

SIGN OF THE WEEK



This week's sign is 'theatre/play'. We all had a fantastic time at the Pantomime watching Beauty and the Beast!

Upcoming Events

- 13.12.23 at 1.30-2.30pm - Lower Primary Christmas play
- 15.12.23 at 1.30-2.30pm - Upper Primary Christmas Play
- 18.12.23 - Winter Wonderland
- 18.12.23 - Sixth Form Christmas Dinner
- 19.12.23 - Primary Christmas Dinner
- 20.12.23 - Secondary Christmas Dinner
- 21.12.23 - Carol Service
- 21.12.23 at 2pm - School Closes for Christmas
- 08.01.2024 - School opens for Spring term

Christmas Jumper day

Staff and children made a fantastic effort to get into the festive spirit and raise awareness for Save the Children UK. Thank you to everyone who took part and donated money. We raised over £100.

Pupils enjoyed a festive trip to Blackpool Pleasure Beach to watch local stars perform in this year's pantomime Beauty and The Beast. They all had a fabulous time and even managed to squeeze in a quick photo shoot with the cast.

Congratulations to class 2G for 99% attendance this week. Whole school attendance is 90.3%

Swimming

We are extremely pleased to announce our PCA swimming team won the Panathlon National Championships held in London. An achievement which we are all extremely proud of #PCAbeactive



BEAUTY AND THE BEAST



Star of the Week

1C - Arlo for good listening and communication skills.

1P - All of 1P for their fantastic nativity rehearsals.

1S - Kai for developing his independent skills.

1B - All of 1B for great behaviour and engagement at the panto.

1H - All of 1H for a wonderful panto trip.

2H - Eddie for a super effort at swimming and moving up a group!

2M - Aiden for his enthusiasm on stage during the Christmas play rehearsals.

2B - All of 2B for being amazing at the Pantomime.

2R - Scarlette for working so hard learning her lines for the Show.

2G - May for being incredibly helpful and mature in class.

2W - Finlay for always trying his best.

2A - Lucas for being super brave during our rehearsals and managing changes well.



**Well done
everyone!**

Achiever of the Week

3T - Sean for working super hard during Phonics. This week he wrote the letter sound 'M'.

3J - James for working hard in his lessons and for great behaviour.

3K - Lucas for his superb reading and comprehension skills.

3S - Jack for his improved concentration during Maths lessons.

3H - Kaylum for his fabulous observational figure drawing in Art.

3R - Bethany for showing a mature and sensible attitude all week.

3C - Callum for a positive attitude and following the PCA Way.

3A - Zahra for always completing her work and trying her best.

4H - Harry for his expert knowledge of what causes climate change.

4W - Mason for his exemplary manners and always being polite.

4S - Mickey for trying lots of different foods during lunch time.

4J - Lucius for always helping others.

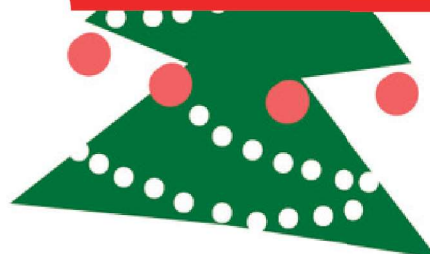
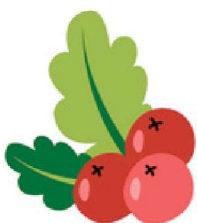
4M - Daniel for his excellent art work this week.

5J - Tobias for being a great KS5 representative at the Trust Pupil Voice meeting.

5B - Elicia for her mature attitude whilst helping others.

5I - Emma for supporting her peers throughout the week.

5M - Aimee for being resilient and developing her confidence.



Classroom News



This week, Mrs Smith came and taught us Science in 1B. We looked at different leaves, using our senses and looked at the patterns on them. We mixed the leaves into play dough and used the tools carefully to cut them Well done everyone.



2H have been working hard in English focusing on adjectives. After reading 'We're Going on a Bear Hunt' we went on a sensory walk, creating new and interesting adjectives. Everybody remembered lots of facts about the author, Michael Rosen. Well done everybody!



KS3 have been busy making Stone Keep Castles as part of their Normans topic in Humanities. This one is particularly impressive from 3J! Well done!



KS4

Our Year 11 Hair and Beauty group certainly got 'party' ready on Christmas jumper day this week. They had a fantastic time pampering themselves at Blackpool and Fylde college using the specialist facilities on site.



KS5

Students have been learning various sign language words each week as a whole Sixth Form group before heading off to college for the health, body parts, letters and numbers. For the last two weeks students have been learning how to sign the Christmas watch out for the video!



