



Message from Assistant Headteacher

The first ever Children’s Mental Health Week took place in 2015 to highlight the importance of children and young people’s mental health. This week encourages everyone to start talking, spread the word, and raise money to support children’s mental health services. It’s also a reminder that anyone struggling is not alone. **“Know Yourself, Grow Yourself”** is about building and growing our resilience by understanding ourselves and recognising our emotions. By understanding who we are, we can discover what makes us feel happy, sad, anxious, or scared - or maybe all of these at once! If you’re worried about your mental health or find it difficult to talk about your feelings, there is plenty of support available. The first step is to speak to a trusted adult, such as your parent/carer, form tutor, pastoral team, teacher, or the safeguarding team. If you’re unsure who to talk to, you can call Childline at 0800 1111 or visit www.childline.org.uk for help. We are proud of our pastoral system and will listen to each and everyone of you- we are here to support you all. If you haven’t already, I would recommend watching Inside Out 1 and 2.

Top tips: Be curious about your emotions, work out what matters most, feedback feedback feedback and get creative expressing yourself. **Ms Perren**

This Week

Key Dates:

ALL WEEK- KS3 ASSESSMENT WEEK

- Monday:** PSHCEe p.5
- Tuesday:** Spoken Word Workshop
- Wednesday:** Year 10 Speak Out Workshop
Year 12 Sociology Trip
- Thursday:**
- Friday:** Year 12 Sociology Seminar



Park High School Awarded Prestigious ‘ACE School of Character’



Character Virtue for this term: RESILIENCE

Park High School has been awarded the prestigious 'ACE School of Character' award! This award is important because only five other schools in London have it. It shows that our school is committed to teaching good character and recognised for the work we have done with you, our students.

The award is given by the Association for Character Education (ACE), which is the largest character education-based community in the UK that celebrates schools like ours. They look for schools that are great at helping students develop good character traits.

What is Character Education?

Character education is all about teaching us to be good people. It's not just about following rules but understanding why being kind, honest, and hardworking is important. At Park High, we learn about these traits in a clear and thoughtful way, so we can be successful individuals and great members of society.

What Makes Park High Special?

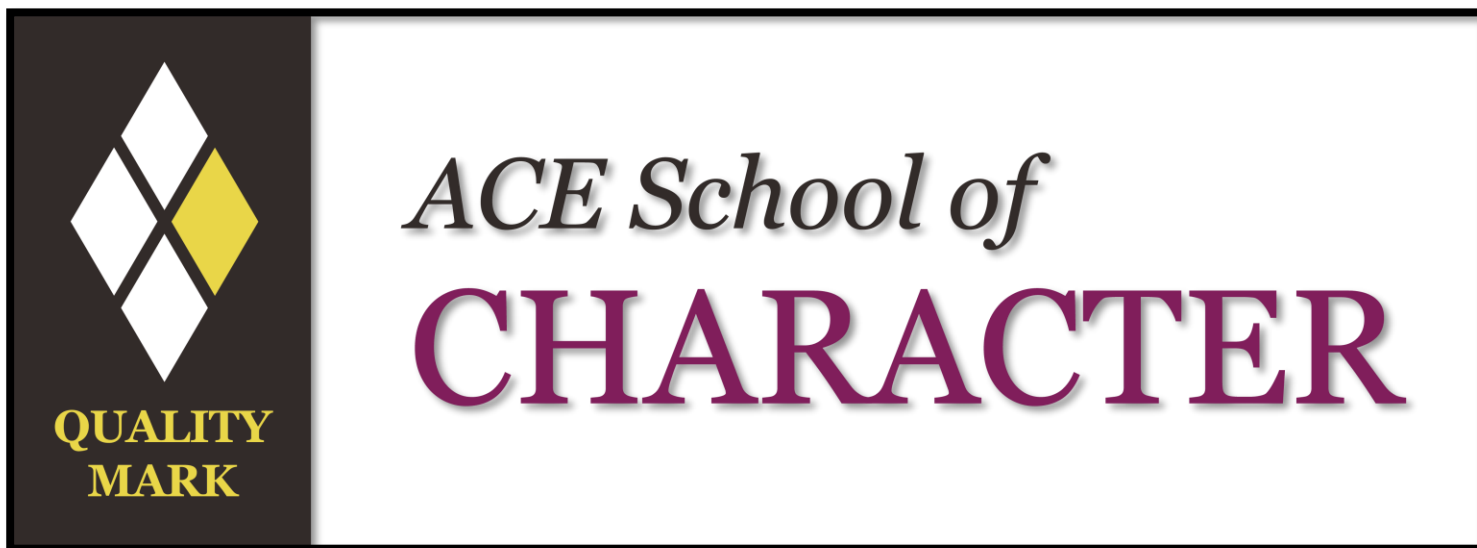
At our school, Character Education is a big part of everything we do. Ms. Little leads our Character Programme, making sure we all learn about important traits like Resilience, Integrity, Curiosity, Compassion, and Teamwork. These traits help us succeed in school and in life. Mr Haigh, the CEO of ACE, said the following: *'The school's virtues permeate all parts of school life and have created a sense of belonging. The school serves a diverse student population, and the universal nature of Park High's 5 core virtues has helped galvanize the school community.'*

