



Student Bulletin

09 / 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

National Apprenticeship Week

Monday

No Events listed

Tuesday

Safer Internet Day

Wednesday

Year 9 Futures Day
Year 10 Drama Workshop
Jack Petchey Awards

Thursday

PSHCEe, Period 5

Friday

A Level Photography Trip

Message from the Associate Assistant Headteacher

As we reach the end of half-term, it's a great time to reflect on everything you've achieved over the last few weeks. Whether it's been a smooth half-term or a challenging one, you've made it through and that matters.

Last week, Mr Troman's delivered assemblies on Children's Mental Health, where there was a focus on 'your place' where we were reminded to know that our sense of belonging as individuals, in our friendships, in school, and in communities plays a vital role in our mental health and wellbeing. To know our place and really feel part of our environment is a basic human need. It's also a reminder that looking after your wellbeing is just as important as keeping up with schoolwork. Take time to recharge, speak to someone if you need support, and remember that you're never expected to manage everything alone.

We also want to recognise how resilient you've been. Being a resilient student doesn't mean never finding things difficult, it means continuing to try, staying positive, and learning from challenges.

This week also marks National Apprenticeship Week, which is a great opportunity to think about the different pathways available after school. Apprenticeships can be an exciting option, offering a chance to earn, gain qualifications, and build valuable skills for the future. No matter what route you choose, it's important to explore your options and keep an open mind.

A huge well done as well to everyone involved in the school production of Matilda. The performances were a fantastic success, and it was amazing to see the hard work, talent, and confidence on stage. Thank you to all the students and staff who made it happen and well done to everyone who took part.

Finally, as we look ahead to the summer term, now is the perfect time to reset, refocus, and come back ready to finish the year strongly. Enjoy your break, rest well, and return ready for a fresh start.

Have a great half-term break and we look forward to seeing you all back on the 23rd of February.

Ms Selva

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





House Captains needed!

Last week, you met your new Heads of House – students in Year 12 aiming to lead their Houses to victory at the end of the year. And now we want **YOU** to get involved.

By the end of this week, every Tutor Group will elect one student to be their House Captain.

It will be the responsibility of the House Captains to champion their House, enthusiastically lead their Tutor Group in competitions, and act as positive role models within the school community.

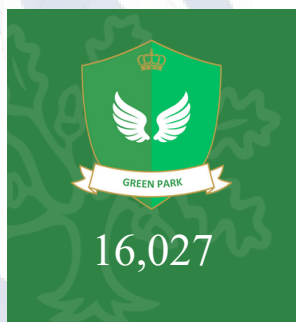
House competitions will span across many subjects, sports, extra-curricular activities and more. For this reason, a House Captain does not need to be the student with the highest grades or be the most athletic. Instead, this is a role for someone who truly embodies the values of their House.

This is an exciting opportunity to demonstrate maturity, independence and outstanding leadership. As the very first House Captains in Park High history, you will also have the unique privilege of shaping the identity, spirit and future of your House.

Unfortunately, you can't be your class's House Captain and Form Captain at the same time. If you are currently a Form Captain and would like to stand as House Captain, please speak to your tutor to hand over the role to someone else in your class.

The competition has started!

For the first time, we can reveal the current House Point totals! Here are all of your Character Points since the start of the year:



Congratulations to



There is a long way to go until the end of the year. So, how are you going to help your House win?

School Packing Organisation – Night Before Checklist

1. Daily Essentials

- Check your contact book for any messages or reminders and home learning deadlines
- Check your contact book to confirm the next day's timetable.
- Make sure your pencil case is fully stocked.
- Pack all books and materials needed for the following day's lessons including your mini whiteboard



2. PE Kit (if required)

- Collared polo shirt
- Fleece
- Trainers
- Shorts or tracksuit bottoms (depending on the weather)

3. Final Check

- Ensure all books for the day are in your bag.
- Place your bag by the door so it's ready to grab in the morning





Trip to the Royal Philharmonic Orchestra

Last week students from years 8-11 attended a concert by the Royal Philharmonic Orchestra at the Royal Festival Hall. The programme included Beethoven's first piano concerto and Shostakovich's tenth symphony - contrasting works but both revolutionary when composed. Students really enjoyed the experience - there is nothing like live music!



