



Student Bulletin

12 / 01 / 26

Proud to be **GOOD** in all areas

This term's
Character Virtue:
RESILIENCE

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

HAPPENING THIS WEEK

Monday

No events listed

Tuesday

No events listed

Wednesday

UCAS Deadline

Nonesuch Orchestra workshop

Thursday

Year 11 (Band A) Parents'
Evening

Friday

PSHCEe, Period 4

Message from the Assistant Headteacher

The turning of the year has long held symbolic power as a moment suspended between what has been and what could be. Resolutions often focus on strict goals or major lifestyle changes. However, intentions offer something gentler and more sustainable. I am inviting you to focus on intentions for the term ahead, rather than resolutions.

Intentions are rooted in purpose. An intention might be as simple as *“create more time for physical activity”* or *“approach challenges with curiosity.”* Unlike resolutions, intentions are not pass-or-fail; they evolve as we do.

New starts are powerful and remind us that renewal is always possible. A fresh year offers a chance to pause, reflect, and reset. New starts encourage hope, and hope fuels momentum. You might like to choose a theme or guiding word for the term ahead. It could be summarising the direction you want to grow, such as *be kinder*, *work more consistently*, *focus more in lessons*, *take an active role in our new House System*, *read more* (we have a National Year of Reading to celebrate this year). I suggest you start small. Small, consistent actions make intentions real and ensure marginal gains. Always be compassionate to yourself and remember that change is not always linear. Try to welcome each day as an opportunity to begin again and re-set.

The message here is to be a better version of yourself every day, with good and purposeful intentions to lead the way.

Mrs Day-Haynes





New Park High House System

We are incredibly excited to announce that we are launching a brand-new House system for Park High School.

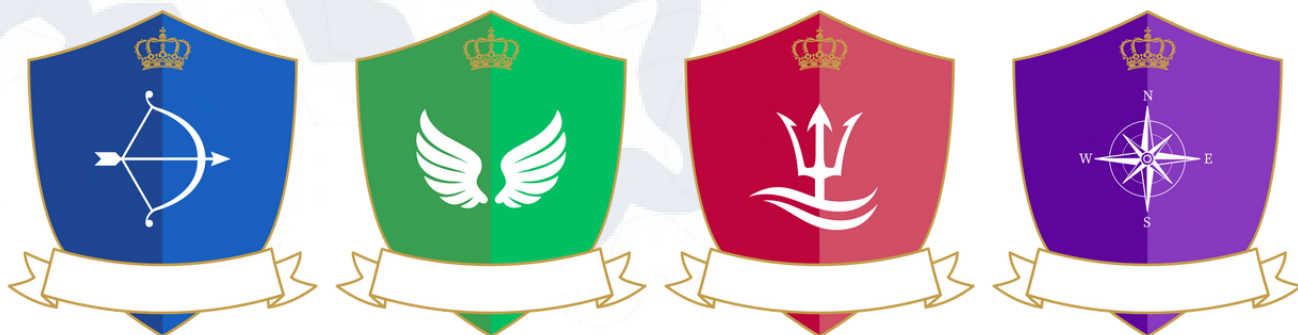
Being part of a House will lead to many new and exciting opportunities, spanning beyond your year group and tutor group. Houses will work together on charity projects, sporting achievements and inter-house competitions. This gives you more chances to get involved and show off your talents. When you win Character Points, they will go towards your House's total – with the winning House being announced at the end of the year.

Each student will be assigned one of four Houses, which will remain the same as you progress throughout your Park High career.

Houses also create new student leadership opportunities for you to aspire to. Each House will have a Year 12 team of Captain, Vice-Captain and Charity Representative. In addition, each tutor group will have their own Heads of House.

We will announce the House names next week, and even more information about the Houses throughout this half term.

To get us started, here are the badges which will represent the four Houses.



What do you think the Houses will be?

Here's a clue: There's a common theme which is linked with 'Park High'.





We are pleased to announce that this year's Jack Petchey Leader Award has been awarded to **Ms. Ali**.

Ms. Ali has been recognised by students and staff for her outstanding commitment to students, her strong relationships with families, and her daily support for both staff and young people. She is known for her positivity, teamwork, and consistent willingness to go above and beyond for our school community.

Ms. Ali will also attend the Jack Petchey Achievement Awards Ceremony on 11th February, alongside this year's Achievement Award winners: Elena Yu, Sasha Olari, Sami Azim, Sheeba Wardag, Mahi Mistry, Deyaan Jesani, Darius Vrajescu, Darius Diaconu and Dylan Patel.

We congratulate Ms. Ali on this well-deserved achievement.



