



# Student Bulletin

6 / 10 / 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

Year 12 Biology Field Trip

### Tuesday

Year 12 Biology Field Trip

Year 7 CATS Assessments

### Wednesday

Open Morning

PSCHEe Period 2

Year 7 Road Safety

Performance

Year 7 Information Evening

### Thursday

Year 8 Bonding Trip

Year 10-11 visit to Nower Hill

for Music Workshop

### Friday

Year 8 Bonding Trip

Music Composing Workshop at

Chistwick School for select

Year 11s

## Message from the Assistant Headteacher

As we settle into the rhythm of the academic year, this is a perfect moment to reflect on the incredible energy, talent, and spirit that have already shaped our school community.

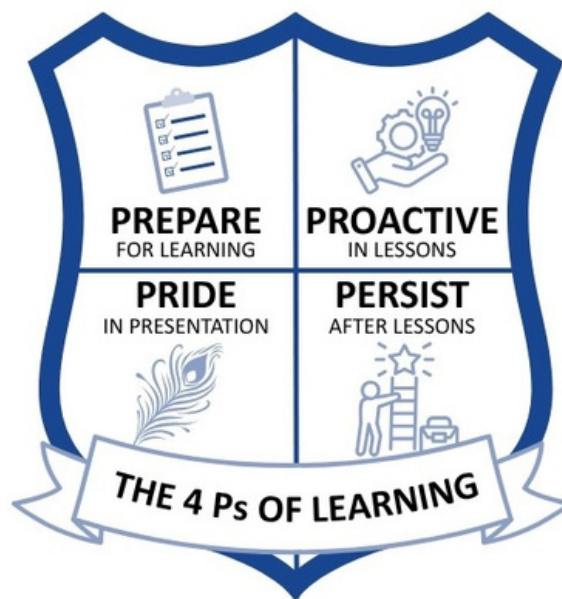
We are proud of the additional provision on offer to students at Park High School, enhancing their taught subject curriculum and widening horizons. One example of which is the annual Sports Award Evening, which was held this week, being a celebration of dedication, teamwork, and excellence. Students were honoured across a wide range of categories, recognising not only achievement but also perseverance and progress. The evening was made even more memorable by our inspiring guest speaker, Naomi Dattani, a professional cricketer.

In addition, we were proud to participate once again in the Jack Petchey Speak Out Challenge, with Year 10 students demonstrating conviction, clarity and confidence. The Foundation's motto: *"If you think you can, you can!"* continues to inspire our learners to aim high and make a difference.

The Power of Words has further been celebrated as we joined the nationwide celebration of National Poetry Day, embracing this year's theme: *Play* and sharing our ideas in tutor time. Poetry reminds us that expression is not just about communication—it is about imagination, emotion, and identity.

With such a strong start, we are excited for the months to come. These events have not only highlighted the talents and values of our students, but also reinforced our commitment to nurturing well-rounded, thoughtful, and empowered young people.

**Mrs Day-Haynes**



# Year 10 Speak Out Challenge

We are incredibly proud of our Year 10 students who took part in the **Jack Petchey Speak Out Challenge**.

Throughout the day, they demonstrated remarkable **resilience, curiosity, and integrity** as they engaged in activities designed to build their communication, confidence, and presentation skills.

Each student delivered a short speech, showcasing their growth and courage in speaking out. While every participant impressed us, six students truly shone and have earned a place in the **semi-finals**, which will be held during a Year 10 assembly. From there, two outstanding speakers will be selected to represent our school in the **regional finals**, competing against other schools across the borough. Congratulations to all who took part — your voices matter, and we couldn't be prouder!



## Year 7 Marvellous Readers Challenge

The Marvellous Readers challenge for Year 7 launches this Friday 3<sup>rd</sup> October 2025 and continues until Friday 7<sup>th</sup> November 2025.

Each Year 7 student will be given a bingo card with 4 different categories. The aim is to read a book from each category, using the library to help research books. Once the bingo card has been signed off by your teachers, it will be placed in a box in the library. Certificates will be awarded for this challenge and the Tutor group with the most completed Bingo cards receives a special experience.

