



STUDENT BULLETIN

02 / 03 / 26

Proud to be **GOOD** in all areas

This term's
Character Virtue:
CURIOSITY

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

HAPPENING THIS WEEK

NATIONAL CAREERS WEEK

Monday

PSHCEe, Period 6

Tuesday

No Events listed

Wednesday

No Events listed

Thursday

World Book Day
Year 12 Mock Interviews
Year 9 Preferences Evening

Friday

GCSE Music Assessment

Message from the Deputy Headteacher

Thank you all for the mature and sensible way you conducted yourselves during our recent lockdown drill. Your calm attitude and willingness to follow instructions showed real integrity. Although we hope never to need such procedures in real life, practising them is essential. Just like fire drills, lockdown drills help us stay safe by ensuring we all know what to do, where to go, and how to look after one another. Your teamwork made the drill run smoothly, and it was excellent to see everyone taking it seriously.

This week, we will be marking International Women's Day. This is an important moment for us to recognise the achievements, talents, and contributions of women and girls across the world — including within our own school community. It is also a chance to reflect on equality, fairness, and the steps still needed to ensure that everyone has the opportunity to succeed.

I'd like to encourage you to approach International Women's Day with curiosity: ask questions, learn about inspiring women in history and today, and think about the experiences of those around you. Show integrity by standing up for what is right, even when it's difficult. And demonstrate teamwork by supporting and celebrating one another — not just on this day, but every day. This year's theme is Give To Gain, which encourages a mindset of generosity and collaboration. When we give generously (through our time, attention, respect, curiosity), opportunities and support for women increase. Giving is not a subtraction, it's intentional multiplication. When women thrive, we all rise.

What will you Give to Gain gender equality?

Mrs Wilkinson





HYDE PARK HOUSE CAPTAINS

7BG	Tia Patel	9DB	Larisa Rusu
7LB	Dayan Khetani	10AM	Sahaj Patel
8AW	Rio Quartey	10BA	Rayyan Ansary
8FF	Cameron Vekaria	11AD	Alawi Al-Dhafari
8YK	Dilraj Cheema	11AG	Aanya Shah
9AY	Anika Shah		



GREEN PARK HOUSE CAPTAINS

7MJ	Kaviyan Sathyavannan	9SK	Shayan Shah
7PJ	Nicolas Goie	10WN	Yousuf Asghar
8HG	Ruhi Savaliya	10GS	Alex Boingeanu
8JR	Beatrice Halip	11AK	Robert Balici
9TP	Hamza Hakeemi	11KM	Deyaan Jesani
9FT	Rokhan Sayed		



REGENT'S PARK HOUSE CAPTAINS

7RG	Sofia Bernicu	10HW	Nicola Salgau
7SR	Yusra Malik	10AL	Dalisha Varsani
8KA	Aranie Kugaseele	10SC	Alek Liu
8KL	Milan Patel	11NK	Suleman Fanzazi
9DM	Shahad Alshammary	11MK	Rahil Akhunzada
9SL	Gabriel Aperti		



ST JAMES'S PARK HOUSE CAPTAINS

7YC	Hamza Jalalzoy	10HC	Daniel Coulson
7ZB	Prayan Mevani	10CD	Ava St Hill
8MO	Teodora Nitu	11JE	Dia Pancha
8PB	Erfan Safari	11LY	Levi Emanuel Circiu
9TC	Sabah Akhunzada	11PW	Rithik Kerai
9NG	Lewis Merticariu		



SPORTS NEWS



U16 Boys Netball Win

The Under 16 Boys Netball Team represented Park High School at the one-off Borough Tournament held at Nower Hill High School on Tuesday. Three schools competed in the tournament: Park High, Nower Hill and Whitmore.

As a team we delivered some exceptional performances, winning all four matches convincingly with scorelines of 17-0, 7-1, 10-1 and 12-0. Across the tournament, Rayhan was in superb shooting form, scoring an incredible 35 goals across 4 matches, while Elliot (Goal Attack) added a further 11. The attacking play was supported by excellent, quick passing and precise assists from Travelle, Rithik, Deyaan and Keshav, helping to maintain constant pressure on the oppositions defence.

Additionally, defensively, the team was equally impressive. Ravi, Luke, Nicholas and Natty worked tirelessly at the back, conceding just two goals across all four matches and created a strong foundation for the team to build on top of. Overall, it was a dominant and disciplined performance from the entire squad, securing a well-deserved, easy first place finish. - Dhruv 11AG



U15 Basketball Harrow Borough Champions!

