



# Park Community Academy

Successful Learners, Resilient Individuals, Responsible Citizens



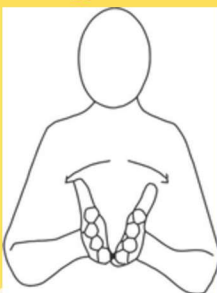
x: @PCABlackpool @PCAPrimary @PCASecondary @PCAOracle  
Facebook; Park Community Academy

7th March 2025

Website: [www.park.blackpool.sch.uk](http://www.park.blackpool.sch.uk)

Spring  
Newsletter 8

## Sign of the Week



This week's sign is 'book'. We had a fabulous time celebrating World Book Day. What's your favourite book?

**Congratulations**  
to classes 3C, 3J and 4B  
for 100% attendance this week.  
Whole school attendance is 93.5%

## Upcoming Events

21.03.25 - Comic Relief Day  
02.04.25 - Fashion Show - Thrashion  
04.04.25 - School closes for Easter  
04.04.25 - Non uniform for Spring Fair donations  
22.04.25 - School opens for Summer term  
24.04.25 - Year 11 DofE Residential to Borwick Hall  
25.04.25 - Spring Fair - 4-6pm  
28.04.25-30.04.25 - Sixth Form London Residential

## Spring Fair

Please don't forget to bring in any sold raffle tickets and money. If you require any more tickets, please call the school office. We are welcoming any donations towards our Spring Fair. Please can we ask for tinned food to be brought into school from next week. Thank you for your support.

## Fashion Show - Thrashion

On Wednesday 2nd April we will be holding our annual fashion show. This year's theme is 'Thrashion'. We are asking for donations of any fabrics, newspapers, clothes and any other Trashion items.

## Packed Lunches

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 and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage fraise or custard everyday
- only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

### 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 & DRINKS THAT ARE NOT ALLOWED IN SCHOOL:

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



## Year 9 and 10 School Nurse Drop Drop-In Session

There will be a School Nurse Drop Drop-In Session regarding Preparing for Adulthood on Monday 10th March at 9:30am-11:30am for Year 9 and 10, in the school hall. There will answer any questions you have on this topic and advise on services

## NHS FEEDBACK FORTNIGHT

YOUR NHS WANT TO HEAR FROM YOU!

NHS  
3RD - 14TH  
MARCH  
2025



Are you aged 8-18 (up to 25 with SEND)?  
Share your experiences and change the services you access!!  
Scan the QR code!!

Designed and produced by Rossendale Youth Council  
December 2024



# Chilli beef and bean burger recipe

## Ingredients

### Burgers

1 small onion, quartered  
small can (about 210g) red kidney beans, drained and rinsed

250g lean beef mince  
wholemeal breadcrumbs (from 1 slice of bread)

