



STUDENT BULLETIN

13/ 07 / 26

Proud to be **GOOD** in all areas



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

HAPPENING THIS WEEK

Monday

Y9 Ignite
PSHCEe, Period 3

Tuesday

Review Day*

Wednesday

Y9 Sports Day

Thursday

No Events Listed

Friday

Last Day of Summer Term

*Students are not in on this day apart from to attend their review day appointment.

Message from the Headteacher

Dear Students,

What an exciting and fulfilling year we have had, filled with opportunities to live our ethos 'being the very best we can be'. We have succeeded in the Arts, sports and academic pursuits. We have learned both inside the classroom and outside with so many opportunities on all kinds of trips. We have embraced a new House system that has brought us together across the school not just in our own year groups. As our year comes to an end it is a good time for reflection - What are you most proud of this year? What character virtue did you develop the most? How kind were you to others?

In this, my last message to you all, I wish you a safe and peaceful summer. Help your parents and carers where you can over the weeks ahead, read a book, paint a picture, enjoy the world around you, the sights, sounds and smells of summer make us smile, and smiling is a very good thing! Come back to us in September rested and ready to continue on your journey to be the most amazing, kind, thoughtful, hard working young person we know you all have the potential to be.

I wish you every success in the future, it has been a privilege to be your Headteacher.

Mrs O'Dwyer

WORD
OF
THE WEEK

Juxtapose | verb

To place side by side for comparison.



Resilience . Integrity . Curiosity . Teamwork . Compassion

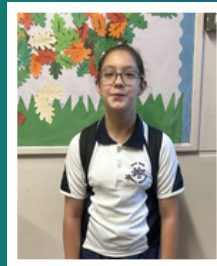
ACHIEVEMENTS

SHOUT OUT

Congratulations to **Jamaiya Garnes**, who has been selected to represent the London Fire Brigade Wembley Fire Cadets at a special community event. Jamaiya will be sharing the skills and knowledge she has gained as a Fire Cadet with younger students, while developing her own leadership and presentation skills. This is a fantastic achievement, and we are incredibly proud of her dedication and commitment.

Silver Award Winners

Congratulations to **Aiden 7YC**, **Kimberli 7ZB**, **Aathan 7BG** & **Ziarmal 7LB** for winning their Silver Award!



Gold Award Winners

A very well to: **Toby 7PJ**, **Shlok 7PJ**, **Shiv 7BG** & **Vanisha 7BG** for winning their Gold Award!



Most House Points



Most
Character points

8AW

Best
Attendance

8BP

Best
Punctuality
9SL

ACE LOTTERY WINNERS

Daniel C 10HC

Umar F 9NG



ACHIEVEMENTS

CELEBRATION ASSEMBLIES

Last week, we held Celebration Assemblies for Years 7–10. These assemblies provide a wonderful opportunity to reflect on this year's achievements, recognise personal growth, and celebrate the hard work, dedication and successes of our students.

Here are just a few of the awards presented last week:

Year 7

Pastoral Assistant Award:

Amina Mohamed
Mustafa Amar Mu Ibrahim

Head of Year Award:

Vanisha Bhudia
Vihan Shah

Headteacher Award:

Kanisha Halai
Matias Babu

Year 8

Pastoral Assistant Award:

Naba Al Jamali
Alexandra Comarita

Head of Year Award:

Reniyah Reinhold
Shlok Patel

Headteacher Award:

Zainab Mohamed Irphan
Aaron Smith

Year 9

Pastoral Assistant Award:

Shereen Banjak
Shavishnu Arivalagan

Head of Year Award:

Daria Loghin
Andrei Zubas

Headteacher Award:

Ruth Turcan
Lewis Merticariu

Year 10

Pastoral Assistant Award:

Mohamed Luqman
Hosna Khalizadeh

Head of Year Award:

Fana Taha
Yousuf Asghar
Kaiya Patel
Rayaan Zafar

Headteacher Award:

Kashvi Patel
David Dobrica

These individuals embody the Park High vision, ethos, and character virtues, demonstrating excellence both inside and outside the classroom.

NEW PREFECTS

Well done to all the Prefects who have put in great effort and time in the applications. The Prefect Team would also like to take the opportunity to say a big thank you to all the students who have contributed to a safe and supportive environment for our school community.

