



Student Bulletin

02 / 02 / 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

Year 9 Vaccinations
Music Trip

Wednesday

PSHCEe, Period 5
A level Theatre Trip
Brilliant Club Graduation
Year 8 Reward Trip

Thursday

Year 9 Reward Trip
Holocaust Speaker
Time to Talk

Friday

No Events listed

Message from the Assistant Headteacher

This week, we're focusing on the importance of mental health and the small, positive actions that can make a big difference to your wellbeing. Taking care of your mind is just as important as taking care of your body. Here are some simple ways you can support your own mental health every day:

Take a Break - Give yourself moments to pause. Short breaks can help you reset, calm your thoughts, and refocus.

Stay Connected in person - Talking to friends, family, or a trusted adult can lift your mood and remind you that you're not alone.

Small actions matter —like being kind, getting fresh air, or asking for help when you need it, can have a big impact on how you feel.

Look After Your Routine - Regular sleep, healthy food, and staying active all support a positive mindset.

Reach Out - If you're feeling stressed, worried, or overwhelmed, it's okay to ask for support. Speak to a teacher, a friend, or a member of the pastoral team.

Remember: **Your mental health matters.** Taking positive steps each day can help you feel more balanced, confident, and ready to take on challenges.

Wishing everyone a good week ahead

Mr Appleman



Meet your Heads of House

We hope you enjoyed discovering which House will be your new home. This week, we're going to meet your House Team Captains.

Each House will have a Sixth Form Head of House, Deputy Head of House and a Charity Ambassador. They are there to guide their House, as well as working with teachers and students to develop new competitions and ways to get involved, win Character Points and give to worthy causes.

Additionally, every Tutor Group will elect a House Captain to act as the class representative for the House, share important messages and lead their classmates in cheering on their House. But we'll tell you more about that next week.

For now, let's meet our Head of House teams...



HYDE PARK

Head of House: Connor | Deputy Head of House: Jiya | Charity Ambassador: Anaiya



"I am truly excited about the opportunity to lead our house this year, and I hope you share my enthusiasm for the many extra-curricular activities ahead. My goal is to foster an incredible sense of team spirit and ensure that we work together to achieve great things.

I look forward to seeing as many of you as possible involved in our upcoming events. With your support, I believe we can become the most successful house. As Vince Lombardi once said, "Winning isn't everything, but wanting to win is." Together, we can create a positive, motivated, and successful house." - Connor, Head of House

GREEN PARK

Head of House: Enoh | Deputy Head of House: Rhea | Charity Ambassador: Ruhi



"I'm excited to be Head of House as it offers a chance to bring positive change to the school environment. I'm thankful for the opportunity and eager to contribute. I aim to strengthen PHS's competitive spirit, motivating everyone along their high school journey. Supporting extracurriculars can also boost academic success.

I want to integrate discipline into the house system for success. For my first event, I'll focus on intelligence in sports, as knowing when and how to act is key. As Kevin Durant says, "Hard work beats talent, when talent fails to work hard." - Enoh, Head of House

REGENT'S PARK

Head of House: Jasmin | Deputy Head of House: Ravi | Charity Ambassador: Rohit



"I am excited to be Head of House because I genuinely enjoy taking responsibility and motivating others to do their best. Through my experiences, I have seen how positive leadership can build confidence, teamwork, and pride within a group. I am eager to bring a strong sense of community, inclusion, and house spirit, ensuring that everyone feels supported and encouraged to get involved, regardless of ability.

As Michael Jordan said, "Talent wins games, but teamwork and intelligence win championships." This quote reflects the values I would bring as Head of House." - Jasmin, Head of House

ST JAMES'S PARK

Head of House: Viviana | Deputy Head of House: Sengo | Charity Ambassador: Salome



"I'm excited to be Head of House as it lets me give back to Park High and grow my leadership skills. I aim to promote inclusion, teamwork, and community. I want every student to feel supported and confident to participate, just as I have. I've seen how encouragement can unlock potential, and I believe in the power of belonging.

My favourite quote is, "Great things are never done by one person; they're done by a team." - Steve Jobs. Teamwork leads to the best achievements and it's how we come together to succeed and have fun." - Viviana, Head of House

Park High's Production of Matilda the Musical

ABC

A huge congratulations to every student involved in our Matilda school production! Your hard work, dedication, and incredible spirit shone brightly on stage and behind the scenes. Across four performances, including to local primary schools, this year's show was a true celebration of:

- **Resilience** – You rehearsed tirelessly, pushed through challenges, and grew stronger each day.
- **Teamwork** – You supported one another, collaborated with enthusiasm, and created something far greater together than any one person could alone.
- **Creativity** – From imaginative performances to inventive set designs and bold ideas, your creativity brought the story of Matilda to life in the most inspiring way.