Holocaust Educational Trust

On Thursday 5th February, Year 9 students were fortunate to hear from Hilary Hodson, a Next Generation Holocaust speaker sharing the story of her parents, Henry and Ingrid Wuga. Henry and Ingrid Wuga were part of the Kindertransport, an initiative set up by the British Government in 1938 to help young Jewish children escape Nazi persecution in Germany and Austria. Hilary shared the story of how her parents grew up in Germany, faced increasing persecution and then left Germany at the age of 15. This session linked with what Year 9 have been studying in their history lessons. Hilary delivered a powerful testimony of the resilience her parents showed and the life that they made in Scotland. She reminded us of the strength of being kind to each other and showing compassion for others, one of our key virtues here at Park High. Hilary was very impressed with Year 9 students and was happy to answer questions at the end. It was a fantastic opportunity for our students to be involved in.



U13 Girls Netball

Our U13 girls' netball team delivered an excellent performance in their 12–6 win against Sacred Heart. After a steady first quarter, the team quickly found their rhythm, showing sharper movement, more accurate passing, and smarter attacking play to secure a strong 5–2 lead by half-time. Maria and Leila combined brilliantly in the shooting circle, with Leila earning Opposition Player of the Match for her outstanding work at Goal Attack. Beatrice also played a key part in transitioning the ball efficiently up the court, helping maintain momentum in attack.

Defensively, the girls worked cohesively to limit Sacred Heart's opportunities, with Giulia, Alessia, and Stefania forming a disciplined and effective back line. A special mention goes to Keturah, who showed remarkable commitment by competing in the athletics tournament all day and still playing a full match at Centre. The substitutes also contributed positively with their energy and readiness to step in when needed. It was a fantastic team performance, showcasing resilience, teamwork, and determination, and ending with a very well-deserved victory.



Girls Table Tennis Team Crowned Harrow Borough Champions

Our girls claimed championship number three for the season on Thursday, beating Whitmore to become Harrow Borough Table Tennis Champions!

It has been great to see girls flocking to the Friday evening sessions and, under the stewardship of 'Coach Acheampong', they now have silverware to show for their efforts.

Delina (Year 8) stole the show, winning all of her six singles games on the night. Especially impressive considering the competition is open to girls in Years 7-11. Delina and her brother were both being coached by Joel at Stanmore Table Tennis club and decided to come to Park High in Year 8, after he recommended us as 'the' school in the borough for developing your table tennis!

A special mention should also go to Keturah (Year 7) who has now been part of our Indoor Athletics and Table Tennis trophy winning teams. She will appear for us again in girls volleyball next week and she is quickly becoming an integral part of our netball success. Even at this early stage, she is already clearly a front runner for girls' sports performer of the year!

Vidhi (Year 11) proved it is never too late to get started. She is a relative newcomer to the sport but has been attending Joel's sessions here at Park High every Thursday at 7.25am. She took it upon herself to also access his coaching at Stanmore and her progress has been phenomenal. Her and Keturah both won 5 out of their 6 singles games!

These girls are proving that if you put your mind to something, especially table tennis, you can achieve great things. Such is the nature of the sport, where physicality and athleticism are in no way prerequisites for success, that the sky is the limit for anyone committed to deliberate practice.

Maybe our table tennis stars will help remind us all that you really can do it. Whatever it is. If you try!



Year 8 Reward Trip to Planet Ice

Our recent Year 8 reward trip on Wednesday 4th February to Planet Ice was a wonderful celebration of students who earned their Bronze Character Badge and consistently demonstrated exemplary behaviour. It was a fantastic opportunity to recognise their hard work, resilience and positive contributions to our school community.

Students enjoyed a memorable day filled with shared experiences and moments that highlighted the importance of character and commitment.

We are incredibly proud of their achievements and look forward to creating many more opportunities to celebrate the success and growth of our students in the future.



Year 9 Reward Trip to Ninja Warrior

Year 9 went on their first Reward Trip of the year to Ninja Warrior in Watford. Students who have achieved their Bronze Badge or above were invited to attend. Receiving Achievement Points and Badges means that a student is consistently demonstrating that they embody our school character virtues: it reflects students modelling their best, and we are extremely proud of them as they continue striving to be the very best they can be.

The trip was filled with smiles and energy as students tackled the obstacle courses, encouraged one another, and celebrated their achievements together. It was wonderful to see so many students enjoying themselves, and we hope that the memories made will motivate them to keep pushing for even greater success this year.



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



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.



