

Congratulations
to classes 2C, 3T, and
4B
for 100% attendance
this week.
Whole school
attendance is 94.2%

Sign of the Week



money

This week's sign and symbol is 'money'.
Well done to all the classes for their
fantastic Enterprise ideas and raising
such a lot of money for FOPCA.

Christmas Jumpers

This year at Park Community Academy we would like to help support our families with the ever increasing costs at Christmas.

So, with that in mind what we are asking is - Do you have a Christmas jumper that's too small and in good condition? If so, would you be able to help another family out and donate it to school?

We will accept any Christmas jumper in good condition and any size. The more sizes the better.

Please can I ask that any donations are brought to the school office or class teacher by Monday 9th December and then you will be welcomed in to the hall on Thursday 12th December at 3.25 to pick a jumper of your choice. These jumpers will be free of charge and you can even have a mince pie!

As always we appreciate your continued support.

UPCOMING EVENTS

- 04.12.24 - KS5 Enterprise Christmas Market, at The Oracle, 1.30pm Families welcome
- 06.12.24 Parent Drop In, 10-11am
- 06.12.24 - Panto trip
- 09.12.24- Jubilee Christmas Extravaganza, 1.30pm, Families welcome
- 12.12.24 Primary Christmas performance, 1.30pm- Families welcome
- 13.12.24 Primary Christmas performance, 1.30pm, Families welcome
- 16.12.24- Winter Wonderland and Christmas Jumper Day
- 16.12.24- KS5 Christmas Dinner and Party
- 17.12.24 - Primary Christmas Dinner
- 18.12.24- Secondary Christmas Dinner and Party
- 19.12.24 - Christmas Activity Day
- 20.12.24- School closes for Christmas at 2pm

Winners of 4W's Enterprise Raffle

A huge thanks to all the companies who helped make this raffle possible in donating these fantastic prizes. The Beechfield Hotel, Arcade Club Blackpool, Spindle's gym at Norbreck, Vue Cinema Cleveleys, Airhop Trampoline Park, Fleetwood Town FC, Nando's, Hickory's Smokehouse, Huggables Ltd, Glazey Days, Morrison's Blackpool and Cleveleys, Hobbycraft. Congratulations to all the winners and thank you to all who helped 4W in buying tickets.

The winners are as follows:

- 1 night BnB - Liam, 4H, Green and cream Ticket 45
- Nando's meal - Bradley, 3C, Turquoise Ticket 91
- Airhop Trampoline Park Passes - Khaleesi, 3J, Turquoise Ticket 601
- Fleetwood Town Match day tickets - Aaron, 3S, Orange Ticket 319
- Arcade club family pass - Jack, 3R, Turquoise Ticket 13
- Vue cinema tickets - Logan, 3S, Orange Ticket 469
- Gym passes - Darren, 4W, Turquoise Ticket 485
- Hobbycraft - Alexis, 4H, Orange Ticket 110
- Hobbycraft - Monty, 4B, Green and cream Ticket 88
- Hickory's sauces - Mr Whittaker Green and cream Ticket 110
- Nando's sauces - Miss Cassidy Orange Ticket 418
- Morrison's Biscuits - Noah, 3J, Orange Ticket 478
- Chocolates - Aiden, 4W, Orange Ticket 17
- Glazey Days - Leah, 4M, Turquoise Ticket 517
- Toy Bundle - Scarlett, 2G, Turquoise Ticket 421
- Toy Bundle - Lorenzo, 2W Turquoise Ticket 621
- Toy Bundle - Callum, 3H, Orange Ticket 115
- Toy Bundle - Rio, 4B, Turquoise Ticket 123
- Sweet bag 1 - Broydon, 3L, Turquoise Ticket 900
- Sweet bag 2 - Frank, 4H, Green and cream Ticket 8





Park Community Academy

Successful Learners, Resilient Individuals, Responsible Citizens

Event Calendar - November - December 2024

Monday 11th November
Remembrance day



Tuesday 12th November
Odd Sock Day -
Anti - Bullying week



Friday 15th November
Children In Need
'SPOTacular'
Wear something spotty or
yellow.



