



Message from Deputy Headteacher

Last week was an amazing celebration of teamwork through our sports days — well done to everyone who took part and to the winning forms. A big thank you to the PE team and your tutors for making the events run so smoothly! Congratulations as well to the students who represented our school while boarding at the world-renowned Eton last week; you have made us proud and inspired others to aim high.

As we reach this point in the year, it's the perfect time to pause and reflect on all that we've achieved—both big and small. Every success you've earned and every challenge you've faced has helped shape your journey.

Please use the upcoming Review Day as an opportunity to reflect on your learning, recognise your progress, and identify areas you'd like to strengthen moving forward. A helpful prompt to guide this reflection might be: 'What have I learned recently that I'm proud of, and what is one thing I want to understand better?'

Remember, obstacles aren't setbacks—they're stepping stones. Each one is an opportunity to grow, to learn, and to become even stronger. **Ms. Wilkinson.**

This Week

Key Dates:

Monday: Year 12 D of E Expedition. Year 7 Celebration Assembly

Tuesday: Year 10 Celebration Assembly. Jack Petchey Trip. KS3 PC Home

Wednesday: Review Day 2

Thursday: Year 9 Celebration Assembly. Regents Park Open Air Theatre trip. Outreach Kenmore Park.

Friday: Year 8 Celebration Assembly. PSHCEe P2. Outreach Kenmore Park.

'Human Beings' by Kashvi Patel

Look at yourself
Your beautiful
sight
taste
sound
touch
and smell.
Unique features because
you're human.

Not European
not Asian
not African
nor American
you're human.

Not Japanese
not Indian
not Italian
not Spanish
you're human.

Born human
grow human and
end ... human.
Always human.

But slowly the world is turning
into dust
we do nothing – but we must
We crave more than we need.
Only see greed
Destroy empires with glee.
but underneath, it's still just
us
nothing should separate us.

Imagine a mirror
who do you see?
You're beautiful.
Hands that can build
legs that can run
a nose to breathe
eyes to see
and a face that can smile

That's right
you're human
I'm human
we – are all human
Let's all
celebrate humans
with unity, equality, and
compassion.

HUMAN!



This is a
reminder
to
complete
the
student
survey on
Review
Day.

Sports Day 2025- Athletics Winners!

Year 7	Girls	Boys
100m	Giulia Rusu 7KL	Hamza Mohamed 7FF
800m	Saisha Bhattacharjee 7AW	Talha Madyar 7PB
Shot Putt	Giulia Rusu 7KL	Kayron Reid 7FF
Javelin	Leila Mezani 7YK	Abel Belbe 7AW
High Jump	Maria Ungurianu 7FF	Hamza Mohamed 7FF and Amarni Sattar 7PB
Relay	7KL	7PB

