



STUDENT BULLETIN

14/ 09 / 26

Proud to be **GOOD** in all areas



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

HAPPENING THIS WEEK

Monday

PSCHEe Period 1

Parent Information Evening -
Geography Trip

Tuesday

Year 7 Phasels Wood Trip
(Forms A-D)

Wednesday

Year 7 Phasels Wood Trip
(Forms E-I)

Thursday

Open Evening

Friday

No Events Listed

Message from the Deputy Headteacher

Congratulations to all students on the fantastic start you have made to the new school year. It has been wonderful to see how quickly you have settled in, showing maturity, positivity and a willingness to embrace new opportunities. In particular, I have been impressed by the curiosity you have shown in your learning and the teamwork evident across our school community as our new year 7 students settle in to life at Park High School. As a history teacher, I am always reminded that successful communities are built through the everyday actions of ordinary people. The positive choices you make each day are helping to shape the next chapter of Park High's story.

As we look ahead, our Open Evening is the most important event of the autumn term and an opportunity to showcase the very best of Park High School. Thank you in advance to the students who will be supporting the evening and acting as outstanding ambassadors for our school.

This week, we also reflect on the life of Gloria Steinem, the renowned campaigner for equality, who recently passed away at the age of 92. She said, *"Without leaps of imagination, or dreaming, we lose the excitement of possibilities."* Let that be a reminder that ambition begins with believing in what might be possible. Through the actions we take each day, we can turn those possibilities into reality.

Ms Cramp

WORD
OF
THE WEEK

Meticulous | adjective

Very careful and precise



Resilience . Integrity . Curiosity . Teamwork . Compassion

ACHIEVEMENTS

YEAR 10 SHOUT OUTS

Well done to the whole of Year 10. Your teachers have been commenting on how well you have started the year, your engagement, focus and commitment.

Here's some of what your teachers are saying about you:

"I'm super impressed. Engaged, focused and eager to learn. Produced excellent bridging work and great to teach. Amazing start."

- Miss Salkeld

"Year 10 have begun their GCSE Geography journey with professionalism, enthusiasm, and a curious mindset that will support their success throughout the course."

- Miss Campbell

WELL DONE

Most House Points



Most
Character points

7RL

Best
Attendance

9AW

Best
Punctuality

**7AK, 7AO,
8TM**

ACE LOTTERY WINNERS

Zohra 11HW

Bradley 10TC



MESSAGES FROM HEADS OF YEAR

Year 7

You have completed your first full week. We have heard so many good reports from your teachers of how engaged, curious and smart you have been in your lessons. We are proud of you. This shows you are writing your best stories.

This week you will be allowed out of the quad and hall for break and lunch time. With more freedom comes more responsibility. As you continue to **form habits**, you need to conduct yourself in a professional manner around the school site and in the corridors. This is what being professional looks like around school: wearing your blazer, tie and house badge; walking calmly in corridors, playing sensibly in the playground, and communicating positively with peers. If you see anyone who is by themselves, go up to them and include them in your conversations. Let's be great examples of what Park High student should be around school.

This week we have our Bonding Trip. A chance to enjoy getting to know your peers in your tutor group and to build positive relationships. Remember, teamwork makes a dream work. Helping and supporting each other means you can achieve more together. We are asking each of you to show good **teamwork** in the activities you will be doing as a group. Your tutor group will be split in two and each group will have activities to complete on the day. Good teamwork looks like the following: communicating calmly, suggesting solutions to problems, cheering each other on, telling someone they have done well, and trying your best when it is your turn. These are the actions we will be looking for on the day and will be awarding Character Points for demonstrating teamwork.

On the day you will be going to Phasels Wood, you will need to go to your tutor group at 8.30am. You will then be registered by your tutor and walked down to the coach. Let's have a great time together!

Mr Fowler

Year 8

Firstly, a huge well done to all of you. We have had a really positive start to the school year, and many of you have settled quickly into lessons, arrived prepared, and shown our school values every day. Thank you for your effort, positive attitude, and willingness to make the most of every opportunity. Ensure that you are on time to lessons.

This week, I would like everyone to focus on teamwork. Being successful is not just about what we achieve individually. It is also about how we support others, work together, and contribute to our school community.

