



Issue 2
Spring 2023

GCA

Garstang Community Academy

Newsletter

Meet the Headteacher

Mr Singh is the new headteacher at GCA, He is from Preston. Our media team reporters asked him a series of questions.

How have you found your time at GCA so far?

He said he has had an “extremely positive experience” so far and that the students are very personable and say good morning and hello when he sees them, that the teachers are very helpful and kind, and that the parents have given him a positive welcome.

Why did you decide to go for this job?

He decided to go for this job at Garstang Community Academy because he hasn't worked in Preston for 20 years, which is where he was born but he also went for the job because he aims to make positive changes and a positive difference to the school

If you could be any type of metal what would you be?

‘Aluminum, because it's light but effective and versatile.’

If you were a dairy milk bar, which would you be? i.e: Marvelous Creations?

After a long time of consideration, Mr Singh responded ‘Wholenut, final answer.’



Reporters Charlie Grierson and Rubi Ashcroft

[In this terms issue: New Headteacher](#) / [Careers Corner](#) / [Valentine's Day Bake Sale](#) / [Expo Event](#) / [Diana Award](#) / [Careers Fair](#) / [PE news](#)



Career of the Month: Fitness Instructor



Minimum qualifications

a certificate of further education



Typical salary
(with experience)

£15-20k



Competition for
places

High



Demand for this role

High

Fitness instructors teach people how to exercise in a safe and effective manner, while also helping them work towards personal fitness targets. They could provide one-on-one services to clients, direct and choreograph group fitness activities and classes, or undertake a mixture of the two.

Related interests:

Medicine & Health

Education & Teaching

Sport, Exercise & Fitness

Useful skills and qualities:

Highly motivated

Inquisitive

A good problem solver

A good communicator

A team player

Full of initiative

Caring

A good negotiator

Things to consider

Rewarding



You will play an active role in enhancing many people's lives by introducing them to exercise and ensuring they continue with it.

Make a difference



You will see tangible results of your efforts and guidance as people become fitter during the course of your work with them.

Unsocial hours or on call



You may have to work unsocial hours.

Strong demand



As society has become increasingly aware of health and fitness issues, the demand for fitness instructors has grown.

Very competitive



In certain areas and in popular high street gyms, competition for jobs can be tough.

Learn about more careers at <https://indigo.careers/>

Valentines Day Bake Sale

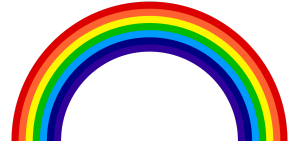
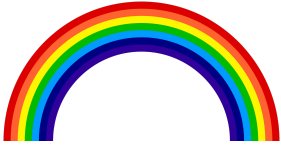
In February we held a charity bake sale in aid of the Save The Children, organised by the Care Committee.



Thank you to all those who contributed in any way to the cake sale. £145.58 was raised for Save the Children! The Save the Children charity has helped 45 million children across the world get the medicine, good food and education they need. They are over 600,000 supporters, alongside families, nurses, teachers and other workers that believe in a world where every child has a chance of the future they deserve.



Save the Children



WELL BEING DROP-IN

Are you struggling?

Need someone to talk to?

Need advice?

Come to our wellbeing drop in, open to all year groups.

When: Every Break Time

Where: C11

Grow . Care . Achieve



NHS Step into the NHS Programme

As part of our school careers programme, year 8 pupils were learning about some of the 360 careers available in the NHS. One pupil had an imaginary football accident, and the whole year group then discussed all the different people that might come into contact with that patient. One student commented: **'It was really good, we learnt about jobs we didn't know existed in the NHS.'**



The assembly launched the Step into the NHS National Competition. This competition challenges students to research and select an NHS career. Once selected, they research the key responsibilities of the role, along with any qualifications, skills and experience needed. This learning is then used to create a fun and lively job advertisement to appeal to their peers.

National Apprenticeship

National Apprenticeship introduces students into different jobs that they can take through apprenticeships, this includes the 'Future Fridays', highlighting apprenticeships linking to different jobs that may interest them.

