



STUDENT BULLETIN

09 / 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

BRITISH SCIENCE WEEK

Monday

No Events Listed

Tuesday

International Women's Day
PSHCEe, Period 6

Wednesday

Jack Petchey Final
A Level Drama Exam
KS3 Concert
Year 9 (Band A) Parents'
Evening

Thursday

Physica Masterclass

Friday

Sciece Fair
Year 9 DT Trip

Message from the Deputy Headteacher

Last week we celebrated Careers Week with the theme "Own Your Future." It was fantastic to see so many of you engaging with this important part of your personal journey through school and thinking carefully about what your future might hold.

One of the key messages from the week is that your future does not happen by chance, it grows from the habits and attitudes you build every day while you are here at school. We encourage you to stay **curious**: ask questions, explore new ideas, give your best in every lesson, and discover what truly excites and motivates you.

Growing up brings challenges, which is why **resilience** is such an important quality. There will be times when things feel difficult, when you face setbacks or when something doesn't go the way you hoped. What matters most is your determination to keep going, to learn from mistakes, and to try again. **Resilience** will help you succeed not only in exams, but in your future careers and in life.

Be true to yourself and always aim to be the best version of who you are. And when you are unsure, remember that the best thing you can do is ask questions and keep learning.

By staying **curious** and showing **resilience**, you will continue to grow, develop and truly own your future.

Mr Darby

Student Reminder: Please ensure your contact book is signed every week by your parent or carer.



ACHIEVEMENTS

SHOUT OUT

Congratulations to all the students who have earned achievement badges so far this year. Your hard work and dedication are truly inspiring!

- 667 Bronze Badges earned
- 129 Silver Badges earned
- 22 Gold Badges earned
- 0 Platinum Badges — but several students are very close!

SILVER CHARACTER AWARD BADGES



Most House Points



Most
Character points

8KL

Best
Attendance

11KM

Best
Punctuality

**7PJ, 8FF &
9DB**

ACE LOTTERY WINNERS

Anaiya P 12PI

Pranav H 7RG



SPORTS NEWS



Year 7 Harrow Borough Champions Volleyball

On Thursday, our Year 7 volleyball team headed to Harrow High for yet another Borough Volleyball Final. There were some nerves on the journey, knowing we had previously lost to Harrow High in the group stages at the beginning of the year, so the pressure was certainly on.

However, once we entered the sports hall and began warming up, confidence grew, especially after our very successful semi-final win last month. Our teamwork shone throughout the final, with exceptional serving and well-executed set plays.



We quickly went 2–0 up in sets, meaning we needed just one more to secure the win. The third set was neck and neck, but a few unforced errors left us trailing 21–18. After an excellent play, we regained the serve. On stepped our outstanding server, Eddie, who held his nerve to keep us in the game. We fought back to level the score at 23–23. With resilience, teamwork, and integrity, we closed out the set 25–23.

This was another fantastic achievement, bringing us to an impressive 10 borough competition wins this year.

Well done to everyone involved, with a special mention (linking to this week's assemblies on International Women's Day) to Kerturah, the only female player across both teams, who has been an integral part of every victory.

U16 Basketball Team: A Remarkable Journey

Our U16 Basketball team saw their nationals campaign come to an end on Friday after a 71–55 loss to Maidstone Grammar. They showed great determination throughout the game and the lead referee praised their spirit and conduct. They represented themselves and the school with pride.

The long drive home gave the players and staff time to reflect on a different kind of journey. Over the past few years they have learned together, experienced a great deal together and grown both on and off the court. They leave as possibly the first Park High team to reach this stage of the competition. Their achievements set an inspiring example for younger players who may follow in their footsteps.



World Book Day Celebrations



Last week, our school community came together to celebrate World Book Day with exciting activities designed to promote reading for pleasure. Throughout the week, students enjoyed a range of events, beginning with the distribution of Book Tokens for Years 7- 10.

All year groups were invited to take part in the National Book Token Competition, available in the library. The library also hosted a Scavenger Hunt during break and lunch, open to students.

