



Park Community Academy

Successful Learners, Resilient Individuals, Responsible Citizens



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

14th March 2025

Website: www.park.blackpool.sch.uk

Spring
Newsletter 9

Dear Parent's and Carers
We are calling on your help and expertise...
We are looking for local employers to come into school to speak to our Primary pupils about aspirations for the future, careers and the skills needed for the world of work. Is this something you would be interested in doing? We are looking at stamping out stereotypes within different jobs. If this is something you can support us with, please get in touch with Miss Brown via our admin email (admin@park.svt.org.uk) for more information.

Congratulations
to class 2C
for 100% attendance
this week.
Whole school
attendance is 93.5%

Upcoming Events

- 19.03.25 - World Down Syndrome Day - Wear odd socks
- 21.03.25 - Comic Relief Day
- 27.03.25 - Eco Fairtrade Coffee Morning at 10.30-11.30am
- 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, bottles, bric a brac and books to be brought into school. We will also have a second hand clothes stall, please make sure any items brought in are clean
Thank you for your support.

Increase in cost of school meals – 1st April 2025

I am writing to inform you that from Tuesday 1st April 2025, we will unfortunately need to increase the cost of school meals due to ongoing rising costs. The cost of the meals per day will be

Primary £2.58
 Secondary £2.70
 Sixth Form £3.15

Wherever possible, please make payments on Parentpay. This will be updated with the new price accordingly. If you have any issues logging onto the system, please contact the school office. Please do not hesitate to contact the Family Support Team if you are having difficulties providing payment for meals or if you feel you are entitled to free school meals.

Thank you for your continued support.



Believe it or not, socks get people talking!
On **Wednesday 19th March**, we are inviting pupils to wear odd socks with their uniform.

They might be mismatched socks or your boldest and most colourful socks, whatever takes your fancy!

The idea is to start a conversation, so when people ask you about your socks, you can tell them, "I'm wearing them to raise awareness of Down Syndrome".



We will also be holding a cake sale to raise money for the Down Syndrome Association.



FAIRTRADE
FOUNDATION

Eco Fairtrade Coffee Morning

Students in Sixth Form are holding an Eco Fairtrade Coffee Morning on Thursday 27th March, 10.30-11.30am at The Oracle, St Annes rd.

There will be an Easter raffle with Easter Eggs, Hamper and chocolate bouquets. All Fairtrade!
Tickets are £1 a strip.

Crunchy fish fingers with wedges recipe

These homemade fish fingers and sweet potato wedges make for a delicious, healthier version of one of the nation's favorite family dishes.



Ingredients

- 4 tablespoons vegetable oil
- 4 medium-sized sweet potatoes, scrubbed clean, halved and each half cut into 4 wedges
- 1 teaspoon ground black pepper
- 500g pollock, cod, skinless haddock or similar white fish
- 1 egg
- 100g dried golden breadcrumbs
- 200g frozen peas, or frozen mixed veg

Method

Preheat the oven to 200C (180C fan, gas mark 6). Put the wedges into a roasting tin and add 2 tablespoons of vegetable oil, tossing to coat. Season with some pepper, and put in the oven to bake for 45 minutes.

Information:

You can use normal potatoes, or a mix of normal and sweet potatoes, if you like. Make sure to leave the skins on too – they're packed with taste and fibre!

Grease a baking tray with a little of the vegetable oil. Beat the egg in a shallow dish with 3 tablespoons of cold water.

Sprinkle the breadcrumbs onto a plate.

Cut the fish fillets into even-sized "fingers", and season with some pepper. Dip the fish fingers into the egg mixture, then roll them in the breadcrumbs and arrange on the baking tray, leaving some space between them.

When the potatoes have been in the oven for 25 minutes, turn them over using a spatula. At the same time, put the fish fingers in the oven. Cook for 20 minutes, until crisp and golden brown.

Put the vegetables on to cook in a small amount of boiling water 5 minutes before the fish and wedges are ready. Drain once cooked, and serve everything together.



Food Waste Action Week Poster Competition

To mark Food Waste Action Week (17-23 March), Aldi is inviting school children of all ages to design a poster that inspires people to cut down on food waste.

A panel of Aldi's sustainability experts will judge the entries, and the winning designs will be displayed at Aldi's UK Headquarters to encourage colleagues to reduce food waste.

The winner will also receive a £250 Aldi voucher for their family!

Entry details:

 **Deadline: Thursday 20th March**

 **Submit to: School reception**

 **Size: No larger than A4**

 **Label: Full name & class clearly written**

Get creative and help make a difference!

Star of the Week

1C - Arianna for her fantastic engagement in intensive interaction.

1P - Alfie for being so active and taking part in movement and dancing activities.

1B - Louis for holding his spoon, with some help, at lunchtime to eat his favourite foods.

1A - Reggie for communicating fantastically with adults and peers using spoken language and identifying his peers during circle time.

1H - Aiden for helping with the class register this week!

2E - Roman for always trying his best and being kind and helpful.

2C - Heidi for exploring new friendships in class.

2M - Jacob W for his fantastic work in Maths by identifying if an object is heavy or light.

2R - Harry-Blu for independently seeking extra challenges in class.

2W - Lorenzo for behaving with maturity and remembering interesting facts about Tutankhamun.

2G - Connor for a superb week, reading every night and morning.

2A - Addison for fantastic Maths and English work this week.



