



# Student Bulletin

26 / 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

PSHCEe, Period 5

### Wednesday

UKMT Challenge  
Year 12 English Trip  
Matilda the Musical

### Thursday

Matilda the Musical

### Friday

A Level PE Trip

## Message from the Assistant Headteacher

As we mark Holocaust Memorial Day, we pause to remember the millions of people who suffered and were murdered during the Holocaust and in later genocides. This day reminds us of the importance of standing against prejudice, discrimination, and hatred in all its forms. By learning about the past, we honour those who were lost and commit ourselves to building a kinder, more inclusive world. Each of us has the power to challenge injustice, support others, and speak up for what is right. Let today inspire us to show compassion, courage, and respect—every day.

Mr Tromans

## SHOW WEEK!

ROALD DAHL  
**Matilda**  
THE MUSICAL

GET YOUR TICKETS BEFORE THEY'RE GONE!

**TICKETS ON SALE NOW**

Wednesday 28<sup>th</sup> January

@ 6:30 PM

Thursday 29<sup>th</sup> January

@ 6:30 PM

PARK HIGH SCHOOL

£6.50 adults | £5.50 concession

Tickets available to purchase via parent pay





## It's time to discover your new House

By now, you should all know about our brand-new House system.

Each student and member of staff have now been assigned one of our four Houses. This unlocks new and exciting opportunities for showing off your skills, taking part in competitions and working together to earn Character Points.

We can't wait to see how you develop your House into a community across the school.

## Welcome to your new Houses!

			
7A	7C	7E	7G
7B	7D	7F	7H
8A	8C	8E	8G
8B	8D	8F	8H
8I	9C	9E	9G
9A	9D	9F	9H
9B	9I	10HW	10HC
10AM	10WN	10AL	10CD
10BA	10GS	10SC	11JE
11AD	11AK	11NK	11LY
11AG	11KM	11MK	11PW

As you gain more Character Points throughout the year, you will keep earning your individual Bronze, Silver and Gold Badges, while also helping your House get closer to winning the House Cup. (Yes, there's going to be a real trophy!)

At the end of the year, the House with the overall highest number of points will win an exciting grand prize!

You can win points through our Inter-House competitions, the first of which will include Chess, Bake Off and Bench Ball competitions, not to mention the Poetry Slam. These will begin to launch after Half Term, so start preparing.

Additionally, Sports Day will look a little different – rather than simply trying to win for your Tutor Group, your whole House will be cheering you on!

These Houses also create new student leadership opportunities for you to aspire to. We will share more information about that next week.



# Extended Project Qualification Presentations



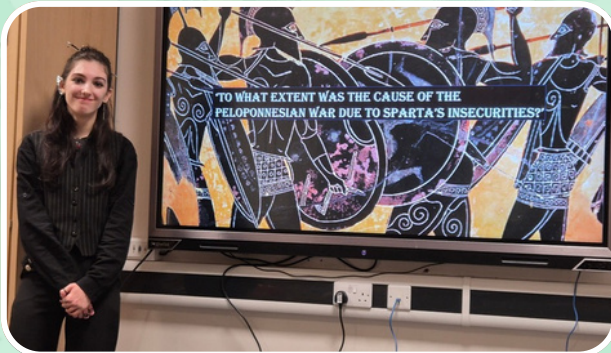
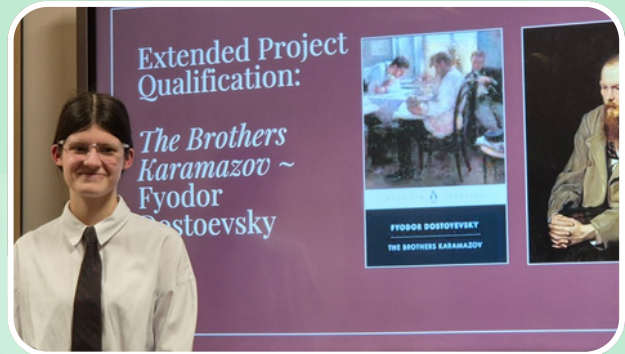
Well done to our Sixth Formers who completed their presentations as part of the Extended Project Qualification (EPQ) last week. The EPQ is a Level 3 qualification, similar to half an A-Level, where students undertake an independent project on a chosen topic and helps students develop their research skills, independent study, presentation and writing skills; it is recommended to anyone wanting to develop their critical skills and boost their university applications.