From Rules to Virtues

Instead of just following rules, we focus on virtues. This means we're encouraged to make good choices because we understand why they're important, not just to avoid getting in trouble. It's about being good because we want to be, not because we have to be.

A Message from Our Headteacher

Mrs. O'Dwyer, our Headteacher, said: *"My thanks to Ms. Little who has skillfully led and supported us on this journey, to every single member of staff who models our character virtues every day, and to our students who have responded so positively to this work. I am immensely proud of this achievement and look forward to continuing our journey in character education."*



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

Building Resilience- Practical Tips for Students

Develop Effective Study Habits

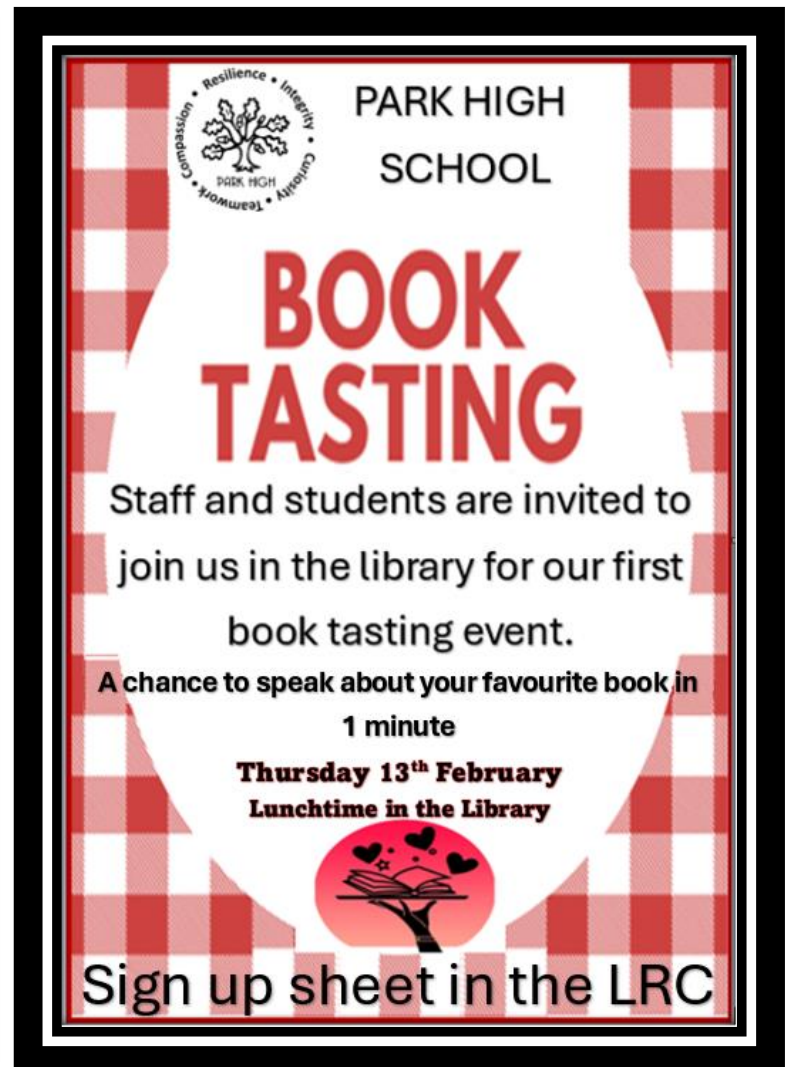
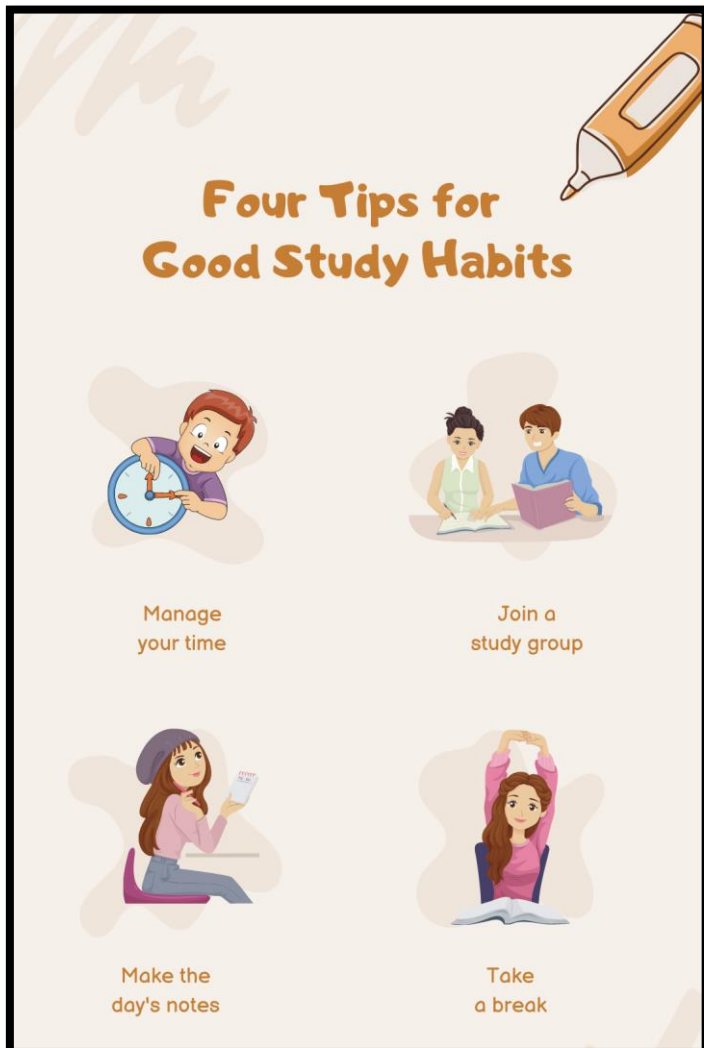
Good study habits can make a big difference in your academic performance. Find a study routine that works for you and stick to it. This might include setting aside specific times for studying, taking regular breaks, and finding a quiet, distraction-free environment.

Example: Create a study schedule that includes short breaks to rest and recharge. Use techniques like the Pomodoro Technique, where you study for 25 minutes and then take a 5-minute break.

Use Active Learning Techniques

Active learning involves engaging with the material in a way that promotes better understanding and retention. This can include summarizing information, teaching it to someone else, or creating mind maps.

Example: After reading a chapter, summarise the key points in your own words. Alternatively, explain the concepts to a friend or family member to reinforce your understanding.



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



This week we saw multiple performances of the school production, 'Grease.' Our students performed to over 600 students from 3 primary schools and our own Yr 7, as well as two evening performances. It was a spectacular effort and well received by our audiences. A special thank you to Mrs. Molloy and the Performing Arts Faculty, alongside the staff and students who made the performance possible.

Further thanks for the Year 5 pupils from Stanburn, Priestmead and Kenmore Park Junior school for their engagement- and for being a fantastic audience!



