

UPCOMING EVENTS

10.10.24 - World Mental Health day
'Wear it yellow'

11.10.24 - Harvest Assembly

17.10.24 - School closes for Half term

18.10.24 - Inset Day - School closed
to pupils

28.10.24 - School opens

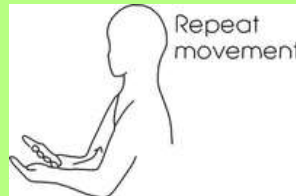
15.11.24 - Children in Need

20.12.24 - School closes for Christmas

Sign of the week

This week's sign is

'Harvest' to prepare for our
Harvest Assembly next



Congratulations

to class 2E
for 100% attendance
this week.
Whole school
attendance is 92.3%

We are asking all pupils to wear something yellow on Thursday 10th October to show their support for mental health. This could be a whole yellow outfit, or you could accessorise your school uniform with something yellow like a tie, bobble or hat etc.



Harvest Time at Park

Park Community Academy are collecting donations to help support Street Life.



Instant noodles or instant pasta and sauce (packets)
pasta and rice, tins of baked beans, spaghetti and soup, tinned fish, tinned vegetables, rice pudding, custard, tinned fruit and toiletries.

All donations are to be bought in by Friday 11th October when we will be holding our annual Harvest assembly.



Our school is setting up a dressing-up box filled with various occupation uniforms and we need your help! We are looking for donations of old occupation uniforms that you no longer need. These could include:

- Medical uniforms or lab coats
- Police or firefighter uniforms
- Chef hats and aprons
- Construction worker vests and helmets
- Any other professional attire

Thank you in advance for your support and generosity

The school was delighted to have won the Secondary School of the year for PE at the Blackpool Active Community Awards last Friday. The award recognises the school's commitment to supporting pupil's physical and mental wellbeing.





Packed Lunch



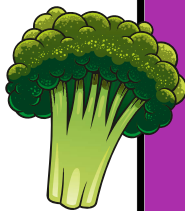
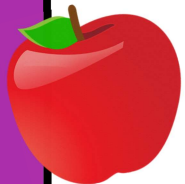
In order for your child to have a well-balanced and healthy lunch we would like all lunch boxes to include:

- ✓ At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes)
- ✓ At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day
- ✓ Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus, and falafel)
- ✓ A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes)
- ✓ Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- ✓ Drinks should be plain water, fruit juice, semi-skimmed or skimmed milk.

Aim to avoid:



- Snacks such as crisps (alternatives include rice cakes, crackers, breadsticks, and seeds)
- Confectionery such as, chocolate coated biscuits (alternatives include small cakes, malt loaf, fruit scone, teacake, fruit loaf, flapjack or plain biscuits)
- drinks with added sugar or sweeteners e.g. fruit shoots
- Foods that are high in salt and fat



FOODS THAT ARE NOT ALLOWED IN SCHOOL:

- Fizzy drinks
- Energy drinks
- Drinks in glass bottles or ring pull cans
- Nuts of any kind



Healthy Snacks

Classic vegetable soup recipe

A tasty, nourishing soup that's also a great way to use up leftovers and eat more veg. Try experimenting with different ingredients.

Prep: 15 mins Cook: 25 mins Serves 4



Ingredients

- 1 teaspoon vegetable oil
- 1 medium onion, peeled and chopped
- 2 carrots, chopped
- 1 leek, sliced
- 2 celery sticks, sliced
- 1 tin chopped tomatoes or 400g passata
- 1L reduced-salt vegetable stock
- 1 tablespoon tomato purée
- 50g sugar snap peas or green beans, sliced
- 50g frozen peas
- 40g dried pasta shapes
- 1.5 teaspoon dried mixed herbs
- 1 pinch ground black pepper

Method

Heat the oil in a large saucepan. Add the onion, carrots, leek and celery, and fry gently for 3 or 4 minutes.