**Well
Done**

Achiever of the Week

3J - Riley for his positive attitude and contribution in lessons this week.

3H - Alfie for excellent work creating some fantastic Kennings in English.

3L - Connor for having a much improved attitude to learning.

3C - Aaron for being really helpful in class all week.

3R - Michael for playing brilliantly in the PCA football team.

3S - Summer for excellent recall in Maths on a Monday morning.

3T - Alex for doing excellent measuring in Maths.

3B - Joshua for his brilliant work on his handwriting.

4M - Leah for showing caring and kindness to her friends and peers all week.

4J - Archie for always wearing his uniform with pride.

4W - Charlie for helping and supporting others.

4H - Liam M for a being a good and supportive friend.

4B - Courtney for being a good role model and following the PCA way.

5J - Faith and Daniel for a fantastic demonstration of cooking skills in their BTEC Home Cooking Skills practical assessment.

5TG - Brodie for making a delicious smoothie in NCS.

5I - Daniel for doing a brilliant job helping tidy up Waston Road Secret Garden.

5M - Lilly for her help in the garden this week, planting seeds and watering them.

Congratulations

Classroom News

Let it snow! Let it snow! This week as part of our wonderful Weather topic we have been learning about snow. We have used some of our maths language of big and small when we have been rolling a snowball with playdough. We added eyes, nose and a mouth. Don't they look amazing! We finished off the day throwing snowballs, such fun!



KS1



KS2

2W have had another busy week! We've been learning all about Howard Carter discovering King Tutankhamun's tomb. In DT, we have made paper plate Egyptian necklaces using brightly coloured paper, Egyptian symbols, gems and ribbon. The children took inspiration from Tutankhamun's sarcophagus with many choosing to use golds and blues. I'm sure you'll agree they're very effective!

In bucket this week, we have explored birthday celebrations. The children particularly enjoyed watching the rocket balloons whizz around the classroom and being sung 'Happy Birthday' to. They were all able to wait patiently for their turn to blow out the candle. I think their favourite part was eating the cupcake though!





KS3

3C have been rehearsing hard for their performance of Shakespeare's, **The Tempest.**

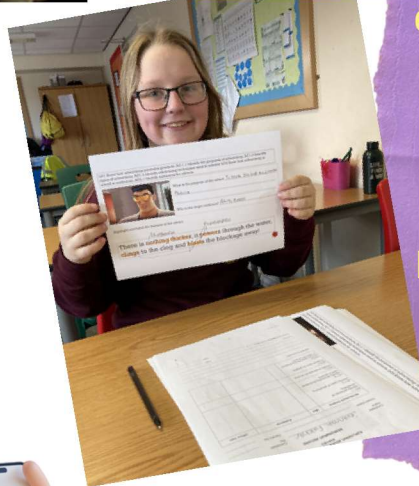
They will be performing at The Grand Theatre, Blackpool on Thursday 20th March.

They have worked extremely hard, and we are very proud of them!
'Break a leg!'



KS4

Pupil in 4H have been working towards completing their entry level qualification work in English. They have been exploring advertising and looking at techniques that adverts use to persuade people to buy their products. They then made their own adverts using a range of persuasive language.



KS5

5M have been practicing making emergency services calls as part of our learning on personal safety and emergency response. We explored what constitutes an emergency and identified the situations that require urgent assistance. The class discussed the universal emergency number we need to dial and the key details we must provide to the operator. Additionally, we worked through a variety of scenarios to determine which emergency service—police, fire, or ambulance—would be most appropriate in each situation. This activity helped us understand the importance of staying calm, speaking clearly, and providing accurate information to ensure the right help arrives as quickly as possible. Through role-play exercises, we practiced making mock emergency calls, building our confidence in handling real-life situations. The session was engaging and informative, equipping us with valuable skills to respond effectively in emergencies.





Support and Help IN Education
Fylde Coast Mental Health Support Team

We now accept Self Referrals from Young people, Parents and Carers

Do you
worry ?

Do Have problems
sleeping ?

Have you got
low Mood ?

Are you feeling
anxious

Do you have
have feelings
of stress ?



Support and Help IN Education
Fylde Coast Mental Health Support Team

SHINE MHST supports children and young people, currently attending education settings, noted below. From ages 11 to 18 years, with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

Do Have
feelings
of panic ?

SHINE MHST is not an urgent response service

If you attend the following schools we
now accept Self Referral's

- | | |
|---------------------------------------|---|
| • Armfield Academy | • Lytham St Anne's High School |
| • Athena | • Millfield Science and Performing Arts College |
| • Blackpool Aspire Academy | • Montgomery |
| • Baines School | • Park School |
| • Blackpool & Fylde College | • Pegasus |
| • Brookfield | • Redmarsh |
| • Cardinal Allen Catholic High School | • South Shore Academy |
| • Educational Diversity | • St. Aidans Church of England High School |
| • Fleetwood High School | • St. Mary's Catholic Academy |
| • Garstang Community Academy | • St George's Church of England Academy |
| • Great Arley School | • Unity Academy |
| • Highfield Academy | • Woodlands |
| • Highfurlong SEN School | |
| • Lotus School | |

How to self refer to the Team

Call us directly to self-refer, and our administration team will arrange for our duty practitioner to make a consultation call to parent/carer/young person and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.



0800 121 7762 (Option 4)

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

Did you know you can
follow us on social media ?



@shine_mhs

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

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