



Message from Deputy Headteacher

One week completed in the new year and what a week. It is often a shock to the system after a break from routine and that is always the challenge as you grow up and prepare for the next steps of your education and for succeeding in society.

Do you have a member of your family or social circle who is a role model for you? What makes them so important? Could you begin to learn and exhibit some of the characteristics that make them someone to look up to?

Year 11 and 13 must hold their nerve, make the necessary changes to address the areas of weakness after their practice exams and keep positive as they start the final full term before their Summer exams. Those in Years 7 to 10 – what is one challenge what you want to address? How might you do this and who might help you? It is likely it won't be easy or quick but it's a great challenge to take on. Good luck. Mr Darby

This Week

Key Dates:

- Monday:** Year 11 Art Trip to Tate Britain
Spoken Word Workshop KS3
Yr 12 /13 Physics Space Masterclass
- Tuesday:** Year 11 Photography Trip Tate Britain
- Wednesday:** Yr 11 Parent's Evening
- Thursday:**
- Friday:**

Building Resilience- A Practical Tip for Students

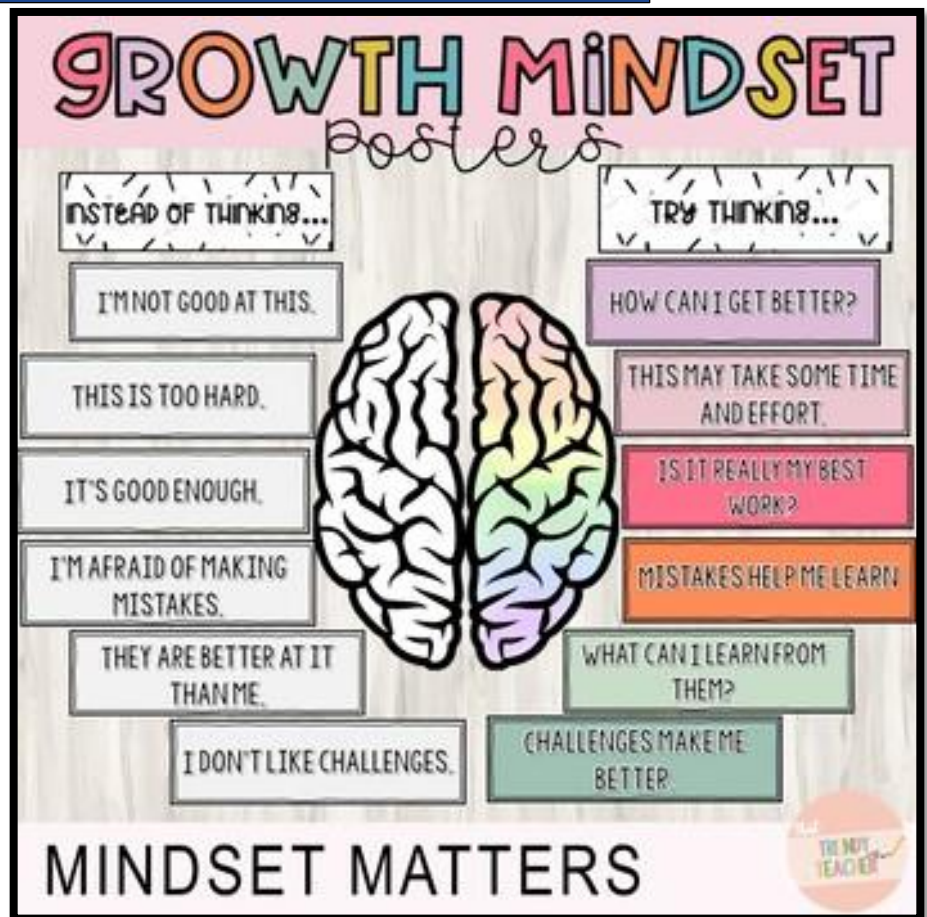
Resilience is the ability to bounce back from setbacks and keep moving forward, even when things get tough. We will be suggesting some practical ways to demonstrate resilience in your studies:

Embrace a Growth Mindset

A growth mindset means believing that your abilities and intelligence can be developed through hard work and dedication. Instead of thinking, "I'm not good at this," try saying, "I can improve with practice." This mindset encourages you to view challenges as opportunities to grow.