2 teaspoons mild chilli powder, or to taste

1 egg, beaten

1 tablespoon tomato purée

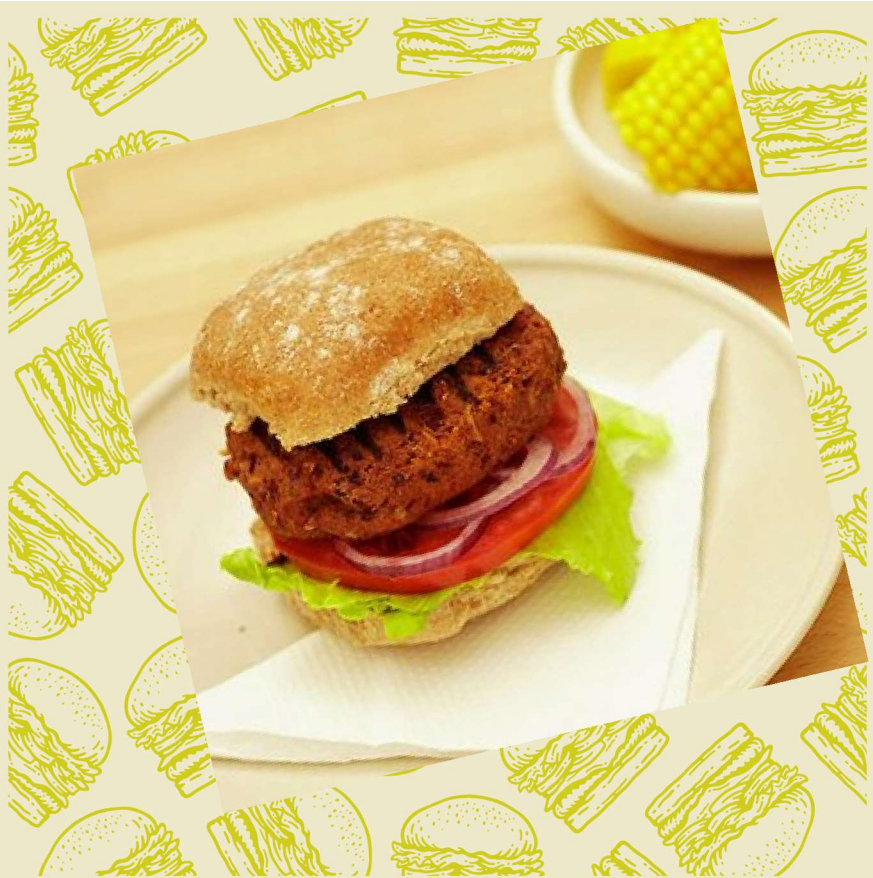
### To serve

1 extra large tomato, sliced

1 red onion, sliced

lettuce leaves

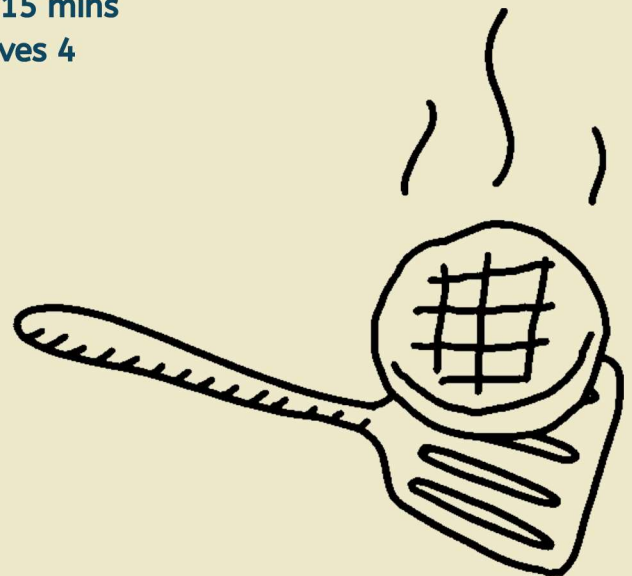
4 wholemeal rolls



Prep: 15 mins

Cook: 15 mins

Serves 4



## Method

Chop the onion in a food processor, then add the beans, mince, breadcrumbs, chilli powder, beaten egg and tomato purée, and mix again.

### Information:

If you prefer a chunkier texture, mash the beans with a fork or potato masher, chop the onions by hand and then mix with the other ingredients.

Shape the mixture into 4 patties and chill until you're ready to cook.

Barbecue or grill for 5 to 7 minutes each side.

Serve in the rolls, with sliced onion and tomato, and lettuce leaves.

### Information:

Serve with corn on the cob for a complete meal.



# Star of the Week

**1C - Maya for her fantastic engagement in our sensory story.**

**1P - Hela for her increased engagement in class.**

**1B - Dakota for listening and following an instruction.**

**1A - Mason for his kindness to others this week.**

**1H - Skye for her fantastic talking during our core language English sessions!**

**2E - Brooke for trying her best in maths.**

**2C - Tyler-John for being a great friend and treating others with respect.**

**2M - Jahvonte for initiating play with his friends independently on the playground.**

**2R - Milo for always treating his peers and staff with respect.**

**2W - Rio for his excellent attendance this week and fantastic work.**

**2G - Leland for amazing Maths work multiplying and dividing 2-digit numbers.**

**2A - Darius for constantly demonstrating the PCA Way.**



# Achiever of the Week

**3J - Paddy for showing great concentration in Music this week.**

**3H - Lucas for giving 100% effort in all lessons and always following the PCA Way.**

**3L - Bradley for his fantastic work in Maths.**

**3C - Abigail for settling into 3C really well.**

**3R - Jack for developing his confidence and trying new things.**

**3S - Isha for her enthusiasm towards reading.**

**3T - Daisy for being helpful and completing jobs independently.**

**3B - Aamaya for her excellent phonics work this week.**

**4M - Ellis for always being willing to help with a positive attitude.**

**4J - Mason for always being the first to volunteer to help others.**

**4W - Sophie for her great contributions in class this week.**

**4H - Sevannah for always being super helpful to her classmates.**

**4B - Mickey for being a good friend in class this week.**

**5J - Mia for fabulous attendance this week and fantastic skills at Police cadets - First aid training**

**5TG - Dylan for his outstanding input during his BTEC sessions.**

**5I - Ronan for always being polite and helping others at The Oracle.**

**5M - Jermaine for his excellent work at Myerscough college.**

**CONGRATS!**



# Classroom News

## KS1



This week pupils in 1P had their first Mini Movers session. Pupils loved interacting with the parachute, catching bubbles, moving with shakers and dancing. It was lovely to see all of our pupils engaging in the session and having lots of fun. We already can't wait for the next session!



## KS2



We have had an exciting week in KS2! We have been learning about Shrove Tuesday during our RE lessons. Each class enjoyed mixing the pancake batter and talking about their favourite toppings!

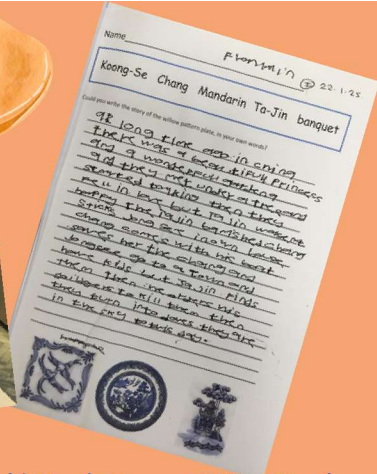
World Book Day has been a great success and staff and children have shared some of their favourite fiction and non-fiction books.  
Well Done KS2!





We have been busy learning all about China in KS3 as part of our Humanities topic. Class 3S have enjoyed tasting fortune cookies and building the Great Wall of China out of lego. Class 3L have learnt about the story of Ta Jin and Chang on the Chinese Willow pattern plate and have re-written the story.

KS3



On Friday 7th March we have enjoyed celebrating World Book Day at PCA. Pupils and staff have had fun dressing up as characters from books or as a chosen word. Pupils have also been busy across the school, writing different styles of poetry with a food theme to enter into a competition run by The Literacy Trust to put forward poems which may appear in a Blackpool Food Anthology poem book due to be published later this year. Happy reading everyone!



KS4

Year 11s who attend the Art Taster Sessions at Blackpool and Fylde College experienced the art of shadow puppetry this week. First, they had to design their puppets and then learnt how to give it moving parts. Their favorite part was creating their own shadow puppet shows. Frank said "this is wonderful, I loved doing my own show for everyone to enjoy".



KS5

Students have been working in the Oracle Garden this week. They have been busy sowing seeds, planting and weeding as part of their Horticulture Course. We can't wait to see everything bloom!