On Thursday 5th March, our Year 7 students and staff brought beloved stories to life by dressing up as their favourite book characters. The celebrations continued at the Literary Fair in the hall at lunchtime, where students gathered to share recommendations and celebrate their passion for reading.

Thank you to all students and staff who joined in and made the week such a memorable celebration of books, stories, and imagination.



Year 12 Brilliant Club graduation

On the 26th February, our Year 12 students proudly represented Park High School during the Brilliant Club Scholars' Programme graduation ceremony at Newnham College, Cambridge. Throughout the day they spoke with confidence about their experience, demonstrating the knowledge and skills they gained throughout the programme. Their involvement has inspired them to become more ambitious about their future. By sustaining high standards they excelled in every aspect of the course with five students even achieving a 1st.

"When I was first selected for the Brilliant club programme, I was unsure of what to expect. The first tutorial gave me an insight in what we would study, focusing on different media and the design choices. Since taking part in the tutorials, I learned to analyse media more critically, considering elements such as the message, colour, layout, and light. I have developed valuable skills including research, critical thinking and referencing, which I can apply to my A-level studies. Visiting Newnham College was memorable as it gave me an insight to what university life looks like. My advice to future students selected for this programme would be to fully commit, and most importantly, enjoy the experience."

- Hershni G 12DP

"Joining the Brilliant Club was a unique and informative experience for me. When I first joined I did not care for the club however the passion the teacher had has helped me to enjoy the subject and feel motivated to continue on with the club. During the course we studied Media Design and its implications, I found the discussions on use of colour and how one colour's meaning may change based on the viewer to be an interesting idea. The club helped me to appreciate the smaller things not just in media but also to take my time in the real world and enjoy its beauty. It also has helped to improve my analytical skills through the research we did on the #lastselfie. The trip we went on last week was extremely useful in not only showing what college life would look like but also whether it's for me, the tour guides also helped to give a first hand view on life in college. To anyone who joins this programme I would recommend looking into the subject covered a week in advance as well as making sure to ask the teacher for any extra help."

- Shiv H 12PI

"Well done and continue striving for even more victories." - **Mr. Sandu**

This achievement reflects the dedication and curiosity our students bring to every opportunity, and we look forward to seeing all they accomplish next.



Celebrating National Careers Week

Park High School proudly took part in National Careers Week (NCW) from 2nd – 6th March, an annual initiative designed to connect learning with the world of work. This year's theme, "Own Your Future," encouraged students to think proactively about their aspirations and explore the many pathways available to them.

Throughout the week, Mrs Foster, our Careers Lead, delivered assemblies to all year groups and organised a range of resources and activities designed to broaden students' understanding of different career pathways and routes into further education and employment. Highlights included the Year 12 Futures Day, the Year 9 Preferences Evening and the BT Work Ready workshop, among others.

Although National Careers Week has come to an end, our commitment to supporting students with their future planning continues throughout the year. Students wishing to explore careers and pathways further are welcome to visit Mrs Foster in the Careers & Employability Centre, located in the Park Block next to P6. Drop-in surgeries run during lunchtime (12:40–1:20pm) every Tuesday, Wednesday, and Thursday. Additional information can also be found on the Careers & Employability pages of the school website and SharePoint.

We hope the week has inspired our students, helping them make informed choices as they take the next steps towards their future.



[READ MORE HERE](#)

BRITISH SCIENCE WEEK

Park High is excited to celebrate British Science Week with a series of hands-on activities designed to spark curiosity and inspire young scientists across the school. From **Monday 9th to Thursday 12th March**, students can take part in a range of exciting practical during break and lunchtime in the quad and playground.

The celebrations will conclude on Friday 13th March with a Big Science Fair in the main hall, featuring eye-catching demonstrations such as turning 'red wine' into 'water', creating rainbow fizz, piercing a potato with a straw, fitting a boiled egg into a conical flask, the hydrogen balloon demonstration, the Van de Graaff generator, crystal-growing stations, and a special slime-making activity exclusively for visiting primary students and our own students during the lunch time. We look forward to an inspiring week full of discovery and scientific wonder!





