



Student Bulletin

1 / 9 / 25

Proud to be GOOD in all areas

This term's
Character Virtue:

TEAMWORK

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

HAPPENING THIS WEEK

Monday

Staff development day

Tuesday

First Day

Wednesday

PSCH Ee P1

Thursday

Friday

Message from the Headteacher

Welcome back!

I hope you all had a restful summer and that you tried something new. Did you bake that cake? Did you read that book?

It's a new term and anything is possible, set yourself some new goals, learn some new habits that will help you be the best you can be. Keep smiling and remember our virtues! Resilience, Integrity, Curiosity, Teamwork and Compassion.

Welcome to our new Year 7 and Year 12 and to all new students and staff across our community.

Have a great year!

Mrs O'Dwyer

Under 15 Cricket Champions

Our U15 Boys Cricket team defeated local rivals Avanti in the borough final at the end of last term, to sign off in style, in what was their final game together. Before the match, each player was presented with a Park High Cricket cap, which they will keep as recognition of their service to the school team. The presentation added to the prestige of the occasion, which had attracted a small crowd from Park High. The boys were desperate to sign off with a win and a trophy and they duly obliged, brushing Avanti aside with eventual relative ease.

Deyaan opened the batting with an aggressiveness that saw him rack up 47 runs off only 26 balls, his highest strike rate of the season at 180.77. He only lost his wicket when our other key batsmen, Anerudh, played a lovely straight drive and this was deflected onto the stumps at the non-strikers end by the diving bowler.

Anerudh went on to make 45 from 40, another strike rate over 100, and we were happy with our total of 138/7 after batting out our 20 overs. A lovely delivery from Rithik tempted their opening batsman into a shot and he was edged and gone; caught behind by Deyaan our keeper.

Jubilant celebrations followed, and we kept on breaking partnerships every time they threatened to get going.

Sahaj took 3 wickets and bowled impressively with an outstanding economy of 2.25 off his 4 overs. Rithik's figures were also excellent (especially when considering that spinners can be expensive from time to time) as he took 4 wickets, with an economy of just 4.5. He has been an instrumental voice and an instrumental player this season and he deserved his decisive role.

It was smiles all round when the last wicket fell, leaving Avanti 34 runs shy of our total.



Harrow Schools Sports Champions 2024-25

Park High were crowned Harrow Schools Sports Champions in both the boys' and girls' competitions for a second year in a row, earlier this week. These championships, which rank the performance of all the state schools in Harrow (in every borough competition) have been in place for two years. Park High, therefore, proudly remain the only school to have held the titles of boy's overall winners and girl's overall winners, having won these championships in 2023-24 and now 2024-25.

The aim of the championships is to drive up sports participation through competition. In the boy's league, participation is up to over 70% when looking at schools offering competitive opportunities in the sports run by the borough. There are three schools, including Park High, who have 100% coverage and provide students with the opportunity to compete in every sport on offer. In the girl's league participation rates are lower, as is reflected nationally, standing at 53%. That said, the table shows that it is possible to enthuse the girls to participate in all of these activities. Park High is one of two schools in the borough boasting a 100% coverage of the offer for girls.

We are extremely proud of what our students have achieved, and this is testament to their hard work. Their success is down to the dedication they show and the importance they place on striving to better themselves. Our team of specialist coaches, as well as our dedicated department, have enthusiastically guided the students on how to improve and ignited passions that have seen many of them compete for clubs outside of school, in activities they first discovered at Park High. This success drives our extra-curricular offer. In turn, the high aspirations students who take part set themselves filter down into our core PE lessons. As success continues to be enjoyed, more and more students adopt a 'can-do' attitude, and the experience is further enriched by that approach. Many of our students have now also had a taste of regional and national competition, where we have entered teams in these events following their success against state schools in Harrow.

We are excited about what next year will bring as we know this healthy competition acts as motivation for many schools in the borough. This can only serve to raise standards, engagement and ultimately enjoyment, which is what is fundamentally at the heart of creating habits which last beyond school. Well done to every student who has been involved in building successes and subsequently enhancing the positive culture around sport and exercise at Park High.

