



# Student Bulletin

10 / 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  
Year 11 MFL Practice Speaking Exams  
Odd Socks Day

### Tuesday

Year 13 UCAS exams  
Year 11 MFL Practice Speaking Exams  
WildHearts Global Youth Summit  
Year 12 Parliament Trip  
Remembrance Day  
PSHCEe Period 3

### Wednesday

Year 13 UCAS exams  
Year 10 BIMA Digital Day

### Thursday

Year 13 UCAS exams  
Year 11 History Trip  
Year 10 Mock Interviews

### Friday

Year 13 UCAS exams  
Year 11 History Trip  
Year 12 Art Trip

## Message from the Assistant Headteacher

As many of you continue your preparations for practice exams, we want to recognise the hard work, focus, and determination you've shown so far. Practice exams can be challenging, but they are also a valuable opportunity, a chance to understand what you've learned, identify where you can grow, and build confidence for the future. Keep going, stay positive, and remember that every effort you make now strengthens the path to your success. Remember the engagement with the 4 Ps of Learning has already put you in good stead for these exams, it's now time to focus on 'persisting after lessons' as you use your time outside of lessons as effectively as possible.

This week, we also pause to observe **Remembrance Day**, a time of reflection and gratitude. Each year on **11<sup>th</sup> November**, we remember those who lost their lives in wars and conflicts around the world, particularly during the First and Second World Wars and we honour the courage and sacrifice of the Armed Forces, both past and present.

The day is marked by the **Two Minutes' Silence at 11am**, symbolising a shared moment of respect and reflection across the nation. The **red poppy**, inspired by the flowers that grew on the battlefields of the First World War, reminds us of the resilience of life and the hope for peace. We will be commemorating the day following a ceremony that will take place on Tuesday 11<sup>th</sup> of November.

On Tuesday the following will take place:

**10.30am** - P2 will finish 10 minutes early

**10.50am** - Break will finish and a bell will ring

**10.55am** - All students will be lined up on the playground in register order in their fire drill areas.

**11.00am** - A bell will ring to notify us of the start of the 2 minutes of silence.

**11.02am** - The Last Post will be played to signify the end of the 2 minutes of silence.

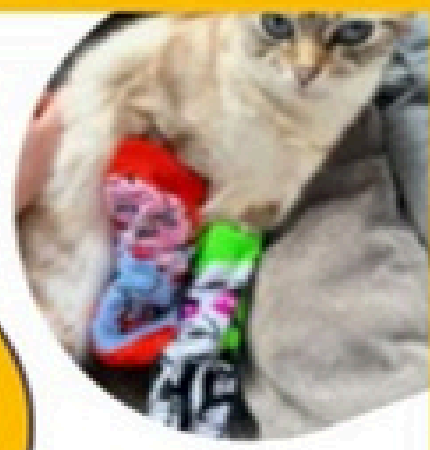
Students are then dismissed to PSHCE.

Remembrance Day encourages us not only to look back with gratitude but also to look forward with purpose and to appreciate the freedoms we enjoy today and to play our part in creating a kinder, more peaceful world.

As you continue your exams and take part in Remembrance observances, remember that resilience, respect, and compassion are values that shape both strong students and strong communities.

**Ms Selva**





# Odd Socks Day



**MONDAY 10<sup>TH</sup> NOVEMBER**

Odd Socks Day is an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique! There is no pressure to wear the latest fashion or buy expensive costumes. All you need to do to take part is wear odd socks, it could not be simpler!





THERE WILL BE A SCHOOL-WIDE  
ACT OF REMEMBRANCE AT 11AM ON THE 11<sup>TH</sup> NOVEMBER.

REMEMBRANCE HONOURS THOSE WHO SERVED TO DEFEND OUR  
DEMOCRATIC FREEDOMS AND WAY OF LIFE.

10:30AM – P2 FINISHES

10:50AM – BREAK ENDS WITH WARNING BELL

10:55AM – ALL STUDENTS LINE UP ON THE PLAYGROUND IN THEIR FIRE  
ALARM SPOTS.

11:00AM – BELL RINGS TO SIGNIFY START OF 2-MINUTE SILENCE.

11:00 – 11:02 – 2-MINUTE SILENCE IS OBSERVED BY WHOLE SCHOOL.

11:02AM – THE LAST POST IS PLAYED TO SIGNIFY THE END OF THE 2-  
MINUTE SILENCE

**BBC**  
**CHILDREN**  
**IN NEED**

# WE'RE RAISING MONEY

**FRIDAY 14 NOVEMBER 2025**




## WHY IT MATTERS

Children in Need is a UK charity dedicated to improving the lives of disadvantaged children and young people. It funds projects that provide **safe spaces, emotional support, education, and opportunities** for those facing poverty, disability, or trauma. Every donation helps bring hope and compassion to those who need it most.