Please use the form on SharePoint to complete your book reviews (you must be signed in to your school account to complete the form.)

See Mrs Bhutta for more information.

**Year 7  
Marvellous Readers  
Challenge**

*The Tutor Group with the most cards completed will receive a special experience.*

*Starts: Friday 3rd October  
Ends: Friday 7th November*

**See Mrs Bhutta for details**



# Breck Foundation Assemblies

Last week we held a whole year group assemblies with an external speaker from the Breck Foundation; delivering the sad case of a teenager groomed, and later killed, by someone he met online, sharing Breck's story to facilitate learning around recognising the signs of grooming and maintaining safe relationships online. Their work aims to prevent this from ever happening again. It was incredible to see so many of you engaged during the assembly and listening with great intent to the message of how to ensure the safety of yourselves and others when interacting online. Yanika was very complimentary about the school, your conduct, and the questions you were asking - showing great curiosity and demonstrating great integrity in how you conducted yourselves.

Yanika emailed me after to say: *"Park High was a marvellous school to work with – they were organised, and I felt so welcome whilst on site as an external speaker. The students were polite, engaged and respectful during the sessions which made my job effortless. Looking forward to returning in January for our next round of presentations!"*

You should be proud of yourselves - it is always a testament to our strong values and character when external speakers come in and gain a good impression of the school and of you.

We will be doing some more work with the Breck Foundation in future and reminding ourselves of the key messages later in the week during student voice, but in the meantime, don't forget, should you ever be worried about who you, or your friends, interact with online, or any social platform, please speak to your friends, parents, your tutor, your Head of Year or one of the school's safeguarding team.

**Mr Percy, Head of PSHCEe**



# Year 12 Trip to EY in Canary Wharf

This week, some of our Year 12 Economics/Business/Maths students had the opportunity to attend a finance-based Employability Skills Workshop, at the EY office in Canary Wharf.

Here is what they had to say:

***"I found the EY foundation experience to be very helpful and insightful in gauging an insight into finance opportunities for a future career path and current useful information about jobs within the industry."***

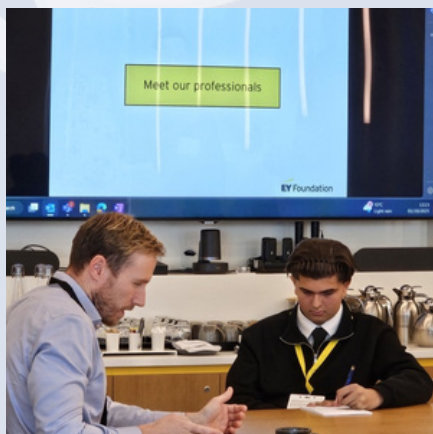
Ravi 12PI

***"The trip was a great opportunity to find out about the versatility of working in a finance company. There are a wide range of jobs that are possible to pursue in a finance company, such as EY, and we were introduced to some roles; from a police department inspector to a forensics assistant manager, we met a variety of people from different backgrounds who had a common ground - finance."***

Enoh Nistor, 12TI

***"We took part in a finance activity which involved producing and selling origami products. This was a fun team challenge which showed us that finance is more about strategy, planning, and teamwork, not just handling money. We had to carefully decide what to make, how to sell it, and how to grow our "business" starting with almost nothing. Overall, this was an amazing experience that gave me a real insight into finance, teamwork, and problem-solving in the business world."***

Anaiya 12PI



# Park High School Sports Awards Evening 2025: A Celebration of Excellence

On Thursday 2nd October, Park High School proudly welcomed staff, students, and our special guest Naomi Dattani to our annual Sports Awards Evening—a night dedicated to celebrating the remarkable achievements of our PE department, our talented student athletes, and the dedicated coaches who have made this year one of our most successful yet.