BRITISH SCIENCE WEEK

9th - 13th March

As part of our British Science week celebrations, the Science department have organised a range of exciting activities to enjoy.

Activities taking place are:

Monday 9th March

Break time

Mentos with Coke at breaktime in the Maths Quad

Lunchtime

Methane fireballs in the Maths Quad

Tuesday 10th March

Break time

Rainbow Oobleck in the Maths Quad

Lunchtime

Bottle rockets in the Playground/forest school area

Wednesday 11th March

Break time

Carbon dioxide testing in the Maths Quad

Lunchtime

Balloons and convection currents in the Maths Quad

Thursday 12th March

Lunchtime

Blue bottle (redox) in the Maths Quad

Friday 13th March

Lunchtime

Science Fair in the Main Hall



**BRITISH SCIENCE
WEEK**

SCIENCE FAIR

**FRIDAY 13TH MARCH
SCHOOL MAIN HALL**



EXCITING PRACTICALS:

- Turning 'red wine' into 'water'
- Rainbow fizz
- To put a straw through a raw potato
- To insert a boiled egg in a conical flask
- Hydrogen balloon
- Van de Graaf generator
- Dynamo cycle

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





Comic Relief



16th - 20th March

Joke wall - free entry

⇒ Tell us your best joke and see if you make it into the PHS joke book!

Badges and red noses - £2.50 for badges ; £2.50 for noses

⇒ They will be on sale in the foyer at break and lunch.

Sweets in the jar - 50p for one guess ; £1.00 for 3 guesses

⇒ Closest guess to how many sweets there are will win the whole jar.

Cookie sale - £1.00 each

⇒ On sale in the foyer from Tuesday lunch and after school for the whole week.

Doughnut sale - £1.50 each

⇒ On sale in the foyer from Tuesday lunch and after school for the whole week.

Design-Your Nose competition

House Competition

⇒ Design your nose and make it unique. Email a photo of your nose to Ms Perren. Each design entered gets a point for their house. The best 3 designs will win an amazon voucher, plus 10 points for their house. DEADLINE: Monday 23rd March by 5 pm.

Also Featuring:

- Sixth Form and Staff - Wear something red on RND whilst also bringing a donation of £1 - Friday 20th March

- There will be a JustGiving page sent out so that parents, staff and students can also donate online! QR code to donate →



LAST WEEK'S ROUNDUP

Year 7

It was wonderful to see the fantastic effort and creativity that went into the World Book Day costumes this year. The costumes showed real imagination and commitment, and it was clear how much thought many of you put into bringing your favourite characters to life. The same enthusiasm, creativity, and effort you showed in preparing your costumes are qualities that will help you succeed in your learning, so keep bringing that energy and dedication into your work during lessons.

We also had an exciting virtual bootcamp delivered by BT for some of our year group, where students showed great interest in technology and engaged brilliantly with the activities. It was inspiring to see such curiosity and enthusiasm for developing new skills.

With our upcoming celebration assembly approaching, I will also be deciding who will win the Head of Year award, so this is a great opportunity for everyone to put their best foot forward and continue demonstrating the positive effort, attitude, and commitment that make our year group such a pleasure to work with. Remember I will be keen to choose someone who always shows our year groups virtues - politeness and kindness!

Miss Daler

Year 8

I hope you had a restful weekend Year 8

Well done to all of you who have participated in fixtures this week - I know all of you tried your best and made Park High proud.

I hope you carefully listened in the assembly on International Women's Day led by Mrs Wilkinson last week. It was a vital reminder of the work which still needs to be done to tackle discrimination women face in all aspects of life around the world, including in the UK.

This week we are striving to be curious in all aspects of school life, particularly in extending ourselves academically. What extra activities could you do in Science? How can you fully understand what you are learning in History at the moment regarding the Industrial Revolution? Is there extra vocabulary you can learn in French or Spanish? Is there any additional work you can do as part of your home learning?

It is important to push yourself and strive to always be as good a learner as you can be. I am curious to see the different ways you can all push yourself to extend yourself academically this week when I pop into lessons.

Have a good week.

