



Message from Assistant Headteacher

Get ready to laugh, give, and change lives! **Red Nose Day**, which falls this coming Friday, is more than just a fun event—it's a chance for us to come together and support those in need. By raising money and awareness, we help provide food, shelter, and education for children and families in need. Whether through donations, fundraising events, or simply spreading kindness, every action counts. This year let's show again that *together we can make a difference* and bring hope to those who need it most. Join us in making the world a better, brighter place—one red nose at a time!

Also taking place this week is our annual Arts Festival. Whether it is Dance, Drama or Music, we hope that you will get involved in a range of events over the next 7 days with activities taking place every lunchtime as well as a selection of workshops, concerts, masterclasses and much, much more.

Simon Appleman

This Week

Key Dates:

ALL WEEK- ARTS WEEK

Monday:	PSHCEe P.6
Tuesday:	
Wednesday:	Arts Awards Evening
Thursday:	Year 9 Parent Evening
Friday:	Red Nose Day

Park High Arts Festival – How will you get involved?

Invitation Only Events:

Monday 17th	Physical Theatre Workshops
Tuesday 18th	Year 7 African Drumming and Spoken Word/Songwriting Workshop
Wednesday 19th	Stage Combat and Arts Award Evening
Thursday 20th	Nonesuch Orchestra Workshop
Friday 21st	Anna Nicholls Dance Workshop and Synergy Theatre Company Performance/Workshop
Monday 24th	Mozartists Musical Theatre Workshop
Tuesday 25th	London Symphony Orchestra KS3 Concert

Lunchtime Events:

Monday 17th	Just Dance! in the dance studio
Tuesday 18th	Live Art in the Hall
Wednesday 19th	Music and Culture Quiz – register in the foyer/hall
Thursday 20th	Staff Music Concert in the Hall
Friday 21st	Comic Relief Activities



Are YOU ready for a week of fundraising for Red Nose Day?

RED NOSE DAY 2025

PARK HIGH CHARITY FAVOURITES....

- **Joke wall:** **Free entry** - tell us your best joke and see if you make it into the PHS joke book!
- **Red Nose Day poster contest:** **Free entry** - complete a poster - best design wins a prize!
- **Badges and red noses** will be on sale in the **foyer at break and lunch** (£1.50 for badges; £2 for noses).
- **Doughnut sale:** **£1.50 each** - On sale in the Kodak corridor from Wednesday after school and then at break and lunch from outside P1 - when they are gone, they are gone!

(Doughnuts will be on sale in the Sixth Form Common Room for Year 12 and 13 students)



RED NOSE DAY 2025

NEW FOR THIS YEAR.... **The Park High Playground Challenge**

- **Push-ups contest:** **£1 entry fee** - the most push-ups per year group wins a prize.
- **Basketball free throws:** **£1 for 3 free throws** from the free throw line - win a raffle ticket for every basket and entry to a random prize draw.
- **Red nose roll:** **£1 entry fee** - throw the red nose and hit the target to win a raffle ticket and entry to a random prize draw prize.

Running every day at break and lunch in... the playground!



COMIC RELIEF



RED NOSE DAY 2025

ALSO FEATURING

- Year 7 and Year 8: Year 7 and Year 8 students will be doing a **sponsored silence** during tutor time - all week!
- For Sixth Form and staff: **Wear something red** on RND - Friday 21 March
- Did we mention **doughnuts?!**
- There will be a **JustGiving** page sent out so that parents, staff and students can also donate online!



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

Year 13 History Talk with Malcolm Gaskill

Y13 Historians had the pleasure of hearing from Malcolm Gaskill, a renowned historian on the Witchcraze in East Anglia. He discussed his research, thoughts, and work as a historian.

Here are some student comments: Here are student's comments:

*We found the meeting with Malcolm Gaskill highly informative and insightful in relation to the topic of witches. The questions we had asked on the origins of witches, the specific course and events within East Anglia as well as concerns over the evidence Gaskill had used had prompted sound replies which aided in expanding both our knowledge on the witchcraze and the line of work as a historian too. This had sparked much curiosity as we continued to question the validity and proof of Gaskill's work, all of such he had provided with proof paired with confidence and flawless logic. A feature of the event which really stood out to us was that this was not just a lecture style or interview style piece of conversation, but a talk akin to scholarly debates which can be found in university level work. We found this useful as it piqued interest and criticism which Gaskill had invited and reciprocated with his work. **Suhail Dinarkhail, 13SM***

*Listening to Malcom Gaskill was useful and insightful to aid us in our understanding of the Witch craze in East Anglia, and arguably the whole of the period. He was able to deliver the information in a way such that was interesting and provided us with a broader picture on the causes of the East Anglian Witch hunts: rather than saying it was X and sticking to that only, he talked about various factors, and then giving us his belief as to what was the most important factor in the East Anglian witch hunt. **Evan Randall,***



Who is Malcom Gaskill?