2025 has been another outstanding year for sport at Park High. With over **8,000 student involvements** in training sessions and more than **500 sessions delivered**, our extra-curricular programme continues to flourish. We've offered over **450 opportunities** for students to be part of a team, leading to an impressive record: **50 competitions, 17 trophies, 19 runner-up finishes**, and **regional qualification in six different sports**. These accomplishments have cemented our status as **the most decorated state school in the borough**—a distinction we hold with immense pride.

But beyond the medals and accolades, what truly defines our sporting success is the **resilience, teamwork, and compassion** shown by our students. These qualities reflect the very ethos of Park High School: striving to be the best versions of ourselves.

The evening was not only a celebration of sporting success, but also of the **spirit of sport**—the friendships formed, the lessons learned, and the joy of striving together. Whether our students go on to become professional athletes like our guest speaker Naomi, or find themselves in the privileged position of inspiring others such as your teachers, these experiences will shape their futures, build confidence, and strengthen character.

A heartfelt congratulations to **all our nominees, winners, and every student who took part** this year. Special recognition goes to our guest speaker **Naomi Dattani** and our student speakers—**Luca, Deyaan, Rithik, Ruth, and Daria**—who shared powerful reflections on their sporting journeys with pride and admiration of all that have supported them.

We also proudly celebrated our major award winners:

- **Sports Performers of the Year:** Saisha Bhattacharjee and Aaron Smith
- **Commitment and Dedication Awards:** Yousuf Asghar and Chloe Robinson
- **Team of the Year:** Year 9 Netball Team

Thank you to everyone who made this evening so memorable. Here's to another year of teamwork, resilience and sporting excellence at Park High School.

*You can see more photos on the next page!*





# Interested in Medicine or Dentistry?

Years 10-12 students who are interested in a career in either Medicine or Dentistry should read the letter below about upcoming opportunities to learn more about the application process and how to prepare.

We are pleased to inform you that registration for the national free Live Virtual **Get Into Medicine** and **Get Into Dentistry** Conferences has opened, designed for students interested in a career in medicine and dentistry. Attendees will also receive a certificate of participation, which can enhance their Medical/Dental School applications by showcasing active preparation towards the career and university.

This invaluable opportunity is open to students from all schools and backgrounds in years 10-12/S3-S5/NI11-13, offering a crucial stepping stone for future doctors and dentists.

Students and parents/guardians can register their place at the next LIVE Get Into Conferences here:

Register for **Get Into Medicine**: [Click Here](#)

Register for **Get Into Dentistry**: [Click Here](#)

## Upcoming Get Into Medicine Conference dates:

- Sunday 5th October from 9am - 1:30pm
- Saturday 25th October from 9am - 1:30pm
- Sunday 26th October from 9am - 1:30pm

## Upcoming Get Into Dentistry Conference dates:

- Saturday 18th October from 9am - 1:30pm

The Get into Medicine/Dentistry Conference is a comprehensive guide to the medical and dental application process. Our team of doctors, dentists and current university students will talk through their own experiences and insights into the application process, as well as covering:

- Application Timelines
- How to Tactically Choose Medical and Dental Schools
- Personal Statements
- Medical/Dental School Interviews
- UCAT Exam
- National Leadership and Awards Programmes
- Accessing Work Experience
- Accessing Scholarships

We strongly encourage all students to make the most of this **free opportunity** that has helped thousands of students secure places at university since it launched:

**Medics successful student journeys:** [Click Here](#)

**Dentists successful student journeys:** [Click Here](#)

Our Chief Mentors look forward to meeting your students at our conference!



# Last Week's Roundup

## Year 7

Year 7, this week we would like you to continue demonstrating acts of kindness, both big and small, as your Year Team will be looking out for these and rewarding with character points. Let's make kindness part of our daily routine and show how thoughtful and supportive our year group can be. A reminder that the deadline for the tutor board competition is **Wednesday** – we are really looking forward to seeing all of your creativity and hard work. The winners will be revealed in assembly on **Friday**, so make sure your boards are ready!

Miss Daler

## Year 8

Well done on another week Year 8 - we are just days away from our bonding trip to Grippid. You have seen the video in assembly as to what you can expect on the day. Reminder to wear home clothes with sensible footwear and something warm as you will be outside all day and arrive at school at the time you normally would do so. The school mobile phone policy applies when you are on this trip. Remember to speak to your form tutor or myself or Mrs Ali if you have any further questions relating to the trip.

