

## Sign of the week



This week's sign is 'friend' to celebrate all the new friendships in school.

## Do you need help filling in forms?

The Blackpool Centre for Independent Living supports the local disabled communities of Blackpool with a fully accessible centre, information and signposting service.

The centre is open to anyone with a disability, their friends and family.

The support on offer includes signposting and information for clubs, specialist services and support with completing forms.

The Centre is open 9am - 5pm Monday - Friday

Email: [bcil@blackpool.gov.uk](mailto:bcil@blackpool.gov.uk)

Telephone: 01253 476880

**Parents Bike Fix It**

**Family Activities**

### Making Changes: Bike Fix It

Learn to live healthier as a family and join our free to attend 'Bike Fix It' themed programme, starting in October 2023.

- 12 week programme for families with children aged 4-11
- Weekly content includes nutrition and fun activities
- Parents will learn how to fix up a child's size bike
- Your family will receive the bike on completion
- At Palatine Leisure Centre, places are limited.

Learn how to live healthier

**To make an enquiry**  
Please contact Making Changes  
Tel. 07467 444656 or 07796 994864  
\*T's & C's do apply. Blackpool families only.

Blackpool Council  
ACTIVE BLACKPOOL

@ActiveBlackpool

## Upcoming Events

19.09.2023 -

Flu Vaccinations

27.09.2023-29.09.2023

York Residential Yr 9

18.10.2023 -

Parents Evening

20.10.2023 -

School closes for half term

30.10.2023 -

School opens

21.12.23 -

School Closes for Christmas

## Congratulations

to class 1H & 3R for  
100% attendance this week.  
Whole school  
attendance is  
91.8%

Option 1  
Swimming

Option 2  
Dance

### Eat Well & Get Active

A free 12 week programme delivered by Active Blackpool's healthy lifestyle team for families with children aged 4-11 years. Our new programmes start in September, choose your favourite and enquire today.

**To make an enquiry**  
Please contact Making Changes:  
Tel. 07467 444656 or 07796 994864  
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Option 3  
Family Sports

Blackpool Council  
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Our pupils have had a great time testing out the new equipment on the school field.



## Traffic light omelettes recipe

Just the thing for a light lunch or to get you going for the day ahead!

### Ingredients

- 2 teaspoons vegetable oil
- 1 red pepper, deseeded and chopped
- 1 yellow pepper, deseeded and chopped
- 6 spring onions, finely chopped
- 8 eggs
- 4 tablespoons 1%-fat milk
- 1 pinch ground black pepper

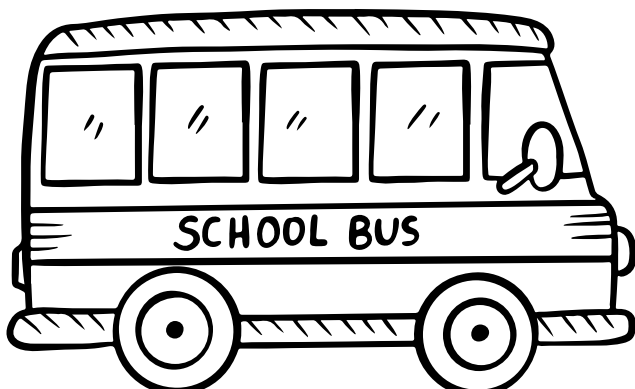


1. Heat 1 teaspoon of vegetable oil in a non-stick frying pan. Add the peppers and spring onions, and stir-fry for 3 to 4 minutes until soft. Tip them out of the pan into a bowl. Wipe out the pan with kitchen paper. Preheat the grill.
2. Information:
3. A really good non-stick frying pan is one of the most useful things to have in the kitchen!
4. Beat the eggs and milk together. Heat a few drops of vegetable oil in the non-stick frying pan and pour in one quarter of the egg mixture. Let it flow over the surface and cook for 1 to 2 minutes to set the base.
5. Sprinkle a quarter of the pepper mixture evenly over the surface, then grill for 1 to 2 minutes until set. Slide onto a warm plate.
6. Repeat with the remaining mixture to make 4 omelettes. Serve, seasoned with black pepper.