Head Prefects:

Dalisha V 10AL
Jason B 10WN

Deputy Head Prefects:

Bianca C 10WN
Bryan M 10HC



MESSAGES FROM HEADS OF YEAR

Year 7

Congratulations Year 7, on reaching the end of your very first academic year at secondary school! It has been such a pleasure to watch you settle into this new chapter, build wonderful new friendships, grow in confidence, and discover your strengths in so many different areas of school life. I am incredibly proud of everything you have achieved and of the resilience, kindness, and determination you have shown throughout the year.

Although I will miss seeing you all, I know you will continue to make me proud as you move into Year 8 - and don't think you've escaped me, because I'll definitely be asking Miss Hosain for regular updates on how you're getting on!

I hope you all have a fantastic, relaxing, and very well-deserved summer holiday. Enjoy every moment, stay safe, and come back refreshed and ready for another amazing year. I have organised a trip for you all when you are back!

I will miss you all!

Miss Daler

Year 8

Wow, we have made it to the end of the year!

Mrs Ali and I want to congratulate you on making it to the end of the year and for all the growth and progress you have shown! It has been a pleasure being your Head of Year and working with you. Highlights include our residential trip a few weeks ago, our bonding trip in October, the Matilda musical, sports day and all of the celebration assemblies we have had this year.

Year 8 has not always been smooth sailing. Along the way, there have been challenges, moments that tested your patience, your confidence, and sometimes even your belief in yourselves. But what stands out most is how many of you rose to those challenges. You handled them with maturity, with respect for one another, and with integrity. Those qualities matter just as much as academic success, and you should be very proud of that growth.

To our wonderful Year 8 students, take this summer to relax, to recharge, and to reflect on everything you have achieved and be ready to return in Year 9 refreshed, ready and excited to take on new challenges.

Have the best summer break!

Mr Hargreaves



Year 9

Final Week of the School Year.

As we begin the last week of Year 9 and Key Stage 3, I want to say how incredibly proud I was of all of you during the Year 9 Celebration Assembly. The way you conducted yourselves was exemplary, and you were a real credit to the Park High community. We have an exciting week ahead with plenty to look forward to:

Monday: Ignite

Tuesday: Review Day (Library)

Wednesday: Sports Day

It promises to be a busy but enjoyable week, providing many opportunities to showcase the maturity, resilience, and personal growth you have demonstrated throughout the year. It is also a valuable time to reflect on your achievements and consider whether you have met the targets you set for yourselves at the beginning of the year. Please make sure that you complete your Transition Booklet and any Transition Work for your chosen preference subjects before the first day back in September. Completing this work will help you feel prepared and confident as you begin your GCSE courses.

Finally, I would like to wish you all a safe, restful, and enjoyable summer holiday. Take time to relax, spend time with family and friends, and return refreshed and ready for the exciting challenges and opportunities that Year 10 will bring. Have a wonderful summer, and well done on a fantastic Year 9!

Miss Acheampong

Year 10

This is, quite literally, the last bulletin you'll read as a Year 10 group. I can't believe it's been a whole year since I first got to know you all and watched you flourish and grow. Some of you have certainly grown in more ways than just height - which has been lovely to see!

I am immensely proud of the year group you have become, and I am so excited for the next chapter as you move into Year 11. Yes, the pressure will increase, but the way you have conducted yourselves this year has been impeccable. Keep that attitude and determination, and you'll achieve amazing things.

A huge well done to our Drama students who completed their first exams. I managed to catch snippets from outside the hall, and I was blown away by the dedication, passion and talent you all demonstrated. You should be incredibly proud of yourselves, and I wish you every success when your results arrive.

There is even more to celebrate. A massive congratulations to Jason and Dalisha on being appointed Head Prefects, and congratulations to Bianca and Bryan on becoming Deputy Head Prefects. Your interview skills were absolutely phenomenal, and you should all be incredibly proud of yourselves. I'd also like to congratulate everyone who applied. The standard of applications was outstanding and showed just how much you care about our school community. Thank you for putting yourselves forward and representing Year 10 so positively.

As we head into the final week, please continue to uphold the high standards you've shown throughout the year.

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Year 10

Most importantly, I hope you all have a fantastic six-week summer holiday. Take the opportunity to rest, recharge and enjoy yourselves, so you come back refreshed and ready for the exciting challenges of Year 11.