Malcolm Gaskill is an English academic historian and writer on crime, magic, witchcraft, spiritualism, and the supernatural. Gaskill was a professor in the history department of the University of East Anglia from 2011 until 2020, when he retired from teaching to give more time to writing. He is the author of six books, including *Witchfinders: A Seventeenth-Century English Tragedy* and *Hellish Nell: Last of Britain's Witches*.

Upcoming Maths Challenges

For Year 7 and 8:

UKMT Junior Maths Challenge will be happening on May 1st after school It is open to all Year 7 and 8 students. UKMT Junior Maths Challenge will be happening on May 1st after school It is open to all Year 7 and 8 students. If you enjoy maths and problem solving, please see Mr Gaunt in the Maths office to put your name down! If you enjoy maths and problem solving, please see Mr Gaunt in the Maths office to put your name down!

For Year 10 Only:

On March 31st, you will have the opportunity to participate in the ASMP Maths Feast Challenge. If you enjoy maths, working as a team and problem solving, this is perfect for you. If you are interested, you need to make a **team of four** students in Year 10 and come to Mr Gaunt in the Maths office ASAP. We only have seven team spaces so it will be first come, first serve. We only have seven team spaces so it will be first come, first serve.



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

Transition Evening- Year 6

It was a delight to welcome the year 6 pupils who will be joining us in September, along with their families on Thursday evening this week. Students got to experience a high school lesson in Art, Maths, Science, Computer Science and PE whilst parents learnt more about the transition process from Primary to Secondary school. Thank you to all the staff and prefects who made the latest members of our community feel welcome as they begin their Park High journey.



UK Chemistry Olympiad Results

The Royal Society of Chemistry held the prestigious UK Chemistry Olympiad exam on the 23rd of January. This involves an exam sat by thousands of students across the UK which has advanced chemistry questions and also degree level chemistry. We are so proud to announce that **Omar Al Shdefat, Prithvi Rathod and Zalla Rahimzai** were all successful in the completion of this exam.

Zalla received a Bronze Award (32% of all students who entered achieved this).

Omar and Prithvi received a Silver Award (25% of all students who entered achieved this and they are the first two students in the history of Park High to do so). Omar and Prithvi, were also just shy of the Gold Award. This is a massive achievement, and we wish to congratulate these students on this fantastic feat.

Congratulations once again.

Ms Selva and Ms Janiale



Year 10 visit to Eton College

When you step into Eton College, you are stepping into another world. One where modernity meets tradition in a manner which captures the attention of the visitors. The visitors on this occasion were a group of 35 year 10 students, our top performers on the EtonX courses and recent Progress Check. As they stepped off the coach, they stepped into this curious world of excellence founded in 1440 by Henry VI.

Entering their first room, etched on the walls were names of past students including the famous English Poet, Shelley – a poet they had been studying in English. A favourite to view were the names of two of Eton's most recently famous, Prince William and Prince Harry.

The gaze of the students was caught at every corner from the majestic chapel to the historic library, where they got a personal tour learning about the extensive book and manuscript collection. Each corridor and courtyard led to more intrigue and curiosity.

Such encounters for our students don't just inspire, they activate aspiration – the pull to want to aim higher and be better. This was no less realised when walking down the street, side-by-side the Eton students and entering one of their lavish lecture theatres where they got a first-class lecture from one of the professors on self-leadership. Students listened intently about what it takes to find your purpose and to lead the self and others.

After the intellectual food, we had the privilege of experiencing the lavish Eton lunch – yes, all you can eat! A truly satisfying end to an extraordinary day which we will not forget.



