



# Student Bulletin

22 / 09 / 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**

PSHCEe P2

**Tuesday**

Open Morning

**Wednesday**

Open Morning

**Thursday**

Brilliant Club and Inspire  
Launch Evening

Visiting Artist with Year 11Aa

Royal Philharmonic Orchestra  
trip (5pm-10pm)

**Friday**

6<sup>th</sup> Form Workshop with Dr  
Martijn Van der Spoel

Visiting Artist with Year 11Bb

European Day of Languages

## Message from the Assistant Headteacher

This October, Park High School proudly celebrates Black History Month under the theme "Standing Firm in Power and Pride." Led by the History Department, assemblies will explore the stories of Black leaders, pioneers, and communities whose strength and vision have shaped history and continue to inspire change.

As we mark the 60th anniversary of the Race Relations Act and remember figures such as Malcolm X, Paul Stephenson, and Lord Herman Ouseley, we reflect on the power of resilience — the courage to stand firm in the face of injustice and the determination to create a fairer society. These individuals showed extraordinary integrity, challenging discrimination and leading movements that changed lives.

Black History Month also celebrates pride in cultural heritage, identity, and excellence. Through music, art, literature, and activism, Black communities have enriched our world and inspired generations. At Park High, we honour this legacy with curiosity, seeking to learn more, ask questions, and understand the past to shape a better future.

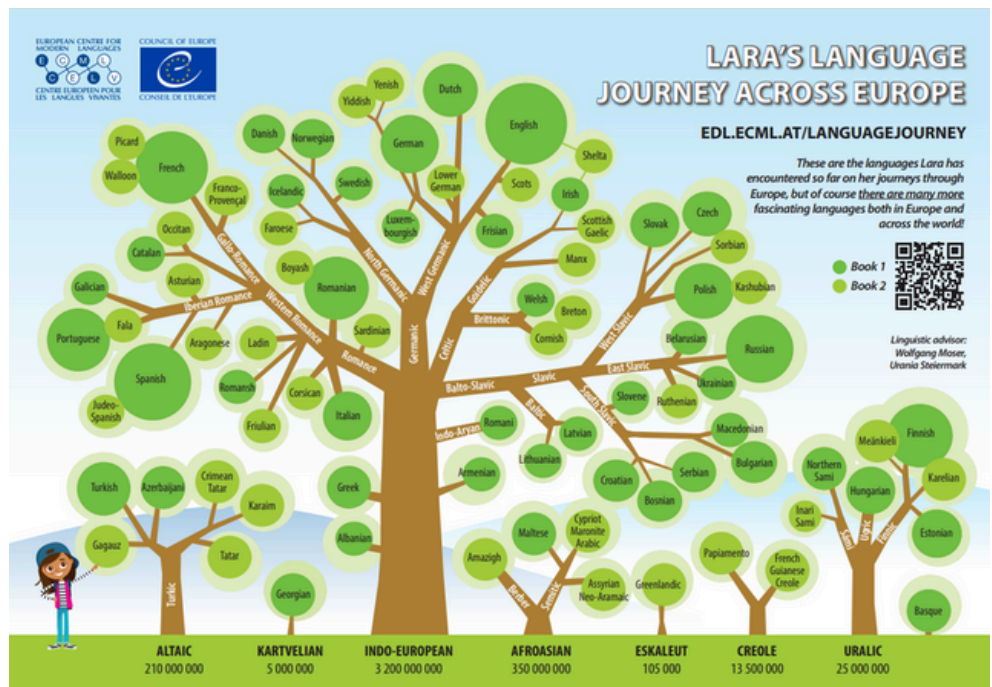
This month is also a time to come together in teamwork, recognising that progress is built through unity and shared purpose. By showing compassion and listening to diverse voices, we strengthen our school community and ensure that everyone feels seen, heard, and valued.

Let's stand together in power and pride — not only to remember history, but to live out the Park High character values that will shape tomorrow.

**Ms Cramp**

## European Day of Languages

We'll be celebrating the European Day of Languages throughout the week, with a range of activities throughout the school and even a special lunch menu!