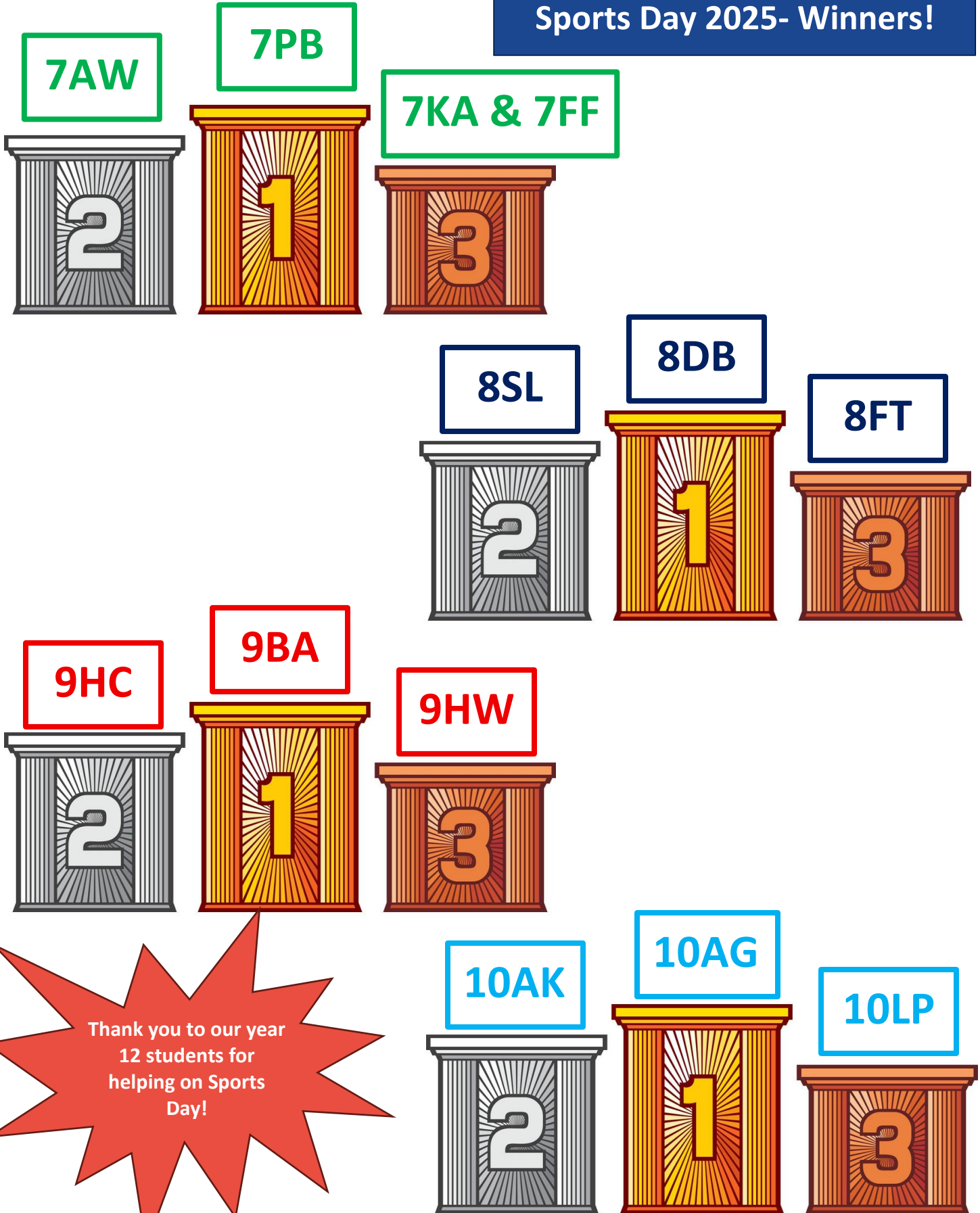
Year 8	Girls	Boys
100m	Layla Matia 8SL	Gabriel Apetri 8SL
800m	Chloe Robinson 8TP	Amar Mistry 8DB
Shot Putt	Damaris Bazgan 8DB	Ivan Kamanda 8SL
Javelin	Daria Loghin 8FT	Saif Al-Hamed 8FL
High Jump	Layla Matia 8SL	Amos Filip 8SL
Relay	8SL	8NH

Year 9	Girls	Boys
100m	Chidesiri Aloka 9HC	Trevelle McLeod- Denny 9BA
800m	Elena Yu 9AM	Hothaifa Alshair 9HW
Shot Putt	Chidesiri Aloka 9HC	Sulaiman Asef 9GS
Javelin	Kushi Patel 9AL	Rafael Andronic 9BA
High Jump	Gabriella Cestaro 9RA	Nicolas Salgau 9HW
Relay	9AM	9GS

Year 10	Girls	Boys
100m	Kei-Ahna Tomlinson 10JE	Elliot Filip 10AK
800m	Abigail Botosan 10AG	Elliot Filip 10AK
Shot Putt	Katrin Terziyska 10LY	Robert Balici 10AK
Javelin	Dalisha Patel 10LP	Osama Alhamed 10MK
High Jump	Liya Karsan 10JE and Aanya Shah 10AG	Rayhan Hussain 10AK
Relay	10JE	10AK

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Sports Day 2025- Winners!



Thank you to our year 12 students for helping on Sports Day!