ICSM  VISION

Sponsored by  MDU

Future Medics Conference 2026

A day of tailored taster Medicine lectures and interactive workshops to find out what studying Medicine is like.

Sunday 1st March 2026 09:00 to 17:00
Sir Alexander Fleming Building and
Royal College of Science, Imperial College London



Imperial College School of Medicine (ICSM) Vision icsmvision.com

www.imperialcollegeunion.org/shop/csp/vision/future-medics-conference-2026

YEAR 12 MOCK INTERVIEW EVENT

Thursday 5th March 2026







Poster Competition!

The Brief:

Make a poster to help Young People find out about how Maths is important in Medicine and Healthcare.

Focus on ONE possible career or topic.

This poster competition is open to all year groups from Year 7 – 13. There are two categories: Years 7, 8 and 9, and Years 10 - 13

www.mathscareers.org.uk/maths-in-medicine-and-health-poster-competition-2025-26/

Competition Instructions:

- Choose ONE career or topic to focus your poster on.
- On your poster explain how maths is important to the topic you are focusing on.
- Choose A4 size – you can use a computer, draw it by hand or use a mixture of methods.
- Make sure your poster looks attractive, it is meant to inspire young people!
- Make sure it is all your own work – no copy and pasting text.
- If you use any digital images, make sure they aren't copyrighted. Look for images that have a 'Creative Commons Licence' and provide a credit/link. (Or you may want to include your own drawings.)
- Please don't use AI tools to create the writing or images on your poster.
- Make sure you look at the Guidance Powerpoint which has important advice and ideas.
- Do your best – you could win amazing prizes!

Poster Guidance

Make sure you look at the following [PowerPoint](#) which has essential information on what the judges will be looking for.

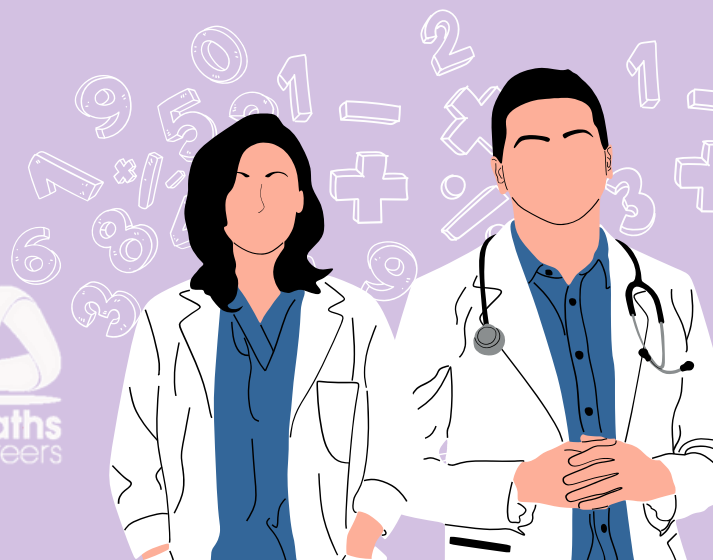
Deadline for submission of the poster is **28 February 2026**.



INSTITUTE OF
MATHEMATICS &
ITS APPLICATIONS



maths
careers





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

As we come to the end of this term, take a moment to reflect on everything you've achieved and the ways you've been successful—you've come a long way and it shows.

We have just one last week to go, so keep pushing and give it your all to show just how great you can be. Remember, nominations for the celebration assembly are currently happening, so be sure to put your best foot forward in everything you do. To make things even more exciting, reward trip names will be chosen at the end of the week by Miss Hosain and me—so stay focused, stay positive, and finish strong!

Miss Daler

Year 8

The reward trip to Planet Ice in Hemel Hempstead was a brilliant success. It was great to see so many of you enjoying yourselves on the ice, supporting one another, and showing the same positive attitude you bring into school. A special shout-out to Danveer, whose spectacular ice-skating skills definitely impressed everyone! I could not believe it when you said it was your first time ice-skating!

We also want to congratulate you on completing your assessments this week. Assessment Week can be tough, but you showed real resilience, our character virtue for this half term. Whether things went exactly as you hoped or not, the effort you put in, the focus you showed, and the way you kept going when it felt challenging make a genuine difference to your progress.

As we head into the final week before half-term, keep that momentum going. A strong finish always feels good, and the habits you build now will support you long after this week is over. Work hard, arrive to every lesson time, and then enjoy a well-earned, restful break at home. Half term is the perfect opportunity to reset and relax.