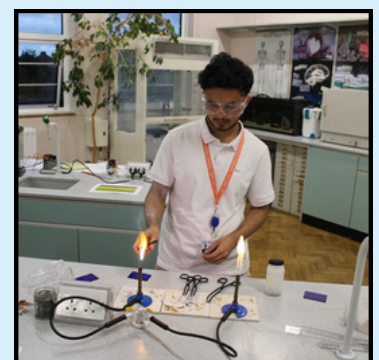


# Thank you to the Open Evening volunteers!

Thank you to all the students who volunteered at our Open Evening last week. Your maturity and dedication shone through as you helped guide visitors around the school and showcased the very best of our Park High community.

Your enthusiasm was infectious, as you welcomed parents and children, answered their questions intelligently and displayed your knowledge and excitement for all our subjects. You demonstrated integrity and compassion, and pride in your school.

A special mention goes to Year 7s Lucua and Hamza, as well as our Head Boy, Rayan, and Head Girl, Kadjal, for delivering exceptional speeches that inspired our guests.





# PARK HIGH SCHOOL

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

## Interested in 2026 Admission? Come to our Open Mornings

Receive a guided tour of the school, view our facilities in action, meet our students and staff, and see how we bring out the best in every student.




Tuesday 23<sup>rd</sup> September  
Wednesday 24<sup>th</sup> September  
Thursday 25<sup>th</sup> September  
Wednesday 1<sup>st</sup> October  
Wednesday 8<sup>th</sup> October


Tours start at:  
9.10am & 10.10am

*(Please book via the school website or scan the QR code)*

 Thistlecroft Gardens, Stanmore, Middlesex, HA7 1PL

 0208 952 2803

 [info@parkhighstanmore.org.uk](mailto:info@parkhighstanmore.org.uk)

 [www.parkhighstanmore.org.uk](http://www.parkhighstanmore.org.uk)



Resilience . Integrity . Curiosity . Teamwork . Compassion

# A Level Business Students Visit Wimbledon Tennis Club

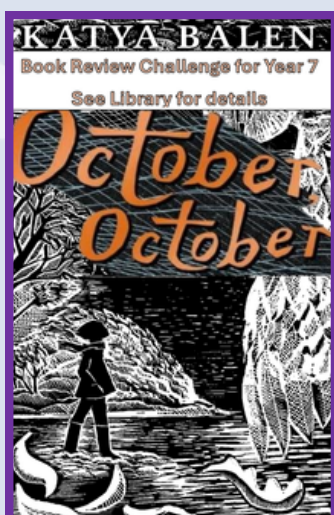


On Monday 16th September, Year 13 A Level Business students had the exciting opportunity to visit the world-famous Wimbledon grounds, gaining real-world insight into the business behind one of the most prestigious sporting events in the world.

The day began with an engaging workshop focused on the business of Wimbledon, where students explored topics such as branding, history, marketing strategies, sponsorship, finances, and event management. The session offered a valuable look at how a global sporting event is organised and sustained as a leading brand.

Following the workshop, students visited the Wimbledon Lawn Tennis Museum, where they delved into the rich history of the Championships and its global influence. The visit concluded with a guided tour of the iconic courts, including Centre Court, offering a behind the scenes view of the venue.

Students described the trip as a unique and valuable learning opportunity, bringing classroom theory to life and deepening their understanding of business in the context of sport and entertainment.



## Book review challenge

For Year 7s who read October, October - the review is due in 2 weeks.

Achievement points will be awarded for wonderful reviews.

See Library for more details.



# STOP THE FLU! VACCINATE YOUR CHILD! PROTECT YOUR COMMUNITY!

Vaccinating your child will  
STOP them from being seriously ill this winter and  
protect vulnerable friends and family.

## THE INJECTION



We offer a PORK-FREE,  
GELATINE-FREE injection  
considered a  
faith-friendly alternative.

OR

## NASAL VACCINE

No needles - just quick,  
painless, effective flu  
protection  
(contains gelatine)



IT'S QUICK



IT'S FREE



GIVEN AT  
SCHOOL



IT PROTECTS  
YOUR LOVED  
ONES

To book into a  
catch up clinic



Scan Here!