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



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

Young Professionals Event

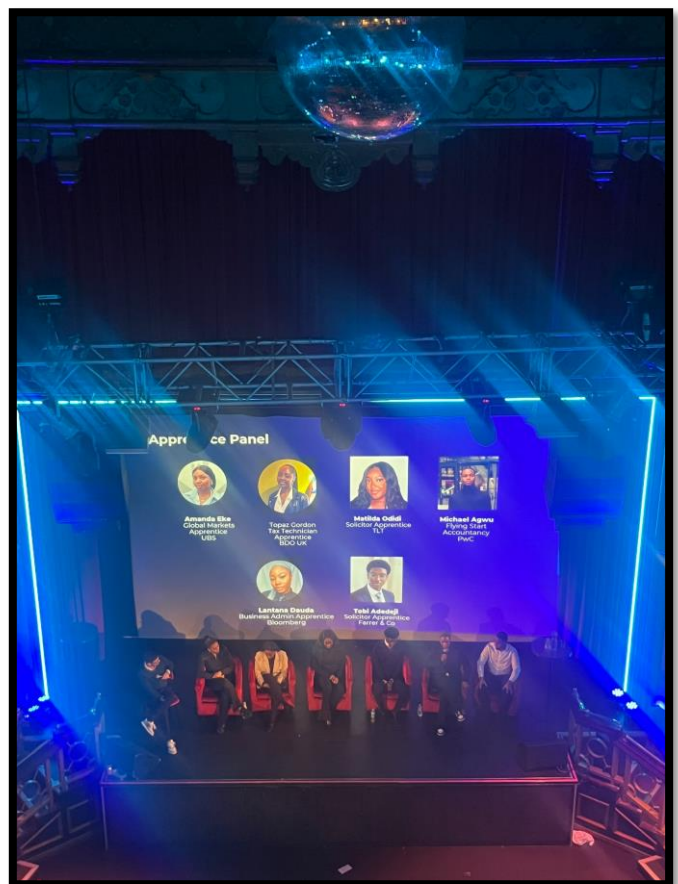
I had an amazing time at Young Professionals, and I couldn't be more excited to share my experience with you all!

Firstly, the event began with Abisola H. giving us an introduction about her background in Finance, and her current occupation as a Senior Finance Manager for PwC UK! During her speech, she inspired many different people by talking about how she grew up with a single parent living in Dagenham, and her main goal was to originally become a doctor. She also mentioned that she was the only black person in her division, which elaborates the struggles she went through in her career and how she demonstrated resilience. Finally, she ended her speech with giving us a motivational speech about how everything will work out. She highlighted that investing in yourself is the best investment that you would make, which is a quote that stuck with me throughout the entire day.

After her motivational speech, I had the ability to network with industry professionals in a variety of companies and industries, notably including Goldman Sachs, PwC UK, UBS, and Bloomberg. I found that talking to these people really helps you to understand what these people went through in their career, and how success is not something that can be easily obtained, but through hard work and believing in yourself. Overall, this was my favourite part of the event as the advice that these industry professionals gave me will stick with me for the rest of my professional career. Hopefully I would be able to work with these amazing companies some day!

Throughout the event, we had both Senior Partners Speaker Panels, and Apprentices Panels. What I really found interesting, was the contrasting perspectives that each panel gave me. On one hand, the Senior Partners Panel talked about their work as their life, and how the world revolved around the continuous work that they produced. However, the Apprentice Panel mentioned that the extra-curricular activities that they did was very important to them, whilst also highlighting how their Professional Life and Personal Lives were entirely different. These insights were very informative and helped me realise that there's more to life than your work. It was a pleasure listening to these insights from these professionals and I am very grateful.

To conclude, I extend my deepest gratitude to the Young Professionals team and Dan M. for hosting this informative event! Hopefully, they can bring more events like these to us young professionals!



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

Sports News and More Success!



In an exhilarating Year 7 Semi-Final, Park High displayed resilience and exceptional teamwork to secure a decisive 26-14 victory over Hatch End propelling us to the final next Wednesday 5th Feb at Park High.

From the tip off we showed our skill and determination in a close first quarter with both teams exchanging baskets, but with some amazing shots from Aaron and Rio and some fast hands from Enikai and Armani we pulled away from Hatch End.

The final score of 26-14 reflected our dominance and with several players being a lot smaller in stature to their counterparts we showed what it was to be a Park High student showing our resilience, teamwork and compassion all the way.