Think about:

- How you can help a classmate who is finding something difficult.
- How you contribute positively during group work.
- How you listen respectfully to the ideas of others.
- How you encourage those around you to do their best.

Remember, great teams are built on kindness, respect, communication, and trust. When we work together, everyone benefits.

Let's keep up the fantastic start to the year and make this another great week by showing excellent teamwork in lessons, around the school, and during social times.

Have a wonderful week, and keep being kind, respectful, and ready to learn. 😊

Mrs Capp



MESSAGES FROM HEADS OF YEAR

Year 9

I want you to think about what daily habits you can make improvements to Year 9. As I mentioned in assembly this week, making small changes to your daily habits can go a long way to making this year successful. Consider waking up a little earlier to have breakfast before you leave home or packing your bags the night before school. I really want you to be ambitious for yourselves this year, and a lot of that comes down to the small, daily things you do every single day. So, this week my challenge to you is to think about and then put into action one change to your daily routine which could make you more successful.

Well done for completing your first full week back - it has been so pleasing seeing most of you settle into the new year with ease. Just a reminder to wear your uniform with pride and correctly when moving around school - we will be looking out for this every day this week!

Mr Hargreaves

Year 10

It has been a fantastic first full week back of the new term. You have already demonstrated great curiosity and resilience in your learning, embracing new challenges and settling positively into your lessons. These qualities are essential for success, not only in school but also in life.

Remember that learning is not always easy. There will be times when concepts feel difficult, mistakes are made, or progress seems slow. However, these challenges are opportunities for growth. Facing them with determination, perseverance, and a positive attitude will help you build confidence and develop new skills every day.

As the term begins, challenge yourself to step outside your comfort zone and explore new interests and opportunities beyond the classroom. Whether through clubs, sports, leadership roles, performances, competitions, or community activities, there is so much to discover.

Miss Acheampong



MESSAGES FROM HEADS OF YEAR

Year 11

Well done for a fantastic full week!

So many of you have really shown that you are ready to be Year 11 students. Your uniform, equipment, engagement in lessons, badges and general presentation have all been excellent. We really do all look the part at the moment, and I am really, really proud of you.

Dropping into form time as well as lessons has been a real treat for us, because we get to see just how much engagement you are already showing as Year 11 students. Some of you have really “locked in,” as you all say, and it has been fantastic to see. So, keep up that focus!

Remember, the little things that you do now to help yourselves become habits. And habits are incredibly powerful because, when the time comes, those positive routines will make things much easier for you, rather than making everything feel harder as you get towards the end of Year 11. What you do consistently now will make a huge difference later.

There were also some exciting things happening last week, with Ms Cepoi organising the photographs for the yearbook. So, all of that has already been started, and there are even more exciting things to come...

Lastly happiest sweet 16 to - Niam K, Adam, Mojtaba, Llithiya, Jenil, Usman and Noor!

Have a fantastic week!

Mrs Manandhar

Sixth Form

Well done on completing the first full week back. It has been fantastic to see the positive start students have made to the year.

A reminder to any students who believe they may be eligible for the 16–19 Bursary Fund to submit their application as soon as possible. Application forms are available from the Sixth Form Office.

Year 13

The deadline for submitting the final draft of your personal statement is fast approaching. Well done on the progress you have made so far. Students making early applications should also note that there will be a meeting with Mr Clarke next week. Further details will be shared shortly.

Year 12

Well done on continuing to manage the transition into Sixth Form so positively. A reminder that subject change request forms are available from the Sixth Form Office for those who need them. Please ensure you read the 6th form bulletin carefully each week and take time to explore the opportunities advertised on the linked websites. These can be fantastic ways to develop your skills, broaden your experiences, and strengthen your portfolio, helping you to stand out in future applications, personal statements, apprenticeships, university applications, and employment opportunities.

Mr Clarke



SPORTS NEWS



CLUBS AND SPORTS OPPORTUNITIES AVAILABLE

It was great to see so many students attending sports clubs last week. We loved hearing about the training or competing you had been doing in the summer, how excited you were to be back at the school sessions, or how you were looking forward to trying something new.

