



Message from Assistant Headteacher

Halfway There: Time to Reflect! As we approach the halfway point in the academic year, it's time to pause and reflect on our journey so far. Whether you're exceeding expectations or aiming for further improvement, reflection is key to unlocking your full potential.

Think about:

Your academic progress: Which subjects are you excelling in? Where do you need to focus your efforts to improve? What steps can you take to achieve your academic goals?

Your character development: How have you demonstrated our school values of Teamwork, Resilience, Compassion, Curiosity, and Integrity? How can you further develop your character and become the best version of yourself, both inside and outside the classroom?

Your future aspirations: This week is National Apprenticeship Week, a fantastic opportunity to explore different career paths and consider what excites you. What are your passions and interests? What skills do you need to develop to pursue your dream career, whether it's through an apprenticeship or another route?

Reflection is a powerful tool for growth. It allows us to assess our strengths, identify areas for improvement, and set goals for the future. Just like a mirror helps us see ourselves more clearly, reflection helps us understand our learning journey and adjust to ensure we're on the right path. Take some time this week to reflect on your journey so far and make a plan for a successful rest of the year.

Remember: It's never too late to make a positive change. Every day is a new opportunity to learn, grow, and achieve your full potential.

Mr Osman

This Week

Key Dates:

National Apprenticeships Week

Monday:

Tuesday: PSHCEe P.5

Wednesday: Sixth Form Art Trip

Thursday: Spoken Word Workshop

Year 8 Reward Trip

Yr 12 Parent's Evening

Friday: End of Half-Term 3.10pm

School returns on Monday 24

February at 8.30am for ALL students

Building Resilience- Practical Tips for Students

Don't be afraid to ask for help when you need it. Whether it's from teachers, classmates, or family members, seeking support can provide you with new perspectives and solutions to your problems.

Tips: If you're having trouble understanding a concept, reach out to a classmate who excels in that area or ask your teacher for extra help.

Joining a study group can also provide mutual support and motivation

Check out resources that your teachers have highlighted on Teams, Seneca, Uplearn and other platforms.

Use the LRC which often have resources like textbooks, reference materials, and study guides. Our Librarians can also help you find the information you need.

Talk to your form tutor, Head of Year or PSA if you are unsure of what support you need- they can advise further!



"Don't be afraid to ask for help when you need it. Asking for help isn't a sign of weakness, it's a sign of strength. It shows you have the courage to admit when you don't know something, and to learn something new."

BARACK OBAMA

Park High School Celebrates Bronze Equalities Award

We are proud to announce that we have been awarded the Bronze Equalities Award, a prestigious recognition of our collective commitment to promote diversity, inclusion, and equality throughout the school community. This achievement highlights our school's ongoing efforts to create an environment where all students and staff feel respected, valued, and included.

What is 'Equality'?

"Equality" means treating everyone the same, giving everyone the same opportunities and rights, no matter what they look like, where they come from, or what they believe in; it's like making sure everyone gets a fair chance to play, just like inviting all your friends to take part in a game.

- **Fairness:** It's about being fair to everyone.
- **Same opportunities:** Everyone should have the same chances to do things.
- **Respecting differences:** Even though we are different, we should still treat each other with respect.

The award, presented by EqualiTeach, acknowledges our school's dedication to embedding equality into every aspect of school life. Over the past 18 months, Park High has worked hard to review and strengthen its approach to equality, ensuring that all students have the opportunity to thrive regardless of their background, identity, or circumstances.

Miss Cramp, Assistant Headteacher with responsibility for Equalities, shared her pride in the school's achievement: "This award is a testament to the collective effort of our staff, students, and wider school community. Achieving the Bronze Equalities Award is not just about meeting a standard—it's about creating a culture where everyone feels a true sense of belonging. We are excited to continue this journey and build on what we've achieved so far."

Our Headteacher Mrs O'Dwyer echoed this sentiment, emphasising the school's long-term commitment to equality: "At Park High, we believe that diversity is our strength, and we are committed to ensuring that every student has an equal opportunity to succeed. This award recognises the hard work and dedication of our school community, but it is just the beginning. We are already looking ahead to the next steps, including working towards the Silver Equalities Award and setting new equality objectives to further strengthen our inclusive ethos."

Park High will also be sharing its success on social media and encouraging the wider community to celebrate this milestone. A framed Bronze Equalities Award Certificate will be displayed in the school, serving as a visible reminder of the school's commitment to inclusion.



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

Year 9 Poetry

In English lessons in Year 9, students were tasked with writing a poem that could be inserted into the verse novel, 'The Crossing', by Manjeet Mann. 'The Crossing' is a book about grief, journeys, human connection, compassion, and hope. Many Year 9 students wrote incredibly powerful poems. This is just one example by Dwij Mashruwala 9HC.



