

Message from the SLT Team

We hope you had a wonderful Christmas break, filled with joy, relaxation, and time with loved ones. As we step into the new year, we, the Senior Leadership Team, are excited to welcome you back to school. This half-term, we want to focus on a crucial skill that will help you navigate both your academic journey and life beyond school: **resilience**. Resilience is the ability to bounce back from challenges, adapt to change, and keep moving forward, even when things get tough.

Remember, resilience is not about never failing; it's about rising each time you fall. We believe in your ability to overcome challenges and achieve great things. Let's make this half-term one of growth, perseverance, and success.

Welcome back, and we look forward to seeing you all thrive!

On Thursday 12th December, the Girls' Badminton team participated in the Under-16 tournament against Nower Hill, Bentley Wood, and Whitefriars. It was an exciting and thrilling tournament with some very close matches. At first, we lost narrowly to Bentley Wood's A team, but after that, we picked ourselves up and showed the teamwork and resilience we have. We ended up winning almost all our matches against the other schools. Some matches were extremely close, but all our hard work of training every Tuesday and Friday paid off as we won those tight matches.

In one match, our Seed 2 was playing Nower Hill's Seed 2, and in the final point to win the match, Nower Hill hit the shuttle to the back of the court. Our Seed 2 ran from the front, leaped, and fell to the floor but still managed to hit the shuttle, and it went over the net. Unfortunately, Nower Hill hit it back, but we did not give in. We got back up and ran to the front so we could hit it back, winning us the match.

It was an intense game, and we worked extremely hard to earn ourselves 2nd place out of the 5 teams. We were close to first place, missing out by only 2 points, but to us, that didn't matter. As we hopped back on the minibus, we started celebrating, blasting music as loud as we could and singing along as part of our victory. We all loved playing different schools, and in our hearts, we know we did well and are proud of ourselves. I look forward to more amazing opportunities like this in the future and telling you guys about these.

Jia Pankhania 10AK

This Week

Key Dates:

- Monday:** Staff INSET Day- NO STUDENTS IN SCHOOL
- Tuesday:** ALL STUDENTS RETURN TO SCHOOL- 8.30AM
PSHCEe P.4
- Wednesday:** The Brilliant Club Parent Launch – 6pm-6.30pm
- Thursday:** Year 11 Parent's Evening Band A

Girl's Badminton



U16 Basketball National Success

On Friday 13 December, Park High played (what we believe to be) its first ever game in the National Schools Basketball competition- and **our U16 team won!** The competition is open to all schools, but those who enter typically have a history of success and a strong pedigree in the sport. We have featured in a number of borough finals over the last few years, and this has seen the popularity of basketball grow at our school.

A coach from Brent Bulls works with our players twice a week and we felt it was time to put ourselves into the national competition, if only for the experience. For our first of five group games, we headed to Camden. Having taught in Camden for a number of years, I knew our opponents well. Acland Burghley were always *the* basketball school in that borough. Watching the two teams warm up, it was evident they knew it. Their attitude was one of a team who seemed to think they would win at a canter. They had some outstanding players, but they didn't have it their way.

Perhaps our underdog status helped us pull together and our defence was strong. We edged in front in the early stages, but they pegged us back to level scores at the end of the third; 25-25. At this point, had we gone on to lose, I would have still been immensely proud of our efforts. In the final quarter we added 13 to our score and shut down their main threat, as they could only manage 8 points in reply. A 38-33 win! An opposition who were laughing and joking in the warm-up reluctantly shook hands and we kept our jubilant celebrations for the bus home.

A first ever appearance in the competition and a first ever win at that level. A little bit of history made!

There is more to come from our U16s as we have other group games in the nationals, and we have a semifinal secured in the borough competition.

Mr Byrne, Head of PE



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PARK HIGH SCHOOL ARE ARTSMARK GOLD!



**Artsmark
Gold Award**
Awarded by Arts
Council England

Students and staff at Park High School are celebrating after receiving a prestigious Gold Level Artsmark Award.

Artsmark is the only creative quality standard for schools, accredited by Arts Council England. It transforms teaching through creativity, empowering teachers with the skills they need to embed arts, culture and creativity across the whole curriculum, and is proven to support pupil outcomes and wellbeing. To achieve their Artsmark Award, Park High had to develop their arts and cultural provision to embed a broad and ambitious curriculum. This was achieved by creating an overall plan that was committed to and delivered across the whole school. Park High is the only school in Harrow and one of a small number of schools nationally who have achieved the gold award!