We are incredibly proud of everything you achieved. Thank you for your passion, your energy, and the joy you brought to our school community.

- Trunchbull – Gabriel & Natalia
- Matilda – Anamaria & Kiara
- Miss Honey – Bhoomi & Maria U
- Tommy – Gabriel & Raheem
- Lavender – Reniyah & Megan
- Amanda – Lucia
- Mrs Wormwood – Amber
- Mr Wormwood – Connor
- Michael – Darius
- Sergei – Stefan
- Rudolpho – Elise & Viviana
- Nigel – Rokhan
- Eric – Milan
- Alice – Bianca
- Hortensia – Maria M
- Acrobat – Beatrice
- Escapologist – Leila
- Mrs Phelps - Mahi Mistry
- Cook - Sevan
- Mechanic - Maria S



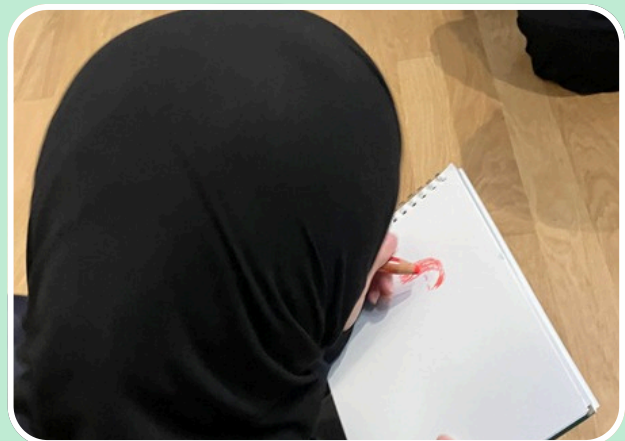
Year 11 Trip to the National Gallery

On Thursday 22 January, our Year 11 Art students visited The National Gallery in London to deepen their understanding of the paintings and artworks on display. During the trip, students explored how various pieces could inspire and support their chosen themes for their GCSE Art projects.

It was a fantastic opportunity that all students thoroughly enjoyed. Many were amazed by the range of artwork and returned to school feeling inspired to produce meaningful and thoughtful responses within their own work.

One student, Zaiynab, reflected on the visit:

"The art trip was very nice and useful. My chosen theme was 'fragile' and I found many inspiring paintings for my final project. I really liked learning about the history behind some of the artworks, it helped me understand art more and see it from a wider perspective. I only wish we could have stayed a bit longer to learn about even more paintings."



Girls Badminton Champions

Following on from last week's amazing sporting performances by our girls, this week resulted in similar performances and results; it seems we just can't stop!

The action began on Tuesday evening at Avanti Secondary School with our U16 girls Badminton team. We competed with Avanti, Nower Hill and Whitmore in the finals. Due to the excellence and dedicated commitment on Tuesday evenings and Friday mornings, from the girls involved, we were able to put forward two teams in this competition.

After some tense group stage matches unfortunately our B team exited during the group stages narrowly losing out to Avanti's A team, 3-1, who progressed through their group instead, with Whitmore who also beat us, 3-1. The girls involved carried themselves extremely well before and after their performances showing great **teamwork** and **resilience** to stick to together as well as support the remaining players in Team A.

Park High's A team was able to beat Avanti's B team in the group quite comfortably 4-0, as well as narrowly beating Nower Hill 3-2 which allowed us to top our table giving us the best possible advantage heading into the semi-finals.

The semi-finals were a less gruelling and tense affair as our girls won all their games against Avanti's A team. This would then see us face off against Nower Hill once again in the final. The teamwork and tactical knowledge demonstrated by the girls going into the final was truly a sight to behold. They showed positive **curiosity** when it came to challenging and pushing each other to the limits to identify what approaches would work best in our favour to award us the win in the final.

Fortunately... the finals were not as close as the group stages, and we were able to beat Nower Hill 3-1. The skill level demonstrated was truly superb with the girls getting praised by other students and staff members alike who were blown away by their performances, especially in the final.

Looking to the future Park High will have a stronger foothold in other Badminton tournaments. Our team consisted of several year 9's and 8's who have learnt well from this experience, outshined others with more experience, and we are positive they will only improve going forward and bring more success.