## DONATE ONLINE



## HOW YOU CAN HELP

-  **Pudsey Merchandise** – buy keyrings, pin badges, and pens to show your support.
-  **Doughnut Sale** – Enjoy a sweet treat while making a difference! (*Wednesday break in the foyer and after school*)
-  **Donate** – Every penny counts! You can donate **online** or **in person** at school

**MONDAY 10<sup>th</sup> - FRIDAY 14<sup>th</sup>**

In the foyer at break and lunchtimes

[https://www.justgiving.com/page/park-high-school-4?utm\\_medium=FR&utm\\_source=CL](https://www.justgiving.com/page/park-high-school-4?utm_medium=FR&utm_source=CL)

## Jack Petchey Achievement Award

Congratulations to these outstanding individuals for their incredible achievement. Your dedication, hard work, and consistent demonstration of our school's character virtues, in particular **TEAMWORK**, make us all proud. They have won a certificate, badge, invitation to the prestigious Jack Petchey Achievement Award Ceremony and a £300 grant to spend in school.

This award is a testament to your positive impact on our school community — well done!

**Darius Diaconu 8MO:** Darius consistently uplifts his peers and brings his best self to school every day. A brilliant team player, he's deeply involved in school life — from leading in Matilda the Musical to excelling in multiple sports clubs. His positivity and dedication truly shine. Darius has chosen to split his grant and provide some money towards Matilda the Musical for staging/set as well as a dance workshop.

**Darius Vrajescu 11LY:** Darius is a dedicated role model who shows outstanding teamwork, compassion, and resilience. He supports peers in lessons, contributes to group tasks, and never gives up. He's also a committed prefect, praised for helping at Open Evening and supporting the English and PE departments. His positivity and leadership make him truly deserving of this award. Darius has chosen to spend his grant on the D & T department and provide them with new glue guns and soldering irons to run a club.

**Dylan Patel 13MV:** As Deputy Head Boy, studying 4 A-Levels and applying to Cambridge, Dylan still finds time to support others — always proactive, compassionate, and resilient. He truly embodies the spirit of Park High School. Dylan has chosen to split his grant and provide some to make improvements to the sixth form common room and the rest to PE for volleyball equipment.



## GCSE Dance Performances

Congratulations to our GCSE Dance students!

We are incredibly proud of the eight students who successfully completed the first component of their GCSE Dance examination on Friday 17th October. As part of the assessment, they participated in a full day of intensive preparation within a formal dance setting, culminating in a final performance showcasing three routines.

Throughout the day, the students demonstrated exceptional dedication, resilience, compassion, professionalism, teamwork, and integrity. Their commitment and focus were truly commendable, and they have now completed 30% of their GCSE Dance qualification.

Well done to all involved!



# Digital BIMA Day

On **Wednesday 12th November** our Year 10 Computer Science students will be in the Hall all day, taking part in Digital BIMA Day, a celebration of digital innovation that links education with real-world industry insight.

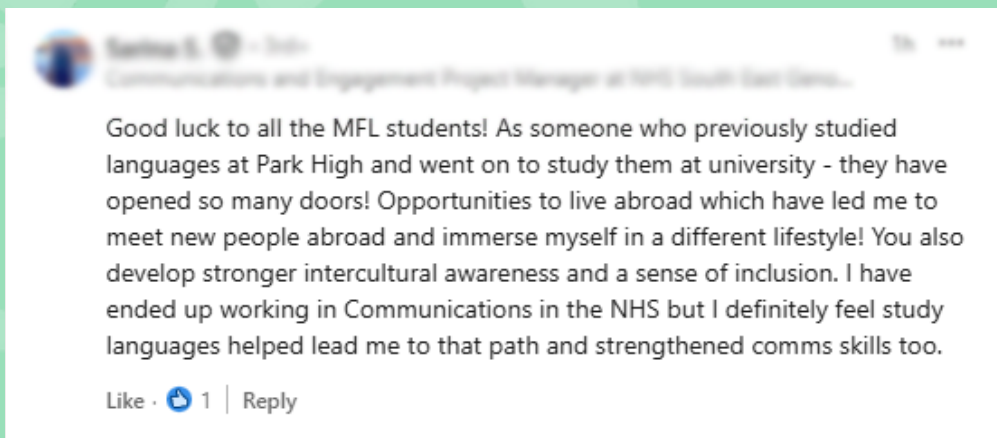


**From 10th–14th November**, all Computer Science classes will take part in the BEBRAS Computational Thinking Challenge, testing and developing their problem-solving and logical thinking skills.

