



Message from the Headteacher

Dear Students,

Very pleased to sign off the last student bulletin for this school year.

What a year we have had! Brimmed full of opportunities for you to grow and be happy. We have celebrated your successes and achievements, supported your endeavors in the fields of sport and the Arts. We have been bowled over by your kindness towards each other and your determination to make our community a better place by helping others in all sorts of ways. It's been a great year for our Park High community. Be proud of yourself, we are proud of you all.

Take some time to rest up in the summer, you might do some reading, writing, maybe a short story or two. Dance, sing, paint, bake a cake! (Perhaps with some adult help) Whatever it is that helps you, safely, be you. We look forward to seeing you back with us on the **2nd of September 2025.**

Keep safe and well during the summer holidays,

Very best wishes,

Mrs O'Dwyer

This Week

Key Dates:

Monday: Year 9 Ignite. PSHCEe P3

Tuesday: Churchill War Rooms Trip. Year 10 Media Studies Trip to the London Screen Academy.

Wednesday: 'Sing Street' – Lyric Theatre.

Thursday: No events listed

Friday: Last Day of Term

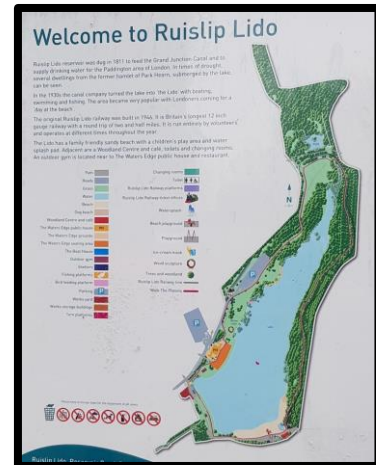
Jack Petchey Educational Trip

The Jack Petchey Educational Trip involved cultural activities provided students with a rich and engaging experience that combined creativity, cultural education, and personal growth. The day began with a workshop on the history and significance of the Notting Hill Carnival, highlighting its cultural resilience. Students explored five core Carnival disciplines: Steelpan, Mas Band, Static Sounds/Sound Systems, Soca and Calypso music, and Carnival Costumes and Sculpture. A highlight was the Steelpan masterclass with internationally acclaimed musician Samuel Dubois, where students learned about the instrument's roots and had the chance to play it. This was followed by a creative workshop with artist Carl Gabriel, who guided students in designing Carnival-inspired sculptures and costumes. The day concluded with a session by international artist Triniboi Jooie, who explored the cultural impact of Soca music. Overall, the day successfully blended cultural heritage, artistic expression, and personal development, leaving students inspired and informed.



Free things to do for students and their families:

Ruislip Lido offers a delightful array of activities for visitors of all ages. You can relax on the sandy beach, build sandcastles, or enjoy the splash pad. For families, the pirate-themed play area and the miniature railway, which is Britain's longest 12"-gauge railway, are big hits. Nature enthusiasts can explore the surrounding woodlands through scenic walking trails. There are also several cafes and picnic spots where you can unwind and enjoy a meal. Whether you're looking for a fun day out or a peaceful retreat in nature, Ruislip Lido has something for everyone. As car parking at the lido is limited, we encourage the use of public transport - the [H13](#) and [331](#) buses stop close by Ruislip Lido and the woods.



Careers & Employability



On Friday 11th July, Park High School were externally reassessed for the Quality in Careers Standard Award. The **Quality in Careers Standard** is the *single national quality award* for overall **careers education and guidance provision** in secondary and special schools, colleges, and Independent Training Providers.

In England, **all** state-funded secondary and special schools, academies, sixth form colleges and further education colleges are **"strongly recommended"** by the Department for Education in its **May 2025 updated Statutory Guidance** to work towards, achieve, and maintain the national **Quality in Careers Standard** as part of its **careers strategy**.

The external assessor met with students from all year groups, employers, parents and staff.

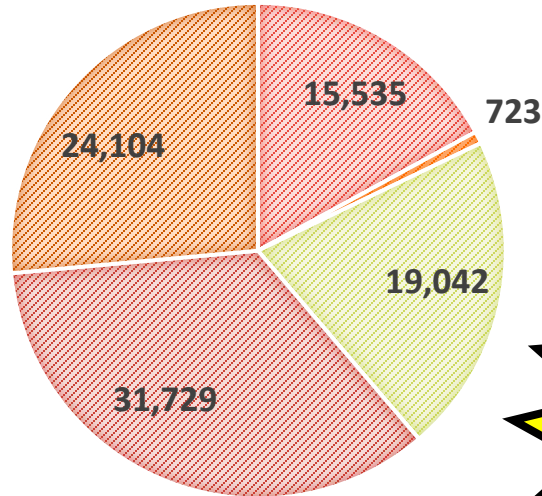
We will hear the outcome next week.