Friday 22nd November
Enterprise Preparation
day



Monday 25th November
Past Year 11 Presentation
Evening - 5.30-6.30 -
Families welcome



Monday 25th November
Enterprise Christmas
Market 10-11am -
Families welcome



Wednesday 27th November
KS5 Dance Festival 6-7pm,
Winter Gardens



Friday 29th November
KS1 Christmas party at the
Oracle



Wednesday 4th December
KS5 Enterprise Christmas
Market at The Oracle
1.30pm -Families welcome



Friday 6th December
Parent Drop In
10-11am
Families welcome



Friday 6th December
Panto trip at
the Pleasure Beach



Monday 9th December
Jubilee Christmas
Extravaganza - 1.30pm
Families welcome



Wednesday 11th December
Dress rehearsal for Primary
Christmas performance



Thursday 12th December
Primary Christmas
performance -1.30pm
Families welcome



Friday 13th December
Primary Christmas
performance -1.30pm
Families welcome



Monday 16th December
Winter Wonderland
and Christmas Jumper day



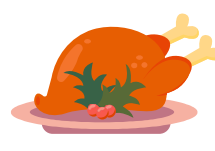
Monday 16th December
KS5 Christmas Dinner and
party



Tuesday 17th December
Primary Christmas dinner
and party



Wednesday 18th December
Secondary Christmas
dinner and party



Thursday 19th December
Christmas Activity Day



Friday 20th December
10am Carol Concert
School Closes for
Christmas at 2pm



Tuesday 7th January
2025
School reopens



Breakfast burritos recipe

Wholewheat soft tortillas are topped with tomato and pepper omelettes, then rolled up. Perfect for a tasty breakfast – or wrapped up for a packed lunch.

Prep: 10 mins

Cook: 10 mins

Serves 4

Ingredients

4 soft wholewheat flour tortillas

6 eggs

4 tablespoons 1%-fat milk

2 tomatoes, finely chopped

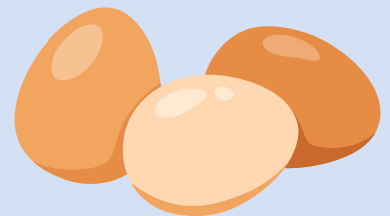
2 spring onions, finely chopped

1 pepper, any colour, deseeded and finely chopped

2 teaspoons vegetable oil

40g reduced-fat hard cheese, grated

1 pinch ground black pepper



Method

Lay out the tortillas on a work surface. Preheat the grill.

Information:

You could use plain tortillas, though the wholewheat ones have a higher fibre content.

Beat the eggs and milk together in a bowl. In another bowl, mix together the tomatoes, spring onions and pepper, seasoning with black pepper.

Heat half a teaspoon of vegetable oil in a non-stick frying pan and pour in a quarter of the beaten egg mixture. Cook on the hob over a medium heat for a few moments to set the base.

Layer 1 tortilla with the cooked egg, a quarter of the tomato mixture and 10g of cheese. Grill to further set the egg and melt the cheese.

Roll up the tortilla and slice in half, or wrap in foil to serve later. Repeat to make the other 3 tortillas.

Star of the week

1C - Lucas for fantastic maths work, painting a circle independently whilst humming our circle song.

1P - Arlo for completing a shape sorter, positioning big and small shapes in the correct order independently.

1B - Dominic for super observational skills, adding lots of detail to his drawing of Peppa Pig, and naming body parts.

1A - Reggie for an independent and positive start to toilet training. Well done Reggie for using verbal communication as a way of letting adults know you need to go to the toilet.

1H - Parker for wonderful singing and dancing in our nativity practices!

2E - Rupert for great listening and participation in learning.

2C - Alfie for being so positive and resilient this week.