To every student, adult and parent who have supported the Arts and Culture in any way over the past two years, thank you 😊.

Performing Arts Faculty

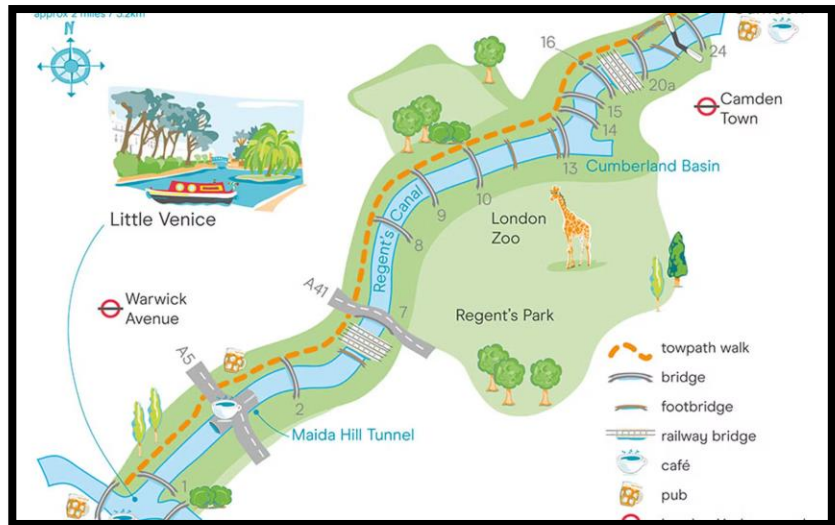


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Free things to do for students and their families:

Little Venice to Camden walk

Regent's Canal was named after the Prince Regent, later to be King George IV, and first opened in 1820. London, naturally, is rife with royal connections. The canal even treads on land that was once the hunting grounds of Henry VIII (until in 1811 John Nash landscaped them into the Royal Park). [This free self-guided walk](#) is a great way to explore a part of our city, taking you past Regency houses, London Zoo and all the way to Camden Town. The walk is approximately 2 miles.



Job of the week

JOB OF THE WEEK - Neurologist



This week's video focuses on the job role of a Neurologist who diagnose, treat and manage patients with diseases, disorders or problems linked to their brains. Explore more by using [Unifrog](#). Click on the link below to discover the day-to-day tasks, skills required and routes into the profession (labour market information.)

<https://www.unifrog.org/student/careers/keywords/neurologist>

Careers in the NHS

There are over 350 different NHS careers, and everyone makes a difference every day.

Use this link to explore the different roles

<https://www.healthcareers.nhs.uk/explore->

Must-have skills for a Neurologist

- excellent communication skills to manage a wide range of relationships with colleagues, and patients and their families
- emotional resilience, a calm temperament and the ability to work well under pressure
- teamwork and the capacity to lead multidisciplinary teams
- problem-solving and diagnostic skills
- outstanding organisational ability and effective decision-making skills
- first-class time and resource management for the benefit of patients

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Last Week's Round Up

Best Attendance

7MO

Most Achievement Points

9SC

Best Punctuality

7PB

ACE Lottery Winners

1. Dhirav Kerai 8TP
2. Sofia Loghin 7KL

Year 7

Welcome Back Team Year 7! New year is a chance to reset, refocus, and redefine your goals. Some people think resolutions and targets are unnecessary, but they are incredibly powerful tools for growth. They give us direction, help us measure progress, and remind us of what we are striving for. Take a moment to reflect on your journey so far. When you started at Park High, you had goals—both big and small. Did you achieve some of the things you set out to do? Are you closer to becoming the person you want to be? This is your opportunity to reassess and aim higher. Maybe it's about improving your skills in a specific subject, joining a club you've been curious about, or making new friends. These small steps can make a big difference in your school experience.

Remember, Year 7 is about exploration, growth, and building strong foundations for the years ahead. Let's make this term count! Set your sights on success, embrace the opportunities around you, and keep striving to be the best version of yourself. **We are here to support you every step of the way. Let's make 2025 a year of achievement and progress!**

Year 8

A new year brings a fresh start, new goals, and endless opportunities. Last term was full of achievements, growth, and moments to celebrate, and now it's time to build on that success. Let's aim even higher this term, striving to be the best version of ourselves in all we do. Success comes from hard work, determination, and a positive mindset, so let's embrace every challenge and opportunity that comes our way. Together, we can make this term even more successful, supporting each other to achieve our goals and reach new heights. Let's make it another term to remember!



