happening?

The current conflict in Gaza is part of an ongoing conflict in Israel/Palestine. The conflict started in when Jewish groups who were fighting against the British Empire, declared the state of Israel. Jewish fighters used terrorist tactics to attack the British, who eventually left Palestine. Those same fighters then ethnically cleansed Palestinian Arabs (both Muslim and Christian) from their homes to create a Jewish majority state of Israel. Many survivors of the Holocaust moved to Israel as it was perceived to offer a place of

The formation of Israel created one of the world's largest refugee populations - Palestinians were forced to flee their lands and live in refugee camps. Those camps are located across the Middle East but many refugees were forced into places like Gaza, the last remnants of historic Palestine.

Following wars in the 1960s and 1970s, Israel came to occupy Gaza and the West Bank (now recognised as the Palestinian Territories). Gaza, since then, has been become densely populated and has, for long periods, been cut off from the outside world. Human Rights Watch describes Gaza as the "world's largest open air prison." It was from Gaza that Hamas launched its surprise attack last Saturday.

#### What is life like in Gaza?

the territory and getting in from the outside is hard.

Periodic violence means that many people have ..

loved ones who have died. Those conflicts also destroy homes schools and hospitals. Access to food, water electricity and medicine is always uncertain periods where one or other of these is cut off. Again Human Rights Watch has described the Israeli blockade of Gaza as apartheid and a crime against humanity.

#### What are the solutions?

There are lots of calls for a ceasefire and peace talks from people around the world, including from prominent people like Mo Salah. The situation in Palestine is complicated and difficult, however, and there isn't one gareed solution. Some favour a Two State Solution, where land is divided up between Israel and Palestine. Others argue this is unworkable because of the sheer numbers of refugees and therefore argue for a One State Solution, a little like Northern Ireland, where both communities share control. While they are discussed, neither of these solutions is on the table right now.

#### Why is Israel/Palestine so controversial?

Discussion about Palestine and Israel is often passionate and can be controversial. For many supporters of Israel, and many Jews around the world, Israel offers the only truly safe haven after the Holocaust in the Second World War. They argue that a strong Jewish state is the only thing that protects against another Holocaust. They see criticism of Israel as endangering that safety

For supporters of the Palestinians, Israel is an apartheid state (a country that uses racist laws and violence to oppress specific groups of people) that is guilty of war crimes. They see the suffering and oppression in the daily lives of Palestinians and are angry that the world doesn't do more to help them.

> For pupils at Parklands, the conflict For pupils at Parklands, the conflict can seem to be horrific and confusing. Some members of our school community are directly affected by these events from both sides of the conflict, and we have a duty to try and understand what is happening.

> If you have any questions or views you would like to share about the conflict, please email:

er@parklands

If you want to learn more yourself, read respected websites like <u>Human</u> <u>Rights Watch</u> and <u>Amnesty</u> Rights Watch and Amnestr International where facts are verified

**Y11 Science** - After half term all Year 11 students will be set weekly Science Educake quizzes to help support them with their revision on the run up to the mocks. All students have their Educake logins and have been informed. Any support from home to remind students to complete these would be greatly appreciated. They are set by the class teachers on a Monday and reviewed the following Monday. Thanks. Science Dept.

**Super Learning Day** - Here is the video from Super Learning Day. Another huge well done to all Learning Ambassadors involved in running the day! Have a wonderful half term break.

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

**Current Unit - Ultimate Questions** 

Enquiry Question - Is it possible to find answers to ultimate questions?

- 1. What is an ultimate question?
- 2. Give an example of an ultimate question.
- 3. Do religions try to answer ultimate questions?
- 4. Where might religions find the answer to an ultimate question?

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

**Current Unit - Prejudice and Discrimination** 

**Enquiry Question - Why do people discriminate?** 

- 1. What was The Civil Rights Movement?
- 2. Explain what the Bristol Bus Boycott was
- 3. Who was Nelson Mandela?
- 4. What was he trying to achieve in South Africa?

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

**Current Unit - Human Rights and Social Justice** 

Enquiry Question - Do we still need human rights today?

- 1. What is social injustice?
- 2. Who is allowed to wear the 5k's?
- 3. What is the langar?
- 4. How does this help demonstrate social justice?

