

Upcoming Events

- 19.02.2024- Inset day School closed to pupils
- 20.02.2024 - School opens to pupils
- 23.02.2024 - Coffee Morning for Brian House.
- 28.03.2024 - Break up for end of term.
- 15.04.2024 - School opens for Summer term.
- 09.05.2024-10.05.2024 - Yr 6 Great Tower Residential



Too Good To Go App

We dream of a planet with no food waste. Every day, unsold food from your favorite restaurants, grocery stores, cafés, and shops goes to waste simply because it hasn't sold in time. The Too Good To Go app makes it easy to make a difference, allowing you to have Surprise Bags of good food at an even better price.

There's plenty of food in your area just waiting to be saved. Head to the Too Good To Go app to find Surprise Bags from your favourite shops and restaurants.

Sign of the week



This week's sign is 'fantastic' to celebrate our outstanding OFSTED day!

What an exceptionally busy week it has been for our choir, dancers and the band. Monday saw a fantastic Schools Alive performance with the band opening the show and the dancers and choir entertaining the sell-out crowd. Tuesday evening saw pupils past and present performing again at the Opera House in BASSO. On Thursday the band were filmed by a television crew from the BBC as we were invited to play at the Central Library for an LGBTQ launch event. What talented individuals we have at PCA! Did you spot us on the local news?



Congratulations
to class 3C for 100% attendance this week.
Whole school attendance is 91.1%

This week pupils from across the school have taken part in a number of sporting activities including bowling, multi skills and football. They have all represented the school magnificently and enjoyed competing against other pupils. Well done to everyone



CONGRATULATIONS

Well done to every pupil who has got 100% attendance this half term. They were all included in a raffle to win a £25 One4all gift voucher.

The winner for our Primary pupils is Roman in 1H
The winner for our Secondary pupils is Aaron in 3A

Good school Attendance is really important. Holidays in term time are low in price but the cost to a child's education is high. There are 190 days during a school year. This leaves 175 days throughout the year to take holidays. Where possible, please arrange medical appointments after school hours. Where this isn't possible, parents are encouraged to get their child to school before and after the appointment to reduce missed learning time.
"Remember, Everyday Matters!"



Outstanding



We all had a great time celebrating our Ofsted Outstanding result as a whole school this Friday.

We had a visit from Bloomfiled Bear, enjoyed ice creams from the ice cream vans, discos and our PCA Varsity Assembly.



Star of the Week

1C - All of 1C, for a fantastic half term, children have shown fantastic attention skills to new activities, followed classroom routines with increased independence and shared and explored new resources and equipment with fellow peers.

1P - All of the pupils for the amazing progress they have made so far this year. We are so incredibly proud of you all.

1S - Khang for his increased interest and engagement with our tuff tray activities.

1B - Lily for improved independence during personal hygiene routines which include toileting and dressing.

1H - Kya for great knowledge of the seasons and the weather.

2H - Tyler-John for super maths work with base 10 and numicon.

2M - Chenar for his fantastic performance in the OFSTED outstanding assembly!

2B - Harry Blu for a beautiful polar habitat picture.

2R - Rio for great listening and following instructions.

2G - Sophie for having a wonderful week, enjoying her lessons and communicating her emotions.

2W - Leland for his fantastic work locating words in a dictionary/glossary.

2A - Archie for having an a great sense of humour and making us laugh

WELL
DONE 😊

Achiever of the Week

3T - Joshua for becoming more independent and reaching his class target.

3J - Lily for her excellent work in Humanities and for sharing her knowledge with others.

3K - Aaron for showing great eagerness and enthusiasm in his role as class ECO rep!

3S - Lottie for showing great improvement in her communication skills and confidence to speak in class!

3H - Chloe for sharing her great subject knowledge in History.

3R - Ellis for outstanding behaviour and engaging in lessons really well.

3C - Aiden for always following the PCA way and for trying his best.

3A - Aaron for asking lots of questions in class and engaging with others.

4H - Alexis for her amazing and confident performance at Schools Alive.

4W - Archie for great independent work across all subjects this week.

4S - Louis for fantastic engagement in P.E.

4J - Olivia for being kind, caring and modelling the PCA way.

4M - All of 4M for working really hard this term at school and at college.

5J - Jorja, Tobias & Nathan for representing Park at Schools Alive.

5B - Elicia and Alex, who represented PCA confidently and with enthusiasm at the Schools Alive show this week. Elicia also achieved her bronze level Dog Training Award.

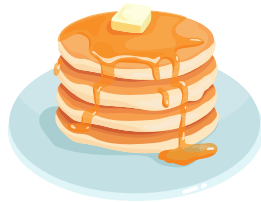
5I - Kasharna for showing perseverance in her life skills work.

5M - All of 5M for being such fantastic role models at the World of Work Day and performing at the Winter Gardens on Monday evening.
Well Done everyone!

Classroom News

KS1

1H celebrated Pancake day, during Maths, this week. Each pupil tried to flip a pancake as many times as they could whilst their friends counted. We then recorded the number on our ten frames. We are getting really confident with ten frames now and can even subitize some numbers to 10. As a treat we enjoyed decorating and eating the pancakes after. Some of us even tried new flavours like lemon.



