

Student Bulletin

Week Commencing 07.10.2024



Message from Assistant Headteacher

At Park High School, we live by our values of *resilience, teamwork, compassion, integrity, and curiosity*—and this October, we celebrate Black History Month by coming together as a community. This is our chance to learn, reflect, and challenge the narratives that have often ignored the contributions of Black individuals in the UK and around the world.

Atinuke, the award-winning author of *Brilliant Black British History*, reminds us that “All British history needs to be taught as one history. It’s all our history.” Black History Month gives us the opportunity to shine a light on the people whose stories have been left out and to ensure that their achievements are recognized—not just this month, but always.

As part of our school’s vision of ‘*inspiring young people to be confident and successful learners who contribute positively to society*’, this month also allows us to celebrate the Black Britons who are making history today. By learning about their journeys, we can inspire each other to create a future where diversity, equality, and inclusion are at the heart of everything we do.

Together, let’s embrace this opportunity to grow as a community, ensuring everyone’s story is valued and everyone’s voice is heard.

Miss Cramp

Supporting our Environment

I am excited to share an extraordinary piece of artwork created by Saisha Bhattacharjee from 7AW, which beautifully captures the theme of environmental awareness, focusing on the dangers of littering and the impact of microplastics on our environment.

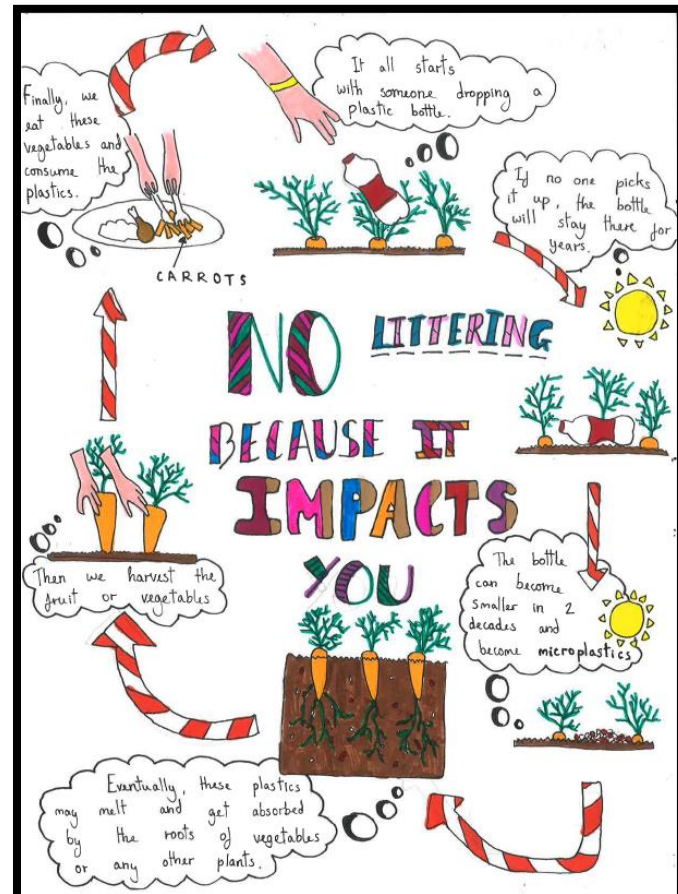
Saisha's artwork powerfully illustrates how plastic pollution and littering are contaminating vital food resources. Her creative use of imagery highlights the devastating effects that microplastics have on the food chain, bringing attention to a critical issue that affects us all.

We hope to inspire our student body to reflect on the importance of reducing plastic waste, littering in the park, and keeping the school site clean while preserving our food resources for future generations.

