



### Message from Associate Assistant Headteacher

Taking care of yourself—physically, mentally, and emotionally—is so important. Life can be overwhelming but remember that it's okay not to have everything figured out. Here are a few things to keep in mind:

**Be Kind to Yourself:** You're still growing, learning, and figuring things out. It is okay to make mistakes and take things at your own pace.

**Take Breaks:** School, friendships, and social media can be a lot to handle. Don't forget to rest, recharge, and do things that make you feel good.

**Talk It Out:** If you're feeling down or stressed, talking to someone can really help. Whether it's a friend, family member, or counsellor, you are never alone.

**Move Your Body:** Exercise doesn't have to mean hitting the gym. Whether it's dancing, biking, or even walking, staying active can boost your mood and energy.

**Embrace Your Uniqueness:** You don't have to fit into anyone else's mould. Celebrate what makes you different and be proud of who you are.

Most importantly, be patient with yourself. You're doing better than you think. You've got this!

**Ms Perren**

### This Week

Key Dates:

**ALL WEEK: Year 11 GCSE Practice Exams**

Monday:

Tuesday: PSHCEe p.3

Wednesday:

Thursday: Staff INSET Day- **SCHOOL CLOSED TO STUDENTS**

Friday: Wellbeing Day- **SCHOOL CLOSED**

### Something to do on wellbeing day.

Armchair Travel," you can explore famous landmarks and destinations from the comfort of your home. Whether you are unable to travel or just looking for a relaxing escape, virtual day trips offer a unique way to see the world. Discover new places, experience different cultures, and boost your wellbeing – all from your living room. Click on a link below to start your journey! [Armchair Travel - Bath Mind](#)



### A taste of success in the nationals

It was the first round of the national schools Table Tennis tournament this week, which begins with a regional competition. This was an all-day event in Ealing, where schools from across West London came to take part. There is an U13 and an U16 age group. Our Year 8s competed in the U13 age group and our Year 9s played in the U16 comp and both did themselves and the school proud!

We didn't expect any success, knowing the standard would be a step above the borough competitions, and that schools would only be entering if they had a real focus on Table Tennis. We went for the experience and to give our students something to aspire to and we were the only Harrow state school to do so.

Both the Year 8s and the Year 9s beat two other schools to make the knockouts of this initial round. The level of play at this stage was really something and we weren't quite there in terms of making the next stage of the regional events, but we were certainly not out of place. The constant play at break and lunch, club games and coaching on a Friday are having an impact!

Well done to **Eduard 9HC, Sahaj 9AM, Yousuf 9WN, Dilan 9HC, Krish G 8NG, Ved 8AY, Rushi 8DB and Janil 8SL.**

### Instrumental Lessons

If you would like to learn an instrument starting in January 2025, please see Mr Appleman or Miss Ward.

Alternatively, applications can be made on the school website in the Music section of the Curriculum pages.

**Deadline:** 9 December 2024

## Free things to do for students and their families:

There will be some festive fun in Harrow town on Saturday **30th November 2024**. There will be a stage with DJ and music hosting local performers including singers, dancers, and choirs. In addition, an interactive snow globe, giant inflatable snowman, and walkabout acts. The Christmas tree lights will be switched on at 5pm by the Mayor of Harrow and be followed by a laser show. This is a great opportunity for Harrow residents to get into the festive spirit.

**Saturday 30<sup>th</sup> November 11am-8pm, Harrow Town Centre.**



## Job of the week

### JOB OF THE WEEK



This week's video focuses on the job role of a Broadcast Journalist who research, investigate and present news and other content for television. Explore the different types of journalist careers using [Unifrog](#). Try out the virtual work experience with the BBC.