Basketball



Our U15s blew Whitefriars away 82-56 on Wednesday, to become the third Park High Basketball team to reach the Harrow Borough 2026 finals. They join our U13s and U14s who have already booked their place in the finals in their age groups. Our U16s were extremely unfortunate not to get to the final themselves, losing 43-42 to Rooks Heath after a controversial foul was awarded to the visitors with 9 seconds on the clock. Both free throws were converted to put us out in agonising circumstances.

Keep an eye on the noticeboard for dates, times and squad lists, including details of our U16s nationals knock-out last 32 fixture.



German Theatre Trip to NLCS

Last Friday, 30 students from Years 7–11 who study German visited North London Collegiate School to watch the play *Das Gruselhaus*. The performance, delivered entirely in German by professional actors from Germany, offered students a fantastic opportunity to experience the language in an authentic and engaging setting.

The play follows two best friends who take shelter in a creepy, abandoned house deep in the woods. What begins as a safe haven from a storm quickly turns unsettling as strange noises, moving furniture, and an eerie atmosphere hint that something is not quite right.

Our students thoroughly enjoyed the experience and shared their reflections:

"I wish it was longer!"

"Sehr gut!"

"Everything was very good."

"I had a very good time listening to the German play and being able to understand."



The trip was a wonderful opportunity for students to immerse themselves in German language and culture, and we look forward to more enriching experiences like this in the future.



National Storytelling Week



Brilliant success for Brilliant Club

Congratulations to Clarisa in Year 13, who has had her article published in this year's edition of 'The Scholar.' The annual academic journal from The Brilliant Club only publishes articles from 27 of their 20,000 students, so this is a huge achievement.

"Being selected for publication from approximately 20,000 submissions is an achievement I am deeply proud of, and one I never anticipated when I first began the Brilliant Club Programme." said Clarisa. *"My essay explored the idea of photosynthesising cars, taking inspiration from plants to imagine how future technology could quite literally run on sunlight. This achievement aligns closely with my commitment to pursuing surgical medicine, particularly with my ambitions to contribute to research in oncology, a field where innovation is vital."*

Having chosen a science-focused pathway for my A-Levels, extended essay writing was not something I initially gravitated towards, so I owe a huge thank you to Mr Sandu for pushing me to take part, and supporting me throughout the process. The publication marks an exciting first step, and I hope it will be the first of my many scientific publications to come."

The Brilliant Club is a nationwide initiative to support students to have fair access to university. Throughout the programme, students develop the skills, confidence and knowledge to succeed in higher education and future careers.

Mr Sandu, who runs the Park High Brilliant Club, said:

"Encouraging and supporting young people to have impressive aspirations has been the cornerstone behind our Park High provision of the Brilliant Club and the Inspire Programme."

Being recognised as an official partner school with St John's College, Oxford, constituted a true heart-felt success, leading to our Year 9, Year 10 and Year 11 Inspire Programme students to take part in the Inspire Summer School, Critical Thinking workshops and Inspire Lessons. What made me even prouder in my role was enabling our students to succeed as part of the Brilliant Club Programme. Adding to a set of impressive results so far, recently one of our sixth formers, Clarisa, has been published in the Brilliant Club's academic journal 'The Scholar.' We are looking at motivating our young people in achieving even more resounding victories!"



BRILLIANT



Careers and Employability

Upcoming Events



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.





**time to
talk day**

05/02/26

What is Time to Talk Day?

Time to Talk Day is on 5 February 2026.

Time to Talk Day is the nation's biggest mental health conversation.

It's a day for friends, families, communities, workplaces and schools to come together to talk, listen and change lives.

Last year, we inspired over 3 million people in the UK to talk about mental health.

We need your help to encourage even more conversations this year. Together, let's talk about mental health.

You don't need to have all the answers to be a good listener. Sometimes a friendly ear and space to share is all someone needs.

Even a little gesture can make a big difference. Offering someone a cup of tea and a chat can turn a bad day into a better one.

Let someone know they're being heard this #TimeToTalk Day.

NATIONAL
APPRENTICESHIP
WEEK 2026

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**NATIONAL
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FIND OUT MORE: [AMAZINGAPPRENTICESHIPS.COM/NAW](https://amazingapprenticeships.com/naw)

**NATIONAL APPRENTICESHIP WEEK
IS AN ANNUAL CELEBRATION
OF ALL THINGS
APPRENTICESHIPS!**



PARK HIGH
SCHOOL

BOOK TASTING

Staff and students are invited to
join us in the library for our first
book tasting event.