Mr Byrne and the PE department



MFL Roadshow to Kenmore Primary School

Another successful trip took place to Kenmore Primary School on Friday 11th July with 17 of our Year 10 students, who delivered 12 fun-packed lessons in Spanish, French and German to Year 4 and Year 6 - who enjoyed every minute!

We are very proud of our Year 10s, who are fantastic ambassadors not only for Park High but also for Language learning, and they displayed our Character Virtues, especially Teamwork, Integrity and Compassion. Well done!



Harrow Schools Sports Championship: Boys League Table 2024-25

		POINTS TOTAL	Total ranking points, tournament wins & runners up placings								
			⚽ Football	🏀 Basketball	🏏 Cricket	🏊 Athletics	🎾 Table Tennis	🏸 Badminton	🏐 Volleyball	🏊 Swimming	
1st	Park High School	779	🏆x2 🏆x2 147	🏆x1 🏆x1 138	🏆x1 🏆x1 105	🏆x3 🏆x1 200	🏆x2 🏆x1 64	🏆x1 🏆x1 60	🏆x1 56	9	
2nd	Salvatorian College	673	🏆x1 132	🏆x1 🏆x2 135	102	🏆x1 142	🏆x1 🏆x2 62	34	🏆x2 58	8	
3rd	Nower Hill High School	655	🏆x1 132	123	🏆x2 104	🏆x1 130	🏆x1 38	48	🏆x1 58	🏆x1 11	
4th	Whitmore High School	529	90	🏆x1 117	🏆x2 136	🏆x2 106	🏆x1 52	14	14	0	
5th	Pinner High School	516	🏆x2 🏆x2 153	42	61	🏆x3 🏆x1 188	46	16	0	🏆x1 10	
6th	Whitefriars School	458	86	🏆x1 114	🏆x1 🏆x1 102	106	16	🏆x1 34	0	0	
7th	Canons High School	398	98	69	48	🏆x1 🏆x2 118	🏆x1 44	0	14	7	
8th	Hatch End High School	358	🏆x1 111	🏆x1 114	24	🏆x1 97	12	0	0	0	
9th	Avanti House Secondary School	332	87	0	🏆x1 🏆x1 117	36	28	🏆x2 🏆x1 64	0	0	
10th	Rooks Heath School	283	68	🏆x2 141	32	0	0	0	🏆x1 42	0	
11th	Harrow High School	167	77	0	0	72	0	0	18	0	

Harrow Schools Sports Championship: Girls League Table 2024-25

		POINTS TOTAL	Total ranking points, tournament wins & runners up placings								
			🏐 Netball	⚽ Football	🏏 Rounders	🏊 Athletics	🎾 Table Tennis	🏸 Badminton	🏐 Volleyball	🏊 Swimming	🤸 Gymnastics
1st	Park High School	776	🏆x4 🏆x1 259	🏆x1 101	🏆x2 126	🏆x1 🏆x3 207	🏆x1 22	🏆x1 22	🏆x1 22	8	9
2nd	Pinner High School	729	🏆x3 🏆x6 274	🏆x1 🏆x1 88	🏆x4 144	🏆x2 🏆x1 189	0	0	0	🏆x1 12	🏆x1 22
3rd	Nower Hill High School	682	🏆x2 197	🏆x2 102	🏆x1 120	🏆x4 🏆x1 201	20	20	0	🏆x1 11	🏆x1 11
4th	Bentley Wood High School	604	212	88	114	86	🏆x1 24	🏆x1 24	🏆x1 24	🏆x1 9	🏆x1 21
5th	Whitmore High School	437	🏆x1 194	🏆x1 89	0	🏆x1 125	0	0	0	10	🏆x1 21
6th	Hatch End High School	345	105	74	🏆x1 57	🏆x1 109	0	0	0	0	0
7th	The Sacred Heart Language College	334	🏆x1 142	18	0	136	0	0	20	0	9
8th	Whitefriars School	270	🏆x1 105	0	0	147	0	18	0	0	0
9th	Canons High School	168	14	56	0	98	0	0	0	0	0
10th	Harrow High School	150	48	30	0	72	0	0	0	0	0
11th	Avanti House Secondary School	102	102	0	0	0	0	0	0	0	0
12th	Rooks Heath School	97	97	0	0	0	0	0	0	0	0



Senior Prefect Team

Head Prefects	
Nicolas Bligh Olarte	Mahi Mistry
Deputy Head Prefects	
Adsaja Paraniroopasingam	Nikhil Haria
Senior Prefects	
Katlin Balois	Shourya Gor
Irina Mangu	Keshav Mepani
Stasha Modi	Anamta Nadeem
Savir Shah	Vikas Vithyaruban



Last Week's Roundup

Year 7

Welcome Year 7!