Our U15s ended the borough basketball season on a high on Monday, defeating Canons 75-50 in the final. This victory secured our third basketball title of the year and confirmed Park High as the number-one ranked boys' basketball school among the 11 state secondary schools for 2025-26.

The final was a confident performance from a team that has dominated throughout the season, especially impressive after early exits in previous years. The squad will now go on to represent Park High at the national competition in 2026-27.



"Ever since I came to this school as an external coach, I saw the potential. Through blood, sweat, and tears, the PE team and I have built this program brick by brick, laying the foundation for grassroots basketball. Many people think basketball is just another sport — but it's different.

It teaches discipline, resilience, teamwork, and the value of hard work. This year, we've broken through barriers — three different year groups crowned Borough Champions!

I couldn't be prouder to be your coach. Thank you to the players for your commitment and to the staff for your constant support." - Coach B



ACHIEVEMENTS

SHOUT OUT

Amazing results from our Year 7 and Year 9 Netball teams in their first league fixtures:

Y7: 16-0 win against John Lyon's

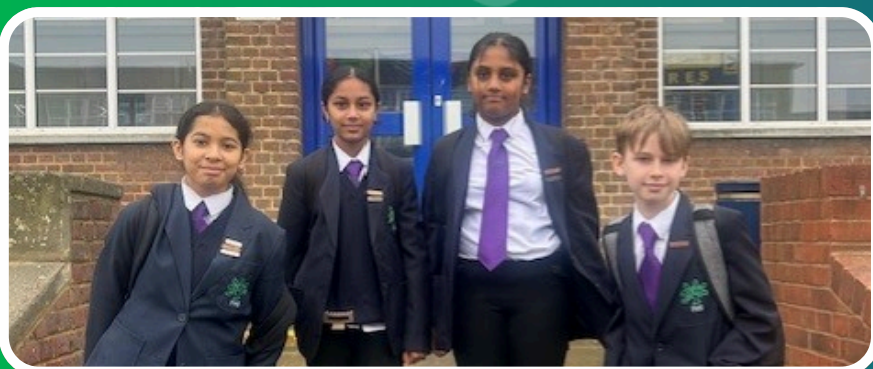
Y9: 6-4 win against John Lyon's



BRONZE CHARACTER AWARD BADGES



SILVER CHARACTER AWARD BADGES



ACE LOTTERY WINNERS

Miran H 11LY

Stefania N 7ZB

Most House Points



Most Character points

8AW

Best Attendance

9FT

Best Punctuality

9DM & 9SL



JACK PETCHEY WINNERS



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

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



Amber K 13MV:

"An outstanding team player whose support for the Matilda cast, crew, and staff was invaluable. She demonstrated leadership skills far beyond her years, consistently taking initiative and contributing across so many areas to help make the show a true success — an exceptional ambassador for the performing arts."

Maurya P 8JR:

"An exceptional student who excels in every aspect of school life — academically, in extracurricular activities, and through consistent support at evening events. He demonstrates outstanding behaviour and strong character virtues in every lesson, often guiding his group and keeping them focused. His dedication was especially evident as a committed backstage crew member for Matilda, attending every rehearsal and completing every task with reliability, enthusiasm, and a genuine desire to help. A student with a bright future, both in school and beyond."

Chloe R 9TP:

"Chloe is an exceptionally resilient and compassionate student who consistently does the right thing, even in challenging circumstances. She supports her peers with empathy, responsibility, and quiet leadership, standing up for others and guiding her form with integrity. Despite difficulties, she remains committed to her learning, showing strong perseverance, maturity, and a positive attitude. As a mid-year admission, she embraced every challenge with determination and quickly became an asset to the year group and wider school community. Polite, kind-hearted, and humble, she is a calming yet powerful presence, excelling academically, in athletics, and as a dedicated Form Captain. Chloe embodies all of our school character virtues - especially resilience - and serves as an outstanding role model who continually strives to be the best version of herself."



A Level Art & Photography Trip to Tate Britain

Our A Level Art and Photography students recently visited Tate Britain to support the development of their current projects. The trip offered a valuable opportunity for students to engage directly with a wide range of artworks and gather first-hand inspiration for their studies.

Photography students explored the Lee Miller exhibition, gaining insight into the life and work of the renowned American photographer and World War II photojournalist. Miller's extraordinary career, from fashion model to fine-art photographer to Vogue war correspondent, provided a rich source of inspiration for their own photographic explorations.

Students reflected positively on the experience, noting how the visit helped deepen their understanding of artistic techniques and broaden their creative perspectives.