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Geography Field Trip- Swanage 2025

From Friday 20th June to Monday 23rd June, our Year 10 GCSE students headed to the Dorset coast for their compulsory fieldwork residential. Based in the charming PGL centre of Osmington Bay – this offered the perfect location to put classroom theory into practice.

Over the course of the days, students conducted both human and physical investigations. One day was spent investigating the different areas of the River Wey and investigating the coast in Lyme Regis. Student had the opportunity to measure river flow (which involved getting wet) and should curiosity and teamwork in collecting the data.

Another day was spent in the sunny coastal town of Weymouth investigating residents and Visitors perceptions of the area. Students had to speak to the local community. They should integrity and resilience interviewing using questionnaires. Members of the public commented on how polite and respectful they were.

Back at the PGL site students were able to take part in several teambuilding activities and showed compassion to those who were struggling to complete activities such as the Big Swing and Jacobs Ladder. Evenings were spent consolidating the data gathered during the day. Back in the classroom, students worked on presenting and evaluating their data, ready for Paper 3 of the GCSE. Our students approached every part of the residential displaying all five characters virtues and were a credit to our school. PGL staff complimented our students on their behaviour and engagement. A credit to Park High School!

Our Geography students said...

The geography trip was the best school trip I've ever been on. Everything about it was amazing especially the late evening football and all the activities. Our favourite part of the trip was winning 5-2 against the Leicester Boys after losing 1-0 in the first leg. My favourite activity was the Giant Swing. It was so funny and memorable. Thank you to the PGL staff. This trip will be remembered for ever.

Our experience of the geography trip to PGL Osmington Bay was extraordinary. To say the least, it was one of the best trips we have been on. The activities and free time were the most memorable parts, especially football evenings! The staff were nice and friendly and a big thank you to the Geography teachers and the staff who came along to make this trip one to remember. The views and the landscape were beautiful.

The Geography trip helped me to understand what we are doing in geography as I'm a visual learner. I got closer with so many people in my year group and really enjoyed myself.

The Geography trip helped me to witness how measurements were taken in person. It was amazing to explore Lyme Regis and the local area. The activities were fun to.

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Eton College- STEM Trip Year 8



On Thursday 26th June, a group of thirty students had the fantastic opportunity in attending Eton College, Windsor. This was a STEM event hosted at Eton, in collaboration with **Cyber First Girls**, a charity which runs events for girls to encourage them to choose STEM subjects for GCSE and A Level.

The girls had a fantastic day with challenges around coding and cyber security including talks with high achieving women in the field of STEM including Cyber Security expert at Morgan Chase and the Head of the anti-hacking department at Colt Technology as well as discussions with women working at Aston University and CISCO and Cap Gemini and a follow-on Q and A with presenters from the field of Computer Science.



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Post 18 Pathways Week- Year 12

From Monday 23rd June to Friday 27th June, the Sixth Form held our annual Post-18 Pathways Week for all of Year 12. Students were off timetable all week and experienced a range of different opportunities to prepare them for leaving Sixth Form. Monday was a carousel of sessions from both Park High 6th form tutors and guest speakers. On Tuesday all our Year 12s took part in a writing workshop which was aimed developing their writing skills ready for university and apprenticeship applications- These sessions were delivered by the Royal Literary Fund, followed by University trips on Wednesday and Thursday, and on Friday we had our very exciting Monopoly team building challenge in Central London.

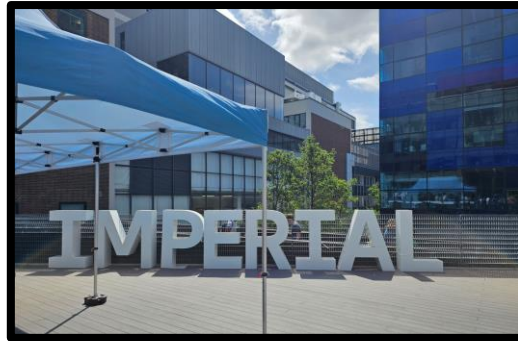


During UCAS Week, we took part in a carousel of sessions designed to support our university application process, each offering valuable insights into different aspects of higher education. My favourite part was the session with the dental and medical students, who provided a unique and inspiring perspective on applying to medicine. They shared their personal experiences, offered practical advice on writing personal statements, and answered our questions with honesty and detail. Their guidance significantly helped deepen my understanding of what a career in medicine entails and gave me more confidence in approaching my own application. (Rayan Dbouk, Head Boy, 12BR)

