



Park Community Academy

Successful Learners, Resilient Individuals, Responsible Citizens



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

7th February 2025

Website: www.park.blackpool.sch.uk

Spring
Newsletter 6

Congratulations
to classes 2E and 4B
for % attendance this
week.
Whole school
attendance is 90.9%

Upcoming Events

14.02.25 - School closes for half term
24.02.25 - School opens
07.03.25 - World Book Day
21.03.25 - Comic Relief day
04.04.25 - School closes for Easter
22.04.25 - School opens for Summer term

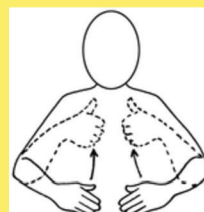
Triple P Stepping Stones Programme

Do you want some support with your child's behaviour?

Sign up to the Triple P Stepping Stones programme (for families with children with additional needs)
10 week course (3 of which are telephone sessions)

Contact the family team for more information

Sign of the Week



How are you?

This week's sign/symbol is 'How are you?' As part of mental health awareness week, it can be a nice gesture to ask how someone is.



We are immensely proud of our pupils who took to the stage at Schools Alive on Monday. They were truly outstanding. Our PCA amazing Band, Cheerleaders and Choir opened the show with a 'bang' as they entered a packed audience Winter Gardens Blackpool.

This was a huge challenge for some of our pupils who brilliantly faced their fears, showed resilience and performed with such confidence. A huge thank you goes out to all the staff that gave up their own time to support our young people.

SCHOOLS ALIVE



Lemon Roast Chicken

Lemon Roast Chicken with all the trimmings tastes great. Roasting your spuds in with the chicken will make them lovely and crispy. You can use the cooking juices to make a tasty gravy and the leftover bones to make a Chicken Stock

Ingredients

- 1 large fresh chicken (weighing between 1.3kg - 1.8kg)
- 4 rashers streaky bacon
- 2 lemons
- A few sprigs fresh rosemary, sage OR tarragon
- OR 1 x 15ml spoon mixed dried herbs
- 1 x 15ml spoon olive oil
- Whole bulb garlic, separated into cloves, left unpeeled
- Black pepper (optional)
- 600ml water
- Roasties
- 4-6 floury white potatoes (Maris Piper OR King Edwards)



Instructions

Preheat the oven to 200°C/180°C fan or gas mark 6.

Prepare the chicken

Check the weight of the chicken and work out the cooking time. Sometimes this is written on the label. If not, allow 20 minutes per 500g, plus an additional 20 minutes. So a 1.5kg chicken will take 1 hour 20 minutes to cook. Check there are no giblets inside the chicken, if there are remove them.

Place the chicken in a large roasting tin. Cover the chicken breasts with the rashers of bacon to keep the meat moist during cooking.

Chop the lemons into quarters. Put 2 pieces and half the fresh herbs (if using) into the open end of the chicken. Tuck the rest of the herbs and 2 more pieces of lemon around the chicken. If using dried herbs, sprinkle them over the chicken.

Drizzle the whole chicken with the olive oil and the juice from another piece of lemon. Add black pepper to taste (if using). Put in the oven and set the timer for your calculated cooking time.

Prepare the roasties

Peel the potatoes and chop into quarters. Boil for 10 minutes. (This is parboiling). Drain in a colander. 50 minutes before the chicken is done, add the potatoes, sweet potato (if using), unpeeled garlic cloves and remaining pieces of lemon to the tin. Squeeze juice from one of the lemon pieces over them all and add black pepper to taste (if using). Return to the oven.

When the time's up, check that the chicken is cooked. Pierce with a knife. The juices must run clear - never pink. Cook for longer if you need to. Rest the cooked chicken on a plate in a warm place for 10 minutes with the lemon bits and garlic.

Turn the potatoes using a metal spatula. Return to the oven on a higher shelf and turn up the temperature to 220°C/200°C fan or gas mark 7 so they are crispy. Cook for another 10 minutes.

Prepare the gravy

Remove the cooked potatoes from the roasting tin.

To make the gravy, pour 600ml of water into the roasting tin. Sit it on the hob. Boil it for 3-4 minutes while stirring and scraping any sticky bits off the bottom of the tin. Add black pepper to taste (if using). Pour it carefully into a jug. Skim off any excess oil with a spoon before serving.

Serve the chicken and potatoes at the table on a large plate. Carve with a sharp knife. Squeeze the garlic cloves out of their skins. Serve with your choice of vegetables and gravy.



Star of the Week

1C - Arianna for her fantastic engagement with 'bubbles' this week.

1P - Cameron for developing his independent skills.

**1B - Logan for managing changes to his routine so well.
We are so proud of you!**

1A - Isaac for happily engaging in a craft activity with adult support, giving fantastic eye contact and indicating 'more.'

1H - Shelby for a great week and trying new things.

2E - Favour for her amazing work in all lessons.

2C - Archie for his super work in Phonics.

2M - Noah for digging like an archaeologist in Topic!

2R - Milo for using amazing vocabulary during discussions.

2W - Lorenzo for super manners, being helpful and kind.

2G - Victoria for a wonderful attitude to her learning and making lovely progress with her reading.

2A - May for her excellent writing and being a great help with the younger children.

**Well
Done**

Achiever of the Week

3J - Logan for his confidence performing in School Alive this week.