**A chance to speak about your favourite book in
5 minutes**

**Thursday 12th February
Lunchtime in the Library**



Sign up sheet in the LRC

Last Week's Roundup

Year 7

"Coming together is a beginning. Keeping together is progress. Working together is success."

Working together as a team is what turns effort into real success, and your dance lessons are a perfect example of that. Every incredible lift comes from trust, timing, and clear communication—each dancer fully relying on the others to do their part. Strength alone isn't enough; it's the teamwork behind the scenes that creates something that looks effortless and powerful in the moment. As shown in the photo, when everyone moves with the same purpose, the result is something truly impressive. But this links to all of your subjects. We have seen the successes you are capable of when you work together and support each other. Continue to do this in upcoming weeks which will allow your teachers to be creative in lessons, meaning you can enjoy them even more!

As we prepare for our next celebration assembly, teachers will soon be nominating students who consistently give their best, so now is the time to stay focused and work hard in lessons and assessments. Put in the effort, show determination, and let your teachers see the progress you're making—you might just earn yourself a well-deserved award.

Miss Hosain and I are hoping to give out some more bronze badges but are intrigued to see if anyone has achieved their silver badge! There is still time to gain lots of character points as well as our sparkly star stickers for outstanding presentation meaning you will be entered into the raffle.

Lets have a great week Year 7 and don't forget to check the notice board for this weeks winners!

Miss Daler



Most Character points
8AW

Best Attendance
9NG

Best Punctuality
7PJ, 7SR, 7YC

ACE Lottery Winners
Vansh S 9AY
Dalisha V 10AL

Free things for students and their families

The National Army Museum

The National Army Museum in London explores the history, heritage, and impact of the British Army. Through interactive exhibits, personal stories, and extensive collections, it highlights soldiers' experiences from the 1600s to today.

How it supports GCSE History

- Strong links to exam topic.
- Primary evidence.
- Clear focus on warfare and its impact.
- Contextual understanding.
- Interactive learning:

The Museum is open Tuesday to Sunday, from 10.00am to 5.30pm. Entry to all galleries and temporary exhibitions is free.

They are based in Chelsea, a short walk away from Sloane Square tube station. Access is via our main entrance at:

National Army Museum
Royal Hospital Road
London



Year 8

Congratulations to all of the cast of Matilda! I enjoyed it immensely. In particular, huge congratulations to Anamaria, Kiara, Natalia and Maria for taking on lead roles in the show! Mrs Ali and I were blown away with your enthusiasm, and commitment to the show and performances as a whole. I was particularly impressed by the huge ensemble scenes which had fantastic, choreographed dance routines and singing to match! A huge well done to you all.

This Wednesday is the day of our rewards trip to go Ice Skating. A reminder that the list of students going can be seen by the door to the HoY office. If you are unsure of anything relating to the trip, come and speak to us at break or lunch.

A reminder that this week, you should be preparing for your midyear Maths assessment. Make sure you prepare for this by going through practice questions and using MathsWatch!

Have a great week everyone and continue to work hard.

Mr Hargreaves

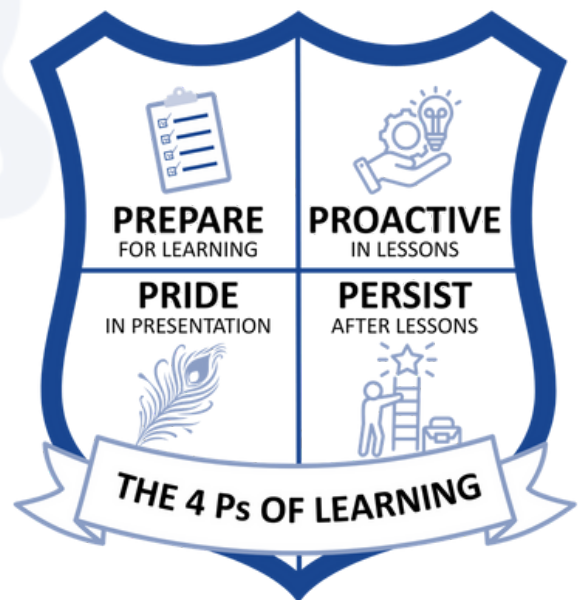


Year 9

4Ps of Learning

Persisting after each lesson is essential because it strengthens your learning and supports your progress in assessments. When you take responsibility for your work, you show maturity and independence as a learner. Make sure you write all home learning tasks in your contact book so nothing is forgotten. This helps you stay organised and prepared for every lesson. You should also check Microsoft Teams regularly, especially under the Assignments tab, as teachers will post important tasks and deadlines there. Keeping up to date shows that you are an active learner who wants to succeed.

