



STUDENT BULLETIN

18/ 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

No Events Listed

Tuesday

Year 8 HPV Vaccinations

Wednesday

No Events Listed

Thursday

PSHCEe, Period 1

Friday

WildHearts Micro-Tyco Trip

Message from the Associate Assistant Headteacher

As the final week of this half term draws to a close, I encourage you all to take a moment to reflect on your journey so far. Consider what you have accomplished, the challenges you have faced, the new knowledge and skills you have developed, and importantly, what you might choose to do differently next half term.

This week, we are proud to introduce our first-ever House Assemblies, led by our wonderful Year 12 student leadership team. The theme of "belonging" is particularly significant, linking closely with our focus on student voice this week. These assemblies are a wonderful opportunity to strengthen our sense of community and ensure that you all feel valued, heard, and connected within our school.

Our Year 11 and Year 13 students are now fully immersed in their examination season. They have been a credit to the school community through their dedication, excellent attendance at masterclasses, and the mature and focused manner in which they are approaching their exams.

Our year 10 students successfully completed their Bronze Duke of Edinburgh expedition this weekend. Despite some challenging weather conditions, they demonstrated impressive teamwork, resilience, and cooking skills. They navigated effectively using map and compass, supported one another, and worked collaboratively to set up tents.

Students in Years 7, 8, 9, 10, and 12 you have been reflecting on your progress towards your Review Day targets. We look forward to discussing these on Tuesday 14th July with you and your parents/carers.

Have a lovely and restful half term break. Take time to relax, stay safe, and enjoy spending time with family and friends you have all worked incredibly hard this term and deserve it.

Ms Perren

WORD OF THE WEEK

Conundrum |noun

A confusing or difficult problem.



ACHIEVEMENTS

YEAR 7 SILVER CHARACTER AWARD BADGE



ACE LOTTERY WINNERS

Natanael R 8YK

Melisa B 7PJ

Most House Points



Most
Character points

8KL

Best
Attendance

8MO

Best
Punctuality
7PJ & 8YK



SPORTS NEWS



Year 7s win first game

Our Year 7s embarked on their Park High cricketing journey on Wednesday, ready to follow a well-trodden path that has led to many enjoyable moments and much success. They played an indoor game as the weather was unpredictable and it was a dramatic opener. Wickets tumbled as Whitmore were bowled out and we looked as though we would face the same fate. However, with our last partnership in the middle, we somehow got the required runs to end up winning our first game by one wicket. Our batting let us down a little on Thursday as we lost narrowly to Avanti, but we are still hopeful we can progress from our group to the semifinals.



U15 cricket success

Our U15s beat Pinner by 8 wickets on Tuesday to all but guarantee a spot in the semifinals of the borough competition. Then, on Thursday, it was off to JFS for the opening round of the Knight-Stokes Cup. This is a new national competition for state schools. Independent schools dominate the cricket scene at the top level and, whilst we will still enter the Middlesex Schools each year, the new Knight-Stokes tournament levels the playing field a little. The game was reduced to 10 overs a side due to rain but that didn't stop Anerudh and Sahaj smashing 131 without loss. JFS only managed 47 in reply as we took 8 wickets and won by an impressive 84 runs. Next up in that competition we have Kingsbury, with QE Boys awaiting the winners of that tie.

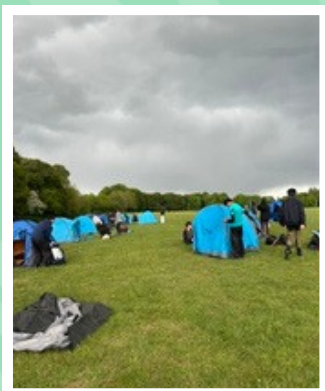


<https://www.lords.org/mcc/barclays-knight-stokes-cup>



Year 10 Bronze Duke of Edinburgh

A huge well done to the 42 students who completed the first DofE expedition!
More photos and stories in next weeks addition.



MESSAGES FROM HEADS OF YEAR

Year 7

Good Morning Year 7,

As we head into the final week before half term, we would like to remind all Year 7 students to continue being the best versions of themselves. Please make sure you are calm and sensible when walking to lessons, polite and respectful to all staff, and working hard in every lesson. We are very proud of the progress you have made this term, and we know you can finish strongly.