#### YEAR 9 HEALTH QUESTIONNAIRE

Dear parents/carers

You will have received an email/message from me today to make you aware that all Yr 9 pupils will be completing a health questionnaire the week we return after half term.

It is an electronic, confidential questionnaire that your child will log into and complete on their own. All answers go directly to the school nurse, Louise Slater, who will triage them. Any areas of concern that arise from the questionnaire, Louise will contact me to make appointments to speak to your child and look at what interventions can be put in place or signposted to. If needed, she will contact parents to make them aware of any concerns she has and the offer of support in her monthly drop-ins. Questions asked are around your child's mental and physical well-being related to smoking, alcohol,

drug use, mental health and well-being, diet and exercise, friendships/bullying, domestic violence, healthy and unhealthy relationships and sexual health. There are areas on the questions where your child can answer with, don't know or leave blank.

I hope this satisfies some of your worries/queries around this. It is a national programme and all schools are expected to complete it. We then get the results a few months later which may identify areas of concern that the school/pastoral can look at to explore in teaching/informing our students related to areas of concern.

Mrs Fairhurst

#### Flu immunisation

Dear Parent/Guardian,

Please complete the flu immunisation consent form by clicking the link below.

https://nhsimms.azurewebsites.net/session/00b8f4b3

Please complete this as soon as possible.

The link will close on Sunday 26<sup>th</sup> November 2023 and the flu immunisations will take place on Tuesday 5<sup>th</sup> December 2023 for Y7, 8 and 9 and Wednesday 6th December 2023 for Y10 and Y11.

If your child has their immunisation at the GP or any details change after form completion, please contact us.

For any queries please contact Intrahealth on 0333 358 3397, Option 2 – Option 1.

Kind regards, Immunisation Team

#### 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: 121 pupils to date Year 8: 78 pupils to date Year 9: 75 pupils to date Year 10: 69 students to date Year 11: 85 students to date

All: 428 students

How many had the perfect 3 in the previous week?

Year 7: 184 pupils Year 8: 142 pupils Year 9: 147 pupils Year 10: 117 students Year 11: 145 students All: 735 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: 164 pupils
Year 8: 116 pupils
Year 9: 110 pupils
Year 10: 91 students
Year 11: 113 students
All: 594 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



#### Attendance matters!

Overall school attendance since September 93.9% Overall school attendance for the week 92.3% National Average since September - 92% as at 2/10

Attendance by House since September:

Europe 94.2%
South America 93.7%
Africa 94.6%
Asia 94.7%
Australasia 94.7%

Attendance by House since last week:

Europe 91.9%
South America 91.8%
Australasia 93.6%
Asia 95%
Africa 91.2%

Highest form attendance per House for the week:

Europe - Denmark 95.7%

Australasia - Fiji 97.5%

South America - Colombia 99.3%

Asia - Nepal 96.7%

Africa - Côte d'Ivoire 95.6%

#### **Head Students' Page**

Hello everyone,

I hope you are all doing well! It is finally the end of term!

Well done to everyone for working so hard this term, you all deserve a much needed break! This week we were able to hold pupil house award assemblies for those whose efforts have been recognised and rewarded through the ClassCharts system. I want to say a massive congratulations to all those who have worked hard this term to earn points, pupil of the week and even the Principal's Award - it is a great achievement!

If you did not achieve as much as you may of liked, next term is a new term and a new start for improving your behaviour, attendance and working on your character!

It may be a stressful time for our Yr11's, however it is still vitally important to ensure you take a break this holiday and take time for yourself - complete your homework but stay calm and collected! It is a big year for us, but if we try our best and look after ourselves, everything will work out fine!

I hope everyone has enjoyed their first half term back at school! Have a great two-week break and a happy Halloween!!

Grace:)

#### Windrush 75 @ Parklands

This year, to celebrate the 75th anniversary of the arrival of the Empire Windrush, pupils have been learning about the experience of Caribbean migrants to Britain. We have looked at different Caribbean cultures, the experience of migrants and the contribution of the Windrush Generation to modern Britain.

As part of our celebrations, pupils have produced a permanent display that has gone up in the Main Hall. We're particularly pleased to have the exhibition ready for Black History Month.

