



Student Bulletin

3 / 11 / 25

Proud to be GOOD in all areas

This term's
Character Virtue:
COMPASSION

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

HAPPENING THIS WEEK

Monday

Year 13 UCAS exams

PSHCEe Period 3

Years 9 and 11 workshop with Dr
Martijn Van der Spoel

Tuesday

Year 13 UCAS exams

Year 11 MFL Practice Speaking
Exams

Wednesday

Year 13 UCAS exams

Year 11 MFL Practice Speaking
Exams

GCSE C1 Drama P1-6 & Evening
Performance

Year 10 Media Studies Trip -
London Screen Writing Festival

Year 11 Battlefields Trip - Parents
Evening (6.00-7.00pm)

Thursday

Year 13 UCAS exams

Year 11 MFL Practice Speaking
Exams

GCSE C1 Drama P1-6 & Evening
Performance

Friday

Year 13 UCAS exams

Year 11 MFL Practice Speaking
Exams

Year 11 Flu Vaccinations (1st visit)

Year 12 trip to Computer Science
in Action at Emmanuel Centre,
London

Message from the Assistant Headteacher

Welcome Back!

I hope you had a restful and enjoyable half term break.

As we begin this new half term, we want to thank all of you who completed the *Your School, Your Voice* survey. Your insights help shape a better future for our school community. We will share a more detailed analysis but it is highly pleasing that the number of you who completed the survey was greater than ever, with 94% saying that you have had a good start to the year and 93% saying you have positive relationships with your teacher – both higher than last year.

A huge thank you, too, to everyone who supported the *Sixth Form Open Evening* in the week before half term. To those who volunteered, your energy and engagement made the event a true success. Park High is a 7-year journey and we always strive to be *Your Sixth Form of Choice*.

This half term, our character virtue is **compassion**—the ability to understand and care for others. As the Dalai Lama reminds us: *“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”* In that spirit, we are proud to support Children in Need, a cause that embodies compassion in action. Next week, there will be plenty of opportunities to get involved, raise funds, and make a meaningful impact. Stay tuned for details!

As we move forward, remember: **Always do your best—not because someone is watching, but because excellence is a habit worth building.** Every effort matters, and every act of kindness counts. Together we can make a difference.

Let's make this half term one to remember.

Mr Appleman

New Reading Mentors

Congratulations to these Year 12 students for becoming the next Reading Mentors!

Viviana Loghin
Khushi Patel
Maria Al attar
Yashvi Varsani
Amina Jama
Sara Cocirla
Sahar Zaki
Ayisha Miller-Talaste
Sharaiya Rahman
Davina Bhudia

Jerena Basthiyampillai
Yuvti Nileshkumar
Debora Mirauti
Salome Buzdugan
Eliza Bazgan
Rhea Dubasia
Aneta Raveendran
Pranay Nathani
Yashvi Shah
Trinay Hirani



Year 8 Trip to Grippid

On the 9th and 10th of October, Year 8 went on their bonding trip to Grippid in Hounslow.

Students took part in a range of activities such as the speed slides, the net adventure park and the high ropes course. The high ropes course in particular required students to engage in teamwork as they navigated the tricky course. The course is 650 metres long and contained a variety of obstacles to overcome. Students behaved well, listened to the instructors at all times and showed integrity in how they conducted themselves over the two days.

This was a fantastic opportunity for students to get each other and their form tutors better beyond the classroom and for many it was their first experience doing this type of activity. Our thanks goes to Mrs Ali and Miss K who organised this experience and to the Year 8's for making the most out of it.

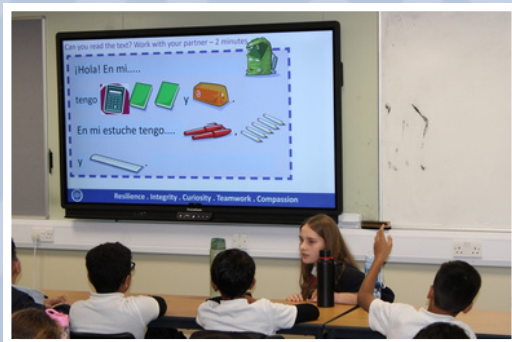


MFL Outreach Work

We would like to extend our thanks to all the students in Year 10 and 11 and staff who have contributed their time, energy, and enthusiasm to teaching and supporting the children of **Kenmore Park Primary School** on Tuesday 14th October.