Finally, thank you for making my first year at Park High so memorable. It has been an absolute privilege and honour to be your Head of Year, and I can't wait to see everything you achieve next year.

Lastly - happiest birthday to our youngest: Samkeet, Monty, Ghazal, Maalik, Ibrahim, Benjamin, Fatima H, Idris, Urvi, Naim, Rohan, Darsh D, Alexa, Alex C, Emily, Daniel D, Rivan, Thashna, Sergio, Maria R, Hanz, Joseph M, Gabriel, Jhanvi J, Shaan, zubair, Ava, Alec, Aris, Rayaan, Cristina, Mihaela, Sasha T, Krish B, Abigail, and Arihaan!

Have a wonderful summer, and I'll see you all in September as the official New Year 11's!

Signing off - **Miss Manandhar**

Sixth Form

Congratulations to all of our Year 12 students on a successful and productive year. They have worked incredibly hard throughout the year, culminating in their recent mock examinations.

Following these, students are now well underway with preparing their personal statements and UCAS applications, taking important steps towards their next stage of education. We are delighted with the progress they are making and look forward to seeing them return refreshed after the summer break, ready to hit the ground running as we begin submitting UCAS applications and supporting them through this exciting stage of their journey.

We wish all of our Year 12 students a restful and well-deserved summer.

Mr Clarke

Lockdown Drill

We want to reassure you that the lockdown practice taking place in school is a precautionary safety exercise. Just as we regularly practise fire drills, we also practise lockdown procedures so that everyone knows what to do in the unlikely event of an emergency.

These drills are not taking place because there is a specific threat or cause for concern. They are simply part of our commitment to keeping everyone safe and prepared. Practising helps students and staff remain calm, confident, and able to follow instructions quickly if an emergency were ever to occur. During the exercise, staff will guide you through each step and be available to answer any questions or concerns you may have. Your safety and wellbeing remain our highest priority.

Thank you for your cooperation and maturity during the practice. By working together, we help ensure that our school remains a safe and secure environment for everyone.



SPORTS NEWS



Year 7 into the cricket final!

There was drama in the cricket this week as Year 7 made the borough final and U14 lost in a super over after finishing on exactly the same runs as Avanti! Year 7 also had their cage cricket tournament (team pictured), where a few extra runs would have taken them to the final and U15 will play their semifinal after the time of writing.



The Year 7 semifinal v Whitefriars was played indoors due to the heat and it was some superb reaction catches and direct hits in the field that set us up to win the game. Indoors you can catch 'one hand off the wall' and there were a few brilliant one hand takes to dismiss some of Whitefriars top order. Some excellent bowling and quick thinking in the field added more wickets and we ended up dismissing their team well before their allocated overs were completed.

In bat we knew the rate was easily achievable, it was simply about not losing wickets. We blocked out their best bowlers and then put away the bad balls from anyone who was a little weaker. We reached the total having lost only 3 wickets as we progressed to the final with relative ease in the end.

In the U14 game we restricted Avanti to 118 off 15 overs and we felt we could chase this. Then Jarel ran himself out in the first over and we wondered if our other batsmen would have enough hitting power to make the required runs. Up stepped Jainil with a season best of 61! Two fours from Yusuf off the final two deliveries of our innings and the scores were tied: 118 each! Unfortunately we lost in a super over, but what a great contest we enjoyed.

As you read this you may have heard news of the U15 result, hopefully they made another final! Well done to all the students involved in another action packed cricket season!



Interschool Chess Competition



Park High proudly represented the school at the Canons Interschool Chess Competition, showcasing skill, determination and sportsmanship throughout the event. Competing against strong local opposition, tried their best in every round.

Each player approached their matches with confidence and focus, overcoming challenging positions while supporting and encouraging one another throughout the day. Their teamwork and positive attitude reflected the values of Park High, with every student acting as an outstanding ambassador for the school both on and off the chessboard.

The competition provided a fantastic opportunity for students to test their abilities against talented players from other schools. Regardless of the results of individual games, every member of the team displayed perseverance, respect and a genuine passion for the game.

Two students in particular won all three of their matches, Danveer Shavadia and TJ Perez.