There have been lots of exciting things happening in 2R this week. On Tuesday it was 'Safer Internet Day' so we discussed ways to keep safe online and made a 'Glossary' of important words and learnt the 3 rules of a glossary. We have also looked at Chinese New Year - the Year of the Dragon. We created some lovely artwork using the laptops, logging on and shutting down the laptops independently. It has also been 'Children's Mental Health Week' so we have created spirals about 'What matters to you' and shared it with our friends.

KS2



KS3

In Geography this term we have been learning all about mountains and how they are formed. Pupils enjoyed taking part in practical experiments to recreate how fold, plateau and dome mountains are created. We were so impressed with their knowledge and team work!



KS4

It has been a very busy week for our Year 11 pupils this week exploring what future opportunities are available to them. Some pupils have been developing their understanding of the Animal Care course at Myerscough college and had the opportunity to get hands- on caring for the small animals. Other pupils have been developing their independent living skills on their Catering course, learning essential cooking skills while making delicious meals- some didn't quite make it home! The highlight of the week for one pupil was attending the 'World of Work' day at the Oracle and getting to learn more about the roles of the police force, you are never too old to dress up!



KS5

SHOW TIME

This week, students from Key Stage 5 represented PCA at this year's Schools Alive show at the Winter Gardens. Students performed a dance routine they had been creating for a number of weeks, under tuition from the Lemon Dance Company, during their weekly dance session at The Oracle. Students enjoyed performing in front of a full audience, helping to develop their confidence and team work in preparation for adulthood.



Parent Carer Support Available

A guide for parents & carers about support available for them, as they support their children with their mental health and well being .



Youngminds

Youngminds offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25.

On their website you can find out more about their Parent's Helpline, Webchat and Email service.

Call their Parent's Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm, for detailed advice, emotional support and signposting about a child or young person up to the age of 25. You'll get through to a trained adviser who will listen

Their Parent's webchat is open 9:30am - 4pm, Monday - Friday. To access the webchat, select the chat icon in the bottom right corner of your screen on the Youngminds website www.youngminds.org.uk



Parent Talk

Action for Children protect and support children and young people, providing practical and emotional care and support. They aim to ensure their voices are heard, and campaign to bring lasting improvements. Their Parent Talk is down-to-earth parenting advice you can trust. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

Website : www.parents.actionforchildren.org.uk



NSPCC

The NSPCC work directly with children and families.

Recognising the signs that a child may be struggling with their mental health can be really hard. The NSPCC have got advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm.

www.nspcc.org.uk



Well being resources for families | Place2Be

Place2be are committed to helping children with their mental health, aiming to intervene early to prevent life-long mental health issues.

They provide support early to spot mental health problems before they develop and help children cope with challenges throughout their lives using an effective therapeutic approach backed by research that combines several ways of working. They have well-being resources for families which can help you start conversations with your child, and encourage you to enjoy quality time together as a family, all of which is important for your well being.

www.place2be.org.uk





Blackpool Teaching
Hospitals
NHS Foundation Trust

Support and Help IN Education
Fylde Coast Mental Health Support Team

Parent Carer Support Available

A guide for parents & carers about support available for them, and their mental health and well being .



Blackpool Healthier Minds Service

Blackpool Healthier Minds Service, (formerly known as Supporting Minds), offers a range of free psychological therapies to people aged 16 and over. They provide the Improving Access to Psychological Therapy (IAPT) service for Blackpool and Cleveleys.

They offer brief therapeutic interventions to support people's needs, these include; online, telephone and face-to-face treatment and therapy options.

All treatment is FREE and provided by the Blackpool NHS Trust.

Self-refer on their self-referral form. Call on 01253 955700.

Email: bfwh.healthierminds@nhs.net

Website : www.bfwh.nhs.uk/our-services/healthier-minds/



Mindsmatter (Fylde & Wyre)

Mindsmatter aim to provide support to people who experience difficulties such as stress, anxiety and depression. They aim to empower people to make informed choices and changes to improve well-being and to live fulfilled lives, by offering a range of talking therapies and self-help to meet your needs.

Call On : 01253 955 943 www.lscft.nhs.uk



Mind

Changing minds across England and Wales by making mental health an everyday priority. Standing up to the injustices – in healthcare, in work, in law – which make life harder for those of us with mental health problems.

Mind's online community Side by Side is a supportive place where you can feel at home talking about your mental health and connect with others who understand. sidebyside.mind.org.uk

Mental Health Crisis Line

0800 953 0110

24 hours a day
7 days a week



Lancashire Mental Health
Crisis Line is available 24 hours
a day. It is staffed by trained
mental health professionals.
Call 0800 953 0110



Togetherall is a unique mental
health service offering an
anonymous and safe support
community. They provide a range of
self-guided support through our
24/7.

Get in touch

Your school's Senior Mental Health
Lead will have details of your Trainee
EMHP and Mental Health Practitioner.

If you have any further questions, do not hesitate
to contact us directly and one of our team will
respond to you.



0800 121 7762 (Option 4)



bfwh.shine-MHST@nhs.net

Did you know you can
follow us on social media ?



@shine_mhst



Support and Help IN Education
Fylde Coast Mental Health Support Team

