



STUDENT BULLETIN

11 / 05 / 26

Proud to be **GOOD** in all areas

This term's
Character Virtue:
INTEGRITY

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

HAPPENING THIS WEEK

Monday

Year 12 Art Trip

Tuesday

Year 12 Parents' Evening

Wednesday

PSHCEe, Period 1

Thursday

DofE Bronze Expedition

Friday

DofE Bronze Expedition

Message from the Assistant Headteacher

Last week's Arts Festival was a fantastic celebration of creativity, talent and teamwork across the school. Students developed and showcased a wide range of skills, from confidence in performance to collaboration, problem-solving and creative thinking across the arts. Thank you to everyone who took part and contributed to making the festival such a memorable and inspiring experience.

As Year 11 and Year 13 students begin study leave and head into their examination period, we wish you the very best of luck. This is an important time to stay organised, revise effectively and look after your wellbeing. Remember that your teachers and support staff are still here if you need guidance. We are proud of the hard work you have put in and look forward to celebrating your successes.

Good luck to everyone in the weeks ahead!

Mr Appleman

WORD
OF
THE **WEEK** **Cacophony** |noun
A harsh mixture of sounds.



ACHIEVEMENTS

PLATINUM CHARACTER AWARD BADGE



Congratulations to Milan 8KL, the second person in Year 8 to have received a Platinum Character Award Badge!

This award shows you are a student who is respectable, polite, kind and conscientious. An absolute pleasure to have in our school community.

Continue to be the very best version of yourself.



Most
Character points
8KL

SILVER CHARACTER AWARD BADGE



Congratulations to Elisa 7PJ, one of the latest students in Year 7 to have received a Silver Character Award Badge!

This award recognises your consistent effort to demonstrate kindness, respect, and a positive attitude in all that you do. You are a valued member of our school community and a pleasure to have in lessons.

Best
Attendance
8FF

Best
Punctuality
7BG & 10HC

ACE LOTTERY WINNERS

Abubakar N 8YK

Zaki K 8YK



SPORTS NEWS



Harrow Athletics Championships

It was the annual curtain-raising event of the athletics season on Tuesday, when Harrow School hosted the Harrow Athletics Championships. These championships are open to all young people attending schools across Harrow, both state and independent. They provide a valuable opportunity for students who show promise in athletics to test themselves against some of the very best in the borough.

Harrow School (boys) and North London Collegiate School (girls) are two highly prestigious independent schools in the area, and both field a number of students on sports scholarships - awarded to those with exceptional athletic ability. As a result, the championships are often dominated by athletes from these schools, but it remains an exciting challenge for all competitors to test themselves against such elite performers.

Top performers on the day are invited to represent Harrow at the Middlesex Championships, and we are proud to celebrate a number of our students who have earned this opportunity: Keturah (Year 7), Esther (Year 7), Amos (Year 9), Trevelle (Year 10), Anay (Year 10), and Hothaifa (Year 10).

For everyone who took part, the event has provided strong motivation to train hard ahead of the borough state school competitions later this summer.



Year 7 and 8 Gymnastics!

A huge congratulations to the girls' gymnastics team for their fantastic performances at this year's competition. The girls worked incredibly hard in the lead-up to the competition, training every lunchtime and after school. Although many of them were nervous at first, every gymnast showed great determination, stepped outside of their comfort zone, and gave their all on the day.

Despite many of the other schools arriving in full gymnastics attire, our girls did not let themselves feel intimidated. Instead, they represented the school with confidence and resilience throughout the event, helping us secure an impressive 3rd place finish. We also saw fantastic displays of teamwork and compassion, with the girls constantly supporting one another and helping each other perfect their routines.

We are extremely proud of all the girls and look forward to coming back even stronger next year!