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## Why should you learn languages?

Last week, we shared a post on our social media pages about the benefits of learning languages and why it's worth giving it a try. We were thrilled to receive some wonderful feedback from one of our former students, along with words of encouragement for everyone preparing for their MFL Speaking Practice Exams.



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## Lunchtime Music Concerts

Last week, our talented students from across year groups shone in the first of our new monthly lunchtime music recitals!

They treated us to an incredible variety of performances, from the elegance of Chopin to the energy of the Foo Fighters, and even an impressive original composition. The audience of friends and staff created a warm, encouraging atmosphere, celebrating the creativity and dedication of our young musicians.

Want to be part of the next recital in December? Speak to Miss Ward to sign up. For information about instrument lessons at Park High, please see Mr Appleman.



# Last Week's Roundup

## Year 7

Well done on a fantastic first week back! Miss Hosain and I have been so impressed with your positive attitude and the effort you've shown in your lessons.

Next week, we'll be popping into classes to look out for impeccable presentation — and we'll be awarding our special Star Stickers to those who really shine! ✨

To earn one, make sure:

- Your work is neat and carefully presented
- Titles and dates are underlined
- Green pen is used for improvements and feedback

Keep up the great work — we can't wait to see your brilliant books!

**Miss Daler**

## Year 8

Well done for completing your first week back of this half term, Year 8!

We've already had Mrs Cramp's assembly on Remembrance, which encouraged us to think deeply about the courage, sacrifice, and the importance of peace in a world where there are sadly many conflicts going on. As we move towards Tuesday's two-minute silence at 11 o'clock, take a moment to reflect on what Remembrance means to you. It's not only about remembering the past, but also about showing respect, gratitude, and kindness in our daily lives.

You can also support the Royal British Legion Poppy Appeal by buying a poppy from one of our sixth formers before the two-minute silence on Tuesday.

When we pause for the silence, let's do so with pride and thoughtfulness, remembering those who gave so much so that we can enjoy the freedoms we have today.

Let's make this half term one to be proud of — through showing teamwork, integrity, curiosity, compassion and resilience.

**Mr Hargreaves**

## Most Character points

7PJ

## Best Attendance

7ZB

## Best Punctuality

7LB 8AW 8FF

## ACE Lottery Winners

Dilraj Cheema 8YK

Sora Rahmani 12GP

## Free things for students and their families

**Thousands Of White Roses Will Light Up Chelsea In Memory Of Lost Loved Ones – The Display Raises Money For Charity And It's A Truly Heart-warming Sight.**

This winter, the Ever After Garden returns in a new location—Chelsea's Duke of York Square—where 30,000 glowing white roses will create a breathtaking tribute to lost loved ones. Running from November 13 to December 16, the display raises funds for The Royal Marsden Cancer Charity, in partnership with Brookfield Nationwide Building Society.

Open daily from 3–9 pm, the garden offers free entry, with visitors invited to make donations or dedicate a rose to a loved one they have lost. The cost of each rose helps to raise funds for [The Royal Marsden Cancer Charity](#). Dedications can be done in person or online, in which case stewards handwrite them to keep the personal touch.



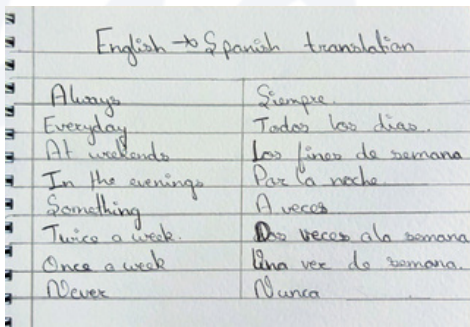
## Year 9

Kindness is powerful. A simple kind word can brighten someone's day, lift their spirit, and remind them that they matter. This week, as we mark Anti-Bullying Week, let's choose to be kind not just in our words, but in our actions. Whether it's offering help, sharing a smile, or standing up for someone, every act of kindness counts.

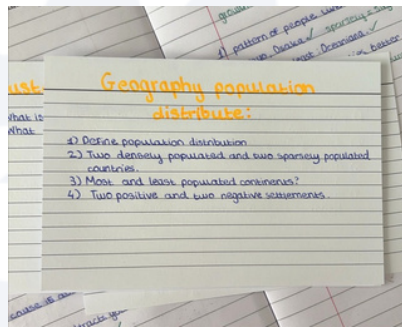
This term, our character virtue is Compassion. Compassion means understanding how others feel and responding with care. It's about listening, supporting, and showing empathy. When we practice compassion, we create a safe and respectful environment where everyone can thrive.