We are incredibly proud of all the students who represented Park High. Their commitment, dedication and exemplary behaviour made the school proud, and we look forward to seeing them continue to grow and achieve even greater success in future interschool competitions.

Student reflections:

"It was good going to other schools to play other people, it was a nice experience." - Bashar Ghaleb

"It was fun, we can win next time." - Shavishnu Arivalagan

"It was an excellent experience, I will improve the next time I go against those people." - Sami Bellali



YEAR 7 REWARDS AFTERNOON

Our Year 7 Rewards Afternoon was a fantastic opportunity to celebrate the positive contributions and achievements of our students. Those selected by the Year Team were recognised for their excellent behaviour, commitment, effort, and achievements, and enjoyed an afternoon of games and inflatables in the sports hall as a well-deserved reward.

"I liked the inflatable basketball game especially seeing Miss Daler and Miss Hosain try and score 50 points! I also liked playing volleyball with Milen and Neel." - Jai

"It was so fun to play with my friends and to celebrate the end of our first year at Park High School" - Ioana

"I think this reward afternoon was a really good idea because it shows how our year team appreciate and acknowledge our hard work and good behaviour." - Ana



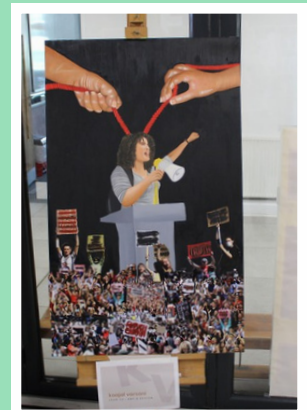
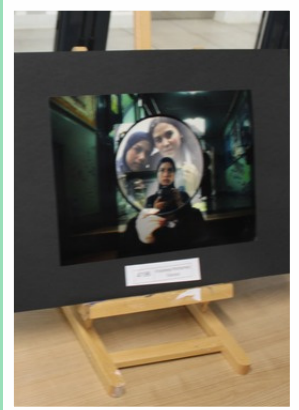
ART EXHIBITION



This week, we hosted our annual Art Exhibition in the Library, celebrating the exceptional creativity and talent within our Art and Photography Department. The exhibition featured an inspiring collection of artwork and photography produced by students in Years 10, 11, and 13.

Students were invited to view the exhibition and vote for their favourite pieces, making it a wonderful opportunity to recognise and celebrate the hard work and achievements of our young artists and photographers.

One student summed up the exhibition perfectly, commenting, *"Sir, this work is really good, I wish I could paint and take photographs like this."* It was fantastic to see such appreciation and admiration for the outstanding work on display.



YEAR 12 FUTURES WEEK



Our Year 12 students enjoyed an engaging and inspiring Futures Week, designed to help them explore the wide range of opportunities available after Sixth Form. Through workshops, university visits, virtual work experience and a team-building challenge, students gained valuable insight into higher education, apprenticeships and future careers.

The week began with a carousel of workshops focusing on post-18 pathways. Students received guidance on choosing the right university, explored apprenticeship opportunities and were supported in setting up their UCAS application accounts. Guest speakers from careers including Finance, Law, Psychology and Medicine also shared their personal journeys and advice.

"We got the exciting opportunity to meet a Medicine student, who spoke about his journey into medicine. He gave us advice on preparing for the UCAT admissions test, shared practice resources and talked honestly about his experiences, hardships and achievements. It was very inspiring." - Jelena (12GP) reflected on the Medicine session

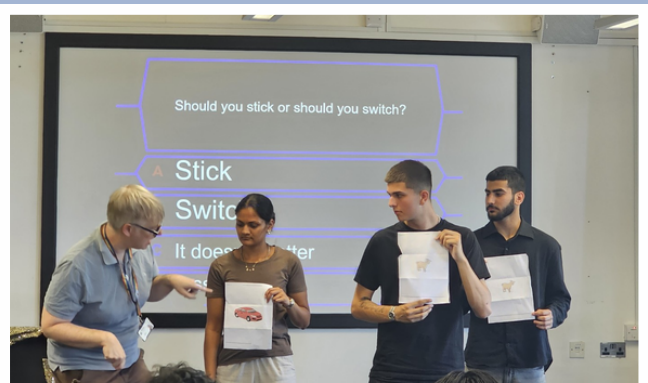
On Tuesday, students visited Aston University for a taster day, where they attended subject sessions and toured the campus.