Great job, Year 8. Keep building that resilience — it's paying off.

Mr Hargreaves

Most Character points

8PB

Best Attendance

9SK

Best Punctuality

12GP

ACE Lottery Winners

Khavinash S 9SL

Stefania N 7ZB

Free things for students and their families

Kids Eat Free Half Term Deals

Tips for Using Kids Eat Free Half Term Deals

- Most offers require a full-price adult meal.
- Some deals are only valid Monday–Friday.
- Booking is recommended during half term.
- Always check the restaurant's website before visiting.

[February Half Term 2026: 21 restaurants/café where kids can eat for FREE or £1 this February Half Term – Kiddo Adventures](#)

PLACES WHERE KIDS EAT FREE (OR FOR £1) FEBRUARY HALF TERM 2026
moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE Kids under 8 eat FREE daily, 12pm to 5pm	MORRISONS Kids Eat FREE all day, every day with a £5 spend
ASDA Kids eat for £1 daily, with no adult spend	PAUSA CAFE @ DUNELM Kids eat FREE with every £4 spend all day
ASK ITALIAN Kids under 10 eat for £1 during school holidays	PREMIER INN 2 kids eat for free with 1 adult breakfast
BELLA ITALIA Children eat free Sunday - Thursday	PBETO 2 kids up to age 10 eat free with 1 paying adult
BEEFEATER & BREWERS FAYRE 2 Kids Eat Free Breakfast with one paying adult	PREZZO Kids eat for £1 from 6th Jan to 11th February 2026.
BILLS Kids eat free Monday 17th - Friday 28th Feb	PUREZZA Kids under 10 get free pizza with every adult meal
BREWDOG Kids eat free this Feb Half Term	PIZZA HUT Kids Eat Free Every Day after 3pm
BEEFEATER & BREWERS FAYRE 2 under 16s get free breakfast daily with 1 adult!	SA BRAINS PUBS Kids eat for £1 on Wednesdays
COCONUT TREE Kids eat FREE from 10 ^{am} to the 16 th of Feb 2026.	SIZZLING PUBS Kids eat for £1. Every Monday to Friday, 3 - 7pm
CAFE ROUGE Kids Eat FREE 12-4pm every day of the week	TABLE TABLE 2 Kids Eat free breakfast daily with 1 paying adult
DOBBIES GARDEN CENTRES Kids eat for £1 with an adult breakfast or lunch	TGI FRIDAYS Kids Eat Free with any adult meal (Via App)
FRANKIE & BENNY'S Kids eat FREE during all school holidays	THE REAL GREEK Kids under 12 eat FREE Sundays with £10 spend
FUTURE INNS Under 5s eat for free with any adult meal	TRAVELDGE 2 kids eat for free with 1 adult breakfast
GORDON RAMSEY RESTAURANTS Kids under 10 eat FREE all day, every day	TURTLE BAY Kids eat free with every £15 adult spend
IKEA Kids get a meal from 95p daily from 11am	WHITBREAD INNS 2 kids eat for FREE with 1 adult breakfast
LAS IGUANAS Kids under 12 eat FREE with 'My Las Iguanas' App	YO! SUSHI Kids eat free all day (weekdays) in school holidays
MARCO PIERRE WHITE Kids under 12 Eat FREE daily with an adult spend	ZIZZI Kids eat free all day Feb 16th - 20th 2026

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Year 9

As we approach the final push before half-term, let's finish this term by showing the progress and maturity you have demonstrated so far this year. You have each made noticeable growth and now is the time to maintain that momentum and end the term on a positive note.

Next term, we will begin an exciting new journey focused on your preferences and future pathways. You'll start thinking more deeply about the subjects you might choose, the areas that genuinely interest you, and what you may want to study at A level. This is also a great opportunity to reflect on your long-term goals: What kind of career do you imagine for yourself? What skills do you want to develop?

Take some time over the break to explore your strengths, your ambitions, and the possibilities ahead.

Miss Acheampong

Year 10

Dear Year 10,

Well done for another brilliant week. Lots of you have really got your head down and shown excellent engagement in lessons – keep it up.

As we approach half-term, it's important to remember that after the break there are only five weeks until Easter, and then your first set of mock examinations begins. That time will go quickly, so please stay focused and keep persevering.

Use the half-term break wisely to catch up on any outstanding work and to consolidate what you've learned so far. Your efforts now will really pay off later.