3H - Jason for achieving one of his EHCP targets this week.

3L - Kaylum for being such a good role model to others in class.

3C - Jack for very neat and tidy presentation of his work in class this week.

3R - Leo for following the PCA way at break times.

3S - James for showing increased resilience this week.

3T - Kudzwaishe for trying new foods.

3B - Lacey for her excellent work in Phonics this week.

4M - Bethany for being supportive of her peers.

4J - Matthew for always following the PCA way.

4W - Rhys for making good choices and supporting others.

4H - Patrick for supporting his friends in the gym at college.

4B - Madison for being helpful and supportive to her peers.

5J - Jason for making progress towards his PFA targets

5TG - Jonathan for deciding to sing karaoke in front of his class, great confidence!

5I - Anna for independently answering questions and picking her own theme during her college placement.

5M - Luca for working on his resilience during a challenging week.



Classroom News

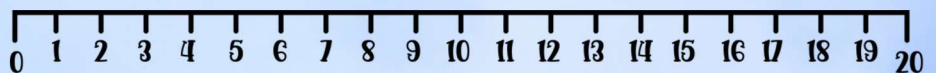
KS1



This week, we have been working hard to create our own piece of art for the Seaside Competition. Miss Brown was really impressed with how we each used the tools provided to make our work our own. Take a look at some of the finished pieces and notice how they are all unique. It was such a great sensory experience for everyone. Well done 1A.



KS2



2E have been enjoying their weekly swimming lessons. Their confidence and skills are growing each week.

In Maths we are looking at using number lines.

In English we are reading 'The lion and the mouse' we have learnt all about what a fable is and the moral of this particular story.



KS3

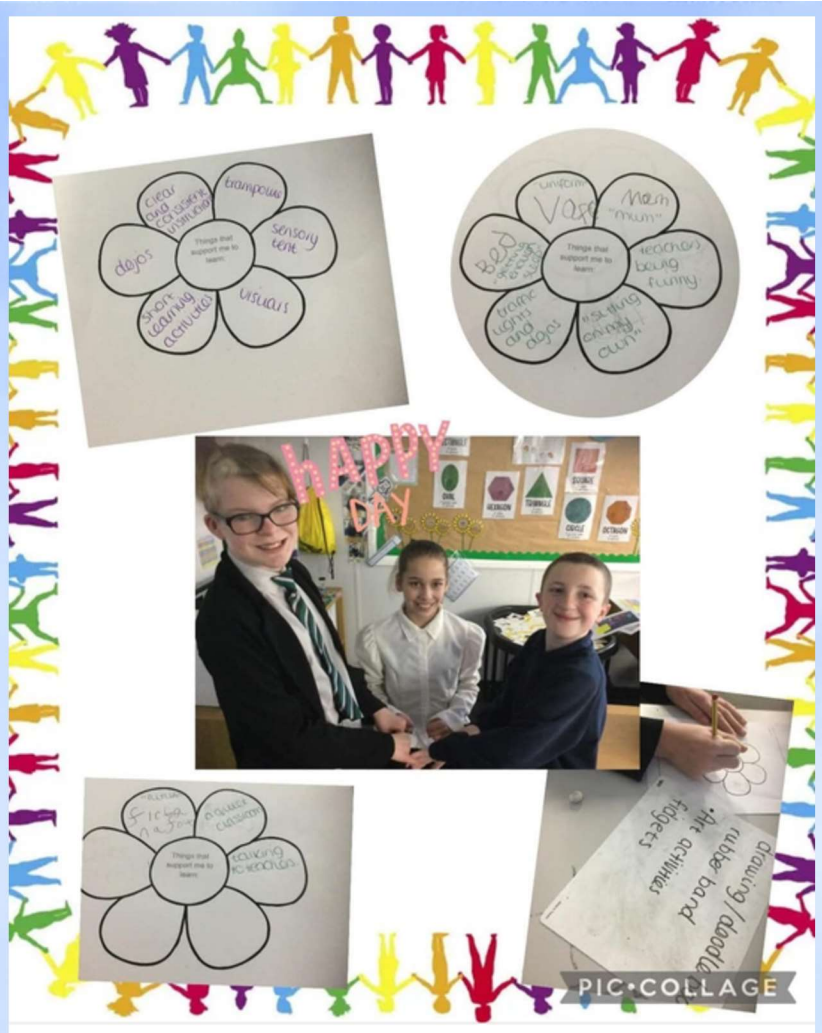
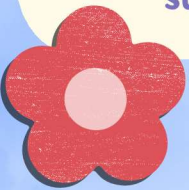


This week is Children's Mental Health Week.

Our theme was "Know yourself, grow yourself".

KS3 pupils have been discussing about how, just like flowers we all need certain things to help us grow.

It was lovely to see everybody interacting with each other and supporting their peers.



KS4



As part of 4J's Entry Level work, pupils worked together to mock up their very own Youth Club. As a team they planned various activities ranging from a beauty station, board games, darts and cool maths. Our young pupils thoroughly enjoyed everything on offer.



KS5



Students at Sixth Form entered an OVO competition through the 'Let's Go Zero' Campaign, with their fantastic plan for a new allotment at PCA. They won one of the £200 prizes to help fund their new exciting project. The students can't wait to get started on their plans.