"The experience gave us a realistic understanding of university life through a sample lecture and campus tour. It has helped me make more informed decisions about my future studies after Sixth Form."
- Hesanya (12PI)



Wednesday saw students complete virtual work experience with a range of employers. This allowed them to develop workplace skills while exploring careers from school. *"The experience gave me a better understanding of the world of work, strengthened my personal statement and helped me develop transferable skills including teamwork, creativity and problem-solving."* - Inaam (12SM)

The second university visit took place on Thursday at Brunel University London, where students met current undergraduates, explored the campus and attended academic sessions. *"The student ambassadors were friendly and answered all our questions. I particularly enjoyed the maths talk, which was engaging and interesting. Overall, it was a great experience."* - Arian (12TI)



YEAR 12 FUTURES WEEK (CONTINUED)

The week concluded with a Monopoly Challenge across Central London, where teams navigated the city to complete creative photo challenges at famous landmarks. *"It was a standout highlight of the term. The challenge required quick thinking, teamwork and creativity, and it was the perfect way to end Futures Week after our mock exams."* - Jasmin (12SM)

Following Futures Week, students interested in applying for Medicine, Dentistry and Oxbridge attended a specialist guidance event at Bentley Wood High School. *"We met medical students, doctors and Oxbridge admissions staff, who gave us valuable advice on personal statements, admissions tests and preparing strong applications."* - Jelena (12GP)

Futures Week gave our Year 12 students an invaluable opportunity to explore their future options, hear from professionals and university students, and develop the confidence and knowledge to take their next steps beyond Sixth Form.



SILVER DUKE OF EDINBURGH AWARD EXPEDITION

From 6-8th July we took 20 Year 12 students to embark on their Silver Duke of Edinburgh qualifying expedition in Guildford, Surrey. Students walked for three days and camped for two nights in sweltering conditions and were exceptional. All students showed amazing resilience and teamwork to complete their expeditions. Their expedition was sealed off with a win over Portsmouth Grammar School students in a highly contested football game on the last evening. A massive well done to all students and to Miss Kadiri, Mr Kalodikis and Miss Ward for all their hard work.

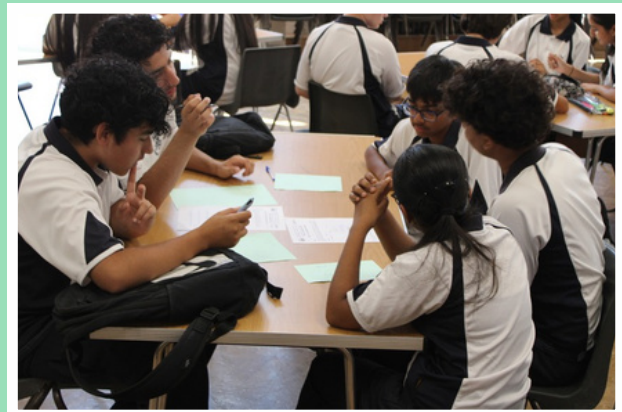


MATHS FEAST COMPETITION

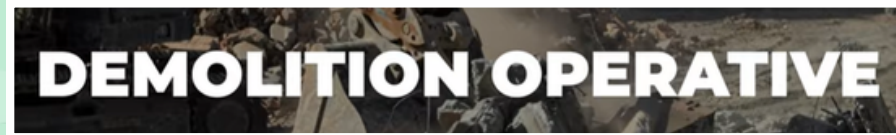
A huge well done to the 40 students who took part in the Maths Feast competition held in the hall last week. It was a fantastic day that brought together some of our brightest mathematicians to tackle challenging problem-solving activities while working collaboratively in their forms and houses. It was wonderful to see such dedication, teamwork and resilience, especially in the warm conditions. Thank you to everyone who took part and represented the school so brilliantly.

A massive congratulations to our winning team from **Regent's House**: Amos, Alec, Dalisha and Esha.

Your teamwork, problem-solving skills and determination throughout the competition were outstanding, and you should all be incredibly proud of your achievement. Well done!



Careers & Employability



Upcoming Events



Wed 09 Sept | Online Webinar

Choose the Career of your Dreams

Who do you want to be when you grow up? Don't worry if you don't have an answer: most people your age don't. This session will help you ask yourself the right questions to decipher which career is perfect for you. You will also learn how to make sure you succeed in the career of your choice.