A workshop was also included for year 11, so they can get a chance to learn more about jobs and what they would entail, with details on how you can accomplish getting a job that piques your interest.

A competition is also included in the event this year... where you can enter an NHS competition. In this competition, it will invite you to learn the different jobs included in the NHS and what they include.



GCA does the treble!



After a very successful Thursday, where our U13's boys and U13's girls went undefeated as the best handballers in Lancashire, it rested on the Under 16's Girls basketball to see if they could end the week on an even bigger high on Friday night!

The court was set at St Wilfred's school Blackburn, against the home drawn St Wilfred's! So, we knew we would be up against it, after St Wilfred's had previously beat teams by over 60 points.

However, not one to shy away from any challenge, our young team of only two year 11's, with girls in school years 8, 9 and 10, we started on the back foot losing the first quarter 8-1, with 9 missed free throws! (Basically, free shots where the other team kept fouling our girls).

After a second quarter team talk, the girls knew what we needed to do and kept driving and lay upping' their way to scoring points, beating the team 16 – 4 in the second quarter, taking the game to 17-12 in GCA's favour going into the second half.

The third and fourth quarter came with their own issues, with our younger players getting called on fouls and our captain in the fourth quarter being fouled out herself.

However, the game was already won! The girls finished the game 36 – 26 overall, coming away as the Girls Lancashire Cup U16's Basketball WINNERS! Not only that, but the captain Maizey, who has been a great role model to all girls playing for school, was awarded the match MVP also!

In my 8 years at GCA and in the school's history, there has never been a girl's cup win for basketball, so I am immensely proud of the passion, resilience and the hustle of all girls on the court. A massive well done!

Team GCA P.E.

Mr M. Armer



FREE CREATIVE MEDIA SESSIONS

EVERY
SESSION IS
DIFFERENT



Preston College are offering you the chance to take part in our FREE Film & Photography sessions - ideal for those who want a career in TV, film, photography and journalism.

Over the course of the sessions, you will develop your skills and understanding of:

- Camera work
- Filming
- Live Editing
- Adobe Premiere Pro
- Adobe Photoshop
- Photography
- Directing
- Studio Production
- Scripting

Delivered by our expert tutors, you'll have the chance to work in our creative arts building complete with editing suites, containing industry standard Blackmagic media equipment, recording studios and a fully functioning television studio.

Sessions take place during half-term from 10am-1pm on:

Monday 3rd April 2023

RESERVE YOUR PLACE NOW!

maquilina@preston.ac.uk
www.preston.ac.uk

PRESTON
COLLEGE

Creative Industries Expo Event

In March, Mrs Askew took a group of year 10 students out to a very successful day at Lancaster & Morecambe College. Our students took part in a Creative Industries Expo where they had the opportunity to find out about a range of careers and courses in creative arts.

The 4 workshops they took part in were:

Creating Characters - Screenwriting tutors from UCLAN helped us create our own story stemming from one character.

Architecture & Design - 2nd year Architecture students helped us create shapes and designs using principles of architecture.

The Igloo - We entered a 360 media world where we got to ride a rollercoaster and feed sharks!

Movie Monsters - Bolton university showed us how to create SFX monster models using clay.

Apparently, the lunch was fab too 😊



Fylde and Wyre District Champions!

After a defeat to LSA earlier in the year, the stage was set for a clash of the titan's rematch and revenge has been on the mind of all our players since. With a few noticeable dropouts on the day which left us with the bare minimum, it was up to the lads to rally together and give 100% without injuries.

2 minutes into the game revenge was clearly on the mind with a silky bit of play out wide to Freddie Potts to take an early lead.

The half time score was 26-5 to Garstang, but was this enough for our boys? Not a chance. They continued to play out of their skin and the game finished a staggering 43-5 to Garstang.

Garstang are confirmed Wyre & Fylde Champions!