We're so excited to welcome you to your first week of secondary school—a brand new chapter full of exciting opportunities, new friendships, and personal growth. Starting something new can feel a little overwhelming but remember: every great journey begins with a single step.

Here at Park High, we believe in you and your potential. We have high expectations, not just because we know you're capable, but because we're here to help you reach them. Whether it's in your learning or how you treat others—this is your time to shine. Be curious. Be kind. Be brave. And don't be afraid to ask for help—your teachers, classmates, and school staff are all here to support you.

You've got this! Let's make your first week the start of something amazing. ✨

Year 8

I'm really looking forward to meeting all of you in September as your new Head of Year. My name is Mr Hargreaves, and I'm a teacher of History – a subject I'm passionate about because it helps us understand the world around us and the people in it. I've taught in schools in London, Reading and Bristol, and I'm now excited to be part of the fantastic school community at Park High.

Year 8 is such an important year – you have already had one year here so already know your teachers, your way around the school and what our expectations are of you. In Year 8, we keep those expectations high and myself and Ms Ali will help you to grow, challenge yourselves, and build strong friendships and habits that will help you succeed. My job is to support and guide you, celebrate your successes, and help you successfully navigate any challenges. I'll be working closely with your form tutors and teachers this year as we invest in you to be the very best you can be.

I can't wait to get to know each of you and see all the amazing things we'll achieve together.

Year 9

Welcome back!

I hope you're feeling refreshed and ready to begin your Year 9 journey at Park High School. This year marks an exciting new chapter filled with fresh challenges and opportunities for growth. As you settle in, take time to reflect on your interests and strengths. Think about the subjects you enjoy, the skills you want to develop, and how you can make the most of your time here.

Year 9 is also a great time to get involved in the wider school community. Whether it's joining a club, taking part in school events, or volunteering, there are many ways to contribute and make new friends. These experiences will help you grow in confidence and prepare for the future.

Stay positive, be open to new experiences, and remember—you have the power to shape your journey. Let's make this year one to remember!

Most achievement points

9SC

Best Attendance

7HG

Best Punctuality

9WN

ACE Lottery Winners

Jai Parmar 10SW

Omid Yailaqi 7PB

Free things for students and their families

Horizon 22 Is For Everyone!

Located on Level 58, the viewing platform offers 300-degree views of London, showcasing its most iconic landmarks. It only takes 41 seconds for one of the two high-speed lifts to take you to the viewing platform - travelling at up to eight meters per second. Tickets are free. All, guests of all ages require an e-ticket with a valid QR code to attend. All tickets can be on the same QR code. Horizon 22 is at the top of 22 Bishopsgate, the tallest building in the City of London.

[Plan your visit | Horizon 22](#)



Year 10

A new and exciting chapter begins — Key Stage 4: your GCSE journey.

We know it can feel daunting but remember with every challenge comes opportunity. With all our character virtues, a positive mindset, and the support of your teachers, family and peers you'll be well-equipped to take this next step. This new stage will bring a deeper focus on content within your preferences to help you prepare for your Year 10 assessments and future GCSE's exams in 2027. You'll also begin thinking about possible careers and pathways and take part in work experience that will support your aspirations and broaden your horizons. Over the next two years, you'll continue to grow into strong, independent young people. And we will be with you every step of the way — guiding, supporting, and encouraging you as you work toward your goals. We are all here to support you- Ms Manandhar, Mr. Sorzano, Ms. Cepoi and Mr. Whittaker.

We believe in you — and we can't wait to see all that you'll achieve.

Year 11

Welcome back Year 11!