There is also some exciting news about the residential coming after half term, so keep an eye out for more information! Well done to those who have achieved their silver badge this week – excellent work! 7 weeks to complete our year group challenge, keep going guys!

We hope you all have a fantastic half term break and would love to hear about what you get up to when you return.

Miss Daler

Year 8

Hello year 8,

It has been good visiting all of your lessons this week, Year 8. I have particularly enjoyed seeing your cooking skills on display and was blown away by the incredible pizzas that were created by students in 8b and 8c! It was honestly restaurant standard. Well done to all.

This week is the last one before Half Term and as such, it is the last week where we are focusing on Integrity. I really want all of you to reflect on your behaviour in school.

Some of you have done brilliantly all year and should be immensely proud of yourselves as myself and Mrs Ali are. However, there are some of you who know there are improvements you can make. Be honest with yourselves, are you taking accountability for your actions? Are you always respectful? Are you trying your hardest in every single lesson? If the answer is not always yes, then let's ensure this week is the beginning of that change.

A reminder to check your house badges are on your blazers and visit the HoY Office this week if you need one! Well done to all of those who have received their platinum badges - tremendous work!

Mr Hargreaves



Year 9

Good Morning Year 9,

This week you will find out whether you have secured the subject preferences you selected for your GCSE journey. This is an important moment, as these choices will shape the subjects you study in Years 10 and 11. It is important to remember that, while we aim to give students their preferred options, final allocations depend on factors such as pathway requirements and subject availability. Approach the outcome with maturity and a positive mindset. Whatever the result, focus on making the most of the opportunities ahead. Success at GCSE is not only about the subjects you study, but also the effort, commitment, and attitude you bring to your learning every day.

Be ready to embrace your pathway, take pride in your journey and work hard to achieve your very best till the end of Year 9.

Year 9 Challenge: What new facts do you know about Harrow. You will receive an achievement point for every fact given.

Miss Acheampong

Year 10

Good Morning Year 10!

It's the last week before a well-deserved break, and it looks like the weather will be in your favour too! Let's finish the term strongly by staying focused, being punctual, and continuing to show the excellent attitude and behaviour we expect from Year 10.

A huge well done to the 42 students who completed the first DofE expedition! The challenges you faced, along with the determination and resilience you showed during the hail and rain, were truly commendable. You should all be very proud of yourselves.

A special mention to Rayen — your choice of Mickey Mouse Disney waterproofs was admirable and definitely brought some extra spirit to the expedition! 🙌

Looking ahead to next half term:

- 4th June – Band A Parents' Evening (School Cloud opens 20th May)
- 10th June – Band B Parents' Evening (School Cloud opens 1st June)

Happiest birthday over the half-term to: Kaiyran, Mohamed Luqman, Fawaz, Darsh, Dwij, Seraid, Sasha O, Swastika and Zohra!

Have a fantastic week everyone!

Mrs Manandhar



Sixth Form

Year 13

We would like to congratulate our Economics, English Literature, Business, Further Mathematics and Psychology students on their excellent start to the examination season, having successfully completed their first papers this week.

We wish the very best of luck to all students with examinations scheduled next week, including those studying Sociology, Economics, Business, History, Psychology, Physics, Drama, Politics, Physical Education, Further Mathematics and Design & Technology. We commend your continued hard work and dedication at this important time.

Year 12

Thank you to all students and staff who submitted nominations for the DVS awards. The level of care, thoughtfulness and mutual respect demonstrated through these nominations is truly commendable. With over 150 nominations received, the selection process across the ten categories is now underway. Winners will be announced next week.

We also appreciate your engagement in completing the Futures Survey, which will inform planning for Futures Week in July. Preparations are already underway for a comprehensive programme, including guest speakers, university visits, work experience opportunities and team-building activities.

In the meantime, students are encouraged to continue preparing for their future pathways by engaging with the UCAS Hub, attending university open days and undertaking further independent research.

Mr Clarke

PARK HIGH SCHOOL
A SCHOOL OF CHARACTER AND OPPORTUNITY

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.

