



Message from Assistant Headteacher

Staying safe online is incredibly important, especially for young people. With 95% of the UK online and the average person spending nearly six hours a day on the internet, technology plays a big role in our lives. It helps us connect with friends, learn new things, and explore the world. However, the internet can also have dangers like online bullying, harassment, impersonation, and exposure to harmful content. It's crucial to understand these risks and be careful about what you share online. Always think twice before posting anything and never share personal content that others have sent to you. If you come across anything upsetting or harmful, reach out to a trusted adult or use reporting tools. Remember, viewing or uploading harmful content can hurt your mental health and, in extreme cases, it can even mean that you are breaking the law. Be mindful of your privacy and how your personal data is used, so you can enjoy all the good things the internet offers while staying safe.

Ms Cramp

This Week

Key Dates:

Year 11 Interviews- ALL WEEK (by appointment)

Wednesday: Voicebox Workshops- Year 9

Thursday: PSHCE P.4

Spoken Word Power Workshop

Year 13 Parent's Evening 4-7pm

Friday: 'Get IN' Grease Show

Building Resilience- Practical Tips for Students

Setting achievable goals helps you stay motivated and focused. Break down larger tasks into smaller, manageable steps. This makes it easier to track your progress and feel a sense of accomplishment along the way. Some practical ways to do this are:

Set Achievable Goals

Instead of setting a vague goal like "I want to do better in math," make it SMART: "I want to improve my math grade from a B to an A by the end of the semester by studying for one hour every day and attending weekly tutoring sessions."

Make Goals Visible

Keep your goals in a place where you can see them regularly. This serves as a constant reminder and helps you stay committed. Write your goals on a whiteboard in your study area or use sticky notes on your desk. You can also set reminders on your phone or computer.

Set Goals That Challenge You

While it's important to set achievable goals, they should also challenge you to push beyond your comfort zone and grow.

Example: If you're comfortable with your current study routine, set a goal to learn a new study technique or to participate more actively in class discussions.

Mastering Goal Setting with SMART Principles



Specific

Clear and precise: Define what you want to achieve.

Questions: What? Why? Who? How?



Measurable

Quantifiable: Use metrics to track progress.

Questions: How to measure? What metrics? When achieved?



Achievable

Realistic: Ensure goals are within your abilities and resources.

Questions: Skills/resources? Within capabilities? Other commitments?



Relevant

Meaningful: Align with long-term goals and personal growth.

Questions: Long-term alignment? Skill development? Personal growth?



Time-bound

Deadline-driven: Set a clear timeline.

Questions: Deadline? Milestones? Realistic timeline?

Spoken Word Poetry Workshop Kicks Off with a Bang!

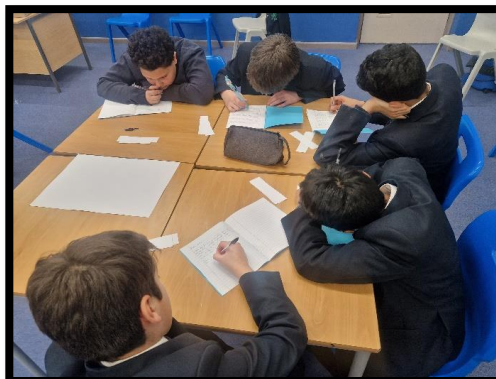
This week, 20 talented students from Years 7, 8, and 9 had the incredible opportunity to participate in the first workshop of the **Eastside Spoken Word Power programme**, an initiative designed to empower young people to express their voices through poetry.

Our school is one of only ten in London selected for this prestigious programme, making it a real privilege for our students to take part. Each school is paired with a professional poet, and we are thrilled to work with the dynamic and inspiring performer, **M.C. Angel**, who has years of experience writing, performing, and mentoring students across London.

The first workshop was a resounding success! M.C. Angel was full of praise for our students, commending their maturity, creativity, resilience, and teamwork as they collaborated to craft their very first group poem. Well done!

With four more workshops to go, we can't wait to see how their skills and confidence will continue to grow. Stay tuned for updates as we journey through this exciting programme!

We will be holding a poetry slam event after school, on the 4th of March. Part of this event will involve a recorded compilation of members of the Park High community reciting either original poems or poems that they love. If you are interested in participating in this and having an opportunity to share.






Calling All Poets and Performers!

Are you passionate about writing poetry or have a favourite poem that speaks to who you are? We're creating a **video Calling All Poets and Performers!**

Are you passionate about writing poetry or have a favourite poem that speaks to who you are? We're creating a **video compilation** showcasing the incredible voices of our school community, and we want YOU to be part of it!

We're looking for students to perform:

-  **Original poems** you've written
-  **Poems you love** that resonate with your identity or passions
-  **Poems in different languages** to celebrate the diversity of our community.