<https://www.unifrog.org/student/careers/keywords/broadcast-journalist>

<https://www.unifrog.org/student/courses/careers-library/virtual-work-experience-with-the-bbc>



### CAREER EVENTS

Year 11 Day in the Life of' Event

6<sup>th</sup> December 2024

National Apprenticeship Week

10<sup>th</sup> – 16<sup>th</sup> February 2025

National Careers Week

3<sup>rd</sup> – 7<sup>th</sup> March 2025

Year 12 Mock Interview Event

5<sup>th</sup> March 2025

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

## CHILDREN IN NEED FINAL TOTAL: THANK YOU!!!

**THANK YOU**

**PARK HIGH SCHOOL**

for raising a fantastic

**£873.28**

The money you have raised will be used to help change the lives of children and young people facing disadvantage in communities across the UK.

**BBC CHILDREN IN NEED**

BBC children in need has not verified the above fundraising. This is not a receipt.  
© BBC 2007 Reg. charity England & Wales no. 802052 and Scotland no. SC039557.

A big thank you to our **Charity Champions** who led our fundraising efforts:  
Anaiya Pindoria  
Keyya Patel  
Sara Inniss  
Mahi Varsani

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# Last Week's Round Up

## Best Attendance

11AH

## Most Achievement Points

9SC

## Best Punctuality

7AW

## ACE Lottery Winners

1. Oskar Seroka 9HW
2. Elise Wellington-Reid 7MO

## Year 7

I hope Parents' Evening was a positive and valuable experience for everyone. It provided an opportunity for many of you to connect with your teachers face-to-face and reflect on your development and the progress you have made this year. These meetings are crucial for fostering open communication and understanding, and I trust you found them insightful and constructive. At the end of your seven years here the ambition is to develop well-rounded individuals with a good moral compass as well as academic brilliance. I hope your thoughts and trajectory is focused on doing well. Hopefully after a few discussions with your teachers you are now clear about the path which will lead to success much of which is based helped by always giving your best.

Your form captains have put their ideas together and have produced some activities to celebrate the Christmas holidays. Over the next few weeks you will hear of some fun activities we can do as a year group. This Thursday and Friday you have an opportunity to take time for yourself and practice mindfulness.

This week's Bronze Winners: **Ahmed Alenezi, Maria Olimpia Stefanova, Aaryan Khimji, Anay Patel, Giulia Rusu, Amina Abdo, Maria Olimpia Stefanova, Khimji, Nori Aaryan, Ali Patel Anay Rusu, Giulia Abdo, Amina Alamyar, Matin Cheema, Dilraj Hirani, Kian W Baghela Keya.** A big well done to all of you.

Words are incredibly powerful. They can inspire, encourage, and build strong connections, or they can hurt and discourage. A kind word like, *"You're doing great!"* can make someone's day. Speak positively to uplift others and use kind self-talk to boost your own confidence. Listen before you speak, ensuring your words help rather than harm. Let us spread our kindness beyond Year 8.

EtonX programme completion per tutor group is below:

8AY	8DB	8TP	8FT	8FL	8SL	8NH	8NG	8WK
0	6	3	5	0	3	4	2	3

## Year 8

Congratulations to our students who have achieved the best Progress Checks in Year 8, showcasing high standards in their Behaviour and Engagement.

**Happy Birthday** to Jarel Patel, Narin Songul and Janvi Patel.



## Year 9



A huge congratulations to **Aman Nitali 9AL** and **Bianca Cornea 9WN** for achieving their silver badge, well done!!

Ninety-six students in Year 9 have achieved a badge, let's get 100% of students by Christmas!

A growth mindset is a powerful tool for becoming the best version of yourself. It's the belief that your abilities and intelligence can be developed through effort, learning, and perseverance. Embracing challenges, learning from failure, and viewing feedback as an opportunity to improve. By adopting this approach, you set yourself up for success, embrace lifelong learning, and cultivate the confidence needed to reach your goals and thrive.