In the meantime, think about our assembly focus on Mental Health and the importance of starting conversations with someone you trust when you are not feeling right or not yourself. Remember that it is okay to not be okay and to always be kind to yourself.

Mr Hargreaves

## Year 9

This week let's embody the character virtues we demonstrated on the Go Ape trip. **Resilience** means pushing through challenges in our learning—whether it's tackling a tough subject or staying focused when things get difficult. Keep going, even when it feels hard. Teamwork is about supporting each other in our tutor group. Help someone who's struggling, share ideas, and celebrate each other's progress. Compassion is shown through small acts of kindness. Ask someone how their day is going, offer help when you see someone in need, or simply listen. These actions build a positive and caring school community. Let's make a conscious effort to live these virtues every day. By doing so, we become not only better learners but better people.

### Achievements

Well done to **Leon Vaid** from 9SK/9i, for being the first Bronze Badge winner this year.

Miss Acheampong

### Most Character points

7BG

### Best Attendance

9FT

### Best Punctuality

9TP, 9SK, 9FT, 7LB

### ACE Lottery Winners

Amarni Sattar 8PB

Vansh Shah 9AY

## Free things for students and their families

### Mathematics: The Winton Gallery

#### How has mathematics shaped our world?

Mathematics is too often perceived as dry and complex, but this new gallery will tell stories that place the subject at the heart of our lives, exploring how mathematicians, their tools and ideas have helped to shape the modern world. Our bold and thought-provoking gallery, designed by Zaha Hadid Architects, examines the fundamental role mathematicians, their tools and ideas have played in building the world we live in. From war and peace to life, death, money, trade and beauty, the objects in Mathematics: The Winton Gallery reveal how mathematics connects to every aspect of our lives.

[10 Objects Mathematics: The Winton Gallery](#)



# Year 10

Thank you for another excellent week—it's been wonderful getting to know more of you as time goes on. Last week was full of exciting moments. We had our **careers assembly**, and a reminder that while work experience might feel far away, it's coming up quickly. The deadline to arrange and upload your placement details is approaching, so please start speaking with family, friends, or other contacts to help you find opportunities. Remember, your **band allocation** determines when you go on placement, so if you're unsure, check with your tutor as soon as possible.

Also, please **keep checking our Teams page** regularly. Lots of exciting careers opportunities are being posted there. For example, if you're an aspiring **medic or dentist**, there are virtual and in-person workshops coming up with **NHS**. More opportunities will be added soon, so make sure you stay up to date—you don't want to miss out.

We also had **60 fantastic Year 10 students take part in the Jack Petchey Speak Out Challenge**, and the feedback has been overwhelmingly positive. Your enthusiasm and effort were inspiring, and I'm incredibly proud of you all.

As always, please keep up the positive spirit. Simple things like saying please, thank you, good morning, and good afternoon make a big difference. Manners cost nothing, but being polite and respectful makes life so much smoother. Only a few more weeks left of this term—lots more exciting things are coming your way. Well done, Year 10!

**Have an amazing week ahead.**

**Miss Manandhar**

# Year 11

Your well-being is essential to your success in year 11. Looking after yourself is key to securing your best grades. Mr Whittakar spoke to you in assembly about the foundations of well-being and success: good attendance, punctuality, uniform behaviour and engagement. Following on from this, below are some important ways that you can feel and be your best consistently even when things become hard:

1. Your year team are always here for you if you'd like to come and talk to us about any worries: your tutor, Mrs Ali, and Mr Fowler. If you are concerned about anything, please come and talk to us.
2. Some of you may find throughout the year that you become anxious. Remember we have mentors and a school counsellor. You can make a referral through Mrs Ali or just email the school counsellor yourself: Mr DeSouza [cdesouza8.310@parkhighstanmore.org.uk](mailto:cdesouza8.310@parkhighstanmore.org.uk).
3. We also have a webpage dedicated to supporting students if you have worries of any kind <https://www.parkhighstanmore.org.uk/whatisworryingme>.
4. There is a fantastic app to support your mental health and stress called Kooth. We encourage you to download it and explore how it can support your GCSE journey <https://www.kooth.com/>.