Exemplary Students – Character Virtues

A huge congratulations to the students listed below who have consistently demonstrated exemplary character virtues. You are well-rounded individuals and have made an excellent start to Year 10. As a result of your positive attitude, conduct, and commitment, you have been invited to attend our very first rewards trip, taking place in April. This is a fantastic achievement — well done.

Dharini	Ayub	Bianca	Denisa	Abel	Simon	Bryan	Riana	Alek
Kashvi	Trevelle	Arihaan	Gabriel	Harshil	Krish M	TJ	Kiaan	Dharmil
Elena	Damaris	Kaiya	Darsh	Thuva	Esha	Krish	Alesha	Swastika
Emanuela	Vishaya	Jason	Alina	Rayen	Aman	Aris	Thanvi	Sofina
Adela	Trisha	Shanuja	Urvi	Dev	Krish S	Trisha	Ishaan	Cristina
Llithiya	Abella	Vihan	Ayesha	Muhair	Dalisha	Dhrish	Bansi	
Kavi	Rayyan	Jenisha	Denis	Roxana	Niam P	Chidesiri	Niam K	
Sahaj	Mihaela	Zubair	Elanur	Praval	Rayaan Z	Anay	Rivan	

Mrs Manandhar



Year 11

I have been very proud of the feedback I've received about how well you have presented in your post-16 interviews. So many of you are presenting as articulate, professional and motivated - you have a clear idea of what you are aiming for post 16 and what you need to do to achieve this. It is excellent news that we have been able to give so many conditional offers into our fantastic Sixth Form. You have a journey of success waiting for you in our Sixth Form.

Let's remind ourselves of how you are going to secure the best possible grade in your GCSE exams. In the last week it is easy to take your foot of the accelerator and cruise - but remember, if you cruise you lose. Here are the 5 things you need to be activity doing to support your progress to your best grade:



Here is a reminder of what a good flash card and mind map looks like. These are the tools and techniques you need to be using whilst also practising past papers to embed your learning:

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 FIXED POSITION	SLIDE AROUND EACH OTHER	MOVE QUICKLY IN RANDOM DIRECTIONS
REGULAR PATTERN	RANDOMLY ARRANGED	RANDOMLY ARRANGED
CLOSE TOGETHER	CLOSE TOGETHER	FAR APART
FIXED VOLUME	FIXED VOLUME	VOLUME CAN CHANGE
FIXED SHAPE	SHAPE CHANGES	SHAPE CHANGES

Over the half term you need to maximise your study and revision time. You need to adjust your current revision timetable to reflect the extra time you need to be studying. Also, during the half term take some time to yourself - relax, go for a walk, bake, read and meet your friends. You will need to be refreshed and well-rested when you come back.

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.

Thanks,

Mr Fowler



Sixth Form

Year 13 – UCAS Update

Offers continue to come through thick and fast for our students. Four Year 13 students have already accepted offers from universities including Aston University, the University of Birmingham, and the University of Manchester, and they now know exactly what they need to achieve their ambitions for next year.

So far, 32 students have heard back from all of their chosen universities, and over 60 students are still waiting for decisions. Don't panic! This is completely normal. Universities are still processing applications, and there is no rush — students will have until May to decide where they want to study.

Students have also recently received guidance on the student finance application process. A reminder that Aston University is hosting a webinar on 11th February offering further support. Please check the Sixth Form Bulletin for details on how to sign up.

Year 12 – Opportunities and Enrichment

As we've said before, Year 12 is the perfect time to seize the opportunities available to you and build a strong portfolio, CV, or future university application.

It's fantastic to see so many students signing up to complete an Extended Project Qualification (EPQ) alongside their A-Level studies. Mr Peacock will be in touch soon with further information about the course.

A huge well done and thank you also to those who have registered for the upcoming careers event at North London Collegiate School taking place after half term. More detailed information will be shared next week.

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.

PARK HIGH SCHOOL

FIND OUT MORE:
DFOSTER4.310@PARKHIGHSTANMORE.ORG.UK
www.parkhighstanmore.org.uk/careersandemployability

Next Week - Half Term (16 - 20th February)



23/02/26

Y9 Vaccinations

24/02/26

No events listed

25/02/26

A Level Trip

26/02/26

Brilliant Club Graduation

27/02/26

Break Foundation Assembly
PSHCEe, Period 5



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