#### The Exhibition





#### PE Update week beginning 16th October

What a week to finish this half term! We have had great attendance at practices for Netball, Football, Rugby, Cheerleading and Dance as well as lots of matches for all year groups. Well done to everyone involved!

**Y11 Boys Football.** The boys played a stellar match and showed real comradery to overcome a strong team and won 4-1 against Albany. Well done!

**U14 girls Football** played their next match in the English schools cup against St Bedes in Blackburn. It was a very difficult match and all the girls showed great determination and character. After a last minute goal we ended up with a 3-2 win and have progressed to the next round. A special mention to Issy H. who kept us in the game with some vital saves. Well done!





**Year 9 Boys Football** This was an evenly matched game against Southlands with everyone giving 100%. Unfortunately we conceded a last minute goal, losing 3-2.



Year 7 Boys football The boys remained in high spirits despite a loss and have lots to work on in training for their remaining fixtures.

PE Update week beginning 16th October

Year 8 netball Our year 8 girls missed the first lot of matches due to Cheer trials but came out fighting on Wednesday. They played and won all of the games bar one against a well drilled Holy Cross team. The team knows what we need to work on in training and will be back fighting for the tournament.



**Yr 7 & 8 Tag Rugby** We took a team of year 7 & 8 boys to Holycross to play their first match of the season. What a fantastic match by all. Everyone Come out with a win. All lads were a credit to the school and sport.

**Cheerleading** we hosted the KS3 Cheerleading tryouts. Students showed the jumps, dance and stunts that they had learnt so far. They have made some amazing progress since the start of the half-term; especially considering so many of the students had never done cheerleading before! The results of the tryouts will be posted on the Google Classroom page this Friday evening so make sure you check to see if you have made the team. Everyone performed really well so it has been a very difficult decision, but remember that KS3 Pom dance will start after half-term (more information to follow) where all are welcome to join!

We're so proud of the level of commitment shown by all of our pupils and a big thank you to all staff for their help. We hope everyone has a well deserved break

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





Each form must fill a shoe box with items to be sent to Ukraine to help those affected by war to enjoy Christmas.

#### Step 1:

As a form, pick an age group and gender (young child 0-5, older child (6-12), teen (13-18), adult)

#### Step 2:

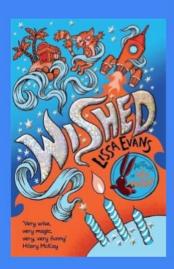
Fill your shoebox with items e.g. toys, gloves, hats, scarves, sweets, toiletries etc

#### Step 3:

Make it look beautiful!



## Library book of the week



Lissa Evans returns with a realist fantasy novel that has a wonderfully inviting cover and follows in the footsteps of the 2018 Carnegie shortlisted book, Wed Wabbit.

The set up is a good old fashioned adventure. There is an old house, a long and boring holiday, a fusty old woman who has been made to look after them all and a sarcastic talking cat called Atlee. The kids then find some secret wishes, but there are unforeseen problems when those wishes are granted and they have to journey through several adventures to put everything right again. There are no smart phones, no tech at all really and a great ending.

Somehow with all that, it never seems to over do anything, everything is there in just the correct proportions. Just the right amount of humour and silliness balancing out the serious and threatening parts. One of the main characters is in a wheelchair, but that is only coincidental to the story.

It reminded me of the work of Frank Cottrell-Boyce, Ross Welford and going back a century, the work of E Nesbit. Wished has that certain something all classic children's books have. It's timeless and magical and a must read for all those in Year 7.

Mr Johnston - Library Manager

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





## Parklands Trips 2024



Please find on link <u>here</u> the following slides all the trips with spaces available and running this year.

Please note some trips may require payments ASAP to catch up.

Please contact the member of staff on the slide for the specific trip for further details.

All the trips are dependent on good behaviour and attendance and pupils can be removed once on a trip for poor behaviour and attendance.

#### **ONLY OPEN TO YEARS 7,8 AND 9**

Pay £50 deposit now and you don't need to make any more payments until September 2024 (Further payments can be made if you would prefer). A fantastic summer holiday experience! Letter available here, payment will be live on scopay soon



#### MEDITERRANEAN ADVENTURE, SPAIN

Ideally located between the popular beach resorts of Tossa de Mar & Lloret de Mar in the Costa Brava, Spain, this exciting Mediterranean Adventure is packed full of beach water sports from big SUPs to kayaying, You'll also enjoy a fun-filled day at the local waterpark and soak up some Spanish culture in Barcelona.