Example: If you struggle with a particular subject, remind yourself that it's okay to find it difficult. Focus on the progress you make, no matter how small, and celebrate your improvements.

Seek out additional resources, such as online tutorials, interventions, or study groups, to help you master the material.



A Level Trip to Brunel University

On Friday 13th December, a group of our A level Biologists were invited on an educational trip to Brunel University to attend a Life Sciences event – a day of inspiring talks and events and in the words of one of our attendees:

The Year 12 Biology trip to Brunel University was an inspiring and informative experience. We were introduced to various courses, including Sports Science, Psychology and Biomedicine, gaining valuable insight into what studying these subjects at university entails. The professors and students were incredibly welcoming, answering all our questions with enthusiasm and making us feel at ease. The campus itself was impressive, with modern facilities and a vibrant atmosphere that gave us a real sense of university life. It was a fantastic opportunity to explore potential future pathways and deepen our understanding of higher education.

Rayan Dbouk



UK Chemistry Olympiad

On **Wednesday the 22nd of January 2025**, three students from Year 13 have been selected to compete in the prestigious event – the **UK Chemistry Olympiad**, which is run by the Royal Society of Chemistry. **Omar Al Shdefat, Prithvi Rathod** and **Zalla Rahimzai** were selected due to their excellent attainment in A-Level chemistry and will be competing with 14, 915 students from all around the country to achieve either a Bronze, Silver, or Gold award. They have been training hard for this event and have dedicated time to learning degree level chemistry on top of all of their A-Levels. If you see these students around the school, please offer them some good wishes. The Park High Chemistry department wishes **Omar, Prithvi** and **Zalla** the best of luck for this upcoming event.

Ms. Selva and Ms. Janjale

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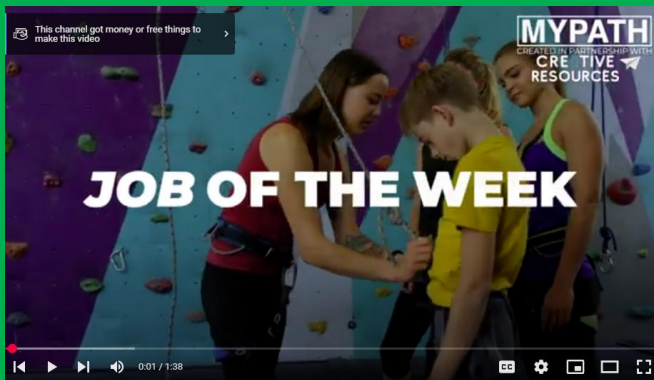
Free things to do for students and their families:

BLESSING THE THAMES: As the life source of London, and numerous settlements besides, people have paid spiritual tribute to the Thames for centuries. Part of it even remains named after the Egyptian goddess, Isis. One of London's quirky annual traditions, the [Blessing of the River Thames](#), takes place in the centre of London Bridge. Clergy and congregations from Southwark Cathedral and St Magnus the Martyr — churches on either side of the river bank — join together for a short service where prayers are offered to bridge and river users, and a wooden cross is then tossed into the waters (but don't worry, the River Police fish it straight back out). FREE, Sunday 12 January 2025 from 12.30pm



Job of the week – Outdoor Pursuits Manager

JOB OF THE WEEK



This week's video focuses on the job role of an Outdoor Pursuits Manager, who runs centres that allow people to take part in outdoor sports and activities. 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/outdoor-activities-instructor>

CAREER EVENTS

National Apprenticeship Week

10th – 16th February 2025

Where do I see Myself? Live Virtual Career talks from Tuesday 25 February

National Careers Week

3rd – 7th March 2025

Year 12 Mock Interview Event

5th March 2025

Year 9 Preferences Evening

6 March 2025

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'Grease – The Musical!'