This Week

Key Dates:

- Monday:** Yr 13 Biology Residential Trip (Mon-Thurs)
PSHCEe- P6.
The Riot Act Performance- Year 7
- Tuesday:**
- Wednesday:** Open Morning
Year 12 Theatre Trip
- Thursday:** Year 8 'Be Gripp'd' Trip Group 1
Music Dept Theatre Trip
- Friday:** Year 8 'Be Gripp'd' Trip Group 2



Character Virtue for this term: TEAMWORK

Year 11 Trip to Battlefields, Belgium and France

After a wet and early start, Coach One set off at 5:45 a.m. on Thursday morning, and after an enjoyable coach journey, we were all excited to finally arrive in France. Our first stop was the Wellington Tunnels in Arras, where we were immediately struck by the tough and dangerous experiences of the New Zealand soldiers who dug 80 meters of tunnel each day, eventually reaching a total of 20 kilometres in under a year. These tunnels sheltered over 25,000 soldiers before the successful Battle of Arras.

Before crossing into Belgium, we visited a memorial dedicated to the brave Canadian soldiers who captured the vital high ground at Vimy Ridge during the Battle of Arras. We also got our first glimpse of how soldiers lived and fought by exploring a reconstructed trench. Later that day, we reached our destination in Ypres, Belgium. After an exciting but exhausting day, we enjoyed dinner and spent a relaxing evening at the hotel, playing pool and table tennis in the games room.

Day two began bright and early with breakfast before we set out on a guided tour. We learned about the medical evacuation routes used for soldiers wounded on the front line, visiting several cemeteries where our guide explained how many soldiers who didn't survive were buried close to where they fell. After a thought-provoking morning, we returned to Ypres for lunch and some well-deserved free time.

In the afternoon, we toured the Flanders Fields Museum and learned about the war in the Ypres Salient. We also visited Sanctuary Wood, where we explored a preserved trench from the war—complete with mud, which gave us a more realistic sense of what life was like for the soldiers. The rain definitely added to the atmosphere!

That evening, after dinner, we went to the Menin Gate in Ypres for the Last Post ceremony. It was a deeply moving experience, and we were proud to see Danny and Yashvi lay a wreath on behalf of all the students and staff from PHS.

On our final day, we visited the Passchendaele Memorial Museum, which was a highlight for many of us. The displays and the rebuilt dugout gave us an insight into what life was like for soldiers during WWI. We ended our trip at Tyne Cot Cemetery, the largest Commonwealth war cemetery in the world. With 12,000 graves—9,000 of them unnamed—it was a powerful and emotional moment to reflect on the true cost of war.

Looking back on the trip, it was an incredible experience and a real honour to be part of it. I'd like to say a massive thank you to Ms. Cramp and the other staff for all their hard work in organising such an unforgettable journey.

Connor Smith, 11PW





Sixth Formers Raise Funds for Suicide Prevention Week

We are thrilled to celebrate the fantastic efforts of our sixth form students, who recently organized a highly successful fundraiser in support of **Suicide Prevention Week**. Working together to raise awareness for this important cause, they dedicated their time and energy to raise funds for **Papyrus**, a charity committed to preventing young suicide.

Last Friday, the students wore **pink and blue** to show solidarity and create a vibrant atmosphere for the event. Through their efforts, they raised an impressive **£255.30** by selling delicious cookies and other baked treats to their peers and teachers. The event was a heartwarming example of teamwork and compassion, with everyone playing a role to ensure its success.

We are incredibly proud of our sixth formers for their commitment to this important cause, and we thank everyone who supported their efforts!



Wellbeing Wednesday in the Sixth Form

Our first **Wellbeing Wednesday** event was a wonderful opportunity for sixth formers to take a break from their busy schedules and focus on their mental health. Students came together in a calm, welcoming environment to unwind, listen to music, and connect with friends.

The event featured a range of relaxing activities, from **mindfulness colouring** to fun games, giving students the chance to de-stress and enjoy themselves. Snacks were shared, conversations flowed, and everyone took time to focus on their wellbeing.

Looking after our mental health is so important, and Wellbeing Wednesday reminded us all that taking a moment to pause and connect can make a big difference. Thank you to everyone who joined us!