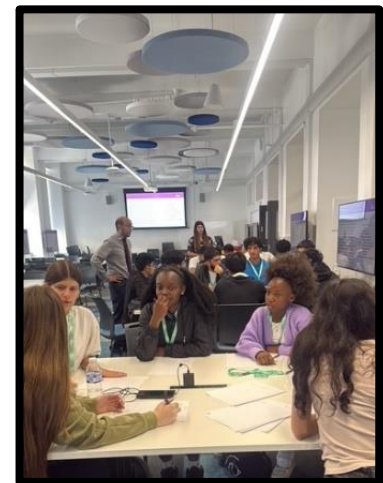
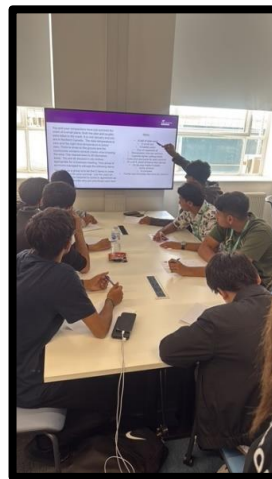
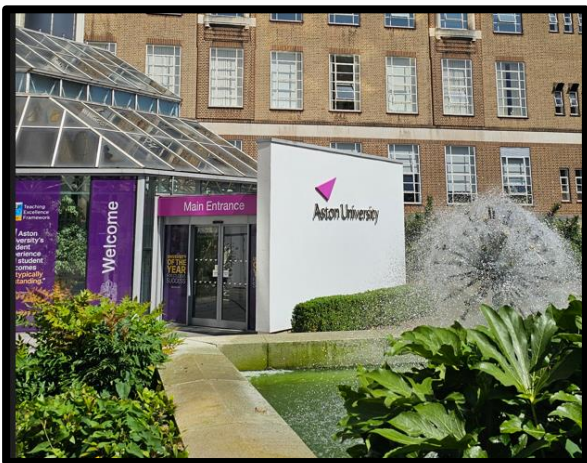


'On Tuesday, we took part in an intriguing session with the Royal Literary Fund as part of Post-18 Pathways week. The focus was learning how to read well; not just for exams, but understanding, enjoyment and learning. The workshop assisted in us in discovering more practical ways of approaching texts, and how we all interpret texts in a various number of ways. I enjoyed the session; it was engaging and gave me a new perspective on reading.' (Year 12 Student)

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At Imperial, I attended a medicine session that was helpful, especially with the UCAT. It included useful tips on how to prepare and clearly explained the structure and purpose of the test. I found it reassuring and informative, and it encouraged me to approach the UCAT exam with more focus and confidence. (Sajida Aljaboory 12MV)



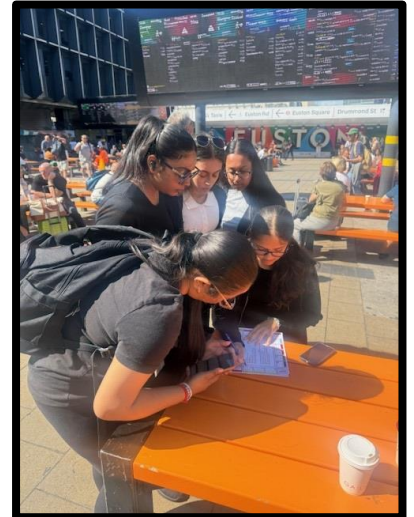
Our visit to Aston allowed us to have a tour of a university campus and it showed me what it would be like to live at university. Hearing from the students themselves meant we could ask questions to learn about life at university, crucial in helping us explore all possibilities awaiting after Sixth Form and helped me feel more confident about going to live outside of London. Overall, I found the week useful as although I don't want to apply to Imperial or Aston, it helped me discover the difference between a campus university and a city university and get a taster session at Imperial of what lectures are like for different courses. (Kaajal Varsani, Head Girl 12BR)