There are clubs available for Football, Basketball, Netball, Badminton, Table Tennis and Volleyball. There is something running everyday before school, at lunch and after school. Girls are welcome in the sports hall everyday at lunch, where you do not need to change, you can eat your lunch and you can either watch or join in as you prefer.

Competitions start again this week and we have teams representing Park High in Athletics, Netball and Football. Good luck to everyone involved, we look forward to sharing our stories as the year progresses.



YEAR 7 FIRST THOUGHTS

Starting a new school can be a huge change! But now our new Year 7 students have had a couple of weeks to learn about the school, make new friends, meet their teachers and start experiencing secondary school life.

We asked some Year 7s for their first thoughts about the school. Here's what they had to say:

I found it really fun moving from class to class and I have really enjoyed Maths.

I love Park high because the teachers are kind, respectful and caring.

I have really enjoyed meeting new people and exploring the school, because it is very different from primary school.

The students and teachers are very welcoming... it feels like a community and the food is really yummy.

I have made a lot of new friends and everyone is really friendly. If we get lost, they always showed us the way.

It has been amazing. I really like how they teach at this school. Lessons are creative and super interesting.

My first few weeks have been great everyone has supported me and I have been awarded lots of character points.

My first impressions have been positive! This is because the teachers and students are so kind and respectful to us. I am really looking forward to the Phasels Wood trip!



DO YOU KNOW OUR SCHOOL VIRTUES?

You will have heard a lot about our school Virtues - they're on signs around the school, they're in your contact books and your teachers keep talking about them.

But do you really understand them? As we get back into our routines at the start of the year, let's take a quick minute to look at each one and see how you can use it to improve your school work and become a better person.

RESILIENCE

Recovering quickly from difficulties and adapting well to adversity.

Resilience is important because it helps us cope with challenges and setbacks. In school, resilience can help you keep trying with a difficult piece of work instead of giving up. Making mistakes is a normal part of learning, but with resilience and determination, you don't let it stop you.

How are you going to be resilient today?

INTEGRITY

Being honest and making the right decisions

Integrity means being someone other people can trust, and doing the right thing even when no one is watching. You should be responsible, always telling the truth and own up to mistakes. It helps build positive relationships because people know they can rely on you.

How are you going to have integrity today?

TEAMWORK

Working with others effectively and efficiently

Teamwork helps people work together towards a shared goal. You can share ideas or advice with others, supporting one another and learn from people with different strengths and experiences. It helps you communicate, understand others and means you do not have to be alone when you find something hard.

How are you going to be a good team mate today?

COMPASSION

Demonstrating concern and care for others.

Compassion means caring about other people's feelings and helping them when they are struggling. Compassion makes other people feel respected and supported, and can help you build friendships. When you show someone compassion, they are more likely to show you kindness in return. This can quickly make our whole community be friendlier and more welcoming to all.

How are you going to be compassionate today?

CURIOSITY

Having a strong desire to learn, explore or know about something.

Curiosity encourages us to ask questions, explore new ideas and learn more about the world around us. Wanting to know more will help you engage with lessons, asking interesting questions and trying new things. Curiosity will make you more open-minded and willing to understand new perspectives - helping you become a more respectful person.

How will you be curious today?



OPEN EVENTS

Do you know anyone that wants to come to Park High next September?

Then tell them about our Open Events!

Our Open Evening and Open Mornings are fantastic opportunities for people who are considering joining our school community to look around the school, meet teachers, speak to students and discover all the wonderful opportunities we offer.

PARK HIGH OPEN EVENING

Thursday 17th September 2026 | 6.00pm – 8.00pm
(last admission 7.30pm)

OPEN MORNINGS

9.00am – 10.15am on:

Tuesday 22nd -Thursday 24th September 2026

Wednesday 30th September 2026

Wednesday 7th October 2026

(Please book via the school website)



Scan the QR Code
to find out more
about our
admissions

A SCHOOL OF CHARACTER AND OPPORTUNITY



Thistlecroft Gardens, Stanmore, Middlesex, HA7 1PL | 0208 952 2803 | info@parkhighstanmore.org.uk | www.parkhighstanmore.org.uk