Waves crash against each other

left

right

left

right

I shake in the freezing water
I see a little light ahead of me
Hey!

Hey!

I wave my hands up in the air
It comes closer

A boat

I'm scared

I see a figure in the water

N...Na...Natalie?

Come on Nat!

You can do this

Come on Nat!

You can do this

I think of everyone

Ryan

Dad

Mel

Fazel

This is for everyone

We are all

We are all

built from

built from

the same

the same

star dust

star dust

I try keeping up.

Eventually I lose

her.

I look up. Stars give me guidance

And

hope.

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Year 7 are Basketball Borough Champions!

After four successive defeats in borough finals over the last few years, we finally claimed a basketball borough championship on Wednesday with a fine performance to defeat Salvatorian in the final. Our talented and hard-working Year 7 squad ran out 34-7 winners, to complete a season of dominance in their age group. We have seen a steady growth in the popularity of the sport over recent years at Park High and this team is truly a production of the culture and work ethic that exists, transcending year groups, in basketball at our school.

We are lucky to boast squad members who have experience of playing nationals in their age group and who came to Park High because of what we offer when it comes to sport and basketball in particular. Enakai and Amarni were outstanding, but there is real strength in depth here too. This was evident in the opening minutes as Aaron, who our Coach described as a sponge (soaking up all the advice he gives him), sunk a 3-pointer to get the crowd on their feet.

Aaron might not be playing basketball at all had he not come to Park High. His development demonstrates why we hope this victory might be the start of a legacy of success in basketball. He came to us as a talented sportsman, but his interests and his regular training lay in football, tennis and cricket. He is an extremely competent performer in each of these. Since joining Park High, he has decided to train regularly with the basketball coach, take up volleyball and work on transferring his racket sport aptitude to table tennis and badminton. He has represented the school in no less than six events. So far. Our basketball coach is now keen to take him into the world of competitive basketball outside of school, if Aaron's schedule will allow!

There are other similar stories; students who are finding a passion for a sport (or sports) at Park High and enjoying successes that spur them on to develop their talent and their character. These successes are also bringing students together, united by a pride in their achievements and a pride in their school. Perhaps none more so than on the basketball court where there is a substantial crowd, of mixed ages and genders, for every fixture without fail.

Well done to our Year 7 team. No doubt many of them will be there to cheer on our U16s who, at the other end of their Park High journey, have a basketball final of their own approaching.



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PLACES WHERE KIDS EAT FREE (OR FOR £1) FEBRUARY HALF TERM 2025



moneysavingcentral.co.uk/kids-eat-free

MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

BILLS

Kids eat free Mondays - Fridays from Monday 17th - Friday 28th February 2025.

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

ASDA

Kids eat for £1 Daily at Asda cafes, with no adult spend required.

LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas under 12.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

BURGER KING

From Friday 14th - Friday 21st Feb 2025, Kids Eat Free with every adult meal purchased via the app.

EMBER INNS

Kids eat for £1 from Monday 21st October to Friday 1st November 2024 (excludes weekends)

COCONUT TREE

One child (under 10) eats free every day Monday 10th - Sunday 23rd February 2025

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

HARVESTER

From Monday 10th - Friday 28th Feb 2025, kids eat for £1 with every adult meal via the app

TABLE TABLE

Two children under 16 get free breakfast daily with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

BREWDOG

Pre-book online using code: **KIDS EAT FREE** and Kids under 13 eat free (various dates, see link)

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.

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Free things to do for students and their families:

Disney's The Lion King Pop-Up: Disney's award-winning musical, THE LION KING, is marking its 20 millionth guest in London with a free pop-up exhibition at Battersea Power Station during February half-term!

Visitors will be able to explore the iconic masks, puppets and costumes up-close and learn about the inspiration behind many of the show's impressive designs. Characters such as Rafiki and Zazu will be on display, alongside the iconic Mufasa, Simba and Nala masks and other much-loved pieces from the musical. For more information, please see [here](#).



National Apprenticeship Week

10-16 FEBRUARY 2025

NATIONAL
APPRENTICESHIP
WEEK 2025

National Apprenticeship Week takes place once a year in February. It is a fantastic opportunity for students to understand the benefits and opportunities that apprenticeships can bring.

Take the short course on Apprenticeship and T Levels, through Springpod to be in with a chance to win a £10 book voucher.