Watch this space!

Character Points 2024-2025

CHARACTER POINTS

Teamwork Compassion Integrity Curisoity Resilience



91,133



Under 15 Cricket Final



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100 fun ideas...

Summer

BUCKET LIST

- Build a fort
- Ice cream party
- Read 5 books
- Go for a swim
- See a movie
- Play board games
- Paint a picture
- Make watergun art
- have a picnic
- Go for a walk
- Blow bubbles
- Jump rope
- Fly a kite
- Have a pillow fight
- Scavenger hunt
- Start a journal
- Treasure hunt
- Play basketball
- Hula hoop
- Go on a bike ride
- Dance in the rain
- Make popsicles
- Family movie night
- Camp indoors
- Stay up all night
- Play dressup
- Waterballoon fight
- Make S'mores
- Take fashion pics
- Play frisbee
- Make a mud pie
- Ride the swings
- Have a pajama day
- Play Hide and Seek
- Make a pizza
- Have a sleepover
- Watch the stars
- Play hopscotch
- Have a luau
- Make bracelets
- Eat whipped cream
- Have a relay race
- Make a music video
- Play laser tag
- Race RC cars
- Play volleyball
- Indoor marathon
- Have a bubble bath
- Obstacle course
- Catch fireflies
- Have a dance party
- Play baseball
- Tell scary stories
- Paint rocks
- Make a craft
- Color pages
- Play cards
- Go on a nature hunt
- Play Twister
- Make bath bombs
- Talent competition
- Make a campfire
- Play flashlight tag
- Have a sack race
- Watch fireworks
- Sleep in a tent
- Make slime
- Do a good deed
- Make play dough
- Eat a snow cone
- Make tie-dye shirt
- Science experiment
- Draw on sidewalk
- Run thru sprinklers
- Make brownie dough
- Watch the sunrise
- Send a postcard
- Build a birdfeeder
- Play i-spy
- Family sleepover
- Waterballoon baseball
- Go roller skating
- Wash a car
- Play dodgeball
- Bury a time capsule
- Help cook dinner
- Finger paint
- Make paper airplanes
- Plant seeds
- Have a puppet show
- Build a sand castle
- Help make dinner
- Go to the library
- Shaving cream fight
- Ride a scooter
- Build a puzzle
- Have a diy spa day
- Pool noodle fight
- Make a memory jar
- Watch movie outside

Summer School Enrichment Opportunities

We are delighted to offer a wide range of engaging activities for our students to explore during the summer holidays. We offer lists of free days out and places to visit, from museums and workshops to animal farms. In addition, there are a variety of puzzles, competitions and enrichment activities which are designed to enhance our student's educational experience. The activities are divided by subject / category including activities for mindfulness and character development. Your child can pick and choose activities of interest and enter competitions to win prizes.

[Park High School - Summer School](#)

Inspiring Futures: Year 8 Aim High Students

Our Year 8 Aim High students recently had the fantastic opportunity to hear from former Park High students who are now pursuing exciting and ambitious career paths.

Two alumni shared their journeys into the field of Law—one currently studying at the University of Warwick, and another undertaking a prestigious degree apprenticeship with the international law firm Linklaters. In addition, one of our current Year 13 students, who has just completed his A-Level exams, spoke about his aspiration to study Medicine at King's College London.

The talks were engaging and insightful, and our Year 8 students made the most of the opportunity by asking thoughtful questions and showing great enthusiasm. It was a proud moment to see how our former and current students are aiming high and inspiring the next generation at Park High.



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University College London- Year 12

On a bright and exciting day, our Year 12 students had the incredible opportunity to step into the shoes of undergraduate chemists during a visit to the prestigious Chemistry Department at University College London (UCL). The experience was nothing short of inspiring, offering a glimpse into the world of higher education and cutting-edge scientific research.