The range of topics covered was truly impressive and it has been delightful to see the students invest themselves so heavily in this work. Topics included:

- To what extent is Boeing responsible for the safety failures of the 737 MAX? - *Druv*
- To what extent has the rise of far-right ideologies across Europe impacted the political atmosphere in Portugal since the early 1920s? - *Suri*
- Gender inequality in sport: will female sport ever catch up with male sport? - *Saahil*
- To what extent was the cause of the Peloponnesian War due to Sparta's insecurities? - *Kain*
- How does Fyodor Dostoevsky use characterisation and literary tropes to explore human responses to adversity in *The Brothers Karamazov*? - *Ruth*
- To what extent can improvements in technology and pilot training prevent commercial plane crashes and what factors can affect whether these solutions are used in the aviation industry? - *Kyan*

In addition to their presentations, students had to write a 5000-word essay and reflect on the overall process from planning to completion.

With thanks to the mentors, coordinators and to the students for a wonderful academic and thought-provoking evening and for all their work in this area over many months.



# Amazing Sporting Week

What a week it has been for sport at our school, particularly for our girls, who delivered a series of performances filled not only with outstanding skill, but with integrity, compassion, and exceptional character. With 9 fixtures this week, it was the netball and indoor athletics squads who truly lit up the week, particularly for the girls.

The action began on Tuesday evening as our Year 7 athletes stepped onto the track at a packed Whitefriars Sports Hall, joining eight schools in what proved to be a fiercely competitive indoor athletics meet. Our boys competed bravely and with admirable determination, but it was the girls who rose spectacularly to the occasion. Even after a baton mix-up in the final relay, they regrouped with maturity and resilience, qualities far beyond their years, and secured a decisive victory over second-place North London Collegiate. This marks not only our first win of the academic year but also our first triumph in this competition for several years. It was a performance built on unity, self-belief, and an unwavering commitment to one another.

But the momentum didn't stop there.

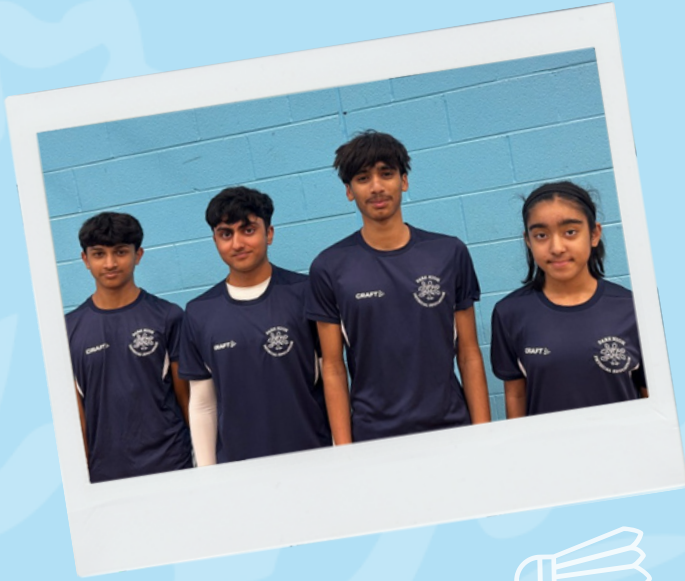
This week also saw both our U13 and U15 Netball teams step onto court and they did so with flair and heart. The U15 squad, who in past years struggled to field a side and exited early in last year's competition, have undergone a remarkable transformation. They opened their campaign with a commanding 18-1 win against John Lyon, before delivering a sensational 37-0 victory over Canons. Their growth, teamwork, and spirit have been inspirational. Special recognition goes to Year 13 student Amber, who generously volunteered her time to umpire the entire fixture, an act of true leadership and compassion.

Our U13s also delivered excellence on the road, travelling to Avanti for a challenging match especially after their 19-1 win over John Lyon. After a tight start, leading 5-1 at halftime, the team displayed composure and discipline to stretch their advantage to an 11-2 final score. The following game showcased their dedication to training, two lunchtimes a week plus Thursday after-school sessions with coach Debbie. Supported by some exceptionally talented Year 7 players, the squad produced fluid passing and clinical shooting in an emphatic 22-0 win over Hatch End. With one group-stage match remaining, they have already secured their place in the semi-finals which is a testament to their commitment and character.