Add the tomatoes, tomato purée, beans, frozen peas and stock. Bring to the boil and add the pasta, herbs and pepper.

Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.

Turn off the heat and leave to cool for a few minutes. Ladle into bowls and serve with a slice of wholemeal bread.

Chill any soup that you don't need and keep in the fridge for up to 3 days, or freeze for up to 3 months.

Star of the Week

1C - Maya for focusing attention for up to 3 minutes in our Attention Autism sessions.

1P - Louie for saying hello and copying actions to a familiar song.

1B - Louis for remembering his manners at snack time saying "yes please".

1A - Sapphire for sitting, looking and joining in with an activity.

1H - Cain for trying his best in Art and Design this week.

2E - Cole for his lovely manners

2C - Riley for challenging himself in Maths.

2M - Jacob W for fantastic talking and counting.

2R - Logan for showing great resilience during writing.

2W - Josh for always being so helpful in class.

2G - Victoria for fabulous contributions to class discussions and remembering lots of facts

2A - Isobel for her fantastic place value work.



Achiever of the Week

3J - Noah for being positive and trying his best in all his lessons this week.

3H - James for consistently showing maturity, independence and confidence.

3L - Lily for meeting her targets all week in lessons.

3C - Jake for being honest and handing in money he found on the floor.

3R - Will for being a great friend and an amazing role model to the class!

3S - Theo for being a great role model this week.

3T- Laiba for doing some excellent signing in class.

3B - Aamaya for excellent work in Humanities this week.

4M - Jensen for his superb effort in completing his cooking homework.

4J - Harry for showing great resilience and maturity.

4W - Liam for showing maturity and also for hard work in Maths.

4H - Patrick for fantastic work in his speaking and listening tasks in English.

4B - Aistis for greatly improved communication with staff and peers.

5J - Jorja for a fantastic, positive attitude. She is always willing to help no matter how big the job.

5TG - Elisha for excellent effort in her Maths lessons this week. Determination is the key Elisha. Well done.

5I - Daniel for increased confidence when communicating to staff and peers.

5M - Kris for being kind and helpful to his friends and staff.