**Celebrating
Year 8!**



Year 9

Our first inter-form competition was an epic event seeing some incredible sporting talent, teamwork, compassion and resilience. Congratulations to our sportspeople of the match, Fatima Mikhail 9BA and Jenish Patel 9HW. Well done to our winners 9HC!



Welcome back to school Year 9! Mrs Cepoi and I hope you had a restful and enjoyable winter break. As you return this year, it is time to refocus on your academic goals as you start preparing for and make important decisions around your GCSEs. What are you going to do to ensure this is your most successful term yet? It might be creating a revision timetable, considering your review day targets or reading about your GCSE options.

Your next Progress Check is approaching, ensure you are engaging with every learning moment and bring the best version of yourself.

Take every opportunity to grow and develop. Remember, consistent effort and a positive mindset will lead to success, let's make this your best year yet!

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Last Week's Round Up

ACTIVE EXPLORING

Listen actively

Integrity: Clarify misunderstandings as they occur – especially while the teaching is ongoing

Resilience: Take risks by going beyond your understanding

Curiosity: Ask probing questions that lead the class

Always complete tasks and ask for extension work

Reliably respond to teacher prompting, for example, hands up, or to vote for an option

Year 10

Welcome back! Your assessment weeks are coming up from Jan 13 to Jan 24. Use the skills you learnt in your EtonX study skills course to help you prepare and revise.

It is important you put your best effort into these assessments as your results will be used towards your next Progress Check published at the end of this half term.

This will include your Attitude to Learning grades. This term we will be focusing on **Active Engagement** – actively exploring in your learning. Most of you usually get a B for your engagement grade – you are doing what is expected in lessons – but this is passive engagement. We need to aim beyond this by demonstrating the actions that are highlighted in yellow (see left). This describes an A grade for engagement. I will be coming into your lessons looking out for the following three things: 1) work presented neatly and with care; 2) Challenge tasks attempted; 3) Hands up and asking/answering questions. Doing this will mean you have a more enjoyable learning experience.

Year 11

Welcome back Year 11! Can you believe we are beginning our final countdown to the end of Year 11 with graduation, GCSE exams and prom in sight?! With just four months left, use these events to motivate you to be the best version of yourself. You will have had time to reflect on your latest progress check and over the next two weeks you have the opportunity to speak to your subject teachers at Parents Evening to ask the important questions that will help you to achieve/exceed your target grades. You know that every minute of learning counts, which means we need to focus on being punctual to lessons and engaging by asking questions and challenging yourself. I know you have high aspirations which is fantastic, let's work as a year group to ensure you reach those goals!



Sixth Form

Just before we broke up for Christmas, Year 12 were the final year group to have their celebration assembly. A fantastic event that celebrated the wonderful start our year 12s have had to their 6th form journey.

Well done to our Year 13's also who finished their final set of mock exams in December – now to get ready and prepared for the A-Level exams in a few months' time.

Well done to all our 6th formers on their positive start, and we are thrilled to welcome you back and see you continue to flourish into 2025 and beyond!



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Spring 1 Clubs

Wednesday

Activity	Time	Location
Volleyball Coaching**	Before school	Sports Hall
Basketball*	Breaktime	Sports Hall
Band*	Lunchtime	P1
Careers club*	Lunchtime	T2
French conversation	Lunchtime	L4
Y7-8 Board games cafe	Lunchtime	G2
Y7-10 Robotics club	Lunchtime	T12
Y10-11 Girls Netball	Lunchtime	Sports Hall
Grease**	After school	D1
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

Thursday

Activity	Time	Location
Basketball*	Before school	Sports Hall
Table Tennis Coaching**	Before school	Main 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
Handwriting Club**	After school	L1
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
German conversation	Lunchtime	L4
Girls Volleyball	Lunchtime 1-1.25pm	Sports Hall
MFL Library*	Lunchtime	L3
Spanish conversation	Lunchtime	L2
Y7-8 Girls Science club	Lunchtime	S4
Volleyball*	After school	Sports Hall
Table Tennis*	After school	Main Hall



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