RSVP



Your essential guide to careers, further education and university

Produced with support from:

BANK OF AMERICA

upReach
Transforming Social Mobility



UCAS

Find your ideal career

Get matched to jobs and see what courses previous students studied to get there

[Take the Quiz](#)

VIRTUAL

Industry Insight: Construction

In this experience, you'll explore the construction industry - from trades and engineering to data analytics and sustainability management.

You'll complete a series of quizzes and activities to help build your understanding of the industry, finishing the programme with a downloadable certificate.

[Start Now](#)



Resilience . Integrity . Curiosity . Teamwork . Compassion

SUMMER 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
Dance Club*	Lunchtime	Dance Studio

Wednesday

Activity	Time	Location
GCSE Table Tennis	Lunchtime	Main Hall
Y7-9 The French Corner	Lunchtime	L1
Poetry Club	Lunchtime	R1
Y7-8 Cricket Nets	After School	Sports Hall
Into Film Club	After School	T5
Step into Dance*	After School	Dance Studio

Friday

Activity	Time	Location
Girls Table Tennis	After School	Main Hall
Y9-10 Cricket Nets	After School	Sports Hall

Tuesday

Activity	Time	Location
Computer Science Club*	Lunchtime	T1
Literary Lounge	Lunchtime	N4
Y7 Trampolining	After School	Sports Hall
Chess Club	After School	M6

Thursday

Activity	Time	Location
Y10 GCSE Art Club**	Lunchtime	P5
School Council**	Lunchtime	S3
Y7-11 Science	Lunchtime	S2
Gymnastics*	After School	Main Hall
Y8-10 Trampolining	After School	Sports Hall



SUMMER HOLIDAYS KIDS EAT FREE OR FOR £1



PLACES KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2026

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

2 Kids eat free every day until Sept 6th 2026

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with 1 paying adult

BILLS

Kids Eat Free weekdays until September 1st 2026

BREWDOG

1 Kid eats free with 1 adult, 19th July - 31st August

CAFE ROUGE

Kids Eat FREE 12-4pm every day of the week

CHIQUITO

Kids eat free during all school holidays

COCONUT TREE

Kids eat free Mon 13th July - Sun 6th Sept

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult meal purchase

FARMHOUSE INNS

2 Kids eat FREE this summer holidays

FLAMING GRILL PUBS

Kids eat for 88p this summer holidays

FRANKIE & BENNY'S

Kids eat FREE during school holidays

FRANCO MANCIA

Kids eat FREE school holidays Mon-Thurs

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1 every day until Sept 1st 2026

HUNGRY HORSE

Kids eat for 88p this summer holidays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE via the App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PIZZA HUT

Kids Eat Free Every Day after 3pm

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PREZZO

Kids up to age 12 eat for £1 during half terms

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids eat free every day this summer with a 65p spend

TGI FRIDAYS

Kids Eat Free until 6th September (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for £1 with 1 adult breakfast

TOBY CARVERY

Kids eat for £1 every day until Sept 1st 2026

TURTLE BAY

Kids eat free with every £15 adult spend via app

VILLAGE HOTELS

Kids eat free 20th July - 4th Sept via the village app

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free via app during school holidays

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Resilience . Integrity . Curiosity . Teamwork . Compassion

THIS WEEK

15/07/26- Y9 Sports Day

15/07/26 - Borough Cricket Final

FIXTURES

NEXT YEAR

A Level Results Day 13th August 2026 | GCSE Results Day 20th August 2026

01/09/26

Staff Development Day
(Students are not in on this day)

02/09/26

First Day of Term for all students

Year 7 - 8.40-14.20 Induction Day

Year 8 - 13.30-15.10

Year 9 - 13.30-15.10

Year 10 - 11.0-12.40

Year 11 - 11.0-12.40

Year 12 - 8.40-12.40 Induction Day

Year 13 - 13.30-15.10



FREE THINGS TO DO

[Fun summer holiday activities for kids in London](#)

From award-winning theatre shows and interactive museums to thrilling attractions and outdoor adventures, Visit London's local experts have rounded up the top family-friendly things to do during the school summer holidays in 2026. - whether you're planning a day out, a weekend adventure or looking for things to do in London with kids this summer.