One Year 13 student shared:

"Going to Tate Britain allowed me to broaden my perspective on different artwork by closely examining the techniques used by the artists. I used this opportunity to record my observations through quick sketches, which I can now apply to strengthen my own project. This trip has helped me develop my work to the next stage." – Neha P

This engaging day supports the Sixth Form's commitment to enriching classroom learning with meaningful cultural experiences.



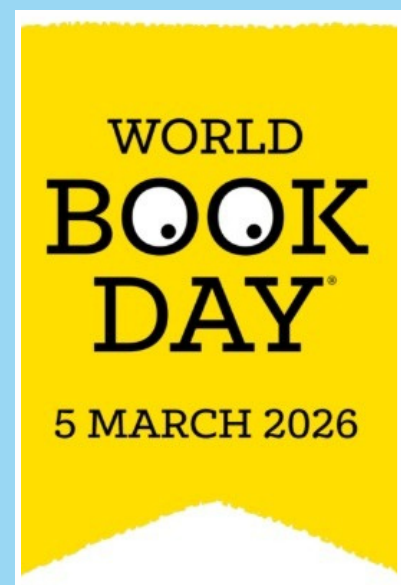
World Book Day celebrations

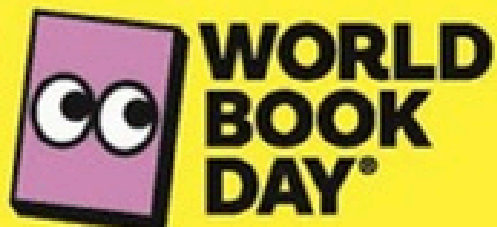
Save the date! Thursday 5th March 2026

As part of our World Book Day celebrations, we have organised a range of exciting activities to encourage reading for pleasure.

Over the course of the week, we will be:

- Distributing Book Tokens (KS3 and Yr10)
- Running the National Book Token Competition (Open to all year groups from the w/c 24th Feb – Available in the library)
- Organising a Scavenger Hunt at Break and Lunch (Open to all year groups – forms can be found in the library)
- Dressing up as our favourite book character on Thursday 5th March for Year 7 and staff only.
- Literary Fair at lunchtime on Thursday 5th March. Everyone is welcome to come along and celebrate reading for pleasure with us in the hall.





We're celebrating World Book Day & you're invited!

When:

**Thursday
5th March**

Where:

**Main Hall at
Lunchtime**

How we're celebrating:

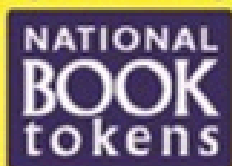
- All staff and Year 7 **ONLY** can dress up as their favourite book character
- Literary Fair in the Hall

Contact:

Mrs Bhutta



Sponsored by



The reading for fun charity

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Headline Sponsor:



NatWest
Thrive

2ND-7TH MARCH 2026

#NCW2026

Own YOUR
future

**EXPLORE
THE PATHS
OPEN
TO YOU.**

**NATIONAL CAREERS
WEEK 2026**



National Careers Week

NCW

Careers and Employability

Upcoming Events

Headline Sponsor:
NatWest Thrive

Own **YOUR**
future

TURN
CURIOSITY
INTO
DIRECTION.
#NCW2026

Logos: RCVS, Morrisby, CAREERS & ENTERPRISE COMPANY, NHS Careers, National Careers Service, Department for Education, National Careers Week, NCW

**TOP 10 JOBS
TEENAGERS
WANT IN 2026**

**NATIONAL
CAREERS WEEK
ACTIVITY SHEET**

**Volunteer
Police
Cadets**

Greater Youth, Greater London

Harrow
Weekly Meetings
Senior Cadets 13-19

Parish Office,
Church House,
Old Church Lane,
Stanmore, HA7 2QX
Tuesday 6-8pm

YEAR 12 MOCK INTERVIEW EVENT
Thursday 5th March 2026

NATIONAL CAREERS WEEK
JOIN THE ARMY AND FIND A ROLE THAT EXCITES YOU

ARMY
BE THE BEST

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Online Event: Tuesday 3rd March 2026, 6:30pm-7:30pm

BT

Work Ready

KS3 will be involved in a virtual Work Ready Bootcamp delivered by BT. Experience a true 'day in the life' with BT Group. Introduce students to exciting tech-driven career possibilities. Further details to follow.



BECOME A CAREER AMBASSADOR



- Develop your leadership skills
- Help shape the school careers programme
- Improve your skills
- Gain experience

Are you:

- Reliable?
- Good at communication with both teachers and students?
- Helpful?
- Proactive?

To apply please submit an A4 page outlining:

- Why you should be considered for the role of career ambassador
- The skills and attributes you already have to carry out this role
- The skills and attributes you would like to develop in this role
- Why do you think it is important that young people engage with careers education.