Options 4 CYP Services Openings over the Festive Period 2023

NHS
Blackpool Teaching
Hospitals
NHS Foundation Trust

You can call freephone to all
Options 4 CYP services

0800 121 7762



OPTION 4



OPTION 3



OPTION 1

CASHER

OPTION 2

They offer urgent support across Fylde & Wyre.
07810 696365 or bfw.hcasher.team@nhs.net

Date	OPTION 4	OPTION 3	OPTION 1	OPTION 2
Christmas Eve	Service Closed	Service Closed	Service Closed	10.00am-10.00pm on call 10pm- overnight
Christmas Day	Service Closed	Service Closed	Service Closed	10.00am-10.00pm on call 10pm- overnight
Boxing Day	Service Closed	Service Closed	Service Closed	10.00am-10.00pm on call 10pm- overnight
27th December 2023	Open 9-5	Open 9-5 drop in available 10-3pm	Open 9-5	5.00pm 10.00pm on call 10pm- overnight
28th December 2023	Open 9-5	Open 9-5 drop in available 10-3pm	Open 9-5	5.00pm 10.00pm on call 10pm- overnight
29th December 2023	Open 9-5	Open 9-5 drop in available 10-3pm	Open 9-5	5.00pm 10.00pm on call 10pm- overnight
30th December 2022	Service Closed	Service Closed	Service Closed	10.00am-10.00pm on call 10pm- overnight
New Years Eve	Service Closed	Service Closed	Service Closed	10.00am-10.00pm on call 10pm- overnight
New Years Day	Service Closed	Service Closed	Service Closed	10.00am-10.00pm on call 10pm- overnight
2nd January 2023	Open 9-5	Open 9-5	Open 9-5	5.00pm 10.00pm on call 10pm- overnight

You can call freephone to all
Options 4 CYP services

0800 121 7762

From all at Options 4 CYP we wish you a
peaceful break, over the festive period.



Tuna and bean jackets recipe

Prep: 20 mins Cook:
60 mins Serves 4

Ingredients

- 4 baking potatoes, scrubbed
- 1 can of beans (cannellini, if possible)
- 200g tuna in water, drained and flaked
- 2 teaspoons tomato purée
- Swappable or optional
- 1 pepper, any colour, deseeded and chopped
- 2 tomatoes, chopped
- 4 spring onions, finely chopped
- 2 tsp red or white wine vinegar (optional)
- 1 pinch ground black pepper (optional)

Method

Preheat the oven to 200C (fan 180C, gas mark 6).
Prick the potatoes, then bake towards the top of
the oven for 1 hour, or until tender.

While the potatoes are cooking, mix together the
cannellini beans, tuna, pepper, tomatoes, spring
onions, vinegar and tomato purée. Season with
black pepper.

Split the baked potatoes open and fill them with
the salsa mixture. Serve at once.



STARS CAMP

**MONDAY TO FRIDAY
11AM - 3PM**

This holiday camp is for disabled
young people aged 7 to 18.

To find out if you are eligible please
get in touch.

The camp offers a variety of activities
from sports, arts and crafts, games,
and more.

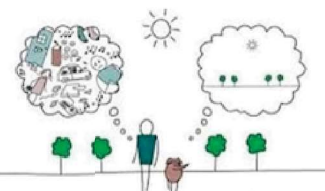
LCC Break Time hours can be used here.

Concessions available.

Education & Community Centre
Bloomfield Road, FY1 6JJ

For more information:

- Email info@bfcct.co.uk
- Call 01253 348691
- Visit www.bfcct.co.uk



Mind Full, or Mindful?

NHS
Blackpool
Talking Therapies

FREE FACE TO FACE Mindfulness-Based Cognitive Therapy Course

MBCT combines traditional cognitive behavioural therapy with mindfulness techniques and meditation. MBCT teaches you how to pay attention to the present moment, rather than habitually getting caught up in ruminating about the past or worrying about the future. MBCT enables you to learn to let go of the negative thoughts that can often precede increased stress and distress or a dip in mood.

This course is for complete beginners as well as for those who have had some experience of meditation or mindfulness. Like any skill, mindfulness takes time to practice, and it is highly recommend you set some time aside each day for daily home practice to be able to optimize new skills. You will be given links to online guided meditations to support your daily practice.

MBCT 8 week course, 2 hour sessions
Starts Thursday 25/01/2024 at 5.30pm
Continues 01/02, 08/02, 15/02, 22/02, 29/02, 07/03, 14/03
At Mandus House, 476 Lytham Rd, Blackpool FY4 1JF

People with a Blackpool or Cleveleys GP can access both face to face and online courses
People with a Lancashire or South Cumbria GP can access our online courses

To find out more or book a place: Call 01253 955700
Email bfwh.talkingtherapies@nhs.net
Visit www.bfwh.nhs.uk/our-services/healthier-minds

Blackpool Talking Therapies do not offer 24-hour or weekend access, crisis or urgent treatment, treatment for alcohol or drug problems, or treatment for severe and enduring mental illness.
Please discuss these needs with your GP.



for anxiety and depression
Service provided by Blackpool Teaching Hospitals NHS Foundation Trust

Lancashire
County Council

Blackpool Council

Lancashire
Department
for Education