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

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

Springpod 

Virtual Apprenticeship Fair

Wednesday 12th February

4pm -6.30pm

Click here to sign up <https://unifrog.ivent-pro.com/events/apprenticeshipfair>



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Last Week's Round Up

Best Attendance

7MO

Most Achievement Points

8AY

Best Punctuality

8TP

ACE Lottery Winners

1. Trisha Patel 9HC
2. Nana Ama 11RL

Year 7

What a week it has been for our sports teams!

Our brilliant football team unfortunately lost in a tournament on penalties, which made me think about recovering from setbacks. I honestly believe our football team is the best in the borough, and even in defeat, they remind us that life teaches us valuable lessons—sometimes, you don't always get what you deserve. It's up to you to keep working hard despite setbacks and to achieve your goals.

Our basketball team also shined this week in the finals. They played brilliantly throughout the game, with the crowd cheering them on as they handled the pressure and won 34-7. It was especially wonderful to see the team's unity and the memorable moment they enjoyed in Year 7. I hope you all create similar unforgettable moments over the next five years—so make an effort to pursue experiences that you'll cherish!

Year 8

As half-term approaches, take time to reflect and recharge. Consider what you've done well this term and where you can improve. Acknowledge your achievements and set goals for growth. Most importantly, allow yourself to relax. Spend quality time with friends and family, enjoying the moments that bring joy and balance.

Use this break to explore a new skill or hobby—something that excites and inspires you. Whether it's reading, cooking, or a creative pursuit, invest in yourself. Rest, refresh, and return with renewed energy, ready to take on new challenges with confidence and enthusiasm.

Have you got your achievement badge?

Well done to everyone who has received their bronze and silver badges. Your parents and guardians will be receiving their pictures very soon.

Bronze: 191 students

Silver: 27 Students

Year 9

Congratulations to our top character point achievers this week: **Dhrish Vekaria 9HC, Abel Botosan 9HW, Diya Haria 9BA, Usman Mir 9AL.**

193 Year 9 students have achieved a bronze badge or higher – well done! This is a testament to the character virtues you have consistently been demonstrating.

Continue to set yourself up for success, aim high and reach for the next award!

Shortly after returning from the half term, you will begin the process of selecting your preferences for GCSEs, a significant step in your academic journey. Use this break to thoughtfully consider your performance, identify areas for improvement, and celebrate your achievements. This reflection will help you make informed decisions about your future studies, ensuring you choose subjects that align with your interests and abilities. Enjoy your break and come back ready to embark on this important next step!

Key dates:

Preferences evening: Thursday 6th of March

Parents evening 9A-E: Wednesday 12th of March

Parents evening 9F-I: Thursday 20th March

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Last Week's Round Up



Year 10

Ordering your thoughts and marshalling your speech in coherent rhetoric is a vital skill that will make you more successful in life. That's why this half term we had a focus on developing your public speaking skills. This will also prepare you for your work experience placement. Last week, 60 of you participated in the Jack Petchey Speak Out Challenge workshops. We are proud of how you threw yourselves into the workshop and pushed past your comfort zones. A big congratulations to the winners from the competition: Lina Mahwies, Dani Omar Saad, Ahsan Nawaz, Mahi Mistry, and Jia Pankhania. They will be delivering their speeches in tomorrow's assembly. This will be a challenge, and they will need your support and for you to be a professional audience. There will also be an additional year 10 public speaking competition in DS2 Wednesday 3.10-4pm. Sign up list on HOY office door.

Year 11

Half Term is approaching which gives you the chance to take a well-deserved break and consider what steps you need to take in order to be successful in your last full half term. It is important to continue with your revision but equally balance this with taking time for yourself and your family and friends.

A huge, good luck to our Year 11 basketball team, as they have their final match on Friday. If you are able to, please do come and support the boys as they hopefully bring home the trophy – another one to add to our Year office!

Remember, make the most of every lesson and continue to be the best version of yourself. You are all more than capable!



Sixth Form

Year 13 decisions

Now the UCAS deadline has passed, our students are slowly accepting their offers and determining what grades they need for their next steps. Students so far have selected City, Loughborough, Westminster and Queen Mary universities. Please speak to the 6th form team if you need any support on this important decision of where you will be spending the next few years! Accommodation and student finance coming up to sort out next.

Year 12 Parents Evening

Appointments can be made via SchoolCloud for parents evening on *Thursday 13th February*. Please find the link in the communication that was sent to you earlier in the week. Please liaise with the 6th form team if you have any issues with making these appointments.

This is an important and incredibly useful evening to get prepared for your upcoming mocks at Easter, before your university and apprenticeship applications towards the end of Year 12. We are looking forward to seeing you next Thursday!

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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

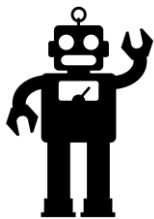


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Spring Term 1 Clubs

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