2M - Jahvonte for fantastic counting in Maths and identifying one more.

2R - James for being really mature and a great friend.

2W - Lorenzo for having a good attitude towards his work.

2G - Caitlin for writing super sentences and having a wonderful attitude to her work.

2A - Darius for managing changes and adapting to situations.

**NICE
WORK!**

Achiever of the week

3J - Logan for showing great salesmanship skills on the Enterprise stall this week.

3H - Jason for showing maturity and becoming more independent in KS3.

3L - Bentley for representing the school at football.

3C - Michael for settling really well into 3C.

3R - Leo for getting it right and following the PCA Way all week.

3S - Dastan for showing great intonation when reading a poem aloud.

3T - Issac for copying really well with changes to his routine this week.

3B - Bella for being an excellent salesperson on the Enterprise stall.

4M - Chloey for a mature attitude towards learning.

4J - Cam for his effort in Maths and contribution to the Humanities discussion.

4W - Tegan for excellent work during enterprise!

4H - Stuart, Liam M and Alfie for their hard work on the enterprise stall.

4B - Monty for being a kind friend in class.

5J - Casey for taking part in the Dance Festival.

5TG - Angel and Aimee for taking part in the Dance Festival.

5I - Ruby & Blerina for taking in part in the dance and overcoming stage fright.

5M - Luca, Lilly, Elle, Kasharna for that the Dance Festival this week.

**EXCELLENT
WORK**

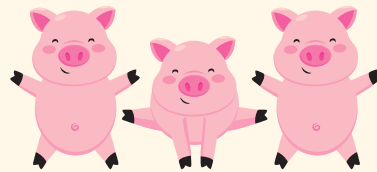
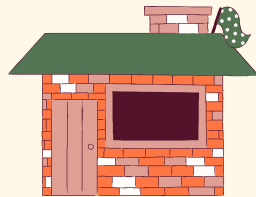
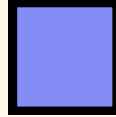
Classroom News



KS1



Pupils in 1P have been learning about shapes in Maths. They've been working on recognising, positioning, identifying different shapes, participating in shape hunts, tracing shapes, and distinguishing between big and small shapes.



KS2

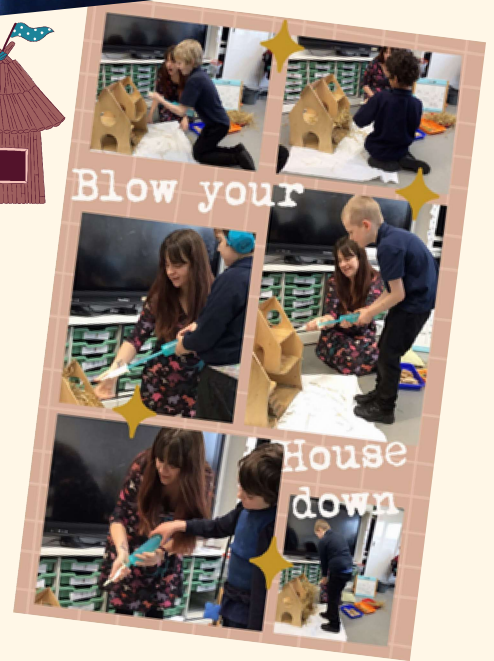


In English, 2M have been learning all about 'The Three Little Pigs'. They have enjoyed listening to the story, acting out blowing the houses down in Bucket sessions and building their own houses in DT. They have been identifying 'who', 'what doing' to build their comprehension and compose their own sentences. Well done everyone, you've blown us away!