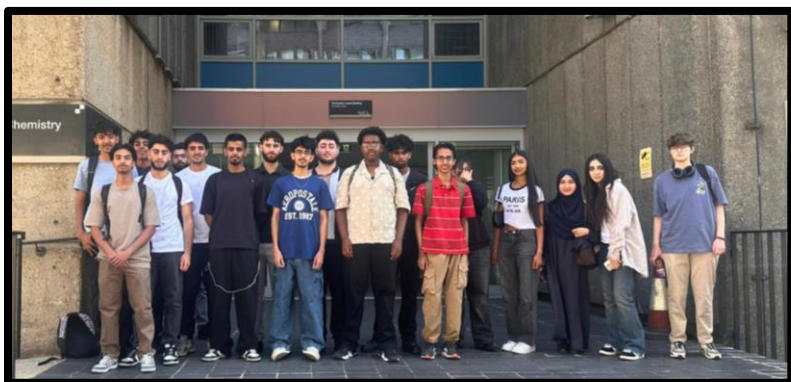
The day began with a brief introduction of the professors and safety regulation during our visit followed by a guided tour of UCL's historic campus, which has stood proudly for over 200 years. Our students were fascinated by the rich history and academic legacy of the university, brought to life through engaging stories and facts shared by a passionate professor Dr Riley. From the iconic Wilkins Building to the state-of-the-art laboratories, every corner of the university echoed with a sense of discovery and innovation.

One of the highlights of the visit was a hands-on laboratory session where students synthesized **nitrobenzene**, a key compound to make **TNT**. Donning clean lab coats and protective goggles, they eagerly embraced the role of real chemists. The excitement in the lab was palpable as students carefully followed procedures, observed chemical reactions, and worked collaboratively to produce their own samples.

What truly elevated the experience was the opportunity to analyse their products using **spectroscopy**—a technique used to determine the purity and structure of chemical compounds. This not only reinforced their understanding of chemical analysis but also gave them a taste of the precision and technology involved in modern scientific research.

Students were particularly impressed by the cleanliness and professionalism of the lab environment. The well-maintained equipment, safety protocols, and the chance to use real scientific instruments left a lasting impression.

By the end of the day, our students left UCL with a deeper appreciation for chemistry and a renewed enthusiasm for pursuing science at university. It was a brilliant day filled with learning, inspiration, and a sense of belonging in the world of academia.



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Silver Duke of Edinburgh



This is the final part of the Duke of Edinburgh Silver Award, a two-night, three-day expedition where they must walk their planned route and provide all their meals during this time to. We arrived at Pindale Farm, our base, on the Saturday so the two groups could start early on Sunday as this was their toughest day of the three. Day 1 the weather was challenging with rain on and off through the entire day. The groups were climbing up Winatts Pass and then onto Man Tor. A climb that takes them to 517m above sea level and gives amazing views of Hope Valley below. They showed true resilience in completing their travel on that day! Day 2 was an easier day with the walk following River Derwent some of the way. Day three was a circular walk around the borders of Hope Valley. Whilst this day was easier the groups were tired from the day before. They showed great compassion and teamwork in supporting each other to complete their route successfully. As we were driving back to London the groups got up super early and were ready to go at 8 am. During the three days the groups cooked a variety of meals including stir fry, sausages, pasta in cheese sauce and lots of cheese toasties.

The students exemplified all the characters virtues and values of Park High, showing great integrity and curiosity at the campsite, talking, and interacting with other groups and abiding by the campsite rules. We look forward to presenting them with their award at the ceremony next year. Well done.

Miss Ward, Miss Wakeman, and Mr Tromans.

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Ignite: Celebrating Park High Student Voices

Every year, I am so impressed by the hard work, persuasive skills, and passion demonstrated by our students during Ignite events. This year, Y7 students wrote and delivered powerful speeches on topics of their own choosing. It takes great courage to stand in front of your peers and share your heart and mind with others in your first year of high school.

Well done to the nine Y7 finalists who represented their forms in front of the whole year group: Goncalo Chaves Da Silva, Kushmar, Maria Ungurianu, Katie Coulson, Amina Abdo, Milan Patel, Aryan Bhatti, Riya Bharadava and Ali Nori. Congratulations to this year's Y7 Ignite winner Aranie Kugaseelan!