This is your chance to express yourself, share what matters to you, and inspire others through the power of poetry. Whether you're a seasoned performer or new to the spotlight, we welcome everyone to participate!

Interested? Please speak to Mrs Kadiri in the English Office or ask your form tutor to pass on your interest.

Let's celebrate the voices that make our school unique!



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

Year 12 IBM Degree Apprenticeship Event-Exploring the Future of Tech

I had the incredible opportunity to attend an Insight Day at IBM's York Road office and could not be more excited to share my experience!

From the moment I stepped into the building, I was struck by the vibrant energy and amazing facilities. Throughout the day, I gained valuable insights into the company's cutting-edge work in AI, cloud computing and sustainability.

A few highlights of the day included:

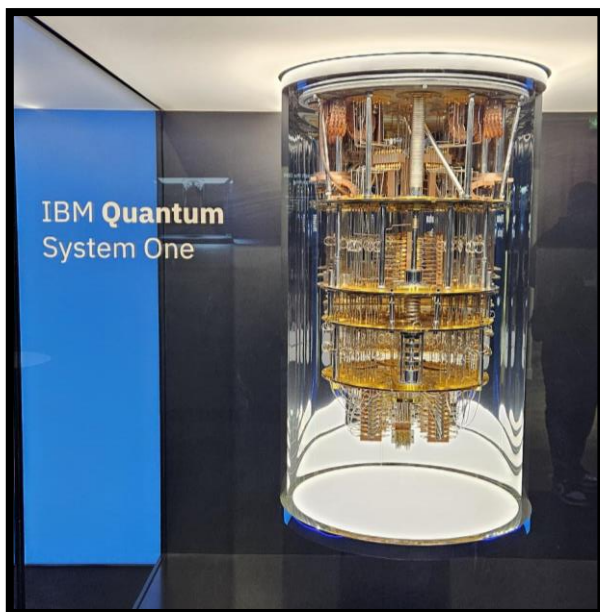
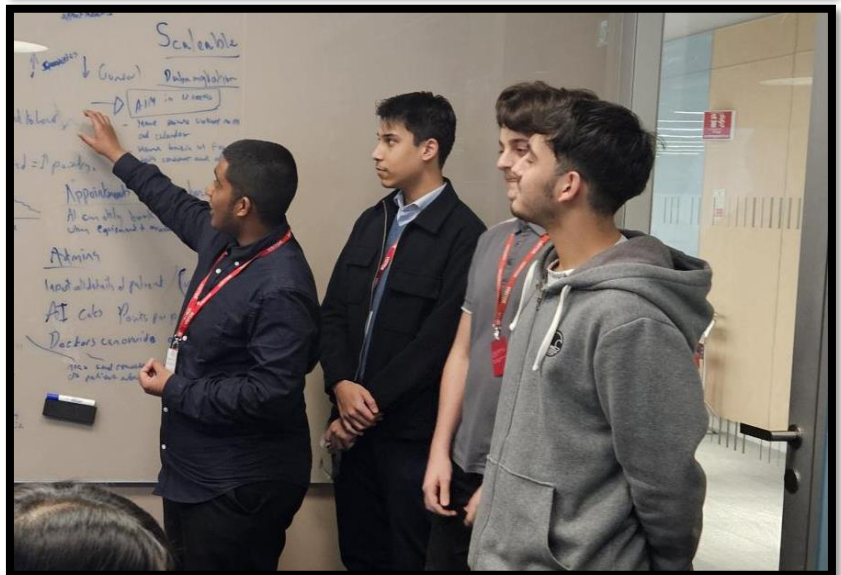
- a tour of the IBM office which included the robot dog, spot and also learning more about the IBM's autonomous boat, the Mayflower.
- learning about the application process for a degree apprenticeship in Technology and the degree apprentices giving tips and tricks to help us throughout the process.

This experience deepened my understanding of the tech industry and further fuelled my passion for Software Engineering and made me interested in Cyber-Security.

It's inspiring to see how IBM combines cutting-edge technology with a commitment to making a positive impact globally.

Thank you to Zakeer Suleyman and Eddie R from IBM for making the day engaging and insightful. Also thank you to my school who took this wonderful experience which isn't available to all.

Aryan Qasimi 12 BP.



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Year 11 Art and Photography Trips to Tate Galleries

On Monday 13 January 48 Year 11 art students visited Tate Britain and on Tuesday 14 January 32 Photography students visited Tate Modern.

Both trips supported students develop their ideas for the Externally Set Assignment which is worth 40% of their final grade.

Students completed activities in the galleries that enhanced their ability to engage with artworks and critically understand the work of numerous contemporary artists enabling them to develop purposeful independent responses when back in school.



On Monday 13 January we visited Tate Britain. The Art Galley was amazing, there were so many interesting pieces of artwork. The gallery was busy with many other schools. We spent the first hour looking at all the amazing artwork and then after lunch we were able to draw some of our favorite artworks. I was particularly curious about one large artwork in the main hall by Alvaro Barrington. He had made 3 installations exploring his life in South America, his life in London and his life in New York.

We went to Tate Modern and it was great. It was amazing to learn about new artists and how they make their art. The gallery building had amazing architecture. We saw different artists work. We saw different point of views from a variety of artists which helps our understanding immensely. It gave us lots of inspiration to help with our GCSE Photography.



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Space Masterclass



On Monday 13th January, year 12 and 13 students were given an incredible opportunity to take a deeper dive into the expansive world of the space industry. The session began with an insightful presentation from an expert within the space industry, who provided information on how the A-level syllabus connects to real-world applications. We moved onto an engaging hands-on experiment involving inflating a marshmallow to demonstrate the effects of the vacuum of space on the human body. Throughout the experiments we were actively tested on our understanding of the relevant A level modules as well as how they have been applied to real world scenarios. This offered students a clearer perspective on potential future pathways within physics.

The workshop's variety of interactive activities helped to bring a subject we have consumed through flash cards and exams into a tangible reality and possible future for us. We designed and launched paper rockets, and with some friendly competition we all tried our best to apply our knowledge into making our rocket the best we could've. A memorable highlight of the workshop was when a student was fortunate enough to wear a genuine Russian spacesuit and fighter pilots' helmet. This blend of theoretical knowledge and practical exploration left the students inspired and more deeply connected to the prospect of a job within the world of space.

Thank you to Mr Robin Mobbs from National Space Academy for running this Space Masterclass in our school and also to Miss Acik who organised the event for the year 12's and 13's we are all deeply grateful for the effort put into ensuring we do well and pursue our goals. –

Mustafa Bangash 13YC



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Free things to do for students and their families:

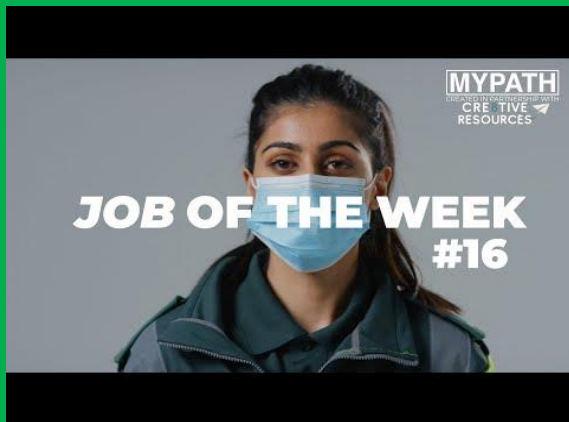
Srishti Yuva Culture - Free after-school dance and wellness workshops

Free After-School Dance and Wellness Workshops for young people aged 6-18, including those with SEND, living in Harrow. These workshops will take place on Thursdays from January to July 2025. Srishti Yuva Culture is a registered Charity based at the Harrow Arts Centre. Our Charity's aim is to promote healthy recreation, equality and diversity within the Harrow Community through dance training, performance opportunities for youth and specific workshops for young and elderly people. We are committed as an organisation in creating positive impacts on the local community in Harrow.

[Book here](#) or contact the company directly yuvaculture@srishti.co.uk.



Job of the week – Paramedic



This week's video focuses on the job role of a Paramedic. Paramedics are often the first medically trained people to arrive at a medical emergency. Paramedics assess a patient's condition and administer emergency medical care. Explore more by using [Unifrog](#), discover the day-to-day tasks, skills required, salary and routes into the profession.

<https://www.unifrog.org/student/careers/favorites/paramedic>



National Apprenticeship Week

10-14 February 2025

unifrog

Unifrog Apprenticeship Fair

Wednesday 12 February (4-6:30pm)

Where students can meet 40 employers in two hours, explore the latest opportunities, attend live sessions, and chat one-on-one to get top tips on how to find apprenticeships and apply successfully.

[Sign up here](#) - teachers, parents, and caregivers welcome!



You can complete an apprenticeship to become a Paramedic.

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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

7KL

Most Character Points

7JR

Best Punctuality

**7JR/7KA
7YK**

ACE Lottery Winners

1. Nikita Solanki 11TI
2. Adonis Gheorghiu 8FT

Year 7

'Being respectful and polite helps us create a positive and friendly school environment where everyone feels valued and happy.' Make sure you remember this when you go into all lessons and when you walk around school. Be the very best version of yourself by representing yourself positively.

The interform competition last week had a great turn out and it was good to see the competitive side of all of you who participated. It was a very close contest with all of you displaying well rounded general knowledge. The speed at which some of you answered the questions was mind blowing! Congratulations to 7MO for winning.

Our year group has been very involved in extracurricular sports outside of school, so I want to give a congratulations to Yannis Iftimovici, Rio Quartey, Cameron Vekaria, Hamza Mohamed, Katie Coulson, Beatrice Halip and Leila Meziani in taking part in a cross-country competition last week and all getting excellent times.

Year 8

Punctuality, performance, and active learning are key to achieving success both in and out of school. Arriving on time shows respect for your teachers, classmates, and yourself, allowing you to settle in, focus, and fully engage. Being an **active learner** means participating in lessons, asking questions, and taking ownership of your learning. Combine this with consistent effort and good performance to build confidence, achieve your goals, and unlock future opportunities. Remember, success is a habit.

Be on time, stay engaged, and be the best version of yourselves.

Sporting Success

Well done to the Year 8 Netball Team who won 17-2 against John Lyon last Thursday.

Reward Trip- Planet Ice

The trip will open for Form Captains on Monday 20th at 12pm and for everyone else on Tuesday 21st January at 12pm.

You must achieve at least **50** achievement points.

Year 9



Assessment week is around the corner. Actively engage in all lessons and find your revision style – now is the time to find what works for you!

Last week there were many incredible successes for Year 9, in and outside of the classroom! A huge congratulations to **Hothaifa Alshair 9HW** and **Anay Patel 9HC** who respectively placed 1st and 3rd in the Harrow Junior Boys Cross Country. Another big congratulations to the Year 9 basketball team who were cool, calm and collected in their massive victory over Hatch End last week – next step is the finals! Finally, an achievement that reflects the character of this student – our first gold badge recipient, **Dharmil Patel 9SC!** This is an incredible achievement that few students receive, congratulations! Year 9 – continue being the best versions of yourselves, it allows you to reach your full potential. Let's keep setting ourselves up for success in the lead up to picking your preferences for GCSEs!

Tutor group highlights:

Most Character points: 9WN Best attendance: 9AL Best punctuality: 9BA

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Last Week's Round Up

Year 10



PUBLIC SPEAKING COMPETITION

What you need to do:

- Complete the ETONX Public Speaking course.
- Think of a topic you are passionate about.
- Write a 2-3 minute speech on the topic.
- Practise your speech so you can give it without notes.

After School
Last week of half term
TBC

REGISTER BY WRITING YOUR NAME ON THE SIGN UP LIST ON THE HOY OFFICE DOOR

Assessment Week: Keep up your revision and focus to maximise your performance in your assessments. There are tips on how to revise posted on the 'Year 10' Teams page.

Public Speaking Competition: Calling all orators! We are looking to find the best public speaker in the year group. So we are holding a year 10 public speaking competition taking place in the last week of this half term. Please read the adjacent poster for what you need to do to prepare for and enter the competition.

ETONX Public Speaking Course: All students are required to enroll and complete the EtonX public speaking course by Friday 7th February. Being a good orator is a valuable skill, especially as you prepare for work experience.

Active Engagement: Your next Progress Check will be published in February. Our collective goal is to increase our engagement grades. To do this, we are looking for three things: 1) work presented neatly and with care; 2) Challenge tasks attempted; 3) Hands up and asking/answering questions.

Year 11

Over the next four weeks you have the opportunity to show the Senior Leadership Team your hardwork and phenomenal achievements in your transition meetings. The Year Team know how hardworking you are and see you shine in all your extra curricular activities, now is your chance to highlight this to SLT! Parents evening was a huge success for Band B with outstanding attendance. As we go into the last weeks of this half term, keep in mind the feedback you have been given and implement this into your lessons. Whilst the Year Team are ensuring you are all focused in lessons we would also like to ensure you are taking moments to reflect on your Park High Journey so far and to enjoy your free time with your friends. Your memories of Park High are ones that we hope you will fondly look back on! Whilst every minute of learning counts, soak up every second with your form and friends! Do come and let the Year Team know what your favourite memories are, we would love to hear them!

Time flies, but memories last forever.

Sixth Form

Well done to our Year 13 students on getting their UCAS applications sent off – still a few left to go with the deadline a week away.

Our students have secured offers at some of the best institutions in the country on some of the most competitive courses. And we are thrilled to confirm that one student so far has received an offer at **University of Oxford** currently ranked the best in the World by the Times! This is a remarkable achievement; most students don't get to this stage following an application, an incredibly challenging admissions assessment, and a grueling interview process.

We are incredibly proud of the aspirations our Year 13s are showing!



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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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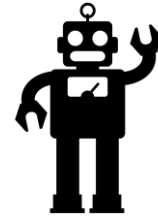
Spring 1 Clubs

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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