The Performing Arts Department are excited to announce that tickets are now on sale for 'Grease – The Musical!' If you would like to purchase tickets to our always popular, usually sold-out show, please come to see Mrs. Molloy at our box office in D1 at lunchtimes. Performances will be on Wednesday 29th and Thursday 30th January 2025 from 7pm, with Gabriel Colban taking the lead role of Danny on both nights and Mahi Mistry/Katlin Balois alternating the role of Sandy. It's a show not to be missed! Tickets are £7 for adults and £5 for concessions.



PARK HIGH SCHOOL PRESENTS...

Grease

JANUARY 29TH AND 30TH 2025 @ 7PM
£7 ADULT £5 CONCESSION
TICKETS AVAILABLE AT THE BOX OFFICE IN D1

"GREASE School Edition"
...is presented through special arrangement with and all authorised performance materials are supplied by Theatrical Rights Worldwide (TRW)
www.theatricalrights.co.uk
Book, Music, and Lyrics by
Jim Jacobs and Warren Casey
The Film Songs "Hopelessly Devoted to You", "You're The One That I Want" and "Sandy" are used by arrangement with Robert Stigwood"

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CALLING ALL MUSICIANS

APPLY FOR

BATTLE OF THE BANDS

COVER OR ORIGINAL SONGS
ACCEPTED

FORM YOUR OWN BAND
(2 OR MORE PEOPLE)

COMPETITION

THE WEEK OF THE ARTS FESTIVAL
(WEEK COMMENCING 17TH MARCH 2025)

APPLICATIONS OPEN
MONDAY 13 JANUARY
DEADLINE
FRIDAY 31 JANUARY

FOR MORE INFORMATION

SPEAK TO MR APPLEMAN



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Last Week's Round Up

Best Attendance

8NG

Most Character Points

8DB

Best Punctuality

**7MO/8FT
8NG/9GS**

ACE Lottery Winners

1. Munirah Hirsi 12BR
2. Arian Zorialei 11CD

Year 7

Sometimes it is difficult to adjust after a long holiday but last week you've all done brilliantly to get right back into routine. My last assembly was about your goals and targets which you had set yourself – every day, when you have finished getting ready for school, you should decide on one thing that you want to achieve that day.

Many of you are doing so well with your Character Points and are getting closer and closer to the silver badge which is an amazing feat at this point in the year. Those of you not there yet still try and push towards the bronze award.

It is the quiz this week Thursday in the 6th form common room so good luck to the teams taking part. Finally, we have a few birthdays this week - so Happy Birthday to Daniel Galan, Leila Meziani, Sophia Carol, and Beatrice Halip!

Best Attendance

☆ 7AW ☆

Most Character Points

☆ 7YK ☆

Best Punctuality

☆ 7MO ☆

One week completed of the new year!

Think about what you achieved last year—what went well, and where could you improve? Use these reflections to set clear, realistic targets for becoming the best version of yourself. Small, consistent changes can lead to big improvements! Whether it's studying smarter, staying organised, or being more active, focus on what matters most to you. Don't be afraid to ask for help or try new strategies to succeed. Remember, every step forward brings you closer to your best self.

Have you achieved any of your Review Day targets yet?

Year 8



Congratulations to the Year 8 Netball Team who won both of their friendly games against Canons and Hatch End.

Year 9



Congratulations to the 7 Year 9 students who have been selected to be a part of the Spoken Word Power program:
Denis Duca 9GS, David Dobrica 9BA, Bhoomi Parmar 9RA, Salome Belbe 9RA, Ava St Hill 9RA, Mohammed Ababneh 9AM, Jamal Holness 9AM.

One week into the term! Many of you have made incredible progress towards becoming the best versions of yourselves, let's keep that momentum going! Continue setting yourself up for success by actively engaging in your learning – Ask meaningful questions, seek opportunities, be proactive, persevere and maintain a positive attitude.