Y8 students explored the theme of children's rights, delivering compelling speeches about protecting children with disabilities, global injustices, and the importance of standing up for those whose voices are often unheard. It was amazing to see Park High students using their voices to advocate for children everywhere. Well done to the nine finalists who represented their forms: Khadija Beghaffour, Maria Nikaj, Chloe Robinson, Ayushi Gami, Grace Pereira, Jainil Patel, Angel Ayeni and Sonal Patel. A huge congratulations to the Y8 Ignite winner Maria Maciuc who delivered a passionate speech about the importance of protecting children's rights!

A big shout-out to our brilliant student photographers and student judges from across the school. Your professionalism, creativity, and support helped make these events a success. Thank you to our student judges: Aranie Kugaseelan (Y7), Jawhara Salam (Y8), Amos Nistor (Y9), Bhoomi Parmar (Y9), Amber Kirkman (Y12), Veda Vachhani (Y12) and Maisa Ali (Y12) and to our dedicated Y10 photographers Irena Mangu, Jisha Shah and Ayana Samarth.

Year 9 Ignite – Poetry Slam (Today!)

Today marks Park High's first 9 Ignite Poetry Slam! Students will be performing original poems on themes such as mental health, love, war, and freedom. If you see a Y9 participant around school today, be sure to wish them good luck, it is going to be a powerful and inspiring event!

Miss Saleem



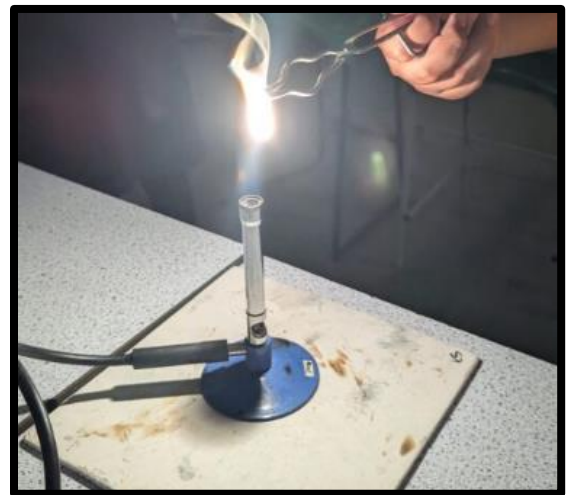
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Year 5 Outreach event- Stanburn Primary

We were delighted to welcome the entire Year 5 cohort of 120 students from Stanburn **Primary School** for a fun and engaging morning at Park High. As part of our outreach events to Primary schools, the visit aimed at giving the students a taste of life at secondary school.

Throughout the morning, the Year 5 pupils took part in a **carousel of lessons** across a variety of subjects:

- **Science** – Hands-on with using a Bunsen burner safely to burn magnesium which burns with a bright white light.
- **Art** – Learnt how to make different tones, layering colours and using this to create a cubist artwork.
- **English/Performing Arts** – collaborated to deliver a creative writing class based on the poetry of Michael Rosen where students wrote their own poetry about school and worked in teams to make the imagery in their poems into freeze frames.
- **DT** – students were introduced to the world of Textiles, learnt how fabric is constructed, exploring a variety of fabric types. They put their learning into practice by trying out paper weaving — a fun and engaging way to understand how weaving techniques are used to create the clothes we wear.



Each session was delivered by our passionate subject specialists, with support from our brilliant Year 8 and 9 student buddies, who helped guide the children throughout the morning.

During break, the students enjoyed table tennis and football in the hall before continuing with more lessons in the classrooms.

"The students had the best time and are still talking about the activities that they took part in,"
— Lead Teacher, Stanburn Primary School

The event was a fantastic opportunity for the children to build confidence, explore new subjects, and begin to see themselves as part of our wider school community. We thoroughly enjoyed having them with us and look forward to welcoming them back again soon!

Ms. Straughn

Eton College Summer School

"Attending the Eton College Summer School was a truly enriching experience. It was both a privilege and a thrill to study at such a prestigious institution, steeped in tradition and academic excellence. Among the many memorable moments, the quiz night stands out as a highlight—each topic seemed to align perfectly with someone's area of expertise, making it both fun and collaborative. It was a night of shared knowledge and genuine camaraderie. I'm deeply grateful for the opportunity to be part of such a distinguished learning environment, and I wish future participants every success in embracing the challenges and rewards that come with studying at such a prestigious institution".