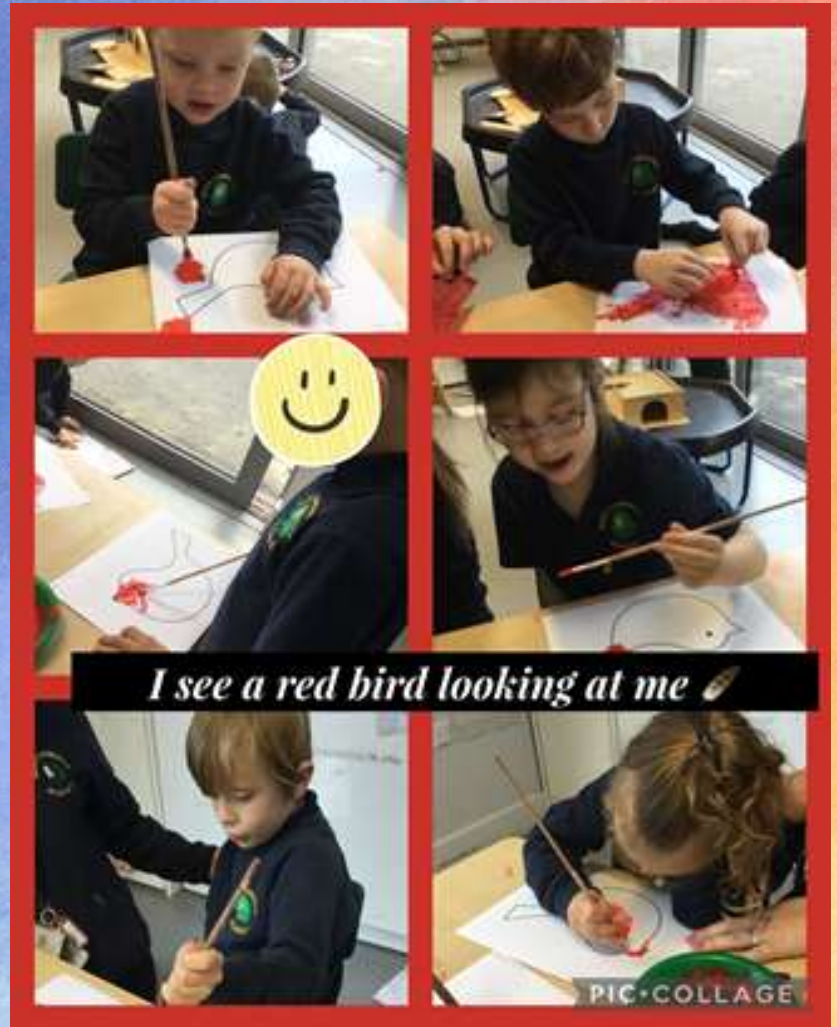
CLASSROOM NEWS

KS1

This week in 1A, we have been focusing on the colours of the animals from our class story, 'Brown Bear, Brown Bear.'

The children have created brown bears with paint and a fork; then they have painted red birds and used ripped pieces of tissue paper to add texture. The children have been signing 'brown bear,' and 'red bird.'

I wonder if they can show you the signs at home?



KS2

In 2E this week the pupils have enjoyed doing the paper challenges in our STEM lesson. We made a bridge which held 3 cars! The children worked together to roll paper and then decide how best to join the rolls to create their bridge. They were very excited that it held 3 cars.

Well-done 2E, what fun we had!



KS3

As part of their Arts Award, 3C have been exploring the art of DJing! They used the decks for the first time this week and enjoyed using the controls to add different effects. Next week, they will learn how to layer their tracks!



KS4

As part of their History unit, 4J have been looking at a local historical development in Blackpool which has impacted on their own lives today. They have been learning about the development of Blackpool's railway from 1846 to the present day. They are developing the skills to conduct research, compare and contrast the impact of events and place events into chronological order. Did you know that Blackpool's original train station, named Houndshell station, had 14 platforms and was THE busiest station in the UK? It was also damaged by training fighter jets during the war.

KS5

At the Oracle pupils understand the importance of healthy eating and trying new foods. On Tuesday students prepared a delicious taste extravaganza, from Thai pawn stir fry to plant based burgers served on a lettuce bed with homemade salsa and avocado dip. Eating healthily and trying new foods is essential for students as it promotes both physical and mental well-being. Nutritious meals provide the energy and focus, needed to do well in school improving concentration and memory. Exploring different foods, fosters curiosity, cultural awareness and an open mind towards new experiences. The food was well received by students.



Free Online Course

HEALTH AND WELLBEING

NHS

Blackpool

Talking Therapies

Physical and psychological wellbeing support for people with long term health conditions

- Six session course lasting 60 minutes each week
- Combines Cognitive Behavioural Therapy (CBT), Positive Psychology and Mindfulness
- Not interactive - no discussion of personal problems
- Aims to teach new coping strategies and skills and tools
- Associated worksheets available to reinforce what has been taught
- Available by recording for 72 hours



NOTICE



LEARN



GIVE



CONNECT



ACTIVE

Scan here to visit our website



30 min introduction session on Thursday, 7th November at 1pm
Followed by 6-week online course, 60 min sessions 1pm – 2pm
Dates: 14th 21st 28th November 5th 12th 19th December 2024
A personalised link will be emailed to you, recording accessible for 72 hours.

Our service can help you manage a range of common mental health problems, learn skills to help you overcome difficulties and find helpful ways to cope through a range of different therapeutic interventions.

We can also provide information about local services that you may benefit from.

To self-refer, please call: 01253 955700 (Monday–Friday 9am–5pm)

or email: bfwh.talkingtherapies@nhs.net

www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies

 Blackpool Talking Therapies

Blackpool Talking Therapies is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency 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