✉ [harrow@v-uk.co.uk](mailto:harrow@v-uk.co.uk)

☎ 020 8432 7075

🌐 [www.schoolvaccination.uk/flu](http://www.schoolvaccination.uk/flu)

📺 YouTube: @vaccinationuk

# Last Week's Roundup

## Year 7

Well done on another fantastic week, Year 7! It's been wonderful to see so many of you actively involved in school life—whether supporting at Open Evening, attending sports clubs, or earning a great number of Character Points. Your enthusiasm and commitment are truly commendable. A reminder that **school photographs will take place on Monday 29<sup>th</sup> September**. Please ensure your uniform is clean and smart, and come prepared with your best smiles!

A huge congratulations to **Lucua Mitrovikj (7PJ)** and **Hamza Jalalzoy (7YC)** for delivering truly outstanding speeches during our Open Evening. Their words were not only beautifully expressed but also inspiring and encouraging to our Year 6 visitors and their families.

Both students represented Year 7 with pride, confidence, and maturity—setting a brilliant example of leadership and character. Well done!

Following last week's assembly on the **4P's of Learning—Prepare, Pride, Proactive, and Persist**—take a moment to reflect: **How will you be the best learner you can be this week?** Think about how you're applying the 4P's in your lessons, clubs, and around school.

When you see **Ms Selva**, be sure to share how you've demonstrated being an outstanding learner. She's looking forward to hearing all about it!

Well done to **Tia Kerai 7BG** who has the highest number of Character points so far.

**Tutor Group Character points:**  
1<sup>st</sup>- 7BG    2<sup>nd</sup>- 7PJ    3<sup>rd</sup>- 7ZB

**Mr Tromans**

## Year 8

Well done Year 8 for getting through Week 3. Myself and Mrs Ali are pleased with how you wear your uniforms, your punctuality and attendance. Remember to always come into school even if you have a slight cold, which is common at this time of year. We see in lessons high standards of presentation and good written work so keep this up along with all your home learning tasks. Remember to complete these as soon as they are given to you rather than leaving it to the last minute. Good preparation is vital. We will be announcing the winners of the best form boards this week as well.

Take a minute to reflect on the assembly this week where Mrs Selvarajah looked at four individuals who embody the Four Ps of Learning. What can you learn from the preparation of Michael Phelps or from Rosa Park's persistence in fighting for what was right.

Remember to take some time to focus on your own hobbies and interests outside of school and continue to have high expectations for everything you do.

**Mr Hargreaves**

## Most achievement points

9TP

## Best Attendance

7BG

## Best Punctuality

9SL

## ACE Lottery Winners

Cecily Ouma 10WN

Ianis Toma 7SR

## Free things for students and their families

Chelsea Physic Garden: Open Weekend

Saturday 27 and Sunday 28 September 2025

Free admission: walk-ups available

Step into Chelsea Physic Garden and travel back in time at London's oldest botanical garden. Founded in 1673 for apothecaries to study the healing power of plants, the Garden is bursting with stories waiting to be uncovered. This special weekend is free to attend as part of the Chelsea History Festival. Across the weekend of the Chelsea History Festival, the whole family can get hands-on with nature and history. Try pond dipping, craft activities, and enjoy lively storytelling sessions. Encounter historical characters who'll share tales of medicine, botanical art and plants from centuries past.

### Address

66 Royal Hospital Road

Chelsea LONDON SW3 4HS

The public entrance to the Garden is via 66 Royal Hospital Road



# Year 9

Revision flashcards are a powerful tool for learning across different subjects. They promote **active recall**, which strengthens memory by repeatedly testing knowledge. In subjects like science or history, flashcards help summarise key facts, dates, and definitions, making complex information easier to digest. For languages, they're excellent for vocabulary building and grammar rules. In maths, flashcards can reinforce formulas and problem-solving steps. Their compact format encourages **spaced repetition**, a proven method to improve long-term retention. Flashcards also support **self-assessment**, allowing you to track progress and identify weak areas. Let continue to use them this term to help improve your learning, below are some examples.