Remember, learning doesn't stop when the lesson ends. Persist with your home learning — it helps you consolidate what you've learned and strengthens your understanding. Even when it feels challenging, keep going. Every bit of effort you put in builds your confidence and helps you grow. Compulsory home learning club will be starting soon.

Amazon vouchers will be given to Dhyy Patel and Maria Maciuc, for their fantastic revision flashcards. Please email me if you would like to share your revision flashcards with me.

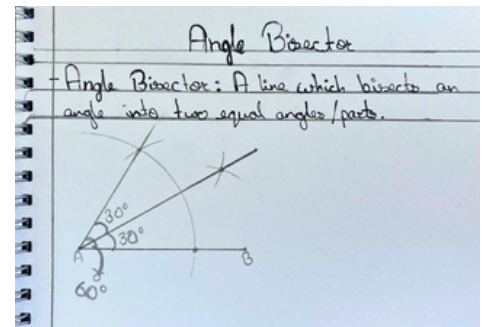


English	Spanish
Always	Siempre
Everyday	Todos los días
At weekends	Los fines de semana
In the evenings	Por la noche
Something	A veces
Twice a week	Das veces a la semana
Once a week	Una vez a la semana
Never	Nunca



Geography population distribute:

- 1) Define population distribution
- 2) Two densely populated and two sparsely populated countries
- 3) Most and least populated continents?
- 4) Two positive and two negative settlements



Miss Acheampong

## Year 10

It's been a great first week back. I know the break felt long, and coming back into routine can be tough, but everyone has shown real resilience. I'm genuinely proud of how well we've settled in.

A couple of important reminders for this week:

### Mock Interviews – Thursday:

This Thursday, we'll have a range of employers from different industries coming in to speak with us. Each of us has been assigned a specific employer. This is a really valuable opportunity to practise our interview skills and to think ahead about our future careers. Make sure we're prepared and ready to present ourselves confidently.

### Work Experience:

Some of us have already started securing work experience placements – well done! Remember, it is competitive, so the sooner the better. If you've found a placement, go to Miss Patel in the Careers office to get your personalised letter, and don't forget to upload your employer details to **Unifrog**.

Our goal is for everyone to have their work experience sorted before the deadline, **December 18th**.

Let's continue to put our best effort in this week. I'm excited to see us show our skills, our confidence, and make Year 10 proud.

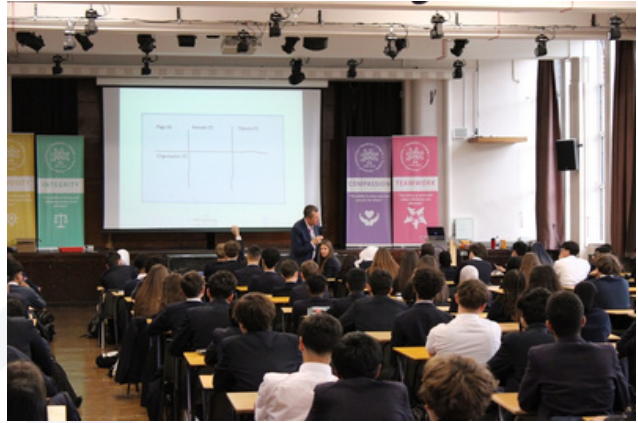
Thank you,

Miss Manandhar



# Year 11

You are one week away from your practise exams! You should be stuck into your revision and making the most of your evenings. Last week, Dr Van der Spoel delivered a workshop to help you be the best learner you can be. You are teacher number 1 - you are responsible for your learning and revision, no one else.



To support you in your revision Dr Van der Spoel talked about how you can best prepare for your exam:

- You need to revise those topics you are less confident in - no comfort revision, where you are going over things you already know. Instead, using the topic lists from your teachers, identify those topics you know least about, and use your exercise book, text books, your teacher or YouTube tutorials to help you with the areas you need to improve on.
- Use past papers to help you learn how to answer questions - keep your past papers in a folder.
- Use flash cards and mind maps to help you remember that key information - stick them in a place you can see.