Blow your

House down



3 little pigs

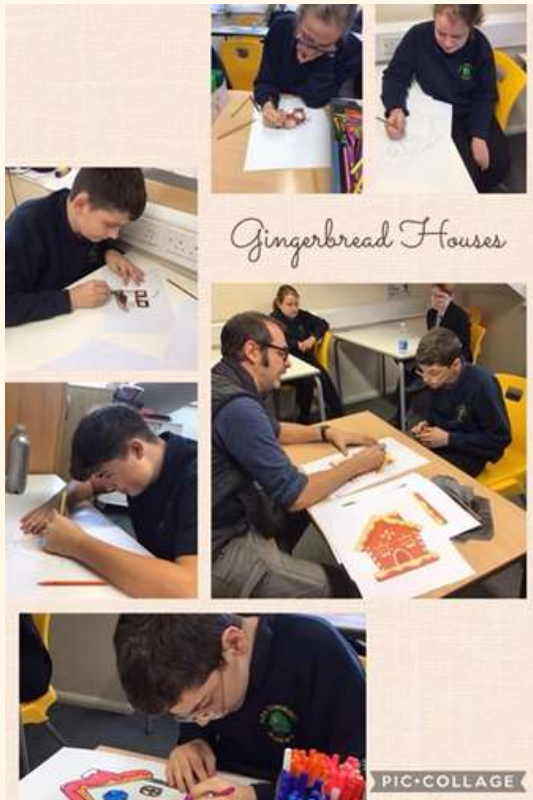
KS3

Life has been busy in KS3 with a theme of teamwork. Class 3S worked together to create rock sweet treats for the Enterprise Day. They also created a whole class collage of a Christmas scene. Lilly and Kaylum were very pleased to solve a logical problem together.



KS4

Preparations for the school's annual Christmas Winter Wonderland are well underway in Art with Mr Hull. 4W have been tapping into their creative sides by designing gingerbread themed decorations. They appraised different gingerbread house designs, then taking inspiration from the designs and using a range of media, they created their own.



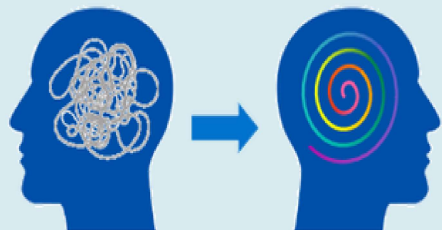
KS5

Well done to all the Sixth Form students on your outstanding performance at the Winter Gardens Festival of Dance! Your interpretation of Madonna's iconic Material Girl was nothing short of spectacular, blending energy, precision, and creativity in every step. The choreography was a perfect mix of flair and fun, with the costumes adding an extra layer of sparkle to the performance. It was a joy to watch you all bring the stage to life. You truly captured the essence of the festival, and we couldn't be prouder of your hard work and talent. Well done on delivering a truly memorable performance!



NHS Talking Therapies Service provides a range of FREE therapy options recommended by the National Institute for Health and Care Excellence (NICE) for common mental health problems such as depression and anxiety.

FREE Courses Available



MASTERING STRESS – Steps to Wellness

30min introduction 2pm Friday 27th December
Followed 6 x 90min weekly online sessions. Friday 3rd 10th 17th
24th 31st January & 7th February.

Learn new skills and coping strategies



8-week Mindfulness Based Cognitive Therapy Course

60min introduction 10am Friday 17th January. Followed by
8 x 2-hour session weekly online sessions.
Friday 24th 31st January 7th 14th 21st 28th February 7th 14th March

Learn to live in the present!

A personalised link will be emailed and recordings accessible for 72hours

45min webinars, with recording available for 3 days

**Resilience
and Me**
10am Thur
5th Dec

**Anxiety and
Worry**
1pm Fri
13th Dec

**Sleep and
Relaxation**
1pm Wed
18th Dec

**Overcoming
Low Mood**
1pm Mon
7th Jan

**Menopausal
Wellbeing**
10am Fri
24th Jan

AVAILABLE TO PEOPLE OVER 16 WHO LIVE, WORK OR STUDY IN LANCASHIRE OR SOUTH CUMBRIA

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

email: bfwh.talkingtherapies@nhs.net

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

Scan here to
visit our website



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.



Blackpool Talking Therapies

for anxiety and depression

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust