



### Message from Assistant Headteacher

This week we have the school production of **Grease**. This event is a testament to the incredible talent, dedication, and hard work of our students, staff, and the entire school community. Not only will there be two evening performances, but we will be hosting over 350 primary school pupils across two matinee performances. (Tickets are still available in DS1)

This production promises to be a spectacular showcase of creativity and collaboration. The students have poured their hearts into rehearsals, demonstrating remarkable commitment and enthusiasm. Their passion for the arts is truly inspiring, and I am confident that you will be as impressed as I am by their performances. I would like to take this opportunity to applaud the entire company – from the performers on stage to the crew behind the scenes. Their collective effort has brought this production to life, and their teamwork exemplifies the spirit of Park High. **Mr Appleman**

### This Week

#### Key Dates:

**Monday:**

**Tuesday:** Matinee Show (primary school visit)

**Wednesday:** Yr 13 DT Trip- BMW Evening Performance

**Thursday:** Matinee Show (primary school visit)

Evening Performance

**Friday:** PSHCE P.4

### Building Resilience- Practical Tips for Students

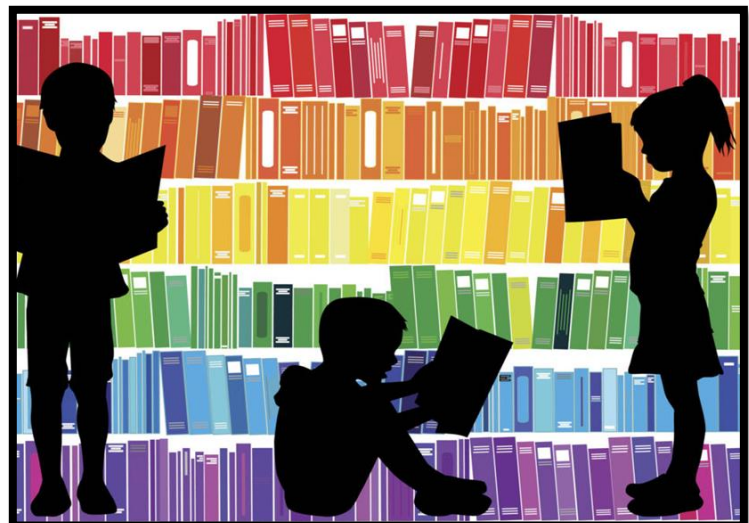
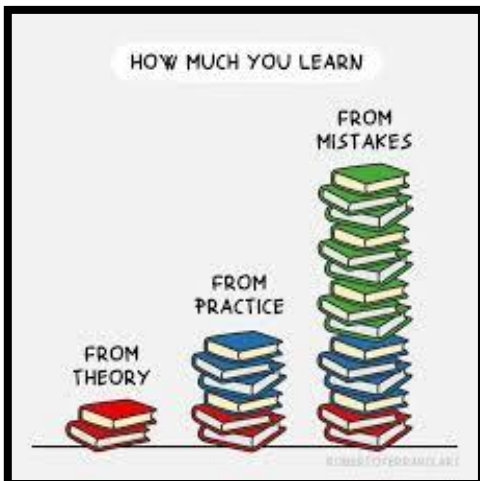
Mistakes are a natural part of the learning process. Instead of getting discouraged, use them as learning opportunities. Analyse what went wrong and think about how you can improve next time. Your teacher will have given you feedback to help you move forward in your learning- read this carefully and follow the suggestions to improve.

**Example:** If you receive a low grade on a test, review your answers to understand where you went wrong. Seek feedback from your teacher and use it to guide your study plan for the next test.

### Marvellous Readers

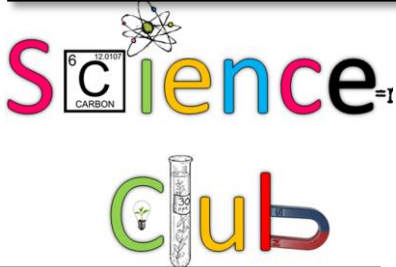
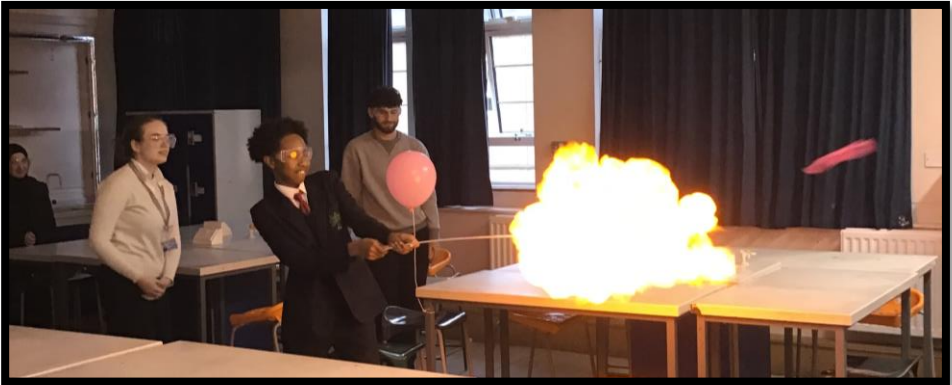
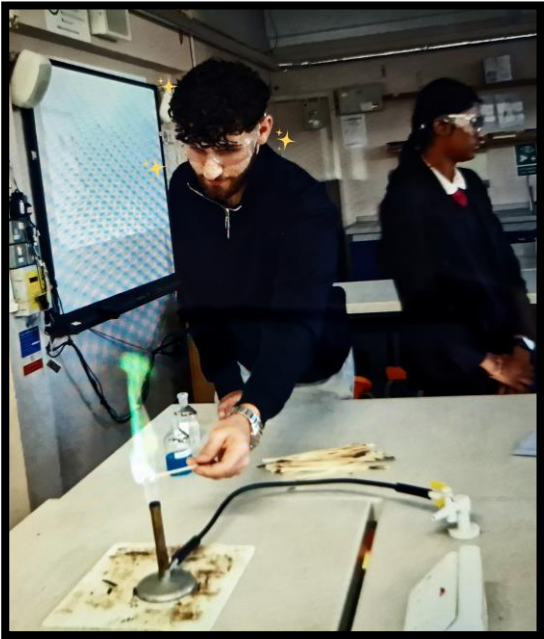
A big congratulations to 7KA and 7KL for completing the most Marvellous Readers bingo cards. Their special experience will be on its way.

Well done to all students that have taken part, they will get a certificate.



# Science Clubs- Invitation to KS3

The Science Club has been conducting experiments out of this world. From dazzling flame tests that lit up the lab (safely, of course!) to colourful chemical concoctions that wowed our minds, we have been diving into science with *atom-ic* levels of excitement. We have explored the *gravity* of black holes (nobody got *sucked in*—I promise!) and cracked complex theories while keeping the fun *element-ary*. Whether you are into seeing things *explode* (scientifically speaking) or just geeking out with friends over the wonders of the universe, the Science Club is the *positive charge* you need in your week. So, are you ready to *ignite* your curiosity? Come along every **Thursday Lunchtime** in **S4** to tune in with your inner mad scientist! Clarisa D, Year 12



**SCIENCE CLUB**

Year 7, 8 and 9 students are welcome in S4 at Thursday lunchtime

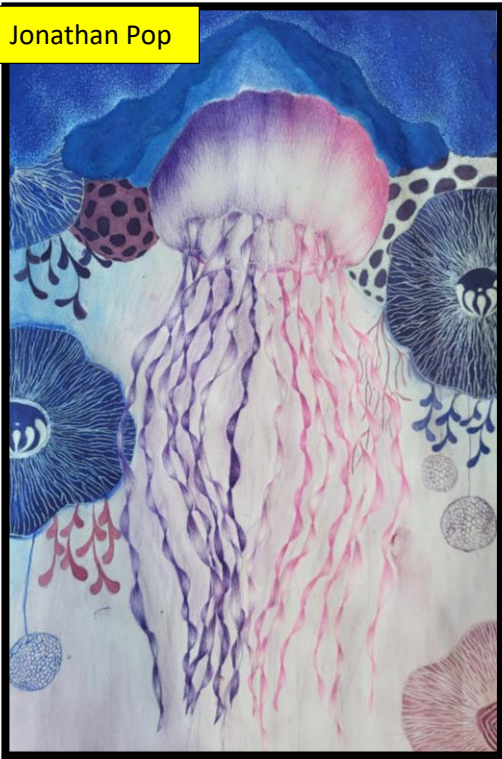
**Hands-on practicals**  
 Fun activities with your friends  
 Learn about the world of science  
 Meet new people

**SCIENCE experiments**

**Year 7 and Year 8 Science Club for Girls**  
 Join us every Friday in S4 from 12:45 to 13:15!  
 Calling all young female scientists—come and explore the wonders of science!  
 We can't wait to see you there!

# Celebrating Students Art and Photography Work

Jonathan Pop

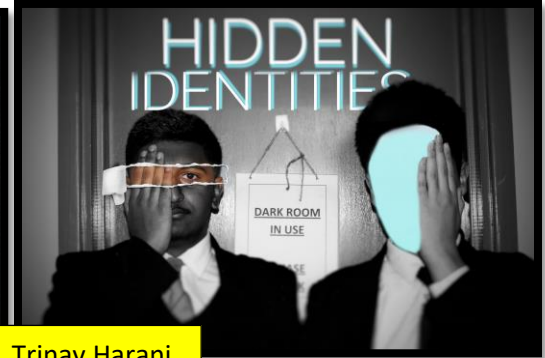


The Art Department are pleased to share a small selection of Yr 10 and Yr 11 GCSE Art, Design and Photography work. We are extremely proud of the work students are developing and the creativity on display. We hope to share more examples over the coming weeks.

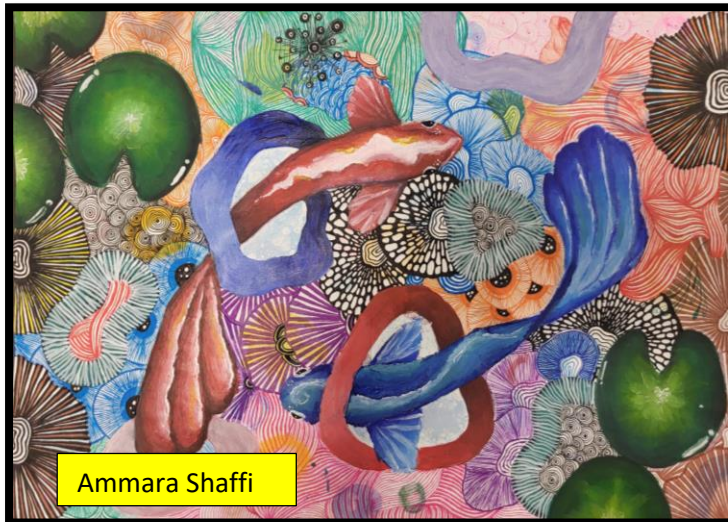
Emily Turcan



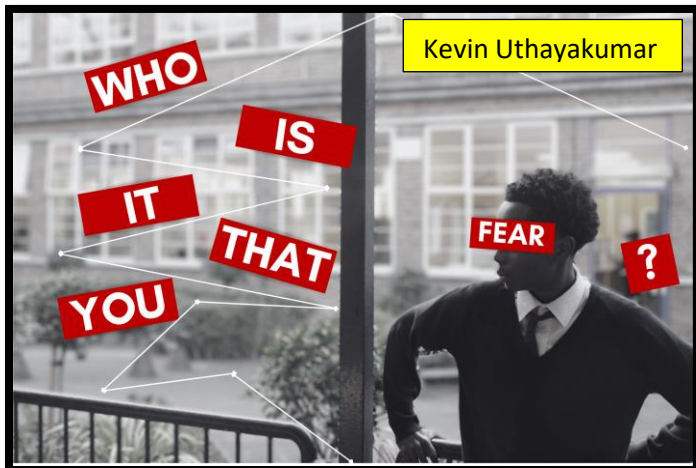
Trinay Harani



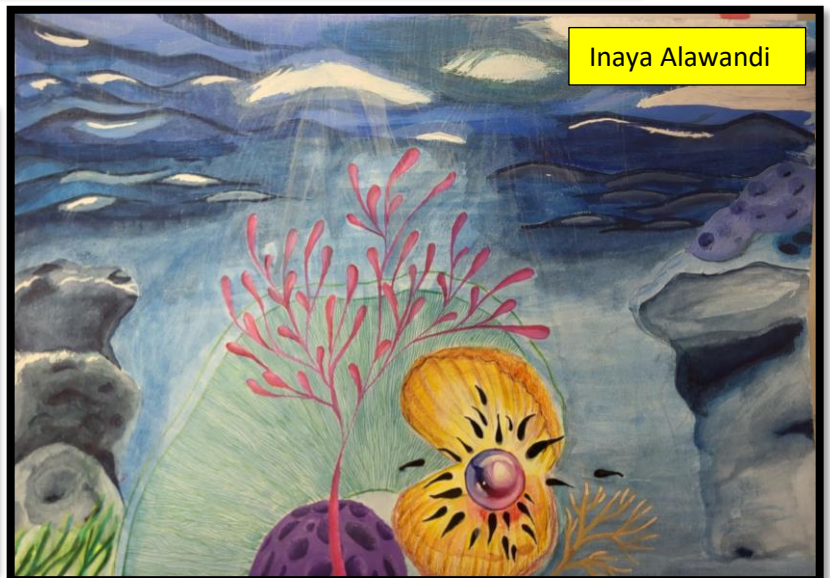
Zaiynab Alfadhlii



Ammara Shaffi



Kevin Uthayakumar



Inaya Alawandi

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



Sami Azim



Rohit Sowmy



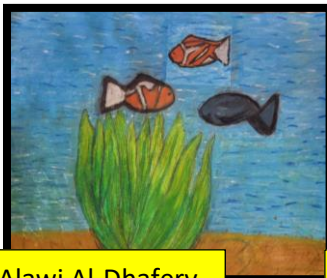
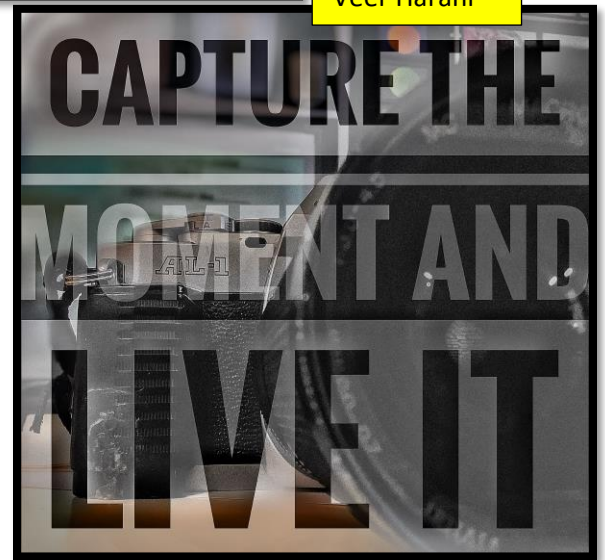
Ruth Botnari



Luca Costea



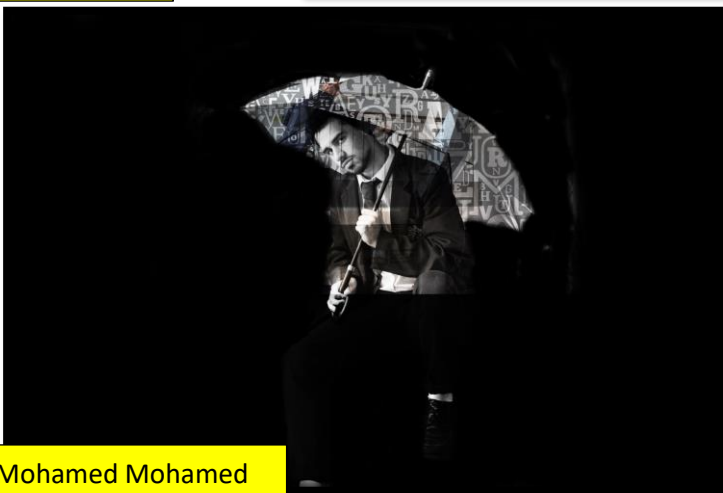
Veer Harani



Alawi Al-Dhafery



Suhana Mhaisdhune



Mohamed Mohamed



Dhilani Patel

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On Thursday 16 January, the PE dept. took 15 students to Harrow School to compete in the Harrow Borough Cross Country Championship. There were nearly 25 different schools across Harrow including the prestigious school of Harrow. We competed in the minor boys and girl's events with some of our year 7s placing 10<sup>th</sup> (Yannis), 11<sup>th</sup> (Rio) and 17<sup>th</sup> and 20<sup>th</sup> out of 45 students. Our minor girls and junior girls found the very muddy course challenging and all finished in the top 30. The real success of the day came from our junior boys- our very competitive year 9s!! Out of the 57 students competing in this age group, Hothaifa came in 1<sup>st</sup> completing his 2.5km in 10:03. This was closely followed by Anay M finishing in 3<sup>rd</sup> (only due to losing his shoe in a particularly muddy part of the course). Hothaifa very impressively managed to beat half of the minor girls and boys who started over 10 minutes before his race. He also managed to outrun the pacer who was a year 11 students from Harrow school. We do believe this is possibly the first time we have entered the event and managed to have a student win. An achievement to be proud of.

## Cross-Country Success



## Park High are U16 Netball Borough Champions!

On Tuesday 21 January, we played Whitmore in the final of the borough competition, a team we have previously lost and were outpowered by in October. With several students and staff supporting the girls and cheering them on throughout, the students were amazing in showing teamwork in abundance and everything they have learnt, outplaying Whitmore with set pieces and tactical decisions. With Whitmore getting increasingly frustrated we pushed on and finished the game with an impressive 24-9 scoreline.

Our U16 Netball team have overcome incredible resilience from losing in last year's final to Pinner by one point. The team have shown compassion to each other throughout the last year coming from setbacks including losing to Whitmore in their first game and having to beat Pinner to get through. We have embraced our new netball coach and trained hard and welcoming some year 10s and year 9 to the team as equals showing enormous amounts of integrity. The final whistle blew, and the students celebrated the reward of all their hard work with a loud cheer and lots of expertly taken photos along with a fantastic team talk.



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

Chinese New Year — also known as Lunar New Year or Spring Festival — falls on Wednesday 29 January 2025, although in China, celebrations take place for a few weeks either side of this. Each year is represented by one of the 12 Chinese Zodiac signs; 2025 is the Year of the Snake, an animal said to symbolise wisdom, intuition, and transformation. Other Asian countries that celebrate currently include Tibet, Vietnam, and Korea.

On **Saturday 1 February 2025** lion dance performances weave through the streets of Chinatown between 11am-5pm.

The major celebrations happen on **Sunday 2 February 2025**, with the Chinese New Year Parade and its surrounding festivities.

Find more information [here](#), including a map of events.



## Job of the week – Sports Coach

### JOB OF THE WEEK



This week's video focuses on the job role of a Sports Coach. Sports Coaches help people participating in sport to work towards achieving their full potential. 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/sports-coach>



### 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!



<https://unlocked.springpod.com/training-options/apprenticeships>

Find out more about apprenticeships complete this course.

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# Last Week's Round Up

## Best Attendance

**12MG**

## Most Achievement Points

**7MO**

## Best Punctuality

**7AW/7FF**

## ACE Lottery Winners

1. Rehan Mohammed 11TI
2. Aarya Mehta 8NG

## Year 7

This week I want you to think about 2 quotes: "Integrity is doing the right thing, even when no one is watching." – C.S. Lewis and "Character is what you do when no one is looking." – Unknown. I want you to think about these quotes and when you seem myself of Ms Krasauskaite tell us why they are important to remember.

Well done to all the students who competed in indoor athletics this week The year 7s are clearly extremely competitive and have a will to win. So big shout out to Rio 7AW, Hamza 7FF, Yannis 7KA, Aaron 7K, Cameron 7FF, Enakai 7AW, Beatrice 7JR, Leila 7YK, Annabelle 7KL, Katie 7HG, Tiya 7KA and Anayah 7PB. When the opportunity comes for you at Park High take it and try your best. This should also translate into your schoolwork.

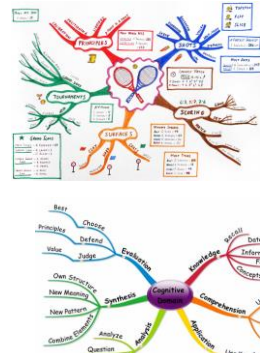
Well done to our character award silver winners **Beatrice Halip** (151) and **Siya Ganesh** (145) both in **7JR** so well done for consistency this year.

## Assessment week- 27<sup>th</sup> February -7<sup>th</sup> February

Over the next two weeks, you'll face important assessments. This is your chance to show the best version of yourself and reflect on everything you've learned so far this year. are opportunities to grow. Revision is your most powerful tool, so make the most of your time. Review your notes, practice key concepts, and ask questions if needed. Why don't you try and use **flash cards** or **mind maps** to help you revise. Believe in yourself and your ability to succeed. Give your best effort and be proud of what you achieve.

**Stay focused, work hard, and be resilient.**

## Year 8



## Year 9



Congratulations to **Dhrish Vekaria 9HC** and **Jason Bodnari 9WN** who have achieved the gold badges! Well done to all of our hard working student who are consistently demonstrating our character virtues.

## Assessment week is here!

The next two weeks are preparation for the intensity of your mock exams and GCSEs. Continue revising, demonstrating integrity and curiosity in lessons. This will be crucial in setting yourself up for success. Good luck!