Congratulations on the following students who are now the Year 9 Form Captains:

**9AY:** Eva Hirani & Yash Patani

**9DB:** Durva Mehta & Ayan Rajapaksha Kankanamge

**9TP:** Chloe Robinson & Tayari Spyriades

**9FT:** Ruth Turcan & Luis Bazgan

**9DM:** Rahela Prutean & Jarel Patel

**9SL:** Izabel Istrate & Amos Filip

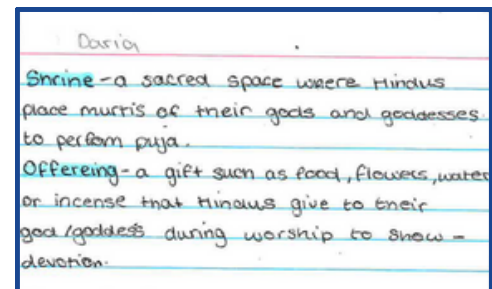
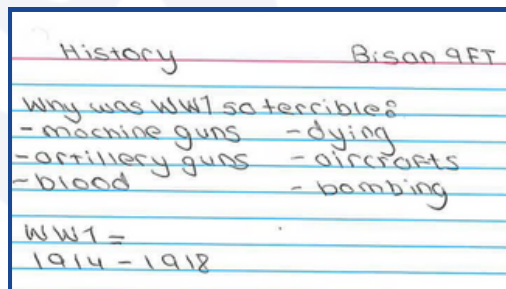
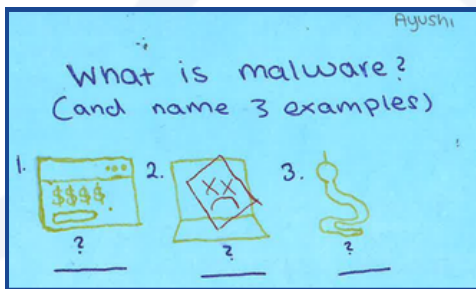
**9TC:** Angel Ayeni & Anish Arulkumar

**9NG:** Maria Maciuc & Krish Galaiya

**9SK:** Sofia Tulpan & Ayaz Mohamed

**Miss Acheampong**

$(3 \times 10^4) \times (3 \times 10^5)$   
 $3 \times 3 = 9$   
 $10^4 \times 10^5 = 10^9$   
Answer  $\rightarrow 9 \times 10^9$   
Ruths flashcards. maths



# Year 10

Well done on another fantastic week – we have made such a strong start to the term! I continue to receive endless compliments from members of staff who thoroughly enjoy teaching you as a year group. Your conduct around school has been excellent; the politeness and good manners you show when greeting and thanking your teachers do not go unnoticed. If you haven't already, please make it a habit to thank your teachers at the end of lessons for the time and effort they dedicate to your education.

A huge well done to those of you who have already submitted your CVs and met the deadlines. Many of them have been an absolute pleasure to read – they reflect the time, effort, and dedication you have invested. I am incredibly proud of the fantastic work you have produced.

Congratulations also to the students who supported our Open Evening by taking part in the school tours. You represented the school with maturity, confidence, and pride, and you were a true credit to our community. Thank you for showing parents what our school is all about.

As we move forward, let's continue to keep up this positive momentum. A quick reminder: please ensure you have your whiteboards ready and available in every lesson.

Thank you for your continued hard work and commitment. I am very proud of you all – let's keep striving for excellence together.

Wishing you a great week ahead.

**Ms Manandhar**



## Year 11

A huge thank you to all the Year 11 tour guides and students who volunteered their time to support our Open Evening. Your enthusiasm, maturity, and commitment made a lasting impression on our visitors and helped showcase the very best of our school community. Whether you were guiding families, speaking to prospective students, or helping behind the scenes, your contributions were invaluable. You represented the school with pride and professionalism, and we are incredibly proud of you.

As you move closer to your mock examinations, now is the perfect time to take control of your revision. Creating a revision timetable is one of the most effective ways to stay organised and reduce stress. It helps you break down subjects into manageable chunks and ensures you cover everything in good time. Start now—don't wait until the pressure builds. Revision is most effective when done little and often. Short, focused sessions are far more productive than cramming the night before.