Vikas Vithyaruban 10NK

"The trip to Eton for the week has been one of the best weeks of my life. There were so many activities on offer where you were able to pick between sports, do team building exercises and games. Of course, included were lessons, which focused on soft skills to help you generally in the future teaching a growth and fixed mindset the lessons were so much fun as it included many discussions and opportunities to add our own opinion on the matter. I have made so many friends during the Eton week while originally on the first day the conversations were stiff by the last day, many were blubbing and wishing they could stay for longer. My favourite experience of the whole week was the opportunity to formulate and then deliver our own speech. Truly an amazing experience".

Dani Saad Omar 10AG



Skills for Success Summer School at
Eton College
Monday 30th June to Friday 4th July

"My week at Eton College was one of the best experiences of my life! From the talent show, to hopping into the pool in the hot summer weather during sports activities, to learning and harnessing skills such as using a growth mindset, being assertive during conversations and using teamwork alongside leadership skills in our group exercises, I have learnt so many new concepts which I will continue to use throughout my lifetime. Moreover, in just the space of a couple days, I have built strong connections and relationships with several people who I became very close friends with, and it was emotional saying goodbye. The disco was the highlight of the week; the vibes were high and the connection between us all had become stronger by the Thursday in which it took place after our week together and pure happiness to be around each other. This experience was truly a once in a lifetime opportunity and I am so lucky and grateful to be part of the Summer School family. I would recommend this experience to every year 10 next year".

Mahi Mistry 10JE

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Best Attendance

7KA

Most Achievement Points

8FT

Best Punctuality

8FT

ACE Lottery Winners

1. Leila Meziani 7YK
2. Suleiman Ahmed 8DB

Year 7

Year 7, what a journey this year has been! You have grown into students that Park High is truly proud to have. Watching you develop not just academically, but in character, has been inspiring. The way you've shown teamwork, compassion, resilience, curiosity, and integrity throughout the year has been a joy to witness and we hope this continues to grow even stronger as you move forward.

A big thank you must go to your tutors, who have supported you every step of the way and played such an important role in your development this year. As we head into the summer break, please make sure to stay safe, rest well, and come back ready for Year 8. With even more focus, maturity, and a daily drive to become better in everything you do.

Have a brilliant summer!

Year 8

As you approach the end of Year 8, it's inspiring to see how much you've grown and excelled in your studies. It was wonderful to meet your parents and guardians on Review Day and Celebration Assembly to celebrate your achievements. As you prepare for Year 9, take some time over the summer holidays to reflect on your academic journey and future goals. Here are some questions to guide your thoughts:

How can I be a better learner? Consider your study habits and identify areas for improvement. Are there specific skills you need to develop, such as time management or note-taking?

What subjects do I want to study for GCSE? Think about the subjects you enjoy and excel in. Which ones align with your interests and future aspirations?

What subjects do I want to know more about? Identify any subjects you're curious about but haven't explored deeply. Use the summer to read books, watch documentaries, or take online courses to expand your knowledge.

Reflecting on these questions will help you make informed decisions and set a solid foundation for Year 9 and beyond. Enjoy your summer break and come back ready to embark on an exciting new chapter!

Year 9

We are at the end of your Year 9 chapter. What a journey. Year 9, you have made the Year 9 team so proud this year. You have demonstrated our character virtues, you have matured, you have pushed your comfort zones, you have sought opportunities, you have invested in each other and continued to set yourself up for success. As we look ahead to Year 10, take the lessons of this year with you. Keep asking questions, keep showing up, and never underestimate the impact you can have on each other. Make the most of the summer break to set yourself up for success in year 10. Start reading for your subjects, engage with the bridging work given to you over the summer and continue to expand your mind. You have all the tools available to fulfill your full potential. Mrs. Cepoi, Ms. Perren, and I all wish you a safe and happy summer. See you in September!

Happy Ignite day! I am looking forward to listening to the incredible poems you have been working on this year! Remember to demonstrate integrity and compassion as you share your poems with each other.



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Last Week's Round Up

What a Journey



Year 10

What a year; what a journey! We have come so far, experienced so much. It was a delight to have awarded so many of you in Celebration Assembly. And our most exciting year lies ahead!

In looking to year 11, you need to complete the transitional booklet over the summer holidays and bring it back on the first day back for review by your tutor. There will also be bridging work set on Teams to support preparations for year 11.