All applications should be emailed to:
dfoster4.310@parkhighstanmore.org.uk

Applications open: Monday 2nd March 2026

Deadline: Wednesday 11th March 2026



LAST WEEK'S ROUNDUP

Year 7

Well done, Year 7, on a fantastic first week back! You have returned with such positive energy and enthusiasm!

We have lots of exciting events coming up, including World Book Day this Thursday, and we can't wait to see all your amazing costumes.

A huge congratulations to our girls netball team for their fantastic results in last week's matches – we are so proud of you!

We are also incredibly proud of all our Bronze badge winners, there are lots of you, which is brilliant, but we'd love to see even more of you achieve your badge as so many are very close. A big congratulations as well to our Silver badge winners; these badges truly show your hard work and the way you embody all our school virtues.

There is a reward trip on the horizon which we can't wait to reveal, it's not too late to be invited to this so show us your best behaviour. Keep it up, Year 7!

Miss Daler

Year 8

Well done Year 8 on a busy week back from half term. We want to remind you of the basics and ensure that these are routine such as packing your school bag the night before, having your contact book, pencil case and MWB on the desk for every lesson and being punctual to every single lesson.

This week is National Careers Week, running from Monday to Friday, and it's all about helping you explore what your future could look like. The theme this year is "Own Your Future"—because your journey starts with curiosity, small steps, and open-minded exploration.

National Careers Week is not about having your entire future planned in five days. Instead, it's about:

- Showing curiosity about different jobs and industries
- Finding out what you might want to do when you're older
- Asking questions and learning from the people around you
- Taking small, focused steps that help you understand yourself better

When you research properly, explore new ideas, and reflect on what you discover, uncertainty begins to shrink. Each step you take helps your direction become clearer—even if you're not sure yet where you'll end up. So this week, stay curious, get involved, and use every opportunity to learn something new. Your future is yours—own it.

Mr Hargreaves



Year 9

Year 9 students are reminded that Preferences Evening will take place on Thursday 5th March. Please make sure you arrive on time at 5:15pm and attend in full school uniform. This event is an important part of the GCSE Preferences process and will help you make informed decisions about your subject choices for next year. During the evening, you and your parents or guardian will have the chance to talk to subject teachers and current Year 10 and Year 11 students about different GCSE subjects. These conversations will give you valuable insight into what each course involves and what might suit your strengths and interests as you move into Key Stage 4.

Make the most of this opportunity to explore your options and start thinking carefully about the subjects you would like to study in Years 10 and 11.

What questions will you be asking?

Congratulations to 9SK for their creative notice board

Miss Acheampong



Year 10

Dear Year 10s.

What a fantastic week we've started on! Once again, a huge congratulations to the Year 10 basketball team — you've done us all incredibly proud and are fully deserving of being crowned Harrow Borough champions.

We now have four weeks until the end of term, followed by two weeks of Easter holidays to revise and prepare. That means six valuable weeks in total before your first set of GCSE mock examinations. These mocks will take place in the hall, giving you a real experience of what it will feel like in just over a year's time when you sit your actual GCSEs.

This is your opportunity to show what you are capable of. The time will move quickly, so it's important that you use these four weeks in school wisely and take full advantage of the two weeks at Easter to revise, practise, and build your confidence. Let's carry the same focus, determination, and pride we've seen on the basketball court into our lessons and into our revision.

Make these next six weeks count.

Happiest birthday this week to Hosna, Kowtamai, Yousra and Fatima B!

Mrs Manandhar



Year 11

You have hit the ground running in preparation for your GCSE exams! And you are one week into your assessment period with this week to go. It is necessary you continue to utilise your revision and study timetable throughout this period and the rest of the half term. The results from these assessments will be critical in identifying where you have made improvements from the last mock exams and, most importantly, where there are gaps in your knowledge, understanding and skills. So continue to create and use you flash cards and complete past papers, and all other revision techniques you use.

But pace yourself! What does that mean? It means that you do not over do your revision and exhaust yourself. It means each evening and throughout the week you are taking breaks, doing things you enjoy and getting good sleep. It means you are preserving your focus and energy for the big, last push over the Easter break and beyond.

Amongst the seriousness and hard work I am consistently seeing in lessons, I was extremely proud to hear of the success of our boys netball team. They conducted themselves with professionalism and focus. They were rewarded for their efforts, winning the competition. Well done to all who took part.

Like I talked about in assembly, be a bison not a cow (this is of course an analogy) - face the challenge of these up-coming exams head on, with courage and the conviction you have it in you to get that grade you so deserve and have worked hard for. Do not run away from them, putting things off, increasing the worry and anxiety. Remember, you have got this - you have enough in you to do brilliantly.