THANK YOU

FOR SUPPORTING THE ROYAL BRITISH LEGION'S

POPPY APPEAL 2025

Certificate of Appreciation awarded to

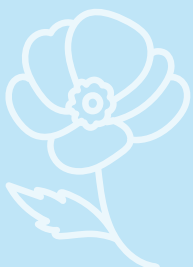
Park High School

Amount raised

£192.47

Your contribution helps us to support the Armed Forces community,
past and present.


EVERY **POPPY** COUNTS



Careers and Employability

Upcoming Events





Are you an aspiring pilot?

Explore the world of aviation at our Future Pilot Skills event on Saturday 17th January 2026 — an exciting FREE exhibition connecting you with airlines and flight training organisations. Don't miss this opportunity to take your career to the skies!

[REGISTER NOW](#) [Close](#)

Future Pilot Skills Event 2026

Saturday 17th January 2026 | 10am-3pm

On Saturday 17th January 2026, FlightPad and the University of West London are hosting the Future Pilot Skills Event: an unmissable day bringing together flight training organisations, aviation experts and employers to offer everything required to kickstart your flying career! Tickets are strictly limited, so please register now to avoid disappointment.

[REGISTER NOW](#)

Exhibitors & Supporters (2022-2026):



Organised by [FlightPad](#), at [University of West London, St Mary's Road, Ealing](#).

Minimum age for attending this FREE event is 15. If you are under 18 you must be accompanied by an adult over 18 years of age. You do need to register every individual attending. Unregistered attendees will not be able to access the event.



Uxbridge College Parents' Tour - 5 March - Uxbridge Campus

Thursday 5th March 2026 from 6 pm to 7 pm. Prompt start.

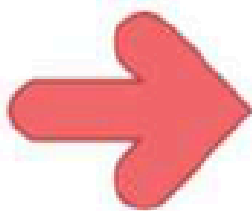
Want to find out more about the options available for your son/daughter after Year 11, take a tour at Uxbridge College & chat to the team. Learn about the courses and apprenticeships available and how they progress onto further study or become work-ready. Further information and to sign up click [here](#).



NEW!



PARK HIGH CHESS CLUB



**Every Tuesday
After School
in M6**



NEW!



POETRY CLUB!



EVERY WEDNESDAY LUNCH IN R1!

STARTS 12:50 PM

PREPARE FOR THE

POETRY SLAM

COMING SUMMER TERM!



A PARK HIGH SCHOOL PRODUCTION OF



ROALD DAHLÉ
Matilda
THE MUSICAL

Wednesday 28th January

Trunchbull – Natalia
Matilda – Anamaria
Tommy – Gabriel
Lavender – Reniyah
Miss Honey – Bhoomi

Thursday 29th January

Trunchbull – Gabriel
Matilda – Kiara
Tommy – Raheem
Lavender – Megan
Miss Honey – Maria U

Doors Open: 6pm | Show starts: 6.30pm

PARK HIGH SCHOOL

£6.50 adults | £5.50 concession

Tickets available to purchase via parent pay

Please speak to Ms Lawrence, Ms Ward, Mr Appleman or Ms Ade for further information

Book by Dennis Kelly Music and Lyrics by Tim Minchin
Orchestrations and Additional Music by Chris Nightingale.

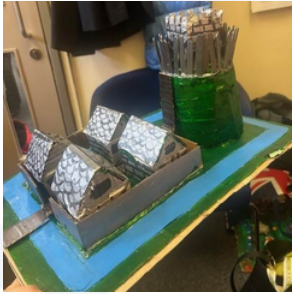
This amateur production is presented by arrangement with Music Theatre International
All authorised performance materials are also supplied by MTI www.mtishows.co.uk

Last Week's Roundup

Year 7

Year 7, you have had a fantastic first week back, and we are really proud of how well you've settled in and the pride you're taking in your work. This has been especially clear in your impressive History projects—make sure you look at the photos below to see the brilliant effort and creativity you've all shown.

You were excellent in assembly on Friday, using your whiteboards to create clear and thoughtful mind maps and fully engaged yourselves. This is a great revision technique, so start using it now as you prepare for upcoming assessments. Miss Hosain and I would love to see some of your mind maps, do come and show us. Outside the year office we now have a display board for Year 7 where each Monday it will be updated showing the class with the most character points, the class with the best attendance and the top 3 students with the most character points. Come and have a look today to see who the winners are from last week! Keep this positive attitude going Year 7 and remember – New term fresh start!



Miss Daler



Year 8

Well done Year 8's on completing the first week of 2026. I encourage you to continue wearing a coat to school as the weather will be wet and cold this week, but coats must not be worn inside any school building.

I wanted to talk a little more about our character virtue this half term, which is **Resilience**.