#### ACCOMMODATION

Stay in your own private ensuite cabins set within a private zone of the Cala Llevado complex which features a large swimming pool (with lifeguard). Dine in the onsite canteen next to the pool.

#### BOOK WITH CONFIDENCE:

Acorn is a fully accredited, well established, ABTA bonded operator with over 40 years' experience.





WAILK
BANANA BOATS
SNORKELLING
BIG SUPS
KAYAKING
WATER PARK
ROOL DIVE TASTER

## LAND

BEACH GAMES
ARCHERY
CLIMBING WALL
BARCELONA
TOWN VISIT

FIND OUT MORE @ WWW.ACORNADVENTURE.CO.UK



## SAMPLE ACTIVITY PROGRAMME

DAY 1: Depart & overnight travel DAY 2: Arrive/tour/swim test/relax

DAY 3: Banana Boats/Beach Games/Big SUPs/

Club Games

DAY 4: Barcelona/Orienteering

DAY 5: Kayaking/Beach Games/Snorkelling/Karaoke

DAY 6: Waterworld/Swimming Pool Games

DAY 7: Climbing Wall/Archery/Dive Class in Pool/Disco

DAY 8: Free Swim & Depart DAY 9: Travel & Return Home

"BEACH
WATERSPORTS,
ONSITE POOL,
WATER PARK
&
BARCELONAWOW!"



Prices include: Full Board Accommodation, Door to Door Transport, Full Activity Programmed delivered by our Spanish partners, Entry to Waterworld, Free Leader Places 1:8 ratio, Kit, Equipment & Instruction.

WWW.ACORNADVENTURE.CO.UK





For more information on the vacancies please click here.





#### 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

### **Vacancies for Exam Invigilators**

This is an opportunity to work as part of a team of invigilators at various dates throughout the school year, in particular around the external exam periods in May and June.

This is a casual contract. No experience is necessary as full training will be given and successful applicants will always work with experienced invigilators.

A strong attention to detail and the ability to remain calm, with a pleasant demeanour is highly desirable.

#### You will be responsible for:

- Maintaining the security of the examination question papers at all times and conducting the examinations in accordance with examination board and JCQ regulations
- · Preparing the exam as required by the examination board
- · Ensuring that the candidates adhere to the exam rules at all times
- · Assisting with any issues that arise during the examination
- · Assisting with any persons needing to leave the examination hall

Parklands High school is committed to safeguarding and promoting the welfare of young people and expects all staff to share this commitment.

The post will be subject to a Disclosure and Barring Service (DBS) check.

Please contact the school Exams Manager, Mrs S Adamson via <a href="mailto:sadamson@parklandsacademy.co.uk">sadamson@parklandsacademy.co.uk</a> for further details. Application forms available from the vacancies section of school website.

Please note, we reserve the right to withdraw this vacancy at any time and regret we are unable to contact individual applicants who may be unsuccessful. Aspirational Futures is committed to safeguarding and promoting the welfare of its staff and pupils and expects those working at the School to share this commitment. Applications from ethnic minority candidates and other diverse groups are welcomed. The successful candidate will be required to undertake a criminal record check via the Disclosure and Barring Service as well as qualification and reference checks. Online checks will also be conducted on shortlisted candidates Copies of our Recruitment and Selection policy are available from hr@aspirationalfutures.co.uk.

For more information on the vacancies please click here.



#### Parklands High School: An Academy

Southport Road, Chorley, PR7 1LL
Co-Ed Comprehensive with 1124 students on roll. Tel: 01257 264596
www.parklandsacademy.co.uk
Email: admin@parklandsacademy.co.uk

Learn, Respect, Aspire, Achieve



A vacancy has arisen for a

## CLEANER – 16.25 hours per week 3.15pm – 6.30pm Mon- Friday. Term time only plus 3 weeks.

Grade 3, SCP 4 £8,489.83 (£21,189 fte). Start as soon as possible.