Year 12 Trip to Parliament

On Tuesday, we had the incredible opportunity to visit the Houses of Parliament and delve into its rich history and gain a deeper understanding of how the UK's political system has evolved. As we walked through the historic halls, we learned about key moments in British democracy, from the Magna Carta to modern-day debates, and how important decisions were made within these iconic walls. Our guides shared fascinating insights into the roles of the House of Commons and the House of Lords, giving us a clearer picture of how laws are made and the significance of Parliament today. It was an eye-opening experience that brought our studies to life. Thank you to Ms Salkeld for organising, and Ms Cramp and Mrs Foster for accompanying us.

Mohamad Atef 12LM



U14's Table Tennis News



We didn't win anything this week, as there wasn't anything to win. However, these students deserve a quick shout out!

All the students pictured played in a preliminary table tennis tournament above their age group on Tuesday. The tournament is in place to determine rankings for the group stages later in the year and so is, in effect, a 'free hit' with not a lot at stake.

Our U14 A team, wearing blue, came 2nd of 12 in the U16 ranking competition! They won every match they played bar one.

Only two of the ten students who took part played regular table tennis before they came to Park High, a real testament to the hard work the students have put in.

Hopefully we will be bringing home another table tennis trophy later this academic year!

Year 13 Business Studies Trip to Wembley Stadium

Year 13 A-Level Business students had the exciting opportunity to visit Wembley Stadium for an educational workshop focused on PESTLE analysis. This strategic tool, which analyses Political, Economic, Social, Technological, Legal, and Environmental factors, provided students with a framework to analyse various scenarios in the context of Wembley Stadium.

Following the workshop, students enjoyed a guided tour of the iconic stadium. They explored the pitch, visited the locker rooms, and walked through the players' tunnel, immersing themselves in the rich history and culture of one of the world's most famous venues. The tour provided a unique perspective on the operational aspects of the stadium, enhancing their understanding of the business behind major events.

The day concluded with an exciting raffle, adding an element of surprise to the experience. Taha Karim, won free tickets to the upcoming England vs Greece match. This incredible opportunity is going to allow his cousin to hold the flag.

Ms. Cinar, Head of Business Studies



Free things to do for students and their families:

[Celebrate Black History Month at the London Museum Docklands- Beyond the myths: Black Tudor London](#)

Uncover the hidden legacy of Black Africans who lived in Tudor London and explore the lives, talents, contributions and skills of these forgotten figures. Discover a rich chapter of history that will challenge and enrich your perceptions, inspire your curiosity and enhance your understanding of the Tudor era in this free 45-minute talk.

The London Museum Docklands is free to visit and explores over 400 years of Docklands history.

Nearest station: Canary Wharf



Job of the week

JOB OF THE WEEK



This week's video focuses on the job role of a **Cardiologist**. A **Cardiologist** diagnose, assess and treat patients with defects and diseases of the heart and the blood vessels. Watch the video to learn more about how much you could earn, the qualifications you need & what subjects link to this career. Use **Unifrog** to explore careers in more detail or click on the hyperlink on the wording **Cardiologist**.

CAREER EVENTS

22nd October 2024

**Park High Careers Fair
open to all year groups.**

7th November 2024

**Park High Sixth Form Open
Evening**

14th November 2024

Year 10 Mock Interview Event

6th December 2024

**Year 11 Day in the Life of'
Event**

Last Week's Round Up

Best Attendance

7YK

Most Achievement Points

7KL

Best Punctuality

7FF/7YK

ACE Lottery Winners

Sofia Tulpa 8WK
Luke Irvine 10MK

Year 7

Hi Team Year 7! As we move into October, we have the opportunity to celebrate Black History Month, a time to reflect on the rich diversity that makes each of us unique, while also recognising the shared humanity that connects us all. Over the coming weeks, let's challenge ourselves to be kind, compassionate, and open to others—whether in our classrooms or in the corridors.