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MFL Presentations

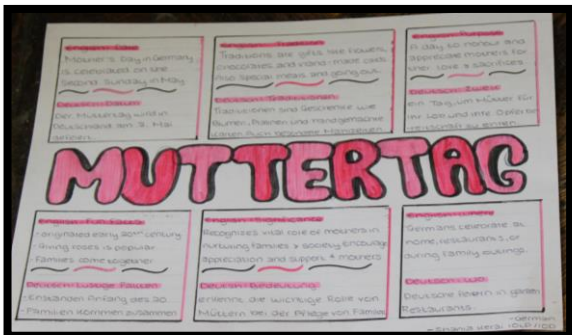
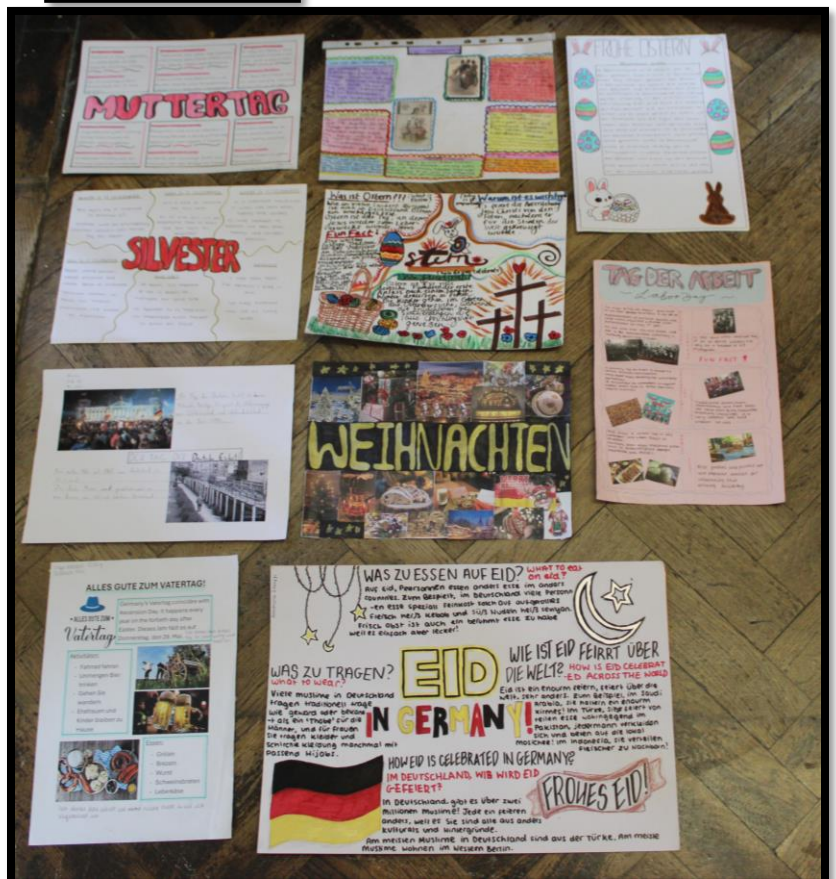
Our Year 10 students recently embarked on an exciting project to create posters and short presentations in German/French/Spanish about various celebrations from around the world. This initiative aimed to foster cultural awareness, creativity, and teamwork among our students.

Each poster was a vibrant display of colours, images, and information, reflecting the unique aspects of different celebrations. From Diwali's dazzling lights to the festive spirit of Christmas, the posters covered a wide range of cultural festivities. Students researched the history, traditions, significance, and fun facts of each celebration ensuring their speeches were both informative and captivating.

The project not only allowed students to express their artistic talents but also provided an opportunity to gain experience about and appreciate the diversity of global celebrations. Teachers and peers alike were impressed by the creativity and effort put in by each student, making the project a resounding success.

Overall, the Year 10 celebration project was a fantastic way for students to engage with diverse cultures and traditions, while also honing their research and artistic skills. It was a celebration of creativity, learning, and cultural appreciation.

MFL Department



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Free things to do for students and their families:

Remembering is the first solo exhibition of Arpita Singh outside India, featuring key works selected in close collaboration with the artist from her prolific career spanning more than six decades. Singh's paintings centre on her emotional and psychological state, drawing from Bengali folk art and Indian stories, interwoven with experiences of social upheaval and global conflict. Singh's paintings on her emotional and psychological state, drawing from Bengali folk art and Indian stories, interwoven with experiences of social upheaval and global conflict.



CAREERS & EMPLOYABILITY



Where do I see Myself? Tuesday 18 March. Years 7, 8 and 9

Charlotte Earl

Desk Officer for Qatar and Oman at UK Defence & Security. Works for the Government in Department of Business and Trade. Based at Westminster. Currently learning Arabic.

UPCOMING EVENTS



Where do I see Myself ? Wednesday 19 March Years 10, 11, 12

Kelechi Okeahialam

Equality, Diversity and Inclusion Manager at the Football Association.

Responsible for co-creating and operationalising the new FA Equality, Diversity and Inclusion strategy 'A Game free from discrimination'.

Year 10

Work Experience week

Band A 16th – 20th June

Band B 23rd – 27th June

Are you interested in Law?

White & Case [UK virtual learning programme](#) offers the opportunity to gain valuable experience by completing true-to-life legal tasks. It's also a way to help differentiate yourself in the application process. Designed by White & Case lawyers and trainees, this programme will give you the practical skills, knowledge and confidence to succeed.