Resilience is the ability to keep going, even when things don't go your way. Everyone faces challenges, a hard test, a disagreement with a friend, or a day when nothing seems to work. Feeling upset or frustrated is normal, but resilience is about what you do next.

Being resilient doesn't mean being perfect or never struggling. It means learning from mistakes, asking for help when you need it, and trying again even when it feels difficult. Every challenge you face helps you grow stronger, wiser, and more confident.

Remember: you are stronger than you think, and every small step forward counts.

Spaces will open this week for our rewards trip for those who have achieved their Bronze badges or are form captains.

Mr Hargreaves

Most Character points

8AW

Best Attendance

9SK

Best Punctuality

8FF and 7MJ

ACE Lottery Winners

Talwaar 10AM

Ayaan 12PI

Free things for students and their families

[Sculpture in the City](#)

Sculpture in the City is an annual sculpture park that uses the urban realm as a rotating gallery space.

Explore the transformation of the City's public spaces into a vibrant open-air gallery. Enjoy the works for free, 24 hours a day, 7 days a week. The 14th Edition of Sculpture in the City will be on display from 16 July 2025 to Spring 2026 and includes 11 artworks from renowned and emerging artists alike: Ai Weiwei, Jane and Louise Wilson, Andrew Sabin, Julian Opie, Maya Rose Edwards, Samuel Ross, Richard Mackness, Elisa Artesero, Daniel Silver, and Oliver Bragg.



Year 9

As we move into this term, it is important to remind ourselves of the mind mapping revision technique, which you should all be using regularly in preparation for your upcoming assessments during the week beginning 26th January. Mind mapping is an effective and proven method of organising information, improving understanding, and supporting long-term memory.

A mind map starts with a central topic placed in the middle of the page. From this main idea, you create branches for key themes, topics, or questions. Each branch should then be extended with sub-branches that include important facts, definitions, examples, and keywords. Using single words or short phrases rather than full sentences helps keep the information clear and concise.

They are especially useful for planning extended answers and revising large topics.

We will all be mind mapping a Geography topic in this week's assembly. Be prepared by looking over the topic that we will cover, please ask you Geography teacher.

Reward Trip - Trampolining

Miss Acheampong



Year 10

Dear Year 10,

Well done to all of Year 10 for an excellent first week back. I am incredibly proud of you as a year group and of the maturity you have shown since returning after the Christmas holidays. Although the first week has been tiring, it has been really energising to see how positively you have engaged straight back into your learning.

Many of you have already been talking about work experience, and it's great to see that a lot of you have secured placements over the holidays — well done. However, there are still some students who need to upload information to Unifrog or finalise their work experience placement. If you are unsure or need support, please visit the Careers Office as soon as possible. It's important that you secure work experience that you are genuinely interested in, rather than being allocated something by default.

As we move into this week, I would like you to focus on one key area: being prepared for learning. Preparation is essential. This means arriving at school on time, being in the correct uniform, having all the necessary equipment and books, and completing your home learning to a high standard. It also means being prepared to engage fully in lessons, ask questions, and take an active role in your learning.

Importantly, being prepared also means being willing to fail at times — and that is okay. Challenge and mistakes are a normal part of learning. As part of the four Ps of learning, this week I would like you to focus especially on Prepare.

I am looking forward to seeing you all again this week. Have a fantastic week.