Parklands High School is a popular, oversubscribed, forward thinking and high-achieving school which is part of the Aspirational Futures Multi Academy Trust

We wish to appoint a reliable, flexible and self - motivated individual to join our existing Premises team. Under the direction and instruction of the Cleaning Supervisor, you will undertake the cleaning of designated areas within the school premises to ensure that they are kept in a clean and hygienic condition, to the agreed quality standards and be responsible for ensuring a consistent high standard of cleaning throughout. Experience is preferred but not essential as training can be given however a strong work ethic and to be able to work well in a team are crucial.

Parklands High School staff benefit from access to the UK's leading provider of healthcare insurance, entry into the LGPS pension scheme, UK healthcare, as well as out of hours access to our new gym facilities and our cycle to work scheme

For more information about the role and how to apply please email Carol Slater, Chief Operations Manager at COO@aspirationalfutures.co.uk.

Candidates should complete an application form, available from the school website in which you outline your experience and suitability for the position. 
Electronic applications should be returned to the email address <a href="https://maspirationalfutures.co.uk">https://maspirationalfutures.co.uk</a>. Handwritten applications may be posted to HR Manager Aspirational Futures Multi Academy Trust c/o Parklands High School, Southport Road, Chorley. PR7 1LL. Please clearly mark the envelope "Application for post of Cleaner"

#### Closing date for applications: 12 noon 03/11/2023 with interviews to be held w/c 06/11/2023.

Please note, we reserve the right to withdraw this vacancy at any time and regret we are unable to contact individual applicants who may be unsuccessful. Aspirational Futures is committed to safeguarding and promoting the welfare of its staff and pupils and expects those working at the School to share this commitment. Applications from ethnic minority candidates and other diverse groups are welcomed. The successful candidate will be required to undertake a criminal record check via the Disclosure and Barring Service as well as qualification and reference checks. Online checks will also be conducted on shortlisted candidates Copies of our Recruitment and Selection policy are available from hr@aspirationalfutures.co.uk











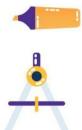


# WELCOME BACK! SUPPORT OUR SCHOOL PLAY OUR LOTTERY















- Join the lottery to support our school
- Win weekly cash prizes up to £25,000
- Free entry into the bonus Super Draw

#### **BUY TICKETS:**

Go to: www.yourschoollottery.co.uk
And search for: Parklands









Mayfield is now an approved Break Time provider!

The cost per day for registered Break Time users is £12

Clubs will run 9am-3pm each day. Snacks and drinks will be provided, however children will need to bring their own lunch.

Parents will need to transport children to and from the clubs.

Please find below a list of days for our October opening and a schedule of the activities we will be offering









WOODLAND LEARNING. BAKING, PE AND IMMERSIVE ROOM



GARDENING ACTIVITIES IMMERSIVE ROOM/HALL, CYCLE TRACK AND TEAM GAMES

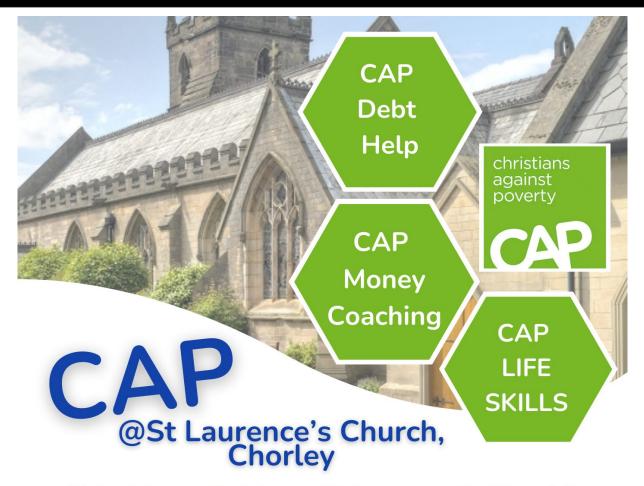
09:00 - 15:00

HALLOWEEN CRAFTS. **PUMPKIN PICKING & CARVING** AND HALLOWEEN DISCO



For more information and bookings, scan the QR code or visit: www.chorleymayfield.lancs.sch.uk/parents/break-time/





#### What is available at St Laurence's Chuch?

CAP LIFE SKILLS 8 week course of 2 hour sessions: a friendly group that will give you the confidence and decision-making skills needed to live on a low income. Includes practical money saving techniques, such as cooking on a budget and making money go further. See Church Facebook page for upcoming dates