Overall, Aston was a good experience as it gave a helpful insight into what university life looks like and explained the expectations you should have when you enroll into university. (Rahul Chouhan 12BP)

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I was both amazed and grateful for the opportunity to take part in trips and challenges like these, especially within an educational setting. It was a valuable experience for all the students, including myself, as we worked together in teams, demonstrating teamwork, communication, and leadership skills. Experiences like this not only support our personal development but also makes learning more engaging and enjoyable. – (Bilal Sultani 12BR)



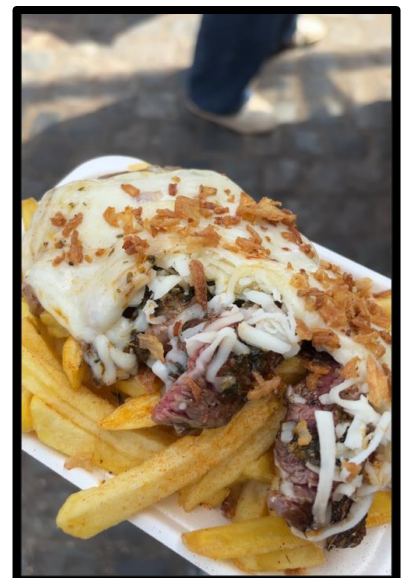
Being allowed to take part in the monopoly game, gave me a chance to have fun and learn new things about London. It was an interesting and fascinating experience where we saw landmarks and got to have fun in a competition with peers thorough out London- (Samiullah Yaquby 12MV)

Year 12 Economics trip

This week, our A Level Economics students had the wonderful opportunity to visit Canary Wharf where they were able to learn about and explore the finance centre of London. They also visited and Camden Markets to explore market behaviour (and buy some tasty treats!)

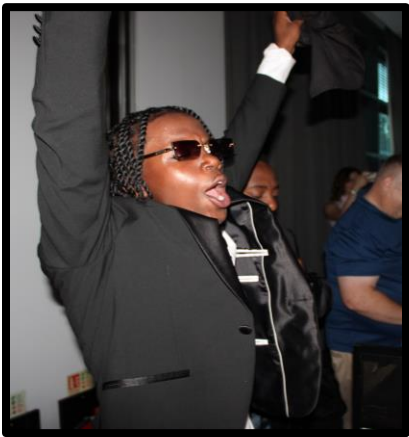
'It was an eye-opening experience, and I learnt a lot about the differences between the City of London and Canary Wharf' (Ismail Abdi 12BP)

The tour of Canary Wharf was very informative, and we learn a lot about the history of the area. (Avni Gami 12BP)



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Year 11 Prom- The Village



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Free things to do for students and their families:

Trafalgar Square is a public square that features some of London's top attractions, from galleries and historic buildings to statues and monuments. It also plays host to a range of events throughout the year. Trafalgar Square is named after Britain's victory in the Battle of Trafalgar in 1805. Although Britain won, Admiral Lord Horatio Nelson was killed during the battle on his ship, HMS Victory. Nelson's contribution was remembered with Nelson's Column, a key feature of the square. Trafalgar Square free events include multicultural festivals and religious celebrations, ranging from Chinese New Year and Pride festivities to Carole singing beneath the Christmas tree, an annual gift from Norway every year since 1947. You can take a selfie with the Lions, statues, and fountains.

Leicester Square (six-minute walk), **Embankment** (eight-minute walk) and **Piccadilly Circus** (nine-minute walk).



Careers & Employability



Click on this link to enter Springpod website.

<https://www.springpod.com/virtual-work-experience/search>

Our Year 10 students have returned to school following their in person work placement. We know it is beneficial to have a variety of work experience, as this can help you make decisions about your future. Springpod offer virtual career exploration and work experience in a wide range of sectors. Once you have completed the specific modules you receive a certificate which can be added to your Unifrog locker and Park High portfolio as well as adding to your CV.

[13 – 16 Five session challenge](#)

[16 – 18 Five session challenge](#)



FUTURE ENGINEER CHALLENGE

Use this [link](#) to explore the challenges.