If you have any issues regarding school transport then please contact them directly on

01253 476795

As a school we have no control over whether pupils get issues transport or not.



**Options 4 CYP Services**

INVITE YOU TO A WORLD MENTAL HEALTH DAY CELEBRATION

TUESDAY 10TH OCTOBER 2023  
9.30AM - 17.00PM  
BLACKPOOL WINTER GARDENS

Join us to raise awareness and understanding of services available to young people across the Fylde coast.

Scan the QR Code, to confirm your free place at our celebration event.

Caring • Safe • Respectful

# Star of the Week

1C - Jack for transitioning to circle time when shown now and next board and for overall being a superstar, listening to adults in his class and exploring the resources each day independently.

1P - Hela for making independent marks with a writing tool.

1S - Oliver for building a tower and using great matching skills.

1B - Lily for using her words to communicate and copying adults.

1H - Heidi for great participation during circle time.

2H - Robbie for being so brave at swimming this week. We are so proud of you!

2M - Jacob for his fantastic recall of letter sounds in phonics!

2B - Toby-Lee for trying really hard in school and at home.

2R - Scarlettte for always trying her best.

2G - Shania for being a wonderful role model, remembering facts and answering lots of questions in class.

2W - Finlay for always getting it right and showing a super attitude towards learning.

2A - Logan for showing great confidence and a great start to his travel training.

**Well**  
**DONE**

# Achiever of the Week

**3T - Joshua for his fantastic singing performance for his class!**

**3J - Bradley for his fantastic work in Science and always making us smile**

**3K - Dastan for having a brilliant first week at PCA!**

**3S - Adian for his beautiful handwriting in English this week.**

**3H - Tegan for her improved confidence and fantastic contributions in lessons.**

**3R - Scott for a fantastic level of focus in all lessons and a mature attitude to learning.**

**3C - Trey for demonstrating resilience working really hard towards his targets- keep it up Trey!**

**3A - Zahra for independently completing her target tasks.**

**4H - Adam for completing his independent travel training.**

**4W - Alice for always following the PCA way.**

**4S - Monty for enjoying starting his positivity book.**

**4M - Keiron for a mature attitude at college.**

**4J - Brodie for an excellent first week at college.**

**5J - Tobias for contributing fantastically in Maths lessons.**

**5M - Johnathan for being positive and having a good attitude to new situations at the Oracle.**

**5B - Hannah for showing increased maturity to change.**

**5I- Kyle for a great first session as a dog trainer. You learnt commands for sit, lie down and roll over. Well done.**

# Classroom News

## KS1

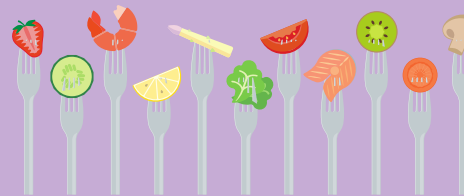
The pupils in 1P have had a fantastic first two weeks. We have welcomed new friends to the class and have been helping each other to settle in. We have participated in lots of fun adult led learning.



## KS2



This week 2A have started a 'Healthy Lifestyle' workshop, which is run by Blackpool Borough Council. The children are learning about nutrition and how to make healthy choices. They then make a healthy snack or meal and take part in physical activity. It was great fun!



2G & 2H were the first classes to go swimming this academic year. They were very excited and behaved perfectly. We are looking forward to seeing them make super progress this term.



# Classroom News

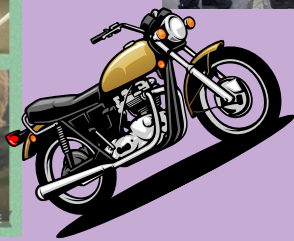
## KS3

## KS4



Year 11 have had their first sessions at college this week. Some pupils have been cooking with Blackpool Catering Academy, another group have been undertaking construction at Blackpool and Fylde a college and a third group have been at Myerscough college learning about Motor sports.

Brodie said 'college was awesome, the tutor was really nice. I really liked eating in the canteen, the food was delicious'



## KS5

This week in KS5 we have been practicing our home cooking skills, we practiced peeling, chopping and scooping potatoes, seasoning them and cooking them in the airfryer! They were delicious!