It is also important to get into good habits now, ready for your GCSEs. Hard work, consistency and organisation will make a huge difference when you reach Year 10 and Year 11. By completing work on time, reviewing your notes and staying focused, you are building strong habits that will help you become the best version of yourself as a learner.



Year 9 Reward Trip Information- This Thursday

1. Please change at lunch time into your non-uniform clothes
2. Please meet outside the sports at the end of the day
3. You can buy food and drinks at Ninja warriors

Miss Acheampong



Year 10

Dear Year 10,

well done on another excellent week. We are already fast approaching the February half-term, and now four weeks into the term it's clear that you have really settled into life as Year 10 students. It genuinely feels like you are stepping confidently into this important stage of your school journey and beginning to show the maturity, focus, and determination needed as you prepare for your GCSEs.

Many of you are demonstrating impressive resilience in all areas of school life — whether that's in lessons, with your organisation, or in how you support one another. This resilience does not go unnoticed and is something you should be extremely proud of. Keep your heads up, stay strong, and continue pushing yourselves to be the best you can be. I'm really looking forward to seeing just how brilliant you are this week and beyond.

I would also like to give a special and very well-deserved well done to the Year 10 students who took part in the Matilda showcase last week. Although I was unable to attend, I heard nothing but amazing feedback about the production. I was told how well organised it was, how much effort clearly went into it, and how confidently and impressively the acting was delivered. It makes me incredibly proud to know that so many Year 10 students were involved, whether on stage or behind the scenes. You know who you are — you are very, very talented, and your commitment, creativity, and teamwork truly shone through. I am so proud of each and every one of you for representing Year 10 so positively.

Have a fantastical week.

Happiest birthday this week to Daniel C and Damaris P!

Mrs Manandhar

Year 11

You are all now in full swing after your Parents' Evenings. You need to keep going with the calm, focused and determined momentum you are taking into every day, every lesson. We are on count down to your GCSE's exams but success is achieved by doing the simple things well, every day.

You need to be putting your feedback from Parents' Evening into practise, revising and revisiting areas in your subjects where you are less confident in. Practising the questions you got incorrect in your mock exams and retrieving your knowledge on a daily basis. By now you should all have created a home learning and revision timetable and have it displayed in your room. This is your contract with yourself that you and your parents/carers can hold you to. Sticking to this timetable will help focus your time and energy and mean you are making the most of each evening.

Many of you are having your post-16 interviews. Remember to bring your portfolios and show them off. Here's a reminder of some of the things your 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.

I also want to say a huge congratulations to our basketball team who played so excellently - with resilience and grit - in the semi-finals against Rooks Heath. They put up a valiant fight, only losing by one point. They have done themselves proud and grown as a team. Well done to: Elliot Filip, Natanael Filipeanu, Robert Balici, Luke Irvine, Rayhan Hussain, Aaron Patel, Hari Rajakumaran and Robert Galan.

Mr Fowler



Sixth Form

Year 13

Thank you to all Year 13 students who shared their thoughts and feelings in this week's short survey following our assembly on pre-mortems—a strategy used to identify potential barriers to success before they arise, and to plan proactively for how to overcome them.

Students reflected on what might prevent them from achieving their desired grades and future destinations, helping us work together to address these challenges in the months ahead.

More will be explored in upcoming assemblies.

Year 12

A big thank-you to Mr Peacock for launching the Extended Project Qualification (EPQ) this week. The EPQ is an exciting additional qualification offered at Park High Sixth Form, taken alongside students' three or four A levels.

It is a research-based project—and the best part is that students can choose almost any topic they are passionate about.

Students may opt to complete either:

- a 5,000-word dissertation-style essay, or
- an artefact such as a performance, podcast, artwork, or other creative output.

Year 12 students have until 9:00am on Tuesday to express their interest before sessions begin.

Mr Clarke

VOLUNTEERS NEEDED!

YEAR 12 MOCK INTERVIEW EVENT
THURSDAY 5TH 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
www.parkhighstanmore.org.uk/careersandemployability

Next Week - National Apprenticeship Week



09/02/26

No events listed

10/02/26

Safer Internet Day

11/02/26

Y9 Futures Day
Jack Petchey Awards

12/02/26

PSHCEe, Period 5

13/02/26

A Level Photography 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
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