Here are some suggestions of how to make good flash cards and mind maps:

### HOW TO MAKE A GOOD FLASH CARD 📇

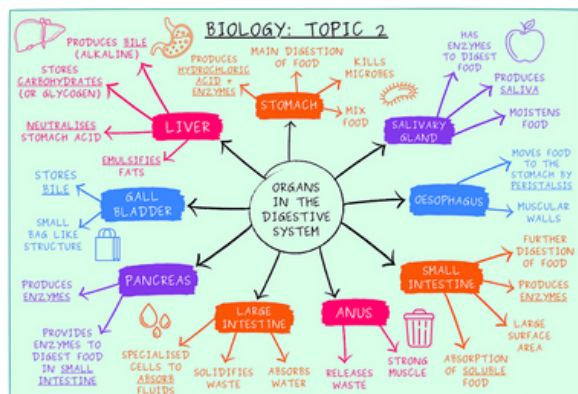
- ✓ **Two-sided** flashcards are good; one side for the **title** and the other for the **content**.
- ✓ Try to include between **five** and **ten points** on each card.
- ✓ Keep them **colourful!** You could **highlight** or **underline** key words, use **images, doodles, photos** and even **colour code** cards for each subject.
- ✓ **CAPITAL letters** are encouraged as these take slightly **longer** to write and can aid memory.
- ✓ Create from **memory**, and then check it's correct and add to the detail by using your **exercise book, textbook** and **revision guide**.

### 3 BASIC STATES OF MATTER

SOLID	LIQUID	GAS
VIBRATE ABOUT A <b>FIXED</b> POSITION	SLIDE AROUND EACH OTHER	MOVE QUICKLY IN <b>RANDOM</b> DIRECTIONS
<b>REGULAR</b> PATTERN	<b>RANDOMLY</b> ARRANGED	<b>RANDOMLY</b> ARRANGED
<b>CLOSE</b> TOGETHER	<b>CLOSE</b> TOGETHER	<b>FAR</b> APART
<b>FIXED</b> VOLUME	<b>FIXED</b> VOLUME	VOLUME <b>CAN CHANGE</b>
<b>FIXED</b> SHAPE	SHAPE <b>CHANGES</b>	SHAPE <b>CHANGES</b>

### KEY THINGS TO REMEMBER WHEN MAKING MIND MAPS 🧠

- ✓ Make your mind maps eye-catching: **big, bright** and **colourful**.
- ✓ Hang them up on your **ceiling** or stick them to a **wall** so that you see them regularly.
- ✓ It really helps if you use **CAPITAL** letters, incorporate **doodles** and use **different colours** for each 'branch'.
- ✓ If you use mind maps as a '**mental splurge**' then they are a good way of assessing your **existing knowledge**.
- ✓ Use **exercise books, textbooks** and **revision guides** to add to your mind map.
- ✓ To help **memory**, keep your writing and branches **horizontal** if you can and write **on top** of each line. This will help you remember how **long** the word is.



This is also a time that can be stressful, so make sure you take breaks and do things you enjoy. You need to remember that the success of your exams will be determined in your preparation - doing the basic things well, each day.

Mr Fowler



# Sixth Form

This week in Year 12 assembly, we proudly launched our new collaboration with the DVS Foundation, an organisation committed to driving meaningful change through philanthropy and education.

Founded in 2012 by Rami and Dhru V. Shah, the DVS Foundation supports young people through strategic grant-making and impactful in-house programmes. We are thrilled to be working with them to bring unique opportunities to our Year 12 students.

## The DVS Awards Programme

One of the highlights of this partnership is the DVS Awards Programme, which celebrates the essential skills and character traits that students need to thrive both now and in the future workplace.

The ten award categories are:

- Kindness
- Resilience
- Ambition
- Leadership
- Community Impact
- Integrity & Respect
- Environmental Stewardship
- Teamwork & Collaboration
- Innovative Thinking
- Personal Growth



Year 12 students have already been introduced to the programme and will continue to be supported and encouraged to engage with it throughout the year.

At the end of the academic year, one winner will be selected in each category. Winners will receive a £100 gift voucher and an invitation to the prestigious DVS Awards Ceremony, which includes an exciting opportunity to network with corporate professionals from across London.

## Career Discovery Events

In addition to the awards, DVS Foundation will also be supporting our students through Career Discovery Events, hosted in partnership with some of London's leading companies. These events are designed to inspire and inform students about future career pathways and professional environments.

We are incredibly excited about the opportunities this partnership will bring and look forward to seeing our Year 12 students make the most of them!

**Mr Clarke**

## Next Week



All week

Year 11 Practice Exams

18/11/25

Year 13 Wembley Stadium  
Tour & Workshop

Year 10 Jack Petchey Speak  
Out Semi Final

19/11/25

Sixth Form History & Drama  
Trip

Year 9 Teen Boys Conference

PSHCEe, Period 3



# 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 <sup>th</sup> 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.