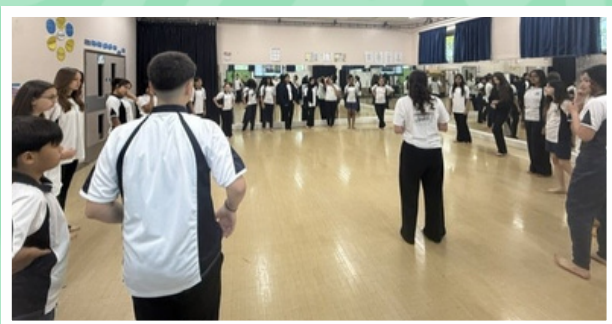


Celebrating Arts Week

Last week, we celebrated a vibrant and inspiring Arts Week, offering a fantastic four-day feast of creativity, culture, and performance. It was wonderful to see so many students getting involved and embracing the wide range of opportunities on offer.

The week was packed with exciting workshops, activities, and performances, culminating in our memorable Arts & Culture Evening, where students showcased their talents to an enthusiastic audience of parents and staff.

Tuesday set the tone with a series of engaging sessions. KS3 students took part in a lively dance workshop with Anna Nicholls, while Year 10 students enjoyed a focused composing workshop. At lunchtime, students also explored the school through a fun and interactive Dance Treasure Hunt.



On **Wednesday**, students experienced a dynamic Physical Theatre Workshop, followed by a challenging and entertaining Music Quiz at lunchtime. The highlight of the day was our Arts & Culture Evening, featuring impressive student performances. Well done to all performers for their confidence, creativity, and dedication, your hard work truly shone on the night.



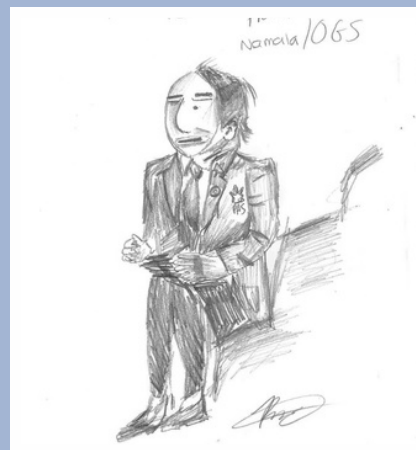
Celebrating Arts Week (Continued)

Thursday brought the rhythm of our annual African Drumming workshops for Year 7, which were as energetic and engaging as ever.



Meanwhile, students gathered at lunchtime in the main hall for live drawing, creating a relaxed and creative atmosphere. We are delighted to announce the winners of the Life Drawing competition:

- Zoey 7PJ
- Tiya 8KA
- Tayari 9TP
- Praval 10GS



Friday concluded the week with an enriching Art Trip to the National Gallery, giving students the opportunity to experience world-class artwork first-hand. Back at school, the much-anticipated staff recital showcased the hidden musical talents of our staff, providing a joyful and memorable end to the week.

Arts Week was a fantastic celebration of creativity across the school community. Thank you to all staff, students, and families who contributed to making it such a success.



Languagenut Competition Results

A huge well done to all students who took part in the UK Secondary Languagenut Competition 2026. We are proud to say that Park High School placed 84th out of over 175 schools.



Special congratulations to **Chloe Robinson (9TP)**, who ranked in the national Top 30 out of over 200,000 entries. She will receive a Languagenut prize for her dedication, resilience and curiosity.

UK Languagenut Secondary
20th April - 5th May

Student Leaderboard | Your School Leaderboard | School vs School Leaderboard

#	Name	Points
1	Robinson Chloe	5,306,800
2	Patel Milan	1,792,000
3	Patel Kaya	881,000
4	Rajapaksha Kankanamge Ayan	802,800
5	Ahmadyar Atal	611,600
6	Parasca Miruna	447,600
7	Rajakumaran Hari	437,600
8	Bharadava Riya	400,400
9	Ginga Timotei	327,300
10	Gandecha Aarya	305,600
11	Patel Akshara	277,900

All participants are entitled to a certificate of achievement. These will not be printed automatically but can be collected from the MFL office on request.

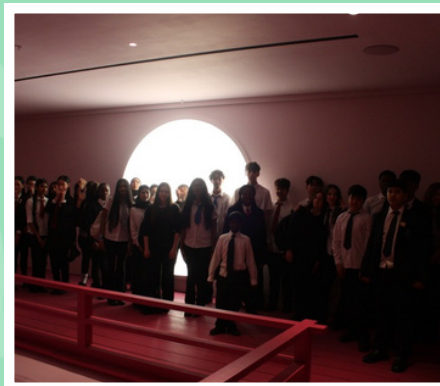
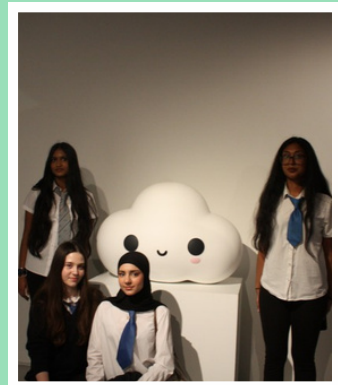
Well done to everyone involved ! – *MFL Department.*



Inspire Programme Reward Trip

On 27th April, Inspire Programme students from Years 9, 10 and 11 enjoyed an enriching visit to the Moco Museum. They engaged thoughtfully with modern works by artists including Banksy, Jean-Michel Basquiat, Andy Warhol and Takashi Murakami. The exhibition prompted students to reflect on themes such as identity, injustice and human nature, and how powerful ideas can be expressed through art.

"We are keen to continue celebrating our students' achievements and promote their further enrichment, well done!" – Mr Sandu



Student reflections:

"Our Inspire trip gave us bonding opportunities and amazing learning experiences through viewing the creative pieces of work that artists from across the world has to offer us... I enjoyed all of the art exhibits... particularly that it made me think imaginatively about its content... I would highly recommend this learning experience." – Alia, 9TC

"The trip to the Moco Museum was a valuable and worthwhile experience, featuring modern creativity and themes around social injustice. I enjoyed seeing different forms of art, from paintings and graffiti to statues and mirrors, which showed the mix between contemporary and more traditional styles. One moment I found inspiring was the Pink Garden, as it challenged the idea of art being limited to a canvas and showed how it can be expressed in different ways." – Abigail, 10SC

"One moment I especially enjoyed was seeing the modern and street art pieces, particularly those by Banksy, as they were bold and thought provoking... I found the Moco Museum inspiring because the artwork carried strong messages about society, making it meaningful and memorable." – Gia, 11NK



Year 9 Brilliant Club Graduation

On 27th April, our Year 9 students in The Brilliant Club celebrated their graduation ceremony at the Department of Chemical Engineering and Biotechnology at the University of Cambridge. The event highlighted the dedication and hard work students have shown in completing their final assignments, which focused on vaccines and the practical considerations involved in implementing a vaccination programme.

Congratulations once again to Juliana Imran, who has been nominated for inclusion in The Brilliant Club's journal, The Scholar. We wish her every success and hope her essay will be selected for publication.

This memorable experience would not have been possible without the support of Ms Krasauskaite and Ms Browne. We extend our heartfelt thanks for their invaluable help and guidance.



SATSANG DIKSHA Read by Manasvi Patel 8HG

At last week's Arts & Culture Evening, Manasvi recited a part of the Satsang Diksha, and explained its relevance and teachings. Here is an extract from its verses:

Sadaivā'daraṇīyā hi vidvad-varishṭha-shikshakāhā; Yathā-shakti cha sat-kāryāh sādhu-vādādi-karmaṇā.

One should always respect the learned, seniors and teachers. According to one's capacity, one should honour them with good words and other such deeds.

Sevām mātuh pituh kuryād gruhī satsangam āshritaha; Prati-dinam namaskāram tat-pādeshu nivedayet.

Householder satsangis should serve their mother and father. They should bow to their feet every day.

Bālyād eva hi satsangam kuryād bhaktim cha prārthanām; Kāryā prati-dinam pūjā pitroh panchānga-vandanā.

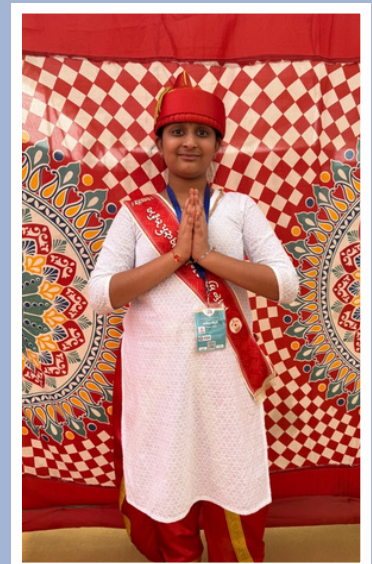
From childhood, one should practise satsang, offer devotion and pray. One should daily perform puja and offer panchang pranāms to one's mother and father.

Utsāhād ādarāt kuryāt svā'bhyāsam sthira-chetasā; Vyarthatām na nayet kālam vidyārthī vyartha-karmasu.

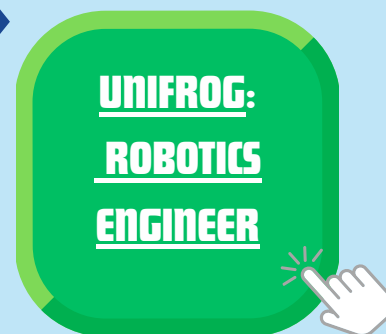
Students should study with concentration, enthusiasm and respect. They should not waste their time in useless activities.

Tanotu sakale vishve paramānanda-mangalam; Swāminārāyaṇah sākshād Akshara-Purushottamaha.

May Swaminarayan Bhagwan, who is Akshar-Purushottam Maharaj himself, spread supreme bliss and auspiciousness throughout the entire world.



Careers & Employability



Upcoming Events



Wed 03 Jun | Online

Aspiring to Oxbridge

Career Compass has partnered with Oxbridge Applications, the world leader in supporting applications to Oxbridge. This is an amazing opportunity to get first class help on your application to Oxford or Cambridge and increase your chance to secure a place at your college of choice.

RSVP

Mon 18 May
CV Masterclass ^

18 May 2026, 18:00 – 19:15
Online Webinar

Your CV is your biggest marketing tool. This workshop will show you how to write a great CV that will stand out.

[RSVP](#)

VIRTUAL

Engineering a Sustainable World - Work Experience with IChemE

This IChemE Virtual Work Experience programme is full of engaging content to get you stuck into the various pathways in chemical engineering. Plus, you'll hear from industry experts, and complete activities and quizzes to improve your knowledge. Interested in seeing where Chemistry or Chemical Engineering could take you?

[Start Now](#)



Years 7-9 log into your Unifrog account listen to the video and complete the Unifrog 101 tasks. You can access Unifrog from home as well as at school.

Once you have completed the tasks you can download a certificate and place in your locker.



 ATTENTION KS4!

POETRY SLAM WORKSHOP

WITH **BREIS**



YOUR VOICE.
YOUR STORY.
YOUR STAGE.

WANT TO TAKE PART?

★ YOU CAN STILL SIGN UP FOR THE
WORKSHOP WITH BREIS! ★



BUILD CONFIDENCE.



DEVELOP YOUR WRITING.



PERFORM YOUR OWN WORK.



LEARN FROM A
PROFESSIONAL ARTIST.

LAST CHANCE

TO SIGN UP!

DEADLINE:

FRIDAY

16TH MAY



IF YOU'RE INTERESTED,
SHARE YOUR INTEREST WITH
MRS KADIRI IN THE ENGLISH OFFICE.

SPEAK OUT. BE HEARD. MAKE AN IMPACT.



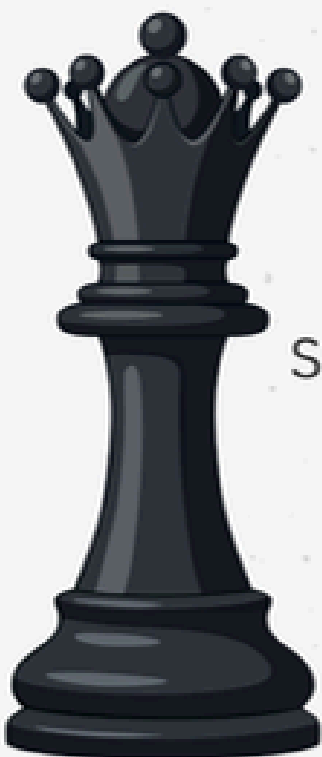
PARK HIGH CHESS HOUSE COMPETITION

5 Students from Each House
3 Rounds of Competing
1 House Wins

Sign up on 5th and 12th of May 2026 in
M6 at 3.30pm

Round One - 19th May
Round Two - 2nd of June
Round Three - 19th June

Competition takes place after school in M6
Amazon Vouchers for the Winners



MESSAGES FROM HEADS OF YEAR

Year 7

Year 7, you should all feel incredibly proud of the way you have participated in your very first Arts Week. It has been wonderful to see so many of you getting involved with such enthusiasm, confidence, and creativity. The African drumming workshop was a real highlight of the week, and many of you fully embraced the energetic rhythms and fun atmosphere, creating a fantastic sound together. We were also so impressed by those of you who performed during the Arts and Culture Evening — it takes courage to perform in front of an audience, and you represented Year 7 brilliantly. Another standout moment was the physical theatre workshop, where the creativity, teamwork, and imagination you showed genuinely amazed us. We are very excited to showcase some of this work in an upcoming assembly so that others can see what you have created. We hope that Arts Week has inspired you to continue being creative, trying new experiences, and getting involved in the arts throughout your time at school.

A huge well done also goes to everyone who has earned star stickers this week for outstanding presentation in lessons. There are two weeks left to earn a star sticker and to be entered into the raffle, so keep pushing yourselves and taking pride in your work. Finally, congratulations on the fantastic number of bronze badges achieved so far — 161 students out of 228 have already reached this milestone, which is an excellent achievement for the year group. Let's try to get as close to 200 by half term — you can do it!

Miss Daler

Year 8

Hello Year 8 - with two more weeks to go until Half Term, I wanted to share the message of integrity again.

Integrity is not just about what we do once; it is about the character we build over time. You may not always be praised for making the right choice, but those choices matter. They help you grow into someone you can be proud of. Use the lesson of the Duke of Wellington as inspiration - he was not always popular as a war leader or as Prime Minister, but he was respected for doing the right thing and being a man of integrity.

Also - a massive well done to those who participated in our Arts and Culture Evening - it takes a lot of courage to stand on stage and perform in front of students and parents alike. It is not an easy thing to do, but you should be proud of your efforts.

Keep working hard!

Mr Hargreaves



Year 9

Punctuality and persistence are essential qualities for success in Year 9 and beyond. Being punctual means arriving on time, prepared and ready to learn. It demonstrates respect for your teachers, your peers and your own education. When students are on time, they do not miss important instructions and are able to engage fully in lessons, which supports stronger academic progress. It also builds discipline, responsibility and effective time management skills.

Persistence, particularly the completion of work after lesson, is equally important. Continuing to work through challenges, rather than giving up, leads to better understanding and improved outcomes. Research shows that persistence is strongly linked to higher achievement, as students who continue working despite difficulty often perform better academically.

Together, punctuality and persistence create positive habits that build confidence, resilience, and success both in school and in life.

Miss Acheampong

Year 10

Dear Year 10,

Only two more weeks until a well-deserved break! As the next round of progress checks approaches, some of you may be feeling nervous or under pressure. Please remember to be patient with yourselves and your teachers and know that there is always room and time for improvement. What matters most is that you continue trying your best and learning from every experience.

This week, I had the opportunity to spend time with some of you during cooking lessons, and honestly, it was the highlight of my week. Your talent, creativity, and teamwork were fantastic to see — and the food was delicious too! I was incredibly proud of what you achieved and I'm already looking forward to joining the other class this week.

Please continue to show persistence in your learning and maintain the positive attitudes we see around school every day. Those small efforts make a big difference.

Keep going — you're doing brilliantly.

Lastly happiest birthday to Bianca, Filippo and Shurati!

Mrs Manandhar



Year 11

What a wonderful last week we have had! I am proud of the way you have carried yourself through the final week. The kindness and appreciation you have shown to your year team and teachers has demonstrated your good character - they have felt your warmth. It was beautiful to see you all interact with one another, saying goodbye and signing shirts - we will all cherish the memories from that day. Our last assembly was a moment of final celebration - it was a joy to see you smile, laugh and cry together - we have had an epic journey, an adventure - one that has led you to be a better version of yourself. These have been the best years of our life and we are so proud of the person you have become. And now as you look to new horizons - your exams, sixth form or college - you can do so with confidence and determination.

Now it's time to focus on the task ahead - your exams. We are cheering you on through your exams. Maintain discipline in your revision and study timetable. Remember, you have been emailed a timetable of masterclasses that will be put on for you just before your exams - we encourage you to attend these classes as they will be a spring board into your exam. Also, if you wish to revise in school during the exam period, an email with a link to a form has been sent to your parents/carers. They need to complete the form to give permission for you to stay in school to revise.

Finally, to support you before your exams, we are putting on a free Breakfast Club the morning of each exam. This will be in the school canteen from 7.45-8.15am, where you will be able to have a free breakfast and a quiet study time.

Now go and get the grade you deserve! You've got this.

Mr Fowler



Sixth Form

Year 13:

Congratulations! We hope you enjoyed your final day. Good luck for your exams, we will miss you!



Mr Clarke



OPEN MORNINGS

Know someone thinking of joining Park High in September? Invite them to one of our Open Mornings.

Get a guided tour, speak to staff and students, and see the school in action.

By appointment only.

Every Tuesday during term time. All tours begin at 9.15am.

Please book via the school website or scan the QR code.



PARK HIGH SCHOOL

A SCHOOL OF CHARACTER AND OPPORTUNITY



PROUD TO BE

GOOD

IN ALL AREAS



SUMMER 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
Dance Club*	Lunchtime	Dance Studio

Wednesday

Activity	Time	Location
GCSE Table Tennis	Lunchtime	Main Hall
Spanish Conversation Club	Lunchtime	L3
Y7-9 The French Corner	Lunchtime	L1
Poetry Club	Lunchtime	R1
Cricket	After School	Park
Into Film Club	After School	T5

Friday

Activity	Time	Location
Rounders*	After School	Park
Girls & 6 th Form Table Tennis	After School	Main Hall

Tuesday

Activity	Time	Location
Computer Science Club*	Lunchtime	T1
French Conversation Club	Lunchtime	L4
German Conversation Club	Lunchtime	L3
Literary Lounge	Lunchtime	N4
Women in Stem	Lunchtime	S4
Athletics	After School	Park
Chess Club	After School	M6
Y12 Brilliant Club**	After School	B3

Thursday

Activity	Time	Location
Table Tennis Coaching	Before School	Main Hall
Y10 GCSE Art Club**	Lunchtime	P5
School Council**	Lunchtime	S3
Y7-11 Science	Lunchtime	S2
Gymnastics	After School	Main Hall
Y8 Brilliant club **	After School	B2



THIS WEEK

- 11/05/26 - Swimming Trials (A)
- 12/05/26 - U15 Cricket V Pinner High (A)
- 12/05/26 - Y7 Rounders V Hatch End (H)
- 13/05/26 - Y7 Cricket V Whitmore (A)
- 13/05/26 - Y7 Netball Final (H)**
- 14/05/26 - Y7 Cricket V Avanti (A)
- 14/05/26 U15 Cricket V JFS (A)

FIXTURES



NEXT WEEK

18/05/26

No Events listed

19/05/26

Y8 HPV Vaccinations
Poetry Slam

20/05/26

No Events listed

21/05/26

PSHCEe, Period 1

22/05/26

WildHearts Micro-Tyco Trip



FREE THINGS TO DO

Primrose Hill, NW1 4NR

This picture-perfect hill in north London where you can see the city skyline at a distance. Its summit is one of six protected views of London, and it's easy to see why. Obviously, clearer days are best as you can see further. The time of the day depends on what you're after... enjoy quiet moments early in the morning or make the most of "golden hour" and sunset views later in the day.

Nearest Tube: Chalk Farm (Northern)