Ensure you finish strong – engaged and focused, making the most of every learning opportunity this final week.

Year 11

The year 11 team hope you are enjoying a well-deserved long summer break.

We look forward to welcoming you back on Thursday 21st August for GCSE Results Day, where we will be celebrating your achievements with you when you open your much anticipated envelopes.

Timings for Results Day are from **8:00am to 12:00pm**, come in during this time to collect your results and enroll into Park High sixth form. The sixth form team and many staff members will be on hand to support you with this.

Have a good rest of summer break!

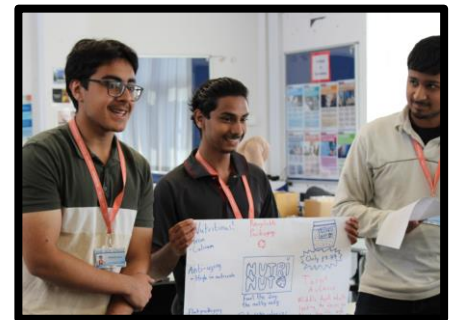
Sixth Form

Year 12

Well done on an impressive first year in 6th form! Make sure to rest this Summer...but also, keep revisiting your A-Level studies. Bridging is being set to support you to ensure you come back ready to hit the ground running in September and maintain the excellent progress you've made so far.

Year 13

Well done once again on completing your A-Levels! We look forward to welcoming you back on results day on **Thursday 14th August**.



Law and Business/Finance Masterclasses from Buckinghamshire New University

Our Year 12s took part in a great opportunity presented from guests at Buckinghamshire New University. Students had the opportunity to experience what their courses at university would be like, as well as understand more about what the courses entail and job aspirations. Students were well engaged, demonstrating excellent teamwork, presentation and communication skills.

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Summer Term 2 Clubs

Monday

Activity	Time	Location
Basketball	Before School (7.30 - 8.25am)	Sports Hall
Basketball	Breaktime	Sports Hall
Choir*	Lunchtime	P1
Y7-8 Netball	Lunchtime	Sports Hall
Y7-9 Dance club	Lunchtime	Dance Studio
Cricket	After school	Sports Hall

Tuesday

Activity	Time	Location
Badminton	Before School (7.30 - 8.25am)	Sports Hall
Basketball	Breaktime	Sports Hall
French conversation	Lunchtime	L4
Girls & 6th Form Volleyball	Lunchtime	Sports Hall
Keyboard Club*	Lunchtime	P1
Y7-11 The Literary Lounge	Lunchtime	B4
Badminton	After school	Sports Hall
Girls Football	After school	Park
Step into Dance	After school	Dance Studio
Y7 Football	After school	Park
Y9 Inspire programme**	After school	Sixth Form
Y9-10 Football	After school	Park
DofE**	After school	G2

Wednesday

Activity	Time	Location
Volleyball	Before school (7.25-8.25am)	Sports Hall
Basketball	Breaktime	Sports Hall
Band*	Lunchtime	P1
Careers club*	Lunchtime	T2
GCSE Table Tennis**	Lunchtime	Main Hall
Product Design Club	Lunchtime	T11
Y7-8 Computing Club	Lunchtime	T3
Y7-10 Robotics Club	Lunchtime	T12
Y9-10 Netball	Lunchtime	Sports Hall
Y8 Home learning club	After school	T1
Y9 Home learning club	After school	T4
Y10 Home learning club	After school	T3
Basketball	After school	Sports Hall



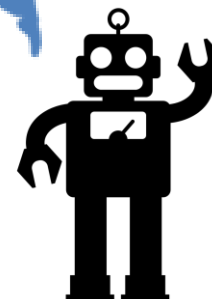
Summer Term 2 Clubs

Thursday

Activity	Time	Location
Basketball	Before school (7.25-	Sports Hall
Table Tennis	Before school (7.25-	Main Hall
Basketball	Breaktime	Sports Hall
Girls Badminton	Lunchtime	Sports Hall
Xianxia club*	Lunchtime	R3
Y7-9 Spoken Word	Lunchtime	P2
Y10 Inspire pro-	After school	B3
Netball	After school	Playground
Y8 Football	After school	Park

Friday

Activity	Time	Location
Badminton squad**	Before School (7.30 -	Sports Hall
Basketball	Breaktime	Sports Hall
German conversation	Lunchtime	L3
Girls Volleyball	Lunchtime	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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