Your dedication has made a meaningful impact on their pupils' learning and personal growth. You all showed teamwork, resilience and compassion into the lessons and helped create a positive and inspiring environment where the children could learn from.

We are truly grateful for your commitment and the difference you've made in our school community. Thank you for such a successful workshop.



Cadet Navigation and Expedition Weekend

Over the weekend of September 26th to 28th, I had the chance to join a group of seven kids on an awesome navigation and expedition adventure. We spent our days following a detailed map with specific checkpoints, and it was both challenging and a lot of fun.

The first day was intense, with about nine hours of trekking, and the second day was a bit shorter, around four to five hours.

Along the way, we not only developed our navigation skills but also built some great friendships and made memories that I'll never forget.

Ruth 9FT

<3



Volleyball Victory!

Coming from a 4-0 defeat last year, our team was hoping to take revenge on St Doms this year. We trained hard, had our ups and lows, going from having 3 people on a Wednesday morning to a steady 8 or 9 people coming consistently to put in effort. We had a practise match the day before against the Year 11s which went well, having only just learnt a new rotation system and positions, meaning we were ready.

We struggled in this first game, losing 25-19. However, with some very loud encouragement from Sami and a pep talk from both Haneef and Mr Babu, we pushed on.

The second set went amazing. Everyone played well, there was good communication and some very nice hitting. We then kept this momentum into the third set, where when we were down 19-23 and about to lose, a serving streak by Dylan put us ahead in the final moments. The score was then 24-23, but a fumble took us to deuce, where we would have to win by 2 points to secure victory.

We then won a point on a smart attack. In the next point, as the final ball St Doms hit landed outside the court, we erupted with cheers, celebrating over our victory. This was then followed by the team photos and a celebratory dinner at Nandos.

From this we realised that we have improved massively since last year. One honourable mention goes to Devan, who made his first appearance at a school fixture EVER, and came away with the most hits and blocks on our team.

Big thanks to everyone on the team and especially Mr Babu and Ms Wakeman who have very generously spent their time to supervise/organise our games. We hope this success inspires the Year 12s to continue this team into next year!

Dylan Patel 13MV



Last Week's Roundup

Year 7

Welcome back, Year 7! We hope you had a relaxing and enjoyable half term. As we begin this next chapter, it's a great time to refocus on the targets you set during Review Day. Every effort you make – big or small – will help you move closer to achieving your goals, so stay motivated and give your best each day.

A special mention goes to our form captains, who will play an important role in supporting the year team. They'll be taking on a range of responsibilities, including leading student voice discussions and making sure the registers are collected and returned each morning – thank you in advance for your commitment and leadership.

Finally, a reminder that bronze badges will be awarded in Friday's assembly, so there's still time to earn a few more character points and secure your badge. Let's make it a fantastic half term, Year 7!

Miss Daler



Year 8

Congratulations Year 8 on completing the first half term of this academic year. Over the past seven weeks, you have amassed over 5600 achievement points, been on your bonding trip to Grippid and completed your first review day of the year. Mrs Ali and I have been impressed with the way many of you have settled into the year and made the transition from Year 7 look seamless.

As we enjoy two weeks of half term, remember to prioritise your wellbeing and do things you enjoy with friends and family, perhaps it is to play basketball or football, to ride your bike or read for pleasure or maybe to do some baking. Be safe at all times, both online on social media and outside as it will be getting darker earlier as the clocks go back next weekend. Continue to get a good nights sleep throughout and be ready to come back on the 3rd November with all your equipment, ready to hit the ground running. I wish you all a happy and restful Half Term.