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Last Week's Round Up

Best Attendance

8NG

Most Achievement Points

9SC

Best Punctuality

7FF

ACE Lottery Winners

1. Alek Liu 9SC
2. Vissni Thivakaran 7JR

Year 7

What a great end to the week it was with the energy and excitement of Sports Day! The competitiveness, the effort, and the spirit you all showed was brilliant to see. I'm sure many of you created memories that will stay with you for years to come.

What stood out most was the togetherness shown by each tutor group. That sense of unity, support, and pride is exactly what we've been working towards all year — and seeing it come alive was something special. These small moments, where you lift each other up and work as one, are the building blocks of something much bigger.

Let's carry that same spirit into the final weeks of term. Every achievement point, every act of kindness, every bit of effort still counts. Keep pushing forward and finish the year strong — you've already shown what you're capable of!

Year 8

What a fantastic sports day last Thursday! It was wonderful to see so many of you working as a team to earn points for your tutor group. Congratulations to those individuals who won an athletics event. A special well done to 8DB for winning the sports day trophy this year!

This week, we have more exciting events lined up. On Wednesday, your tutors will reflect on the year during **Review Day**. This is a great opportunity to discuss your progress and set goals for the future. Remember, all appointments are booked via School Cloud, so make sure you have your slot confirmed.

On Friday, we will come together as a year group to celebrate our successes at the final celebration assembly. This is a moment to recognize all the hard work and achievements of the year. Will you be a winner? Let's look forward to celebrating everyone's efforts and ending the year on a high note!

Keep up the great effort, and let's make these last few days memorable.

Year 9

Make sure you have booked your review day meeting with your tutor on school cloud. Be ready to talk about your goals for the summer break!



Your penultimate week of Year 9 has a lot to look forward to. Review day is a time to reflect on your year 9 journey, the successes you've had, and the opportunities for further growth as you head into your GCSEs. The Year 9 team is excited for our upcoming celebration assembly on Thursday the 10th of July. We have much to celebrate, your growth and demonstration of our character virtues this term have been phenomenal — we are very proud of you!

Tutor group highlights:

Best attendance: 9AM Best punctuality: 9HC

Lowest B-logs: 9RA Most character points: 9GS

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Last Week's Round Up

SPORTS DAY

CONGRATULATIONS
10AG WINNERS



REVIEW DAY 2

WEDNESDAY 9 JULY
SIXTH FORM COMMON ROOM

- Parents & carers need to book an appointment on School Cloud
- Reflect on your targets and whether you have met them.
- Attend in full school uniform.
- Complete Teams tasks at home.



Year 10

A big well done to you all for your efforts and competitive spirit on Sports Day. You all showed great resilience in the heat.

We have our final chance to award you for what has been a year of growth and maturity in our Celebration Assembly this Tuesday – remember perfect uniform and professional audience.

Finally, you need to be reflecting on your Review Day targets and thinking about whether you have met your goals. You will be having a meeting with you tutor on Review Day to discuss this and how to prepare for year 11.

Year 6 Transition Day

It was lovely to welcome the Year 6 students to Park High School today, giving them an opportunity to experience their new secondary school setting and familiarise themselves with their new environment in readiness for the next academic year.

The eagerness of the students was visible and a delight to see especially when witnessing their confidence and anxiety quickly disappearing throughout their day. We look forward to welcoming them in the new year.



Sixth Form- Year 13

Year 13 PROM – A night to remember.

This week, our Year 13 students celebrated their Prom at Everest Abercorn in Stanmore, and it was a wonderful night. Our students arrived in style, dressed to impress. The night was filled with laughter, dancing, delicious food, and great music.

Congratulations Year 13, what a year group you have been. We are so proud of you. Best wishes for your future endeavors. We look forward to seeing you on results day!



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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



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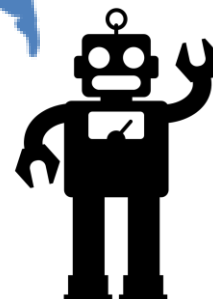
Summer Term 2 Clubs

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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