Resilience . Integrity . Curiosity . Teamwork . Compassion

PARK HIGH SCHOOL

HIGH SCHOOL MUSICAL

REHEARSALS BEGIN

**ALL students that came to auditions
to attend the first session on
Tuesday 8th September.**

**3:20–5pm in the main hall Tuesdays
& Wednesdays**

REHEARSALS

JR

**If you did not get a chance to audition but would like to be
in the show, come along on Tuesday and Wednesday and
speak to:**

Miss Lawrence, Mr Camichel, Ms Ward, Mr Appleman





PARK HIGH CHESS CLUB

Returns for 2026- 2027
Open to all students
From 3.15 to 4.15
Every Tuesday in M6



We have got competitions planned
throughout the year, so look out for those

If interested in joining the club, reach out to
Mr. Roy

See all of you soon for a great year of
Chess ahead



Starting Tuesday 22nd September!

Careers & Employability

LONDON FASHION WEEK

17TH SEPTEMBER – 21ST SEPTEMBER 2026

LONDON, UK

MORE THAN JUST A CATWALK...

IT'S **COMPETITION TIME!**

WHERE DO YOU FIT IN?

Fashion Week needs more than fashion designers... So many *different careers* make it happen!

WIN A **£10 AMAZON VOUCHER!**

HOW TO ENTER:

- 1 CHOOSE A CAREER**
Pick a role connected to London Fashion Week.
- 2 LINK IT TO A SUBJECT**
Which subject(s) at school help you in this career?
- 3 SHOW YOUR SKILLS**
What 3 key skills would you need?
- 4 THE PITCH**
In 25 words or fewer, tell us why you would be good at this job!
- 5 HAND IN YOUR ENTRY**
To the Careers Office (or submit electronically).

EXAMPLES OF CAREERS IN FASHION WEEK...

PHOTOGRAPHER

MAKE-UP ARTIST

BUYER

SOCIAL MEDIA MANAGER

EVENT PLANNER

STYLIST

AND MANY MORE!

DEADLINE: Monday 21 September 2026

OPEN TO: All year groups (Years 7–13)

BE CREATIVE
BE CURIOUS
BE YOU

REAL PEOPLE. REAL CAREERS. A BRIGHTER FUTURE.

LONDON FASHION WEEK
IT COULD BE YOU.

FASHION LIVES HERE

FASHION CREATIVITY CAREERS REAL OPPORTUNITIES

SAME CITY. DIFFERENT CAREERS.

GOOD IDEAS MAKE GREAT OUTFITS

FASHION CREATES OPPORTUNITIES

PEOPLE IDEAS BRANDS BUSINESS SUSTAINABILITY TECHNOLOGY AND MORE...



AUTUMN 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
Basketball	Before School	Sports Hall
Basketball	Break	Sports Hall
6 th Form Volleyball	Lunchtime	Sports Hall
Girls Volleyball	Lunchtime	Sports Hall
Year 10 & 11 Basketball	After school	Sports Hall

Wednesday

Activity	Time	Location
Volleyball	Before School	Sports Hall
Basketball	Break	Sports Hall
Girls Netball	Lunchtime	Sports Hall
GCSE & A Level Table Tennis	After School	Main Hall
Year 7, 8 & 9 Basketball	After School	Sports Hall
Musical Rehearsals	After School	Main Hall

Friday

Activity	Time	Location
Badminton	Before School	Sports Hall
Basketball	Break	Sports Hall
Volleyball	After School	Sports Hall

Tuesday

Activity	Time	Location
Badminton	Before School	Sports Hall
Basketball	Break	Sports Hall
Year 7 & 8 Girls Netball	Lunch	Sports Hall
Musical Rehearsals	After School	Main Hall
Chess Club	After School	M6
Badminton	After School	Sports Hall
Football	After School	Sports Hall

Thursday

Activity	Time	Location
Basketball	Before School	Sports Hall
Table Tennis	Before School	Main Hall
Basketball	Break	Sports Hall
Girls Badminton	Lunchtime	Sports Hall
Girls Netball	After School	Sports Hall
Table Tennis	After School	Main Hall



THIS WEEK

15/9/26 - 2025-26 Girls Athletics Borough Competition
16/9/26 - 2025-