Mr Hargreaves

Most Character points

7BG

Best Attendance

7RG

Best Punctuality

7BG, 7LB

ACE Lottery Winners

Miruna Parasca 7YC

Tia Aldous 11LY

Free things for students and their families

On Sunday 9 November, the National Service of Remembrance will be held at the Cenotaph on Whitehall, London. Starting at 11am, the service will commemorate the contribution of British and Commonwealth military and civilian servicemen and women involved in the two world wars and later conflicts. No tickets or passes are needed for the event, and the public are welcome to watch the ceremony from the pavements along Whitehall and Parliament Street.

Timings

08:00: Whitehall opens to the public. Space will be limited. Please allow time to clear the police security procedures

From 10:30: All detachments form up on the Cenotaph

From 10:50: Participants process out onto the Cenotaph

11:00: National two-minute silence marked by the firing of guns from King's Troop on Horse Guards Parade. Cenotaph Service commences

11:25: Cenotaph Service concludes, and The Royal British Legion detachments disperse past the Cenotaph.

Order of service: [2025 Order of Service.indd](#)



Year 9

Welcome back!

I hope you had a relaxing and enjoyable half-term break, whether you spent it being creative, travelling, or catching up with friends and family. It was truly lovely to see so many of your parents and guardians during Review Day before the break.

As we begin this new term, it's important to refocus and remind ourselves of the targets you set. Use them as motivation to push forward and make the most of every opportunity. Whether your goals are academic, personal, or skill-based, consistency and effort will help you achieve them.

This term holds great potential, and we're excited to see what you'll accomplish. Let's aim to see more of you earning your bronze badge by reaching 40 achievement points. It's a fantastic way to celebrate your hard work and dedication. Stay positive, stay engaged, and let's make this term one to be proud of. You've got this!

Miss Acheampong

Year 10

Can you believe that a sixth of the year has already passed? One full half-term down, and we're already heading quickly toward the end of the year. I'm incredibly proud of how you've conducted yourselves in and around school.

So many of you have shown real progress — improving your attendance and punctuality, showing resilience, and working hard to overcome challenges.

Looking ahead, we have our careers mock interviews coming up in November, and the deadlines for securing your work experience placements are fast approaching. Over the next two weeks, make sure you take some well-earned rest — but also take the time to secure a valuable work experience placement.

Thank you for all your hard work. I'm genuinely proud of you year 10. We haven't quite won the competition yet — but if we do, you already know what's in store!

With regards,

Miss Manandhar

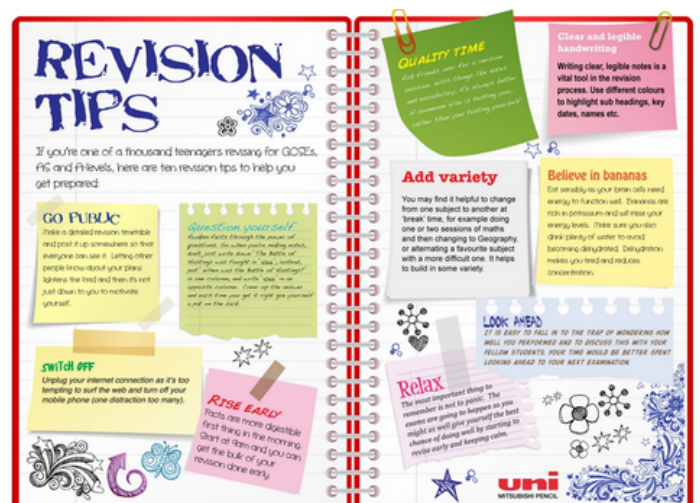
Year 11

Welcome back year 11! You are two weeks away from your Mock exams. This half term will give you a chance to see how far you've come in your learning and the areas you need to improve in. Remember, the success of such exams depends on what you do each day – the basic habits that make you brilliant. Getting these right means you do not need to fear your exams.