### **Consistency is key.**

Try out different revision methods to find what works best for you. Flashcards, mind maps, voice notes, teaching someone else, or using online quizzes can all help reinforce your learning. Variety keeps your brain engaged and helps you retain information more effectively.

Make sure you're practising with exam-style questions regularly. This not only helps you understand the format and expectations but also builds your confidence and exam technique. Marking your answers against the mark scheme will show you where to improve.

Remember, revision isn't just about working hard—it's about working smart. Plan well, start early, and use your time wisely. You've got this!

### **Yearbook Photo Schedule – AM Registration:**

Please check your form's date below and arrive in **full uniform, looking smart, and ready** for your photo:

- 11NK – Monday, 23.9.25
- 11MK – Tuesday, 24.9.25
- 11JE – Wednesday, 25.9.25
- 11LY – Thursday, 26.9.25
- 11PW – Monday, 30.9.25

**Ms Ali and Mr Whittaker**

## Sixth Form

Following from the careers presentation on Thursday, ensure you log in to Unifrog on a regular basis and make the most of its fantastic features.

One of the things we are asking you to do is to LOG any extra-curricular or super-curricular activities you do, in either the "Activities" section or the "Locker". This is best practice to remind yourself of everything you have undertaken when it comes to CV and personal statement writing. It also allows us to check in on the opportunities you have got involved with, so we can best determine how to further support you and your career aspirations.

There are also so many opportunities available on there! Just a few that are coming up next week (link for more details: [www.unifrog.org/student/webinars](http://www.unifrog.org/student/webinars))

- Monday 22<sup>nd</sup> September: *Let's talk about university webinar*
- Tuesday 23<sup>rd</sup> September: *Let's talk about apprenticeships webinar, Let's talk about gap years webinar*
- Wednesday 24<sup>th</sup> September: *Designing tomorrow's festivals: a creative industries taster webinar*
- Thursday 25<sup>th</sup> September: *Healthcare: Master your application and find your dream role webinar, Where can a law degree take you webinar*

**Mr Clarke**

The Unifrog logo is displayed in white text on a green rectangular background. The text 'unifrog' is in a lowercase, sans-serif font.

# Autumn Term 1 Clubs

## Monday

Activity	Time	Location
Basketball	Before School	Sports Hall
Basketball	Breaktime	Sports Hall
Dance Club	Lunchtime	Dance Studio
Y7 Girls Netball	Lunchtime	Sports Hall
Y9-11 Computing	Lunchtime	T3
Y10-11 Basketball Coaching	After School (3.10-5.30pm)	Sports Hall
Cricket	After School	Playground
Y7-11 Science	Afternoon	S2

## Tuesday

Activity	Time	Location
Badminton Coaching	Before School	Sports Hall
Basketball	Breaktime	Sports Hall
Girls Volleyball	Lunchtime	Sports Hall
6 <sup>th</sup> Form Volleyball	Lunchtime	Sports Hall
Badminton	After School	Sports Hall
Y7 Boys Football	After School	Park
Girls Football	After School	Park

## Wednesday

Activity	Time	Location
Volleyball Coaching	Before School	Sports Hall
Basketball	Breaktime	Sports Hall
GCSE Table Tennis	Lunchtime	Main Hall
Y8-11 Girls Netball	Lunchtime	Sports Hall
Table Tennis	After School	Main Hall
Y7-9 Basketball Coaching	After School (3.30-5.30pm)	Sports Hall
Y10-11 Boys Football	After School	Park
Matilda Rehearsals	After School	Main 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
School Council**	Lunchtime	S3
Girls Netball	After School	Playground
Y8-9 Boys Football	After School	Park
Matilda Rehearsals	After School	Main Hall

## Friday

Activity	Time	Location
Badminton Squad	Before School	Sports Hall
Basketball	Breaktime	Sports Hall
Girls Volleyball	Lunchtime 1-1.25pm	Sports Hall
6th Form Volleyball	Lunchtime 1-1.25pm	Sports Hall
Volleyball	After School	Sports Hall
Into Film Club	After School	T5