Mr Hargreaves



Year 9

It was lovely to see all of you with your parents and carers last week. I hope the discussions you had, have helped you think carefully about your preferences for next year.

By now, you should have used the [link](#) that was emailed home and taken some time to practise making your choices, so that you feel confident when the final selection opens.

It is important that you know which pathway you are on, as this determines the subjects available to you. Use what you learned during Parents' Evening to help guide your decisions. Make sure you asked your teachers whether you are a strong candidate for their subject and gathered any information you needed about what the course involves.

Remember that these preferences are for the next two years, so take your time to consider what you enjoy, what you are good at, and what will support your future goals.

Parents' Evening dates:

- **Wednesday 11th March** - 9a, 9b, 9c, 9d, and 9e
- **Tuesday 17th March** - 9f, 9g, 9h, and 9i

Miss Acheampong

Year 10

We are now officially T-minus three weeks until the two-week break. That might still feel a little while away, but the weeks will move quickly, so this is the perfect time to stay focused and keep pushing yourselves. For the majority of you, it has been great to see the effort, resilience, and determination you've been showing in lessons and around school. Many of you have really been showing up for yourselves, and that effort does not go unnoticed. Keep building those positive habits now, because the work you are putting in today will absolutely pay off in the future.

Remember that success rarely happens overnight. It's built through small, consistent steps—turning up ready to learn, completing your work to the best of your ability, asking questions when you're unsure, and supporting each other along the way. If you keep doing those things day after day, you will start to see the rewards of your hard work.

It's also an exciting week for Year 10, as we have one of our own students representing us in an important competition. Mohammed Ababneh will be competing in the finals of the Jack Petchey Speak Out Challenge, which is an incredible achievement. Public speaking takes confidence, courage, and a lot of preparation, so reaching the finals is something to be very proud of. I'm sure you'll all join me in wishing Mohammed the very best of luck. We're all rooting for you and can't wait to hear how it goes!

Finally, we also have several birthdays to celebrate this week. A very happy birthday to Thisumi, Abella, Elena, Sofina, Gurveer, Leila, Riyaan, Daria, and Aydh. We hope you each have a fantastic birthday and get the chance to celebrate with friends and family.

Let's make it a positive, productive, and supportive week. Keep working hard, look out for each other, and take pride in everything you achieve—big or small.

Mrs Manandhar



Year 11

You now have your exam timetables in your hands. Seeing the dates of your exams makes it real and may be accompanied with some worry. So what do you need to do now? Show the timetable to your parents or carers so they are aware. Then write each exam in your calendar and the start time - you need to memorise the dates of the exams. Take account of the exams that are coming first, after the Easter break, you will need to adjust your revision/study timetable to increase time on revision of subjects nearer in date, and reduce revision on subjects further away in date. As each exam passes, you then need to continually adjust your revision on the coming subjects. You can modify the revision timetable by downloading the template I sent you on email. Remember, flash cards, past papers and mind maps are essential to effective revision.

This is also a spiritual time for many of you who are either celebrating Ramadan or Lent. These religious periods are important to our diverse community. They both represent choosing to go without something to help you focus on more important things in life. I wonder if we can all gain some wisdom from this principle of going without to focus on the more important things. As you prepare for your GCSE exams, what do you need to go without to help you focus on revision and study? Maybe you will have to limit the time you spend on your phone, or meet up with friends, or watching TV/YouTube and instead use that time in revision, study and relaxation. Whatever you go without in the coming months to support revision and study you will get back in the longest summer holiday after you exams.

Amongst the seriousness and hard work I am consistently seeing in lessons, I was extremely proud to have watched the boys football team win 3-1 against Canons High School. An extra special mention to Aaron Patel for scoring his second hat-trick of the season. We are wishing you all the best for the semi-finals! Well done to all who took part. Also, a huge congratulation to the girls netball team who only just lost in the final - we are so proud of how far you have come as a team and how much you've all grown - well done!