Mr Fowler

Roadmap to a better grade

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

Parents' Evening

01

Listen to the feedback and take notes. Ask your teacher what you need to do to achieve your target grade.



Flash Cards

02

Create flash cards on topics you are not confident on: make them visible in your room.



Past Papers

03

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.

Revision Timetable

04

Revise at least one subject an evening, picking topics you are not confident with. A little revision but often.



Intervention

05

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



Sixth Form

Year 13

Last week's assembly focused on creating effective study and revision timetables. A well-structured timetable can genuinely transform how efficiently you revise. Remember to include time for your wellbeing, hobbies, and rest — research shows that the most successful students are those who build in balance and stick to it.

If you'd like support in planning or improving your timetable, please speak to your tutor or a member of the Sixth Form team. We're here to help you get it right.

Year 12

Some of our year 12s had the opportunity to attend a Careers Convention at North London Collegiate School this past Thursday. It was a valuable chance to explore future pathways, speak with industry professionals, and gather insights into a wide range of careers.

Here is what two of our students had to say:

*"On Thursday 26th November, myself and a few other students had the great opportunity to visit North London Collegiate School to attend two talks and a networking event at the end. My personal favourite was the talk about degree apprenticeships which was extremely useful. The speaker went into great depth regarding her experience and shared her honest impressions, which was really helpful as we all gained an insight in the life of a degree apprentice. Towards the end, the networking event was proved useful as we were able to talk to employers in pretty much all fields allowing us to deepen our understanding in each conversation while providing us countless pieces of advice and work experiences. I am incredibly thankful to all staff who contributed in the planning of this event in providing us with this insightful opportunity." - **Pranay - 12DP***

"This Thursday on the 26th of February we had the opportunity to visit North London Collegiate School to take part in a series of talks followed by a networking event. Personally, I attended the networking event that took place at the end, which proved an amazing opportunity to connect with industry professionals, to discuss their day-to-day work, life as well as the academic path they had taken to get to where they are now. We were provided with work experience and given advice on the right direction to go to achieve our desired goals.

*We are really thankful to those who organised the event for this amazing opportunity as it was extremely insightful for everyone who took part." - **Alana - 12TI***

Year 12 have another excellent opportunity next week as they take part in mock interviews. This event will give students valuable experience in presenting themselves professionally, answering interview questions confidently, and receiving personalised feedback to support their future applications.

Mr Clarke



SPRING TERM 2 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

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
Spanish Conversation Club	Lunchtime	L3
Poetry Club	Lunchtime	R1
Table Tennis	After School	Main Hall
Y7-9 Basketball Coaching	After School (3.30-5.30pm)	Sports Hall
Into Film Club	After School	T5

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

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
French Conversation Club	Lunchtime	L4
German Conversation Club	Lunchtime	L3
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

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
Y8 Brilliant club **	After School	B2



NEXT WEEK

British Science Week

09/03/26

No events listed

10/03/26

International Women's Day
PSHCEe, Period 6

11/03/26

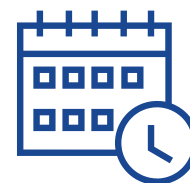
Jack Petchey Final
A Level Drama Exam
Y9 (Band A) Parents' Evening

12/03/26

Physics Masterclass

13/03/26

Science Fair
Y9 DT Trip



THIS WEEK

02/03/26 - U14 Girls Football v Avanti (A)

02/03/26 - U16 Football v Canons (A)

03/03/26 - U14 Girls Football tournament (A)

03/03/26 - U15 Football v Hatch End (A)

04/03/26 - Boys Netball Tournament (A)

04/03/26 - U16 Netball Final V Pinner (H)

04/03/26 - U13 Junior NBA Basketball V St Columba's (A)

05/03/26 - Y7 Volleyball Final V Harrow High (A)

06/03/26 - Girls Volleyball V Kingsbury High (H)

FIXTURES

FREE THINGS TO DO

The **St Patrick's Festival 2026** returns to **Trafalgar Square** on **Sunday 15 March**, celebrating the creativity and contributions of London's Irish community. The annual parade begins at 12:00pm, led this year by Grand Marshal Emma Dabiri, featuring county associations, community groups, performers and musicians. Festival events include Irish Creative Collective sessions, short films, exhibitions, language lessons, children's arts and crafts, and cultural stalls. The parade starts at Hyde Park, travelling through Piccadilly, Piccadilly Circus, Regent Street St James's and Cockspur Street, before passing Trafalgar Square and finishing at Whitehall.