Please if you are around next Wednesday after school at 4pm, please do come and support the year 7s.

Our U16 basketball team, who are responsible for increasing the popularity and success of basketball at Park High, will take to our court one last time before they bow out. In the borough final, they beat Hatch End in the semifinal yesterday in a tense encounter ending 48-45.

It was members of this team who took to training regularly together in Year 8. Their enthusiasm led to us offering more basketball and as they developed a passion for the game, they took it upon themselves to seek out opportunities outside of school.

A group of them found Harrow Blackhawks and went, completely off their own backs, to join the club. They would travel to Harrow Leisure centre together after school for training sessions and started to become a real competitor in the borough.

We now have regular sessions before and after school, numerous final appearances, squad training twice a week until 5.30pm, an age group who enter the nationals, a strong basketball community running right through the school and a U16 final for the team who brought it all about.

Win or lose in the final they have done the school proud.



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

Free things to do for students and their families:

Step into a world of light, colour, and wonder as Here We Glow transforms Westfield London into an unmissable winter experience. From breathtaking art installations to magical photo moments, this free experience is set to dazzle visitors of all ages.

Date: 23 January – 2 March 2025

Time: 4-10PM

Where: Westfield London, W12

Here We Glow is free to visit, and suitable for all ages. It's not the only light trail opening in London soon: [Winter Lights](#), also free, returns to Canary Wharf in January, and [Luxmuralis takes over St Paul's Cathedral](#) in February.



Job of the week- Solicitor Apprentice



Our **Padlet** shares apprenticeship vacancies, opportunities, events and webinars with students, parents, and carers. This can be accessed from the school website and is continuously updated. Use this link to access.

<https://www.parkhighstanmore.org.uk/careersandemployability/webinars>

Starting
salary
£26,000



The Solicitor Apprenticeship lets you train to become a solicitor and get valuable experience within UK law firms – all while earning a salary. You'll be fully qualified at the end of six years with a real head start on a legal career. During the apprenticeship, you'll get a mix of practical, work-based learning and formal academic study.

It's the ideal opportunity to benefit from an exciting new world of work and study while avoiding the costs usually associated with doing a degree.

Last Week's Round Up

Best Attendance

7MO

Most Achievement Points

7YK

Best Punctuality

7FF

ACE Lottery Winners

1. Adil Shams 7HG
2. Loris Belbe 11IA

Year 7

What a week it was for some of you in Year 7. We have had the Grease performance and a few sports events which really highlighted how much some of you are putting yourselves out there. All I want to say is keep striving for excellence and as mentioned in assembly CONSISTENCY is key! All of you should start focusing on building strong habits now to help you improve even further. Small, consistent efforts each day—like staying organised, managing your time well, and giving your best in lessons—will make a big difference in your progress. The habits you build now will set you up for success, so challenge yourself to be even better!

I want to have another special mention to those of you who go to Forest school the feedback on your behaviour has been excellent so keep it up. Above this message you can see how well as a group Year 7 are doing with attendance, character points and punctuality. It does show you all have the ability to do well meet and surpass expectations.

Year 8

Final week of assessment!

You have just one more week left of assessment week in your lessons! Stay focused, keep pushing yourself, and make sure you've revised thoroughly. Every bit of effort you put in now will help you achieve high results. Come prepared, stay positive, and give it your best shot. Use your time wisely, review key topics, and ask for help if needed. Success comes from preparation and determination—so stay motivated and finish strong. Believe in yourself, stay disciplined, and make this final week count. Turn up ready to perform at your best and achieve the results you deserve!

Brilliant Club

14 Brilliant club students have worked diligently in completing their final assignment pieces. To celebrate their success, the students will be attending a graduation ceremony at King's College London.

Congratulations to our Silver Achievement badge winners – they have received over 100-character points!