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Best Attendance

**8NG/7PB
10SW**

Most Achievement Points

 **7JR**

Best Punctuality

**7AW/7FF
7KA/7YK**

ACE Lottery Winners

1. Bianca Mandici 8TP
2. Amber Kirkman 12MV

Year 7

Team Year 7, Remember to appreciate people's differences. Everyone has unique backgrounds, experiences, and talents that make them special. These differences are not something to judge, but something to celebrate. By being kind, curious, and respectful, you can create deeper connections and a positive environment for everyone. Embrace the opportunity to learn from others and show empathy and understanding. Let's work together to make our school a place where everyone feels valued, no matter their background or how they express themselves.

I also want to praise the year 7 netball team who showed amazing teamwork through their game this week and managing to get a great win. I really want to see this team grow and improve together so let's hope we get more wins as the years go on.

In the race for character points, I want to congratulate Beatrice Halip for being the first to get her Gold Badge! 210 Character points is a huge achievement.

Year 8

Reward and Recognition

Well done to our Year 8 students who are continually working hard to show the very best of themselves – in class and around school. Your proud parents will have received photos celebrating your achievement in getting your Bronze or Silver Character Points badge. Your continued hard work means that you will be confident and successful learners, today, tomorrow and in the future.

Year 8 Character Points so far

We have **52** students with their **SILVER** award and a total of **204** students who have achieved their **BRONZE** award that's almost the whole year group!!!! – Please make sure you come to get your badges, you should celebrate your fantastic achievements and hard work.

Congratulations to **Angel Ayeni 8NH** for being our first Year 8 student who has won their Gold Character Points Award!

Year 9

Congratulations to our most recent Gold Badge recipients, **Yousra Salehih 9WN, Bryan Mariyanesan 9HC, Yousuf Asghar 9WN.**

We are looking forward to celebrating all your achievements in our upcoming celebration assembly.



Following a successful Parent Teacher conference, we look forward to continuing to welcome students and families to discuss your academic achievements and growth. This is an important time for you to think critically about your future and make informed choices. Make sure you make the most of this time to ensure you are setting yourself up for success in your GCSEs.

Tutor group highlights:

Highest Character points: 9WN Lowest B-logs: 9GS
Highest attendance: 9AM Best punctuality: 9GS

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Last Week's Round Up



PROACTIVE ENGAGEMENT

	Clarify learning and ask questions showing curiosity
	Contributes to class discussion
	Exert their best effort and concentrates when completing tasks
	Attempts challenge tasks
	Actively listen

Year 10

How can you be more proactively engaged in your learning? Look left! These are the 5 behaviours we are looking for you all to demonstrate each lesson. This will help you learn more and will help you get better results in your mock exams. Remember, all the tips from your study skills session and implement them in your life to become a better learner. You should be creating a revision timetable in preparation for your mocks.

We are also very proud of Dani and Lina for their performance at the Jack Petchey Regional Final where they showed resilience and courage to deliver excellent speeches – well done!

Also, a big well done to 10JE and 10AG for winning their articulate competition rounds!

Year 11

As your GCSE exams approach, here are some revision techniques to help you succeed:

- Create a Timetable: Plan your study sessions and stick to them. Break down your revision into manageable chunks to avoid last-minute stress.
- Active Recall: Test yourself regularly on what you've learned rather than just rereading notes. This helps reinforce your memory.
- Practice Past Papers: Get familiar with the exam format and types of questions by practicing previous papers. It's a great way to spot trends and feel more confident.
- Stay Healthy: Don't forget to eat well, sleep enough, and take breaks. A healthy mind and body are key to doing your best!

Sixth Form

YEAR 12 – Opportunities keep coming!

A reminder to our year 12s to make the most of opportunities when it comes to work experience, volunteering and super-curricular activities.

Unifrog *always* has lots going on, including an upcoming virtual university fair on Wednesday 26th March. Universities taking part include Manchester, Southampton, Bedfordshire and Queen Mary. Click here for more information and to sign up: [Unifrog](#)

YEAR 13 - STUDENT FINANCE IS NOW OPEN!

We will be providing support on this for students and parents in the coming weeks, but you can make a start on your applications now, by clicking on the link here: [Apply online for student finance - GOV.UK](#)

Before you do this, you may wish to choose what your 'firm' university choice is going to be. Will this determine whether you live at home, or live out? This can impact your application, so do make sure you prepare!

Spring Term 2 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

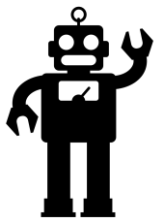


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Spring Term 2 Clubs

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