The beginning of the school year can be overwhelming for many, so take a moment to look out for those around you. A simple conversation or a friendly gesture can make all the difference. Let's continue building a supportive community where everyone feels seen and valued.

This week also marks **World Mental Health Day**, an important reminder for each of us to prioritise our mental and emotional well-being. Mental health affects how we think, feel, and navigate the world around us, and it's just as important as physical health.

Take time this week to check in with yourself and others.

Year 8

Trip reminders

8A-8E- Thursday 10th October

8F-8I- Friday 11th October

You will need warm clothing and a packed lunch. No money is required for the day.

Let's have fun and enjoy each other's company.

It been great to see many of you using the **self-regulation** tips highlighted in last week's tutor time sessions. Make sure you are setting clear goals, managing your time effectively and breaking tasks into manageable steps.

This week is all about **World Mental Health Day**. The theme this year is about prioritizing mental within the workplace and in schools. It is important that we promote awareness of mental health this week through discussions and tutor time activities.

Your challenge this week is to check in with someone you haven't spoken to in a while, such as a family member or someone in school.

Year 9



The Year 9 team is truly proud of the remarkable spirit you demonstrated during the Phasels Wood trip. You all showcased incredible determination as you tackled challenges, stepped beyond your comfort zones, and embraced new experiences. It was inspiring to witness your fearlessness and enthusiasm, all while fostering deeper connections with one another. These shared experiences not only nurtured your resilience but also enhanced your ability to collaborate effectively developing teamwork. Carry these valuable lessons forward into your classes and continue to shine!

Tutor highlights

Best attendance: 9SC Best punctuality: 9GS Most Character points: 9WN

Last Week's Round Up

Year 10

It has been so wonderful to see so many of you show kindness and support towards our new starters. Your willingness to make them feel welcomed truly embodies our school character virtue of compassion. Thank you for being thoughtful and caring individuals, we are proud of you. Keep up the fantastic work!

Reminders:

Tuesday 15th of October, 6pm to 6:45pm – Year 10 Information Evening. This evening will include important information about the Year 10 journey as well as key dates and events throughout the year. Key information around Work Experience week will also be shared and how to make this year a success. We look forward to seeing you and your parents/carers!

Most Character Points: **10AD**

Best Attendance: **10JE**

Lowest B Logs: **10AK**

Year 11

A successful week for Year 11! We started the week with our study skills session delivered by Martijn Van de Spoel where you completed cognitive tasks, developed problem-solving skills and spoke about managing expectations during the exam period. It was fantastic to see you all so engaged and eager to implement the skills taught in your revision sessions. We then had our boys football team beat Pinner High 5-3. Although the win was what we wanted, to see so many staff and students supporting the match was such a brilliant moment and a motivating start to what I'm sure will be an undefeated season. I am looking forward to displaying another piece of silverware in my office! Well done boys! Towards the end of the week we had Nestle and 20 of the companies most senior staff working with our students in workshops and problem solving group work tasks. The areas focused on were marketing, sustainability and future employability skills. A phenomenal business experience and we are so proud of how well you represented the school. A reminder your first progress check is coming up. Our focus as a year group is raising our overall engagement grade, work as a team to do this by asking and answering questions.



Sixth Form

Congratulations to our reading mentors! Year 12 students had to complete an application in order to become reading mentors for students in the lower school. They will receive their training on Friday 4th October, ready to offer their expertise and support as of next week!

A further **congratulations** to those in year 13 that have been entered on to our *privilege pass* system. Students with fantastic attendance and on track for their targets have been given the pass that allows them to independently study at home when they do not have lessons at school. Thank you for your hard work – our next wave of privilege pass announcements will take place at the beginning of November.

UCAS DEADLINES FAST APPROACHING

Deadlines for university applications are coming up fast – and those applying for Oxford, Cambridge, Medicine, Dentistry or Veterinary Science need to apply by **15th October**.