You have just had Dr Van der Spoel help you prepare for your exams – over the next month, put into practise what he has taught you. You should have a revision timetable that you are following each day. Revision techniques have been posted on the Year 11 Teams page – please look through the PowerPoint and pick the best ways to revise for you. But don't overdo it, you need to build in time to relax, too. Also, please read the revision tips below that will make your revision more effective. It is important you do your absolute best in these exams, they will be used to generate your predicted grades which are used when you apply to the sixth forms and/or colleges of your choice.

Let's remember our priorities help you be your best – be punctual, be proactive in lessons, and continue to prepare for your exams. This half term, live into the best version of yourself.

Mr Fowler



Sixth Form

Our recent Sixth Form Information Evening was a fantastic showcase of what makes Park High such a special place for students to grow, learn, and thrive. Thank you to all our student ambassadors and staff who helped make the evening so successful, with over 200 visitors, celebrating our wonderful Sixth Form, academic courses and pastoral care.

For current Year 11 students, there will be further discussions and opportunities to learn more about our Sixth Form through our “Day in the Life” programme, future assemblies and Careers talks. Do continue to ask questions and ensure that you are well informed in making your decisions for life after GCSEs.

Please enjoy our video from the evening, giving a snapshot of life in the Sixth Form.

Together, we hope to make Park High Your Sixth Form of Choice.

A huge congratulations to our eight Year 13 students who have completed their UCAS applications ahead of the early deadline — an impressive achievement!

Each year, UCAS sets an October 15th deadline for applications to Oxford and Cambridge Universities, as well as for courses in Medicine, Dentistry, and Veterinary Science — some of the most competitive and demanding programmes in the country.

This year, we are thrilled to share that:

- Two students have applied to Cambridge — one for Mathematics and one for Computer Science.
- Six students have applied for Medicine at universities across the UK.

These students have worked tirelessly on their personal statements, admissions tests, and preparations — showing great dedication and determination. Over the coming months, they’ll begin to hear about interview invitations, and we’ll be supporting them every step of the way with interview preparation.

We are incredibly proud of their hard work and commitment, and now look forward to supporting the rest of Year 13 as they prepare for our internal UCAS deadline in December.

Finally, a big well done to all of Sixth Form for making it through a busy half term!

- Year 12, congratulations on completing your first half term in Sixth Form.
- Year 13, enjoy a well-earned rest — but remember, practice exams await straight after the break!

Enjoy the holidays, everyone — you’ve earned it!

Mr Clarke



Autumn Term 2 Clubs

Monday

Activity	Time	Location
Basketball	Before School	Sports Hall
Basketball	Breaktime	Sports Hall
Dance Club	Lunchtime	Dance Studio
Y7-8 Girls Netball	Lunchtime	Sports Hall
Y9-11 Computing	Lunchtime	T3
Y10-11 Basketball Coaching	After School (3.10-5.30pm)	Sports Hall

Tuesday

Activity	Time	Location
Badminton Coaching	Before School	Sports Hall
Basketball	Breaktime	Sports Hall
Girls Volleyball	Lunchtime	Sports Hall
6 th Form Volleyball	Lunchtime	Sports Hall
Badminton	After School	Sports Hall
Y12 Brilliant Club**	After School	B3
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
Girls Netball	Lunchtime	Sports Hall
Table Tennis	After School	Main Hall
Y7-9 Basketball Coaching	After School (3.30-5.30pm)	Sports Hall
Matilda Rehearsals	After School	Main Hall
Into Film Club	After School	T5

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
Y8 Brilliant club **	After School	B2

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

Boys football does not run through the winter due to the volume of basketball fixtures that take place between October half term and February half term, and the demand this has on staffing. Boys football clubs will return ahead of the knock-out stages of the boys borough competitions, after Feb half term.

Girls football will continue to run, but this club will finish at 4pm throughout the winter (or even slightly before on the shortest days) due to the reduction in available day light hours after school.

Cricket Club will return after February half term, at which time it will become nets sessions, as we prepare for the summer cricket season.