Congratulations to our sporting superstars who are representing the school (With lots of success!) **Mihaela 9BA, Sneha 9BA, Eduard 9HC, Sahaj 9AM, Yousuf 9WN, Dilan 9HC.**

### **Tutor group highlights:**

Most Character points: **9SC** Best punctuality: **9WN** Least B-logs: **9AL/9BA/9WN**

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# Last Week's Round Up

## INTER-FORM COMPETITION ARTICULATE

**Grand Final  
Wed 27th  
Nov**

**10AG**

**10MK**

**10SW**

Location R2,  
3.15 to 4.15  
You can not attend if you have  
an intervention or detention.



## Work Experience Progress - Who's Winning?



Well done 10SW



Well done 10AG & 10SW

## Year 10

A big well done to 10SW who have the most work experience placements entered on Unifrog so far! There will be a prize for the first three tutor groups who have all tutees signed up to their work experience placement on Unifrog. Also, remember to collect your work experience letter from the Careers office if you have not already done so.

We are also so proud of our Deputy Prefects who served so professionally at last week's year 7 parents' evening. There was much laughter and fun in the Articulate competition – you have impressed us on how fast you get the answers. Congratulations to **10AG**, **10MK**, and **10SW** who have reached the grand final on **Wednesday 27th November** – it will be fierce competition.

## Year 11

Well done on completing the first week of mock examinations.

We are halfway through, so please keep pushing and continue to excel in your mock examinations. The entire team and subject teachers are proud of your efforts. Remember, this is practice, so give it your all and maintain focused.

### Revise, Rest, and Reflect.

This is a time to concentrate and work on yourself. Lastly, we have a three-day week next week, so that is something to look forward to. Remember, Elevate Education resources are available to assist you with your revision. Keep going and know that we are proud of you!

## Sixth Form

### UCAS UPDATE:

Well done to the **27 students** that have sent their applications off to universities across the country! Two of our students have received **FIVE OFFERS** already, having only sent their applications off last week!

It's important to get them in as soon as you can – you then know what it is you have to strive for over the coming months.

Well done to **13SM** again this week! – in the lead with 8 applications sent!



### Year 12 Lower School Support:

This week we have started our new Lower School Support Initiative, where Sixth Formers have been supporting tutor groups throughout the school. Here's what some of our Year 12s think so far:

**Dylan Patel 12MV:** It was a good opportunity to bond with lower school students and particularly with Year 11s where I was able to give them support with their mock exams.

**Andrei Gheorghiu 12MG:** I enjoyed being in with 11TI and am looking forward to getting to know them better.

**Veda Vachhani 12MV:** It was great to see how the Year 7s have settled into school and I am excited to help guide them further.

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

# Autumn Term 2 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
BAFTA Game Designer	Lunchtime	T3
Y10-11 Basketball Coaching	After school	Sports Hall

## Tuesday

Activity	Time	Location
Badminton Coaching**	Before school	Sports Hall
Basketball*	Breaktime	Sports Hall
Y7-9 Girls Netball	Lunchtime	Sports Hall
Debate Club*	Lunchtime	R3
Y7-10 Environmental Awareness	Lunchtime	S2
Y7-11 The Literary Lounge	Lunchtime	B4
Keyboard club*	Lunchtime	P1
Badminton*	After school	Sports Hall
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
Y7-10 Robotics club	Lunchtime	T12
Y7-8 Computing club	Lunchtime	T3
Band*	Lunchtime	P1
Y7 Home learning club	After school	T2
Y8 Home learning club	After school	T1
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
Grease**	After school	D1



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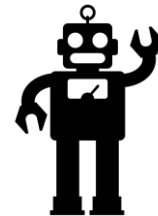
# Autumn Term 2 Clubs

## 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
Y7-9 Science Club	Lunchtime	S4
Girls Netball	After school	Playground
Y7 Table Tennis	After school	Main Hall
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
Y7-8 Girls Science club	Lunchtime	S4
Volleyball*	After school	Sports Hall
Table Tennis*	After school	Main Hall
Table Tennis Coaching**	After school 4.30-5.30pm	Main Hall



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