PROUD TO BE GOOD IN ALL AREAS





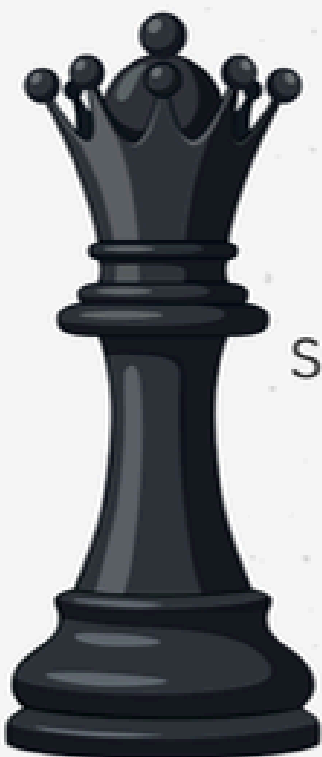
PARK HIGH CHESS HOUSE COMPETITION

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



Careers & Employability



CLINICAL CODER

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

CLINICAL CODER

STARTING SALARY
£22K-£26K

POTENTIAL SALARY
£45K+

JOB OF THE WEEK #2712

SCAN ME

YouTube @mypathcareersuk

MYPATH

Apprenticeships
Learn. Earn. Succeed.

Job
Find your next opportunity

WORK HARROW

Harrow Jobs, Apprenticeships & Volunteering Fair 2026

AGE: 16-25

Harrow College

Join us for a day of networking, job opportunities, and career growth as we connect jobseekers with top employers in the area at Harrow Jobs & Volunteering Fair.

- Date: Thursday 28th May 2026
- Meet at Harrow On the Hill Station (Lowlands Road) for 10:45am
- Fair from 11am to 1pm

To book a place, reply to this email / to: youngcarers@harrowcarers.org With YAC name, age, and phone number by Wed 20th May 2026, confirmations sent 22nd May





Young Artists who live in Harrow and the surrounding areas, how do you see the world?

This is an Open Callout to budding artists aged 0-21 to create a piece of art that shows how you see the world around you. Put your best creative side into action and paint, draw, collage, model, photograph (or whatever your chosen medium!) through your eyes. Selected artwork will be displayed at the HAC White Cube Gallery and Greenhill Art Pod from 3rd - 28th August.

This is the fourth open call exhibition for young artists curated by Harrow Open Studios, and supported by Harrow Art Centre and Headstone Manor & Museum.

Find out How to apply on the Harrow Arts Website:

www.harrowarts.com

Submission Deadline: Friday 17th July 2026

(You will be contacted about selection between 18th and 24th July 2026)

If you have any questions, please email participation@harrowarts.com

REVISION & RESET DAY WITH GOLF SIMULATION

-  **27TH MAY 2026**
-  **10:00AM - 3:30PM**
-  **Old Lyonians Sports and Social Club (74 Pinner View HA1 4QF)**

WORKSHOP OUTLINE :

This session is all about helping you feel more confident, organised, and prepared for your exams. Whether you already have a revision plan or don't know where to start, this workshop is here to support you and help you achieve your best. To keep things fun, we'll also have a golf simulator as a fun rest activity, giving everyone a chance to relax, recharge, and enjoy a break while working hard.

Lunch
Provided:
PIZZA

Ages:
14 to 18

To book a place, reply to this email / to: youngcarers@harrowcarers.org
With YC/YAC name, age, and phone number by Wednesday 20th May 2026, confirmations sent on 22nd May

REFLECT
RETHINK
REVISE

MAY HALF-TERM MAKE A PLAY IN A DAY!

FREE PERFORMING ARTS WORKSHOP

Join us this May Half-Term for a fun packed workshop where you'll create your own original play in just one day! Enjoy acting, movement, and crafting, culminating in a performance!

No experience needed—
just come and have a great time!

DATE: 26th May 2026

TIME: 11.30am - 3.30pm

AGES: Ages 7-16

LOCATION: The Old Lyonians, 74 Pinner View
Harrow HA1 4QF

PLEASE REMEMBER TO BRING A
PACKED LUNCH

AGES : 6 - 14

DELIVERED BY UNIQUE COMMUNITY

www.uniquecommunity.org

To book a place, reply to this email / to:
youngcarers@harrowcarers.org

With YC name, age, and phone number
by Wednesday 20th of May 2026,
confirmations 22nd May



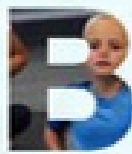
A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.



ASK FOR HELP

You are not alone, so reach out and ask for help



BREATHE

Focus on your breath to find a sense of calm



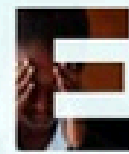
CONNECT

Connect with friends, family and trusted adults



DETOX

Unplug from social media and other distractions



EMOTIONS

Observe how you feel and label your emotions



FIND SAFE PLACE

Go to a place where you feel safe and at ease



GRATITUDE

Focus on the things you're grateful for



HEALTHY HABITS

Create a balanced routine with healthy habits



INQUIRE

Pause and ask yourself, "how do I feel right now?"



JOURNAL

Use a journal to express your thoughts and feelings



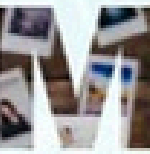
KINDNESS

Be kind and compassionate to yourself and others



LET GO!

Feel more energised, by moving your body



MEMORIES

Visualise three things you are proud of



NATURE

Improve your mood by exploring the great outdoors



OPENNESS

Be open to new activities and notice what happens



PATIENCE

It's okay to not be okay, so give yourself time



QUIET

Take quiet moments every day to reflect



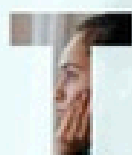
REST

Be mindful, rest often and get plenty of sleep



SUPERHERO

Stand in the Superhero Pose for two minutes every day



THOUGHTS

Track your thoughts in a journal, and notice any themes



UNIQUE

You are unique, and so is your mental health



VOLUNTEER

Boost your self-esteem by giving back to others



WORRY TIME

Schedule "worry time" to help solve practical worries



EXCITEMENT

Do more of the things that bring you joy and excitement



YOU MATTER!

You are important and your feelings matter



ZEN

Practice calming activities like yoga and meditation

PARK HIGH SCHOOL PRESENTS

POETRY SLAM NIGHT

THE WAY I SEE IT



TUESDAY
19TH MAY 2026



4:00 PM – 5:00 PM



PARK HIGH SCHOOL



SPECIAL GUEST:

BREIS



2-HOUR WORKSHOP



LIVE PERFORMANCE



STUDENTS



STAFF



PARENTS



CARERS

EVERYONE WELCOME!

LIMITED SPACES –
BOOK NOW!

SIGN UP AT THE ENGLISH OFFICE

STEP UP.
SPEAK OUT.
BE HEARD.



NEW!

Classes with
**STEP INTO
DANCE**

When Wednesday 3.30-4.30pm

Where Dance Studio

Contact Miss Lawrence

ROYAL ACADEMY
OF DANCE

JackPetchey
Foundation
Inspire • Motivate • Achieve

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
Step into Dance*	After School	Dance Studio

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

FIXTURES

- 18/05/26- Knight-Stokes U15 Cricket v JFS (a)
- 19/05/26- Yr7 and 8 Boys Athletics @ Bannisters
- 20/05/26- Yr7 Netball final v Sacred Heart (h)
- 20/05/26- Knight-Stokes U15 Cricket v QEB (a)
- 21/05/26- U14 Netball final v Pinner (a)



NEXT TERM

HALF TERM: 25th - 29th May

01/06/26

DofE Silver Practice Expedition

02/06/26

DofE Silver Practice Expedition

03/06/26

DofE Silver Practice Expedition PSHCEe, Period 1

04/06/26

Y10 Band A Parents' Evening

05/06/26



FREE THINGS TO DO

Outernet is London's most visited attraction. Featuring giant LED screens inside and out, Outernet is an immersive entertainment district bringing together breath-taking arts, culture, and music experiences for all the family. Located in central London next to Tottenham Court Road station, Outernet brings together the best exhibitions, brand demos, and latest immersive technology to create experiences worth sharing. Plan your visit:

-  Immersive entertainment
-  The Now Building
-  Tottenham Court Road Station