Tutor group highlights:
Most Character points 9SC
Lowest B-logs: 9AL/9BA/9HC/9SC/9WN
Best attendance 9GS

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Last Week's Round Up



ETONX PUBLIC SPEAKING COURSE

What to do

- Log on to EtonX
- Search for Public Speaking course
- Enroll on course
- Complete course

6 Effective Ways TO STUDY BETTER

- EFFECTIVE PLANNING**
Create a study schedule that breaks down your tasks into manageable sessions, ensuring a balance between subjects and topics.
- ACTIVE LEARNING**
Engage actively with the material through methods like summarising information, teaching concepts to others, and participating in discussions.
- VARIED STUDY METHODS**
Use different study techniques, such as reading, note-taking, flashcards, and practice questions, to reinforce learning through various approaches.
- HEALTHY ENVIRONMENT**
Choose a comfortable and well-lit study environment, minimizing distractions to enhance focus and concentration.
- REGULAR BREAKS**
Take short breaks during study sessions to prevent mental fatigue and maintain overall productivity.
- SELF-ASSESSMENT**
Regularly evaluate your understanding of the material through self-assessment tools, quizzes, or practice exams to identify areas that need further review.

Year 10

This week starts your subject assessments. This is a time for you to shine – to demonstrate the hard work, effort, and new knowledge you've acquired. To support you, please read the study tips to the left. There will also be helpful study advice put on the Year 10 Teams page. And don't forget the things you've learnt from the EtonX Study Skills course.

Being a confident public speaker is a life skill that will lead you to success in education and your career. **Therefore, as part of your personal development, this half term each of you is required to complete the EtonX Public Speaking course.** You will have until Friday 7th February to complete it. Then we will have an optional Public Speaking competition to find the best year 10 public speaker!

Year 11

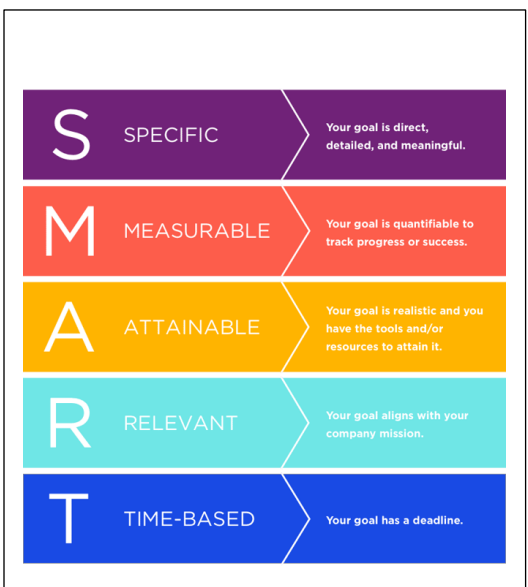


A very productive first week back! Band A had their final parents evening, and it was fantastic to see so many positive conversations taking place with lots of brilliant mock results being celebrated. Band B, you have your parents evening on Wednesday, Miss Hosein will ensure that you have all booked appointments. You have demonstrated exceptional maturity and focus on the past week by being punctual to your lessons (no late detentions – well done!!) and fully engaging in your lessons. Lots of Ace cards have been awarded, fingers crossed another Year 11 will win! A huge, good luck to our Year 11 netball team for their match on Tuesday. We are all behind you and hope that you are able to bring home another trophy! Remain focused and make everyday count whilst enjoying time with your friends at break and lunch. Supporting each other is what will make a huge personal difference.

Sixth Form

Our assembly this week was focused on New Years' resolutions. So many new years' resolutions fail, which is why the emphasis was placed on setting yourselves **SMART targets**. Our 6th formers are now having one to one meeting with their tutors to determine appropriate targets over these important next few months leading up to Year 12 mock exams/Year 13 A-Levels. Here are some of our targets:

- *Research 5 different degree apprenticeship opportunities before the next Review Day.*
- *Improve attendance (stay above 97% this term).*
- *Create 1 revision card per subject per week up to the end of the*



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Spring 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
BAFTA Game Designer	Lunchtime	T4
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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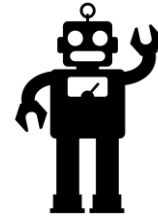
Spring 1 Clubs

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
Y7-9 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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