Looking ahead, our U16s will soon step into the borough final for their last-ever school netball match after half term. With more semi-finals and finals approaching across year groups, we have every confidence that even more success and even more moments of integrity, compassion, and sportsmanship await us. A huge congratulations to all players, teachers, helpers, and supporters for making this such a memorable week for girls sports.



## Strong performance in U16 Nationals Badminton



Our U16 Badminton team travelled to Stepney All Saints School on Friday 16 January to compete as one of eight top Middlesex schools aiming to be crowned the best in the county. After a long journey, the team opened strongly against eventual winners Isleworth School, 16-time Hounslow borough champions, narrowly losing 3–2, with Kavi impressively defeating their top seed. Wins against John Lyon and Stepney All Saints saw Park High reach the semi-finals, where they were edged out 3–2 by local rivals Whitefriars. The standout performance of the day came from Saisha in Year 8, the youngest player in the competition, who won three of her four singles matches against older boys and stunned spectators with her skill. With both Kavi and Saisha eligible to return next year and the team showing they are more than capable at this level. Park High look forward to continuing their strong badminton journey as they now prepare for the upcoming borough finals.

## U13 Boys Table Tennis Team at the London & Essex Finals

Our U13 boys travelled to Redbridge Sports Centre for the London and Essex Finals, which is already a huge achievement, with only the top eight schools in each region qualifying.

Their first match was against the powerhouse London Academy, national champions and one of the strongest teams in the country. Despite the challenge, our team claimed two impressive wins in a 6–2 result. A second 6–2 loss to Ibstock Place followed, with several tightly contested games.

The boys finished on a high with a 3–3 draw against Southend High School, their best performance of the day. Throughout the event, they were inspired by the incredible level of play on display. As Cam said, “I wish I’d started playing earlier!” When asked if the experience made them want to give up or train harder, the answer was immediate: “Training more!”

This was Park High’s first appearance at this level, and the team showed resilience, enthusiasm, and real potential, so much so that they even asked, “Sir, will we be back in time for Table Tennis club?” A brilliant effort and an inspiring milestone for our school!





# Music Workshop at Kenmore Junior School

This week students from Years 7 and 8 participated in a music workshop at Kenmore Junior School.

Together with Mr Appleman, they helped lead a range of composing and performing activities. Our students also performed pieces and answered questions from the Kenmore pupils.

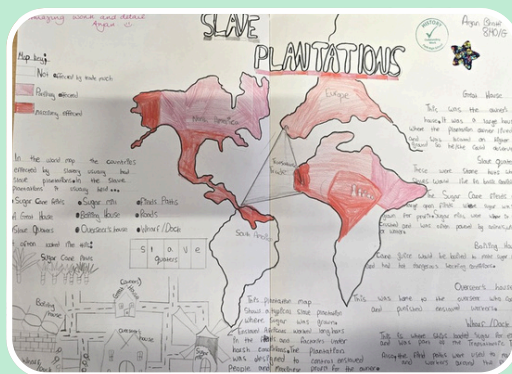
From Kenmore Park: "What a lovely morning we have had with you and the students, we very much appreciated your time and hope the students enjoyed performing."

From Mr Appleman: "What a pleasure to spend time at Kenmore Junior School and to see our students be such wonderful ambassadors for Park High School"



## SHOUT OUT

A great piece of Y8 home learning, going above and beyond what was expected. This is by Aryan Bhatti, 8MO/G. The task was to draw and label a map of a slave plantation in the British Empire. The plantation could be where sugar, tobacco or another raw material was grown. Students could just rely on their knowledge from class, or also conduct their own research, which Aryan has clearly done.



## National Storytelling Week

As part of the National Year of Reading 2026, National Storytelling Week will launch on Mon 2<sup>nd</sup> Feb. Story writing competitions will be held for all year groups. See the library for details.

Change your story

# National Storytelling Week

## Soundtrack your story

2-8 February 2026

In partnership with

### GO ALL IN.

National Year of Reading 2026

Supported by Amazon



# Careers and Employability

## Upcoming Events

Stanmore College Open Event | Wednesday 28 January 2026

The event is designed to support students in making informed post-16 choices, with a clear view of college life, available courses, and progression options.