CAP Money Coaching 4 week course of 2 hour sessions a revolutionary money management course that teaches people budgeting skills and a simple, cash-based system that really works. See Church Facebook page for upcoming dates

CAP Debt Help Free, professional debt counselling, our unique face-to-face visit model means people receive a bespoke service that includes emotional and practical support. To book, simply call 0800 328 2006, or come to the weekly drop in each Wednesday 1-2pm





## Programme Autumn/Winter '23

These courses are all free to attend - to book onto any of these courses, please email: wellness@stlaurencechorley.co.uk

09.30AM

Mondays, 25th Sept and 2nd October
Mindset Matters

Wednesdays, 4th Oct - 25th October

This o

This course will enable you challenge the negative thoughts and attitudes that hold you back and 'rewire your brain' to develop a stronger, more positive mindset.

10.00AM -12.00PM **CAP Money Coaching** 

A free 4-week course designed to empower you with the knowledge, skills, tools and confidence to better manage your finances. Anyone can benefit! Arrive 9.30 for tea & toast and lunch also included.

9.30AM . 12.00PM Friday, 3rd November

Art for Wellbeing

Lift your mood with Mark Making

9:30AM -12.00PM Mondays, 6th Nov - 11th December

**Volunteer Training Programme:** 

An accredited 6 week course, covering essential topics such as Equality & Diversity, Safeguarding, Conflict Resolution (standalone sessions also available)

9.30AM

<u>Wednesday 8th November</u>

**Mental Health Awareness** 

This one-off course is for people looking to increase their knowledge and awareness of mental health. It will help you develop your awareness of issues surrounding mental health and to know the rights of those with mental health issues.

9.30AM . 12:00PM

12:30PM

Wednesdays, 15th and 22nd November

M Connect for Wellbeing

Connecting with others is vital for our mental health, yet so many people struggle with social isolation and loneliness. This course focuses on 'Connect'- one of the Five Ways to Wellbeing.

9:30AM . 12.00PM Monday 4th and 11th December

Creating a More Confident You

This course enables you to build your confidence and self-esteem by recognise your skills, strengths and achievements, in order to improve our overall wellbeing and create a more resilient life.

09.30AM -12.00PM Wednesday 10th January

Quick ways to Sleep Well

This short session aims to give a snapshot view into common sleep problems, as well as providing techniques to try and aid a better night's sleep for us all.

10.00AM -12.00PM January 2024

**CAP Life Skills** 

An 8 week course (Weds, 10am-12pm) equipping people with confidence, decision-making and practical skills. Sessions are very interactive and fun. Arrive from 9.30 for tea & toast, and lunch is provided.

St. Laurence's Church, Chorley Union Street, Chorley, Lancs PR7 1EB 01257 231360 Find us on







## FREE ACTIVITIES

for young people
October Half Term 2023!

In October half term we will be running two FREE sessions for 10-16 year olds. There will also be refreshments and prizes on offer.

## **Tuesday 24 October**

All Seasons Leisure Centre, 7pm-9pm

## Thursday 26 October

West Way Sports Hub, 4pm-6pm

#### **Activites include:**

Dodge ball, football, rounders, baking and lots more!

Water available, please wear appropriate footwear.

The sessions have been organised by Chorley Council & funded by the office of the Police & Crime Commissioner Andrew Snowdon







#### Careers

Please click here for this week's career news.



Welcome to the half term edition of Career News. Lots of useful advice and information inside: open events, work experience opportunities, apprenticeship news, conferences and much more.

MBDA Bolton have opened their apprenticeship application window - these are prestigious engineering apprenticeships with a global company - have a look now and make a start on your application: <a href="https://www.mbdacareers.co.uk/early-careers/apprenticeships">https://www.mbdacareers.co.uk/early-careers/apprenticeships</a>

BAE Systems will also launch their apprenticeship offers on November 1st, so keep an eye on the website: <a href="https://www.baesystems.com/en/careers/careers-in-the-uk/apprenticeships">https://www.baesystems.com/en/careers/careers-in-the-uk/apprenticeships</a>

The application process is quite involved, with an initial form to complete, followed by video interviews and various game-based assessments, but the end result could be a great start to a career!

See Miss Berry (top office) for any support with applications or interviews.