We are with you on this journey. Keep taking one day at a time and look after yourself. Below are some further tips to manage stress.

**Date for the diary: Sixth Form Evening, 14 October, 6pm. Come and explore what Park High's Sixth Form can offer you!**

**Mr Fowler**

**Managing Stress**

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.

- 1. WARNING SIGNS, PART 1**  
Warning signs of stress include emotional symptoms such as anxiety, fear or loss of confidence and cognitive symptoms such as poor concentration, poor memory or repetitive thoughts.
- 2. WARNING SIGNS, PART 2**  
Warning signs also include physical symptoms such as excessive sweating, racing heart rate, headaches and muscle tension. Behavioural symptoms might include poor sleep, irritability, drinking excessive amounts of coffee or alcohol or losing your temper.
- 3. UNDERSTAND YOUR TRIGGERS**  
Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and/or manage the causes.
- 4. TAKE CONTROL**  
Often stress symptoms are caused by feeling out of control. Not doing anything about the stress triggers or symptoms will make things worse, so start by understanding what you can and what you can't control.
- 5. MAKE HEALTHY CHOICES**  
Non-regular, healthy activities which will reduce stress symptoms. These will be a non-negotiable part of your week and a regular antidote to stress.
- 6. INDUCE CALM**  
Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.
- 7. USE YOUR SOCIAL NETWORK**  
Non-opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.
- 8. CHANGE YOUR PERSPECTIVE**  
Amend your thinking and expectations if and where possible, or double. Reduce the pressure by yourself by reframing the concept of accepting that not everything will be finished or perfect. Most of the time, good enough is ok.
- 9. MANAGE YOUR TIME**  
Prioritising tasks, including emails and writing activities, will be a crucial first step to change and taking control. Get someone to help you to keep on track with change.
- 10. PRIORITISE WELLBEING**  
As a way of preventing stress, you cannot progress your wellbeing and be consistent about it. A one-off activity will have some impact, but it won't help you manage stress or maintain wellbeing in the long term.

**The National College**  
This guide is part of The National College wellbeing masterclasses, a collection of information posters for your school staffroom.

**Meet the Expert: Anna Botman**  
Anna Botman, subject matter expert on mental health & wellbeing and school improvement adviser.

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# Sixth Form

We are incredibly proud of the fantastic start our students have made in the 6<sup>th</sup> form. Your efforts and attitudes both in and outside the classroom have been so positive. This is being recognised from the character points you are achieving - congratulations go to **13HK** for leading the way so far on 166 points!

## Year 12

A reminder following assembly this week: make the most of opportunities coming your way. It's great to see how many of you signed up for reading mentors and Duke of Edinburgh, as well as the 30 of you who took the fantastic opportunity at EY in Canary Wharf. Opportunities will keep coming your way - many of these will be featured on our 6<sup>th</sup> form bulletin, but keep looking at websites such as Unifrog and Young Professionals. Do the hard work now, and you'll be thanking yourself this time next year in Year 13!

## Year 13

Early applicants - just over 10 days to go! Ensure you have had your appointment with Mr. Clarke by the end of next week to review your personal statement and UCAS application.

For all other applicants - you will be able to start making appointments with Mr. Clarke following the early applicant deadline of October 14th. Your priority for now is preparing for your mock exams. Two weeks before half term, followed by two weeks of mock exams. Get yourself prepared and try your best - this is your opportunity to show us what you can achieve. We will be using these to inform your UCAS applications or other applications; we're all rooting for you! Speak to your teachers, tutors or the 6<sup>th</sup> form team if you need any support over this period, which we know can be tough

## Mr Clarke



# 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

## 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
Y8-11 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
Y7-11 Science	Lunchtime	S2
Girls Netball	After School	Playground
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