Year 9

You're halfway through your assessment weeks, and it's the perfect time to stay focused and remotivate yourself. Believe in yourself and the hard work you've put in. Maintain a positive outlook, continue to revise, and build on your revision notes so you are prepared for your end of year exams as well! You've

Tutor group highlights:

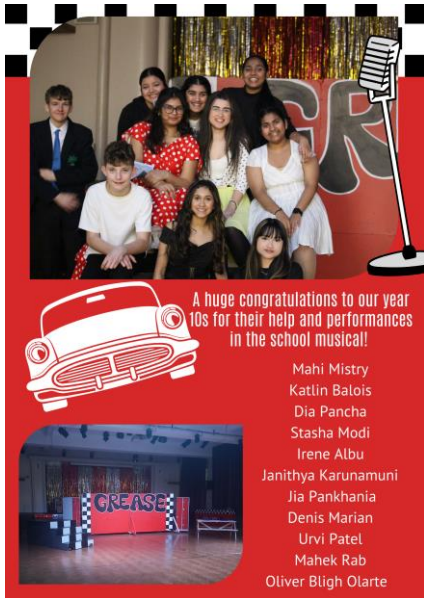
Most Punctuality: 9GS Best attendance: 9GS

Most Character points: 9HW

Following an incredible performance of Grease: The Musical, we can learn a lot from the fantastic performers on the night. **Bhoomi Parmar 9RA, Mehek Azimi 9AM, Elena Yu 9AM, Gabriel Colban 9GS, Abella Yu 9BA Alexandra Ciocuiu 9AM, and Sofina Yu 9SC** have worked hard for countless hours, inside and outside of school perfecting their various routines. The result was a flawless production, with their friends, family and wider community cheering them on. Their resilience, integrity and teamwork paid off. I want you to look to these leaders in our year group as an inspiration as you continue to prepare yourselves for GCSEs. It will take effort, resilience, and dedication - but it will be well worth it!

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

Last Week's Round Up



A huge congratulations to our year 10s for their help and performances in the school musical!

Mahi Mistry
Katlin Balois
Dia Pancha
Stasha Modi
Irene Albu
Janithya Karunamuni
Jia Pankhania
Denis Marian
Urvi Patel
Mahek Rab
Oliver Bligh Olarte



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.

3.15-4.15
Wednesday 12th February
DS2

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

Year 10

What a performance! We are so proud of our year 10 performers in the Grease musical. You were fantastic! A special mention for Mahi Mistry and Katlin Balois who both played the lead role of Sandy. You all showed active engagement and stepped out of your comfort zone to perform. Congratulations! Remember to complete your EtonX Public Speaking course online – we will be choosing some of the top performers on the platform for a reward trip to visit Eton College!

Also, the date for the year 10 public speaking competition is Wednesday 12 February. It will take place in DS2 at 3.15-4.15. Sign up on the HOY office door. Let's find our best public speaker.

Year 11

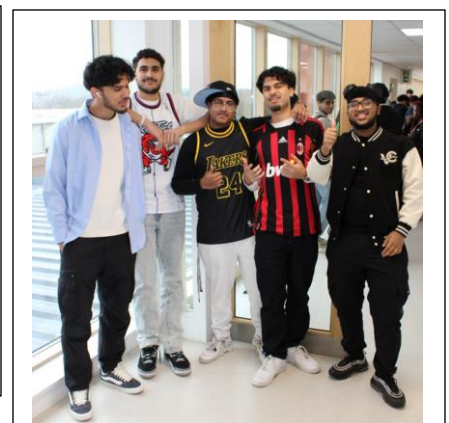
Last week's musical made me reflect on how far you have all come since I became your head of year in year 8. You have grown in confidence, discovered talents, and formed friendships that will last a lifetime. I know that a lot of you are feeling stressed about revising for exams, but it is important to take a moment to reflect on everything you have achieved so far. This will hopefully remind you that you can achieve your targets if you give 100%! We have two weeks left until half term so continue to push yourselves in lessons and be curious by asking questions whilst answering the challenging ones. The Year Team will be visiting as many lessons as possible with our stickers to celebrate outstanding work. We are always here to support you should you need us 😊

Sixth Form

WELL, DONE to our year 13 students for completing their applications for university. **103** applications sent off in total. Now we wait to hear about the offers – good luck!



Friday 31st January was **90s day** in 6th form, where our 6th formers dressed up in some classic 90s gear, and raised money to support 6th form facilities in the process. A great



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

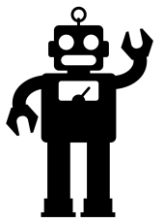


Investing in each other to be the very best we can be

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