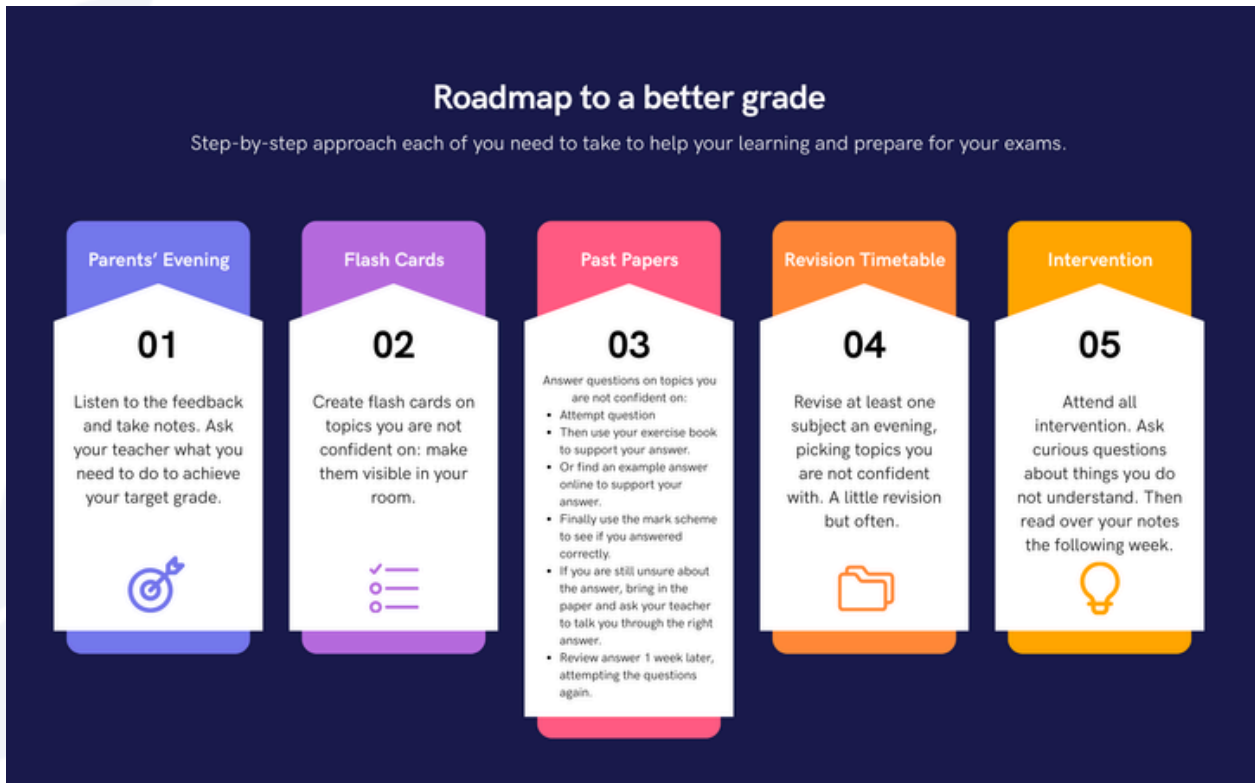
Miss Manandhar








Year 11

You have made a strong start to the term. Your year 11 mocks saw strong improvements compared to your year 10 mocks. But as a year group you still need to make improvements in your grades. Each of you need to aim to meet or surpass your target grade. If you are not achieving a level 4 in any of your subjects, you need to know what subjects you are not achieving a grade 4 in and what you need to do to achieve that grade.

Below are 5 specific actions each of you need to take to ensure you are achieve your target grades:



Roadmap to a better grade
Step-by-step approach each of you need to take to help your learning and prepare for your exams.

- 01 Parents' Evening**
Listen to the feedback and take notes. Ask your teacher what you need to do to achieve your target grade.

- 02 Flash Cards**
Create flash cards on topics you are not confident on: make them visible in your room.

- 03 Past Papers**
Answer questions on topics you are not confident on:
 - Attempt question
 - Then use your exercise book to support your answer.
 - Or find an example answer online to support your answer.
 - Finally use the mark scheme to see if you answered correctly.
 - If you are still unsure about the answer, bring in the paper and ask your teacher to talk you through the right answer.
 - Review answer 1 week later, attempting the questions again.
- 04 Revision Timetable**
Revise at least one subject an evening, picking topics you are not confident with. A little revision but often.

- 05 Intervention**
Attend all intervention. Ask curious questions about things you do not understand. Then read over your notes the following week.


If you do these practical steps, you will maximise your learning, become more confident and be on your way to achieving your target grade.

Mr Fowler



Sixth Form

Well done to everyone on a successful first week back!

Year 12:

Last week's assembly focused on setting SMART targets – a great way to build good habits and prepare for upcoming mock exams, university applications, and beyond. Ask yourself:

- Are you making the most of your independent study sessions?
- Are you preparing revision materials?
- Are you improving your assessments to meet the grades required for your chosen university or apprenticeship?

These questions can help you set clear, achievable goals for the months ahead. Remember: keep them SMART!



Year 13:

An incredible 97% of UCAS applications have been submitted – well done to everyone for getting them in early! Offers are coming through thick and fast. Next week, we'll focus on the next steps:

- Understanding your offers and how to respond
- A guest speaker from Aston University will join us to talk about student finance, as applications for this open in the coming months.

Keep up the great work!

Mr Clarke

Next Week



19/01/26

PSHCEe, Period 5
Music Workshop at
Kenmore Park School

20/01/26

No events listed

21/01/26

Y11 Parents' Evening
(Band B)

22/01/26

Y11 National Gallery Trip

23/01/26

Y12 Media Studies Trip



Spring Term 1 Clubs

Please see below the clubs and activities we offer, these are subject to change. Parents can enrol their child in clubs via [Arbor](#).

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
Chess Club	After School	M6
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
Poetry Club	Lunchtime	R1
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
Y10 GCSE Art Club**	Lunchtime	P5
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
Girls Table Tennis	After School	Main Hall