You begin the most exciting and important year of your school life. It is up to each of you to meet this moment with the best version of yourself – a journey you have been on to pull every bit of potential from inside yourself. At the end of this year, your goal is to achieve the best possible GCSE results you can in each of your subjects. This will happen if you do the basics each and every day – basic habits make you brilliant. There are three priorities to achieve this goal:

- 1) Punctuality and attendance** – be in every day and on time, this maximises learning;
- 2) Proactive engagement** – bring your best to the classroom, contributing and challenging yourself;
- 3) Preparation for practice exams** – start a study plan for your November mocks, including period 7 intervention.

We will be outlining your roadmap for this year at your Year 11 Information Evening on **11th September**. Here we will be sharing essential information to prepare you for this year. Attendance is compulsory for you and your parent/carer. And at the end of this year, we have the prestigious events of Graduation and Prom to look forward to!

Sixth Form

To our new Year 12 cohort

This is an incredibly exciting chapter of your lives. Specialising in fewer subjects, but ones that you are passionate about. Having more independence in your lives, but at the same times, having to maintain strict organisation to keep on top of your studies.

As our Head Girl said last year, we are a solid community here in the 6th form, and we welcome you to our family! We are so excited to get to know you and work closely with you over the next two years.

Welcome to the 6th Form!

To our returning Year 13s

I said on the first day I met you...time will fly. And here we are in Year 13!

We hope you had a fantastic Summer, but now time to hit the ground running! Some of you will have assessments straight away, some of you will have UCAS applications around the corner. It may be a stressful period, but at the same time, there's so much to look forward to – embrace it.

Welcome back to 6th Form!



Autumn Term 1 Clubs

Monday

Activity	Time	Location
Basketball*	Before School	Sports Hall
Basketball*	Breaktime	Sports Hall
Y7 Girls Netball	Lunchtime	Sports Hall
Y7-9 Dance Club	Lunchtime	Dance Studio
Y7-9 Global Citizen Club	Lunchtime	G2
Choir*	Lunchtime	P1
Y10-11 Basketball Coaching	After School	Sports Hall
Y11 Boys Football	After School	Park
Cricket	After School	Playground

Wednesday

Activity	Time	Location
Volleyball Coaching**	Before School	Sports Hall
Basketball	Breaktime	Sports Hall
Y10-11 Girls Netball	Lunchtime	Sports Hall
Y7-8 Board Games Cafe	Lunchtime	G2
Careers Hub*	Lunchtime	T2
Y7-8 Computing Club	Lunchtime	T3
Y7-11 Lyrics as Literature	Lunchtime	N2
Band	Lunchtime	P1
Y7 Home Learning club	After School	T2
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
Y10 Boys Football	After School	Park
Netball Coaching**	After School	Playground
Grease**	After School	D1



Tuesday

Activity	Time	Location
Badminton Coaching**	Before School	Sports Hall
Basketball*	Breaktime	Sports Hall
Y8-9 Girls Netball	Lunchtime	Sports Hall
Debate Club*	Lunchtime	R3
Y7-10 Environmental Awareness	Lunchtime	S2
Y7-11 The Literary Lounge	Lunchtime	B4
Y8 Home Learning club	After School	T3 & T2
Badminton*	After School	Sports Hall
Y7 Boys Football	After School	Park
Girls Football	After School	Park
Y7-8 Indian Music Workshop	After School	P1
Inspire Programme**	After School	Sixth Form
DoFE**	After School	G2

Thursday

Activity	Time	Location
Basketball*	Before School	Sports 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 Basketball	After School	Sports Hall
Y9 Boys Football	After School	Park
Girls Netball	After School	Playground
Grease**	After School	D1

Friday

Activity	Time	Location
Badminton Squad**	Before School	Sports Hall
Basketball*	Breaktime	Sports Hall
Girls Volleyball	Lunchtime 1-1.25pm	Sports Hall
MFL Library*	Lunchtime	L3
Volleyball*	After School	Sports Hall
Y8 Boys Football	After School	Park
Table Tennis*	After School	Main Hall
Table Tennis Coaching**	After School 4.30-5.30pm	Main Hall