Have you got your tickets??? I am looking forward to seeing our talented Year 9 students on the Park High stage next week performing **Grease: The musical!**



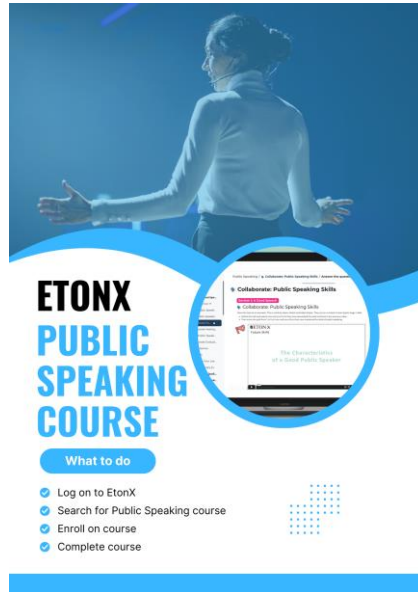
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# Last Week's Round Up

## Which learner are you?

### Active or Passive

Active	Passive
 Clarify learning and ask questions showing curiosity	 Does not show interest in the content
 Contributes to class discussion	 Does not participate or observes passively
 Exert their best effort and concentrates when completing tasks	 Completes work to minimum expected standard and satisfied with average result
 Attempts challenge tasks	 Avoids challenge
 Revisits past learning to improve it and sticks to a problem until it is solved	 Does not revisit past work and does not seek improvement



**ETONX PUBLIC SPEAKING COURSE**

What to do

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

## Year 10

It's been great seeing you get into your revision the last two weeks and professionally prepare for your assessments – your hard work and effort will pay off. Your next round of Progress Checks is round the corner. Our goal as a year group is to turn our engagement grades from B's to A's. To help you do this, please read the 'Active or Passive' learner poster to the left. To get an A for engagement, you will need to show the active behaviours listed. This week, pick two of them to consistently do in all your lessons and become a better learner. We also want to celebrate the year 10s who have their artwork shown above – it is fantastic and shows you have actively engaged – we are very proud. We are wishing all the year 10 cast and crew who are participating in Grease the very best of luck this week!

## Year 11

Successful is the only word to describe last week and what I know will be the word to describe this week. Last week our Year 11 Netballers became Borough Champions against Whitmore with an incredible score of 24-9. You have worked so hard for this, and I am incredibly proud of you all! This week we have the school production of Grease! As always, we have an impressive number of Year 11's as lead roles as well as our incredible dance students taking part. Good Luck Guys! It would be great to see some of you supporting the show – there is still time to buy a ticket! The Year Team has been receiving amazing feedback from your SLT meetings with lots of impressive achievements being highlighted! Keep it up!



## Sixth Form

Our 6<sup>th</sup> formers enjoyed hot chocolates this week, to lift spirits following **Blue Monday** last week, known as one of the most difficult days of the year. Thanks to the student leaders for the support in preparing these delicious masterpieces!



### UCAS Applications

**DEADLINE IMMINENT!**

If you haven't sent it off yet, you have just a few days left before the equal consideration deadline.

Over 80 applications now submitted, and the fantastic offers just keep coming through!



**UCAS 2025**  
INCOMING DEADLINES

- EQUAL CONSIDERATION: 29 JAN
- EXTRA OPENS: 26 FEB

# Spring Term 1 Clubs

## Monday

Activity	Time	Location
Basketball*	Before school	Sports Hall
Basketball*	Breaktime	Sports Hall
BAFTA Game Designer	Lunchtime	T4
Choir*	Lunchtime	P1
Y7 Girls Netball	Lunchtime	Sports Hall
Y7-9 Dance club	Lunchtime	Dance Studio
Y10-11 Basketball Coaching	After school	Sports Hall

## Tuesday

Activity	Time	Location
Badminton Coaching**	Before school	Sports Hall
Basketball*	Breaktime	Sports Hall
Debate Club*	Lunchtime	R3
Keyboard club*	Lunchtime	P1
Y8-9 Girls Netball	Lunchtime	Sports Hall
Y7-10 Environmental Awareness	Lunchtime	S2
Y7-11 The Literary Lounge	Lunchtime	B4
Y10 Photography Club	Lunchtime	P9
Badminton*	After school	Sports Hall
Y9 Brilliant club**	After school	Sixth Form
DofE**	After school	G2

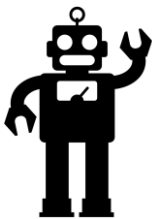


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# Spring Term 1 Clubs

## 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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