Next Monday we have our final ever Celebration Assembly! So try your very best this week. We are still deciding some of the awards and will be looking out for the ways you show up and be your best, demonstrating all the Park virtues. Your teachers will also be inputting your progress check results soon - your goal will be simple: finish with the best results you have ever received for a Progress Check. Let's make it happen, Year 11.

Mr Fowler



Sixth Form

Head Boy & Head Girl Applications

This week, we launched the application process for the prestigious roles of Head Girl and Head Boy. These positions offer an exciting opportunity to make a meaningful contribution to the Sixth Form and wider school community, take a proactive role in social and academic events, and develop valuable personal and leadership skills.

Key Responsibilities

- Lead the Student Leadership Team and support members in fulfilling their roles.
- Arrange and chair regular meetings with student leaders.
- Represent the school at major events, including Parents' Evenings, Open Evening and other whole-school occasions.
- Gather and share Sixth Form student voice, helping to strengthen links between Sixth Form and the lower school.
-

Person Specification

- Strong leadership skills
- Ability to work effectively as part of a team
- Demonstration of our core school values: Resilience, Integrity, Compassion, Teamwork and Curiosity
-

Deadline: Monday 9th March at 3:10pm

We look forward to reading your applications!

Mr Clarke



NEW!

COMPUTER SCIENCE CLUB

Built by girls. Open to all!

— (Years 7-9 — Boys Welcome) —



Learn how **websites** and **games** are made



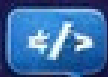
Learn about the **internet**



Learn real **Python**



Compete in fun **challenges**



Make friends that love **tech**



Room: T1



Day: Tuesday

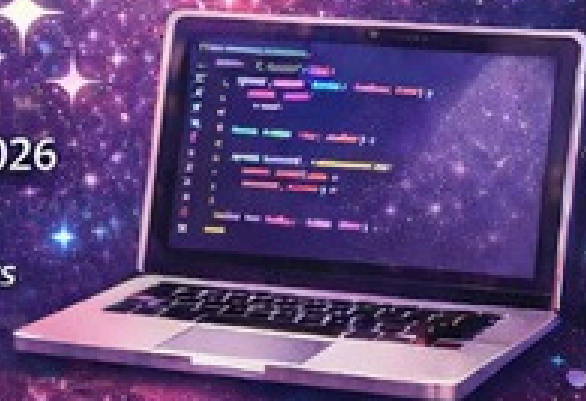


Time: 12:50 – 13:30



Starts: Tuesday 10th March 2026

Run by A-Level Computer Science Students



Empowering the next generation
of young people into tech.



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
Computer Science Club*	Lunchtime	T1
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



THIS WEEK

FIXTURES

- 09/03/26 - U14 Football v Nower Hill (A)
- 10/03/26 - Y7 Netball Tournament (A)
- 10/03/26 - U13 Football v Canons (H)
- 11/03/26 - Sixth Form Volleyball V Kingsbury High (H)
- 12/03/26 - U14 Badminton Finals (A)**
- 12/03/26 - Y10 Netball Semi-Final V Pinner High (H)
- 13/03/26 - Y7 Netball V Hatch End (A)
- 13/03/26 - Y9 Netball V Hatch End (A)

NEXT WEEK

16/03/26

Y11 Celebration Ceremony

18/03/26

PSHCEe, Period 6

20/03/26

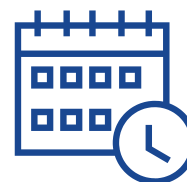
GCSE Dance Trip

17/03/26

Y10 Celebration Ceremony
Y9 (Band B) Parents'
Evening

19/03/26

No Events Listed



FREE THINGS TO DO

Hampton Court Gardens

The world-famous gardens of Hampton Court Palace have delighted royalty and visitors for centuries. Today you can explore acres of formal gardens and parkland, from intimate courtyards to wide open spaces.

Rich in history and constantly changing with the seasons, the gardens offer new sights year-round. Discover what our gardeners do to care for the grounds throughout the year.

Garden Open Days: 14–15 March, The Palace gardens will be free to visit on these dates with no tickets or booking required. (Palace, Maze and Magic Garden still require tickets.) [Hampton court gardens map.pdf](#)