Jake Johnstone missed the previous game and he clearly had some making up to do, with a man of the match and captain's performance scoring 4 tries and 4 conversions.

The Powell brothers could not leave Garstang without leaving their mark, Jacob saw daylight with a turn of pace Usain Bolt would have been proud of and squeezed in a try. Charlie, using his stubbornness and wit, traits which I am sure we are all aware of, scrambled the ball over the try line.

I personally could not be prouder of the determination and teamwork shown by every single one of the players. An absolute credit to Garstang and what a way for the year 11's to end their sporting reign over the years!

Please congratulate all of the boys on this great achievement.

Mr Passerini



GCA Sports Dept nominated for best Sports Team in Lancashire..

To finish this term - we have to congratulate Teach GCA PE - who have dominated this term's newsletter with their sporting success.

Well done GCE PE - you make us proud!



Garstang Community Academy's Sports Dept were nominated last year for the Best Sports Team in Lancashire. Last November, they all attended a Presentation Evening at Ewood Park along with a posh meal!

I interviewed Mrs. Rainbow who told me all about it:

Mrs Rainbow! Can you tell me who makes up the Garstang Sports Department and what their individual strengths are?

Mrs. Rainbow is The Boss! who's speciality is Hockey.

Then comes Mr. Armer, who likes Basketball and any crazy American game like softball.

The next person to join the team was Mrs. Shepherd who's speciality is Netball. By the way, Mrs. Shepherd was a former pupil of Garstang!

We then come to Ms. Frankel, who specialises in gymnastics. And finally, Mr. Passerini joined us in September 2022, whose strength is football. (Mr. Passerini had spent quite a few years at Garstang as a Student Teacher)

So there's lots of variety in our team.

Why do you think you've been nominated for the best PE Dept in the County and what qualities would they be looking for when seeking nominations?

The main reason why we were nominated was because we have a very inclusive sports programme where sports are open to all students. Our Sports Dept have won many awards over the years and here are a few achievements just since January:

Within the discipline of Handball, we are the:

- Year 8 Boys, Wyre and Fylde Champions
 - Year 8 Boys, Lancashire Champions
- Year 8 Girls, Wyre and Fylde Champions
 - Year 8 Girls, Lancashire Champions
- Year 9 Boys, Wyre and Fylde Champions
- Year 9 Girls, Wyre and Fylde Champions
- Year 10 Girls, Wyre and Fylde Champions

Within Basketball, we are the:

- Under 16 Girl's Lancashire Champions
- Under 14 Girl's Lancashire Runners-up

...and that's just January 2023!

In addition, nominators are looking for Departments that develop sports – in particular post-COVID and getting kids active again in their lives and not just in PE lessons.

What made you personally want to go into teaching?

I had a good role model in my school who encouraged me to go into teaching. I wanted to make a difference and inspire young people. Mrs. Shepherd was one of her former pupils who was in turn inspired by Mrs. Rainbow – and she is now a PE teacher.

Finally, can you tell me a funny story that has happened in the PE Dept?

Mr. Kidd, one of our former PE teachers, once demonstrated the triple jump to a group of students and in doing so, he landed badly and broke his leg! Air ambulance to hospital!

Even though they didn't win the Best Sports Team of Lancashire Award, they are still very proud of being nominated and we think they are THE BEST!

There are ways for everyone to get involved in after school sports of all abilities. You can find out more on our Twitter account (@gcpe), our GCA website (under Extra Curricular) or come and see one of our team.

Luke Carter

Sports Correspondent

Thank you to all this terms contributors:

Daisy Wrathall - Editor

Many Newman - Reporter

Alice Saville - Reporter

Rubi Ashcroft - Reporter

Charlie Grierson - Reporter

Luke Carter - Sports Correspondent

If you would like to be involved in the school Media Team and contribute to our newsletter, then please come along to F5 on a Monday after school.

Media Team is available to all students in Years 9-11.

If you have any stories you would like us to report on, then please let Miss Ashworth know.

Have a lovely Easter, Team GCA - see you all soon