### EVENT DETAILS

**Date: Wednesday 28 January 2026**

**Time: 4:00pm - 7:00pm**

**Location: Stanmore College**



**9-15 FEBRUARY 2026**  
**NATIONAL APPRENTICESHIP WEEK 2026**



**SAVE THE DATE FOR #NCW2026!**  
**DREAM BIG AND PLAN AHEAD!**  
**2ND - 7TH MARCH 2026**  
**NCW**



### Apprenticeship Week Calendar

This National Apprenticeship Week (NAW 2026), there is a vast range of events, webinars and opportunities for parents, carers and students. Opportunities to hear directly from professionals and current apprentices from industry-leading organisations.

Use the **QR code** to view the calendar of events, which is being continuously updated. Register early to avoid disappointment.



**unifrog**  
**APPRENTICESHIP FAIR**  
**Wednesday 11 February 4pm - 6pm**



**YEAR 12 MOCK INTERVIEW EVENT**  
**Thursday 5<sup>th</sup> March 2026**





# Languagegenut

## SCHOOL RANKINGS

### WEEK OF 19<sup>TH</sup> JAN

🏆	School Ranking	Points
1	Roguram Nikholram	☀️ 250,200
2	Vokaria Koyoon	☀️ 229,500
3	Ibrahim Goud	☀️ 168,000
4	Rahomani Ali	☀️ 123,000
5	Prathiesh Alson	☀️ 116,700
6	Gami Ayushi	☀️ 110,100

(POINTS RESET AT THE BEGINNING OF EACH MONTH)

**PARK HIGH IS CURRENTLY**  
**#172**  
**WORLDWIDE!**

**SAVE THE DATE**

A PARK HIGH SCHOOL PRODUCTION OF



ROALD DAHL'S  
**Matilda**  
THE MUSICAL

**GET YOUR TICKETS BEFORE THEY'RE GONE!**

**TICKETS ON SALE NOW**

Wednesday 28<sup>th</sup> January

@ 6:30 PM

Thursday 29<sup>th</sup> January

@ 6:30 PM

PARK HIGH SCHOOL

£6.50 adults | £5.50 concession

**Tickets available to purchase via parent pay**

For further information please speak to  
Ms Lawrence, Ms Ward, Mr Appleman or Ms Ade

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

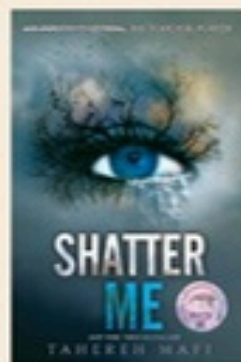
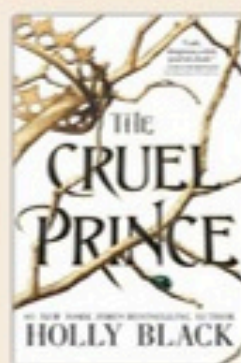
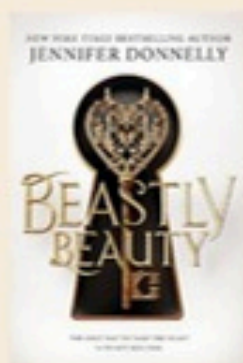
All authorised performance materials are also supplied by MTI

[www.mtishows.co.uk](http://www.mtishows.co.uk)

IF YOU LOVE TO READ  
JOIN US FOR

NEW!

# LITERARY LOUNGE



TUESDAY  
LUNCHTIMES  
12:50 - 13:20  
IN N4





# EFFECTIVE REVISION GUIDE

## PLAN YOUR TIME

- Make a revision timetable
- Break subjects into small, manageable topics
- Spread revision across the week



## STUDY SMART

- Revise in 20 -30 minute sessions
- Take short, regular brain breaks
- Start early to avoid last-minute stress



## USE ACTIVE TECHNIQUES

- Create flashcards
- Make mind maps
- Write quick topic summaries questions
- Teach the topic to a friend or family member



## FIX YOUR GAPS

- Identify what you find difficult
- Revisit those topics first
- Ask teachers for help before the assessment



## TEST YOURSELF

- Quiz yourself
- Use flashcards
- Use quiz apps or ask someone to test you



## LOOK AFTER YOURSELF

- Sleep well
- Drink water
- Take breaks
- Don't revise-when you're



# Last Week's Roundup

## Year 7

Lets take a moment to reflect as we are half way through the first half term of the Year!

