



PARK ROAD

COMMUNITY PRIMARY SCHOOL



WEEKLY UPDATE

6
January
2023



Next Week in School at a Glance

| Monday 9 | Tuesday 10 | Wednesday 11 | Thursday 12 | Friday 13 |
|--|--|--|---|---|
| * Dinner Menu week 2 * 3.15 - 4.15 pm Disney Stars * 3.15 - 4.15 pm Parent Forum Meeting | * 3.15 - 4.15 pm R, Y1, Y2 Performing Arts * 3.15 - 4.15 pm KS2 Mixed Football Club | * 3.15 - 4.15 pm Choir * 3.15 - 4.15 pm KS1 Mixed Football Club | * 8.30 am Sports Crew * 12 pm Chicken Egg raffle ticket sales * 3.15 - 4.15 pm KS2 Running Club * 3.15 - 4.15 pm Y5-6 Crochet Club | * 3.15 - 4.15 pm R, Y1, Y2 Multisports * 3.15 - 4.15 pm KS2 Hockey |

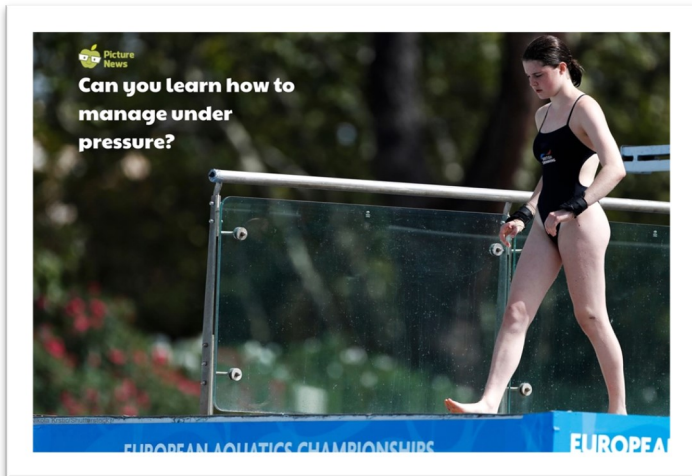
Value of the half term: **Courage**



Picture News

The Picture News topic is

'Can you learn how to manage under pressure?'



18 year old Andrea Spendolini-Sirieix has been named as a BBC Young Sports Personality of the Year finalist. She is one-time National Champion, two-time European Champion across 10 metre diving and 10 meter synchronised diving. Skateboarder, Sky Brown, and gymnast, Jessica Gadirova, were nominated alongside Spendolini-Sirieix. Andrea is continuing with her A-levels, attending school 3 days a week.

Andrea admitted to nearly giving up on diving earlier in 2022 after developing a sudden fear of diving and wanting a normal life.

Things to talk about at home:

- * What do you think Andrea is feeling as she prepares to dive?
- * Can you think of a time when you felt under pressure? What happened and what helped you manage?
- * Do you think some people are better at dealing with pressure than others?

Parent Workshop Tuesday 17 January

Please see the leaflet below for information on our first Parent Wellbeing Workshop covering stress management and resilience building. Please note the start time is 6.30 pm, which is slightly earlier than the time we advised previously. **Please could you let us know if you will be attending via Seesaw or email (office@parkroadprimary.co.uk) to the school office.**

Stress Management and Resilience Building Workshop


6:30pm-8pm Tuesday 17th January 2023

Park Road Primary School, Wroxham Road, Great Sankey, Warrington, WA5 3EF

What you'll gain from this workshop:

- A better understanding of what stress is and what happens in your body when you're stressed.
- How you can use simple breathing techniques to help you cope better with stress.
- An understanding of the importance of becoming aware of how you hold tension in your body.
- A powerful technique to let go of tension and allow you to relax deeply.
- Practical ways to incorporate stress management techniques into daily life.

The session won't include any hypnosis, but will include a guided relaxation experience.

 www.skylarkhypnotherapy.co.uk

Kitchen Assistant Vacancy

There is a 10 hour kitchen assistant vacancy working for Warrington Borough Council in the Park Road CP School kitchen. It would be 2 hours per day, flexible start and finish times as needed on the day for example 11.45 am -1.45 pm or 12 pm- 2 pm). No catering experience is needed as full training will be given.

Please contact Carol on 01925 723550 option 2 for more details.

Community Pages



木兰文化
MULAN CULTURE

WARRINGTON
17
An OnSide Youth Zone

FREE FAMILY EVENT!

CHINESE NEW YEAR

at Warrington Youth Zone

in partnership with
Mulan Culture

Saturday 14th January 11am-3pm

ALL FAMILIES WELCOME | FOOD AVAILABLE

CALLIGRAPHY, KUNG FU, DRAGON DANCE
TRADITIONAL CHINESE FOOD TASTING,
CHINESE HAIR BRAIDING, TRADITIONAL
CHINESE MUSIC, SPORTS, ARTS AND CRAFTS

The poster features a large red circle containing the event title, a banner for the date and time, and two yellow rabbit silhouettes at the bottom. The background is decorated with traditional Chinese patterns and floral motifs.



QUIRKY KIDZ
JOIN OUR EXCLUSIVE AGENCY FOR PROFESSIONAL WORK!

RSL QUALIFICATIONS
GRADED QUALIFICATIONS FROM RSL FOR ALL OUR STUDENTS

WEST END SHOWS
PERFORM ON A WEST END STAGE IN OUR AMAZING POA SHOW!

POA CINEMA SCREENINGS
YOUR VERY OWN MOVIE SCREENED AT YOUR LOCAL CINEMA!

PQA WARRINGTON ENROLLING NOW!

LIMITED SPACES AVAILABLE

FRIENDLY AND REWARDING SESSIONS FOR 4-18 YEAR OLDS IN MUSICAL THEATRE, COMEDY & DRAMA AND FILM & TV

PQA
THE PAULINE QUIRKE
ACADEMY OF PERFORMING ARTS

PQA BRINGS THEIR FANTASTIC PERFORMING ARTS EXPERIENCE TO YOUR AREA!

SATURDAY 14TH JANUARY
09.45 - 13.00
BRIDGEWATER HIGH SCHOOL (LOWER), HALL DRIVE,
APPLETON, WA4 5JL
FOR MORE INFORMATION PLEASE VISIT
PQACADEMY.COM

The poster features a central image of a young girl in a white and red costume performing. It includes four circular icons representing different activities: Quirky Kidz, RSL Qualifications, West End Shows, and POA Cinema Screenings. The text is bold and colorful, with a black background.