Students applying for these tough institutions and courses do not have an easy ride – alongside an personal statement, they need to prepare for admissions assessments and potentially interviews in December. They have shown incredible resilience and integrity so far – just one week left before sending them off!

UCAS

Autumn Term 1 Clubs

Monday

Activity	Time	Location
Basketball*	Before school	Sports Hall
Basketball*	Breaktime	Sports Hall
Y7 Girls Netball	Lunchtime	Sports Hall
Y7-9 Dance club	Lunchtime	Dance Studio
Y7-9 Global Citizen club	Lunchtime	G2
Choir*	Lunchtime	P1
Y10-11 Basketball Coaching	After school	Sports Hall
Y11 Boys Football	After school	Park
Cricket	After school	Playground

Tuesday

Activity	Time	Location
Badminton Coaching**	Before school	Sports Hall
Basketball*	Breaktime	Sports Hall
Y8-9 Girls Netball	Lunchtime	Sports Hall
Debate Club*	Lunchtime	R3
Y7-10 Environmental Awareness	Lunchtime	S2
Y7-11 The Literary Lounge	Lunchtime	B4
Y8 Home learning club	After school	T3 & T2
Badminton*	After school	Sports Hall
Y7 Boys Football	After school	Park
Girls Football	After school	Park
Y7-8 Indian Music Workshop	After school	P1
Inspire Programme**	After school	Sixth Form
DofE**	After school	G2

Wednesday

Activity	Time	Location
Volleyball Coaching **	Before school	Sports Hall
Basketball*	Breaktime	Sports Hall
Y10-11 Girls Netball	Lunchtime	Sports Hall
Y7-8 Board games cafe	Lunchtime	G2
Careers club*	Lunchtime	T2
Y7-8 Computing club	Lunchtime	T3
Y7-11 Lyrics as Literature	Lunchtime	N2
Band	Lunchtime	P1
Y7 Home learning club	After school	T2
Y9 Home learning club	After school	T4
Y10 Home learning club	After school	T3
Y7-9 Basketball Coaching*	After school 3.30-5.30pm	Sports Hall
Y10 Boys Football	After school	Park
Netball Coaching**	After school	Playground
Grease**	After school	D1



Autumn Term 1 Clubs

Thursday

Activity	Time	Location
Basketball*	Before school	Sports Hall
Basketball*	Breaktime	Sports Hall
Girls Badminton	Lunchtime	Sports Hall
Xianxia club*	Lunchtime	R3
Y7-9 Spoken Word Power	Lunchtime	P2
Y7-9 Product Design	Lunchtime	T11
Y7 Basketball	After school	Sports Hall
Y9 Boys Football	After school	Park
Girls Netball	After school	Playground
Grease**	After school	D1

Friday

Activity	Time	Location
Badminton Squad**	Before school	Sports Hall
Basketball*	Breaktime	Sports Hall
Girls Volleyball	Lunchtime 1-1.25pm	Sports Hall
MFL Library*	Lunchtime	L3
Volleyball*	After school	Sports Hall
Y8 Boys Football	After school	Park
Table Tennis*	After school	Main Hall
Table Tennis Coaching**	After school 4.30-5.30pm	Main Hall



PARK HIGH SCHOOL

Investing in each other to be the very best we can be.



LET YOUR FRIENDS AND FAMILY KNOW ABOUT OUR NEXT OPEN EVENTS

OPEN EVENING

Thursday 19th September 2024 6.00pm – 8.00pm
(last admission 7.30pm)

OPEN MORNINGS

9.00am – 10.15am on:

Tuesday 24th, Wednesday 25th and Thursday 26th September 2024

Wednesday 2nd and Wednesday 9th October 2024

(Please book via the school website from September)

📍 0208 952 2803

✉ info@parkhighstanmore.org.uk

🌐 www.parkhighstanmore.org.uk

Resilience . Integrity . Curiosity . Teamwork . Compassion