What have you achieved so far that you are proud of? Share this with your tutor and class! Was it winning a sports match? Creating a fantastic history project? Gaining multiple achievement points? Or improving your punctuality? It is so important to acknowledge your achievements, no matter how big or small they may be. This is what keeps us motivated and able to continue striving to be the best versions of ourselves everyday.

This week is SHOW WEEK! It would be lovely to see you supporting your fellow members of the year group who are taking part in the musical by coming to watch or by simply wishing them good luck for the shows. Remember, one of our own Year Groups virtues is kindness. I would like this be your focus for the remainder of the half term. How can you be kind to your peers and teachers? Kindness makes an incredibly positive impact on not only your experience at Park High, but to your learning.

Lets have a creative week and show everyone how kind we can be. A huge good luck to our Year 7's taking part in the musical who are pictured below - we are so proud of you!

Miss Daler

## Year 8

This week, Year 8, I want you to consider how you can get involved with extra-curricular activities within the school. I have spoken to a huge number of you this week who have said they are not currently doing a club. We have so many fantastic opportunities on offer such as Chess, Drama, Film, Poetry, and a wide variety of sport too. Take advantage of the opportunities you have. Discover if you have a hidden passion for something you did not know about. Practice your skills in a new field. As you get older, the opportunities to participate in all these clubs will reduce so don't waste the time you have now.

Huge good luck to all of those students participating in Matilda - this week is show week! I cannot wait to see the performances on Wednesday - all those hours of rehearsals, learning lines and getting your cue perfected will pay off. Enjoy the experience. Give it your all. You deserve it!

Also, congratulations to Aryan Bhatti for receiving his gold character award! A huge achievement considering we are only in January. Aryan, you are an inspiration to us all with your hard work and excellent character. Congratulations

Mr Hargreaves

## Most Character points

8HG

## Best Attendance

8FF

## Best Punctuality

7PJ and 9SK

## ACE Lottery Winners

Anika S 9AY

Kian H 8YK

## Free things for students and their families

### Hoops 4 Hope

#### Weekly Event:

- Saturdays, 1:00 PM - 3:00 PM
- Where: Selby Centre, Selby Road, Tottenham, London N17 8JL
- Cost: FREE!
- Ages 11-18 Boys & Girls

#### What to Expect:

- Expert Coaching: Learn from experienced trainers who are passionate about helping you improve your skills.
- Skill-Building Drills: Enhance your dribbling, shooting, passing, and defence techniques.
- Fun Activities: Engage in exciting games and challenges that keep you motivated and eager for more.
- Positive Community: Be part of a vibrant group where teamwork and sportsmanship thrive.

By joining us, you're not just improving your basketball skills – you're becoming part of a movement that empowers young people to reach their full potential.

Registration: [HOOPS 4 HOPE](#) | [Skills Development](#)



TRANSFORMING LIVES. ONE HOOP AT A TIME



## Year 9

Year 9 Assessment Week will take place from 26th January to Friday 6th February, giving you a valuable chance to show what you've learned so far this year. These assessments aren't designed to stress you out, they help teachers understand how you're progressing and what support you may need. The results will go directly into your next progress check, showing your improvement and highlighting any areas to focus on.

Continue to review your class notes, complete practice questions, and speak to your teachers if anything feels unclear. Staying organised and revising a little each day will help you feel confident. Remember to take breaks, rest well, and keep a positive mindset as these small habits make a big difference.

Assessment Week isn't just about grades; it's about developing strong study skills and preparing for future learning. If you try your best and stay focused, you'll be able to show all the progress you've made so far in Year 9.

**Miss Acheampong**

## Year 10

Dear Year 10,

Can you believe that we are already three weeks into this term? With only three more weeks to go until February half term, it really does feel like 2026 is moving incredibly fast. Time seems to fly, especially when routines are full and expectations are high, so it's important to occasionally pause and recognise just how much you have already achieved in a short space of time.

When you return from February half term, the focus will begin to shift towards preparing for your assessment weeks. These assessments are not something to fear—they are designed to help identify where you currently are in your GCSE journey and to highlight both your strengths and the areas where you may need further support. This is a normal and important part of learning. Many of you have already shown real commitment, dedication, and focus in your studies, and that effort does not go unnoticed. You should be proud of the progress you are making so far.

As the workload increases, one of the most important qualities you can continue to develop is resilience. There will be moments when learning feels challenging, when concepts don't click straight away, or when motivation dips. That is completely normal. Resilience is about pushing through those moments, asking for help when needed, learning from mistakes, and not giving up when things feel difficult. Every challenge you overcome now helps build the skills you will need not just for GCSEs, but for life beyond school as well.

In the midst of all the hard work, it is also important to celebrate success. We are pleased to share some positive news: our first rewards trip of the year is coming up soon. An announcement will be made shortly to recognise a select group of students who have been exemplary and who have truly started the year off with a bang. This is our way of celebrating effort, positive attitude, and resilience, and it's something for everyone to work towards.

As we move into the next few weeks, keep setting high standards for yourselves, stay focused, and remember that consistent effort makes a difference. Look after yourselves, support one another, and keep believing in your ability to succeed.

Happiest Birthday this week to: Risha M, Thuva N, Jason B, Nikki S, Darius B, Nidhi V, Oskar B and Stefan S!

Have another amazing week, and I look forward to seeing you all very soon.

**Mrs Manandhar**



# Year 11

With your Parent's Evening now complete you have been given specific feedback that will help you in your lessons and learning. Each one of you now needs to take responsibility to act and implement that feedback so that you can make those improvements, develop skills and secure the knowledge as you get closer to your GCSE examinations. Remember, getting the results you are capable of means doing the small things well each day.

Last week, each of you recieved an email with two revision templates. You can modify them to suit your needs and requirements. Each of you need to have a timetable visible in your room as a contract you have with yourself that your parents/carers can also hold you to keeping. Sticking to this timetable will help focus your time and energy and mean you are making the most of each evening. Here is an example:

This week and next are post-16 transition interviews. Your interview is a valuable chance to explore your future pathways - the courses and subjects you'd like to study after KS4. It is a chance to show off all of your achievements and successes through your portfolio - speak proudly of what you have accomplished at Park and speak with clarity and enthusiasm. To prepare you for the interviews, here is what the interview will touch on:

- Subjects or courses you are considering in line with their most recent predicted grades.
- What predicted grades are required to meet the entry requirements for your chosen course(s).
- What back-up plan do you have?
- What is your preferred post-16 institution.
- Have you submitted your applications to a sixth form or college?
- What post-18 pathways have you considered and chosen subjects that support these ambitions.
- Your overall progress in behaviour, engagement, home learning and attendance.

**Mr Fowler**



## Sixth Form

As shared with students in assemblies and tutor time, making the most of the opportunities available in Sixth Form is a vital part of their experience and development.

For **Year 12**, engaging in enrichment activities provides valuable content for their personal statements and future UCAS or apprenticeship applications. For **Year 13**, these opportunities help deepen subject knowledge, strengthen academic curiosity, and support preparation for university-level study.

For both year groups, taking part in wider activities also enhances their CVs, helping them stand out from other applicants with similar academic profiles. This is why our careers sessions during tutor time focus on building strong portfolios, developing key skills, and exploring future pathways.

We encourage all students to continue using Unifrog, our comprehensive careers and guidance platform. It offers a wide range of resources—including webinars, MOOCs, and step-by-step support for university and apprenticeship applications.

Mr Clarke

# VOLUNTEERS NEEDED!

YEAR 12 MOCK INTERVIEW EVENT  
THURSDAY 5<sup>TH</sup> MARCH 2026

Help students gain confidence and interview experience by conducting 1:1 mock interviews. Each session is 25 minutes and includes feedback on CVs and interview performance.

We welcome volunteers for both in-person and virtual sessions, with flexible options for half-day or full-day commitments.



FIND OUT MORE:

[DFOSTER4.310@PARKHIGHSTANMORE.ORG.UK](mailto:DFOSTER4.310@PARKHIGHSTANMORE.ORG.UK)

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

## Next Week



02/02/26

*No events listed*

03/02/26

Y9 Meningitis Vaccinations  
Music Trip

04/02/26

PSHCEe, Period 5  
A Level Trip to 'Lost Atoms'  
Brilliant Club Graduation  
Y8 Reward Trip

05/02/26

Y9 Reward Trip

06/02/26

*No events listed*



# 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 <sup>th</sup> Form Volleyball	Lunchtime	Sports Hall
Literary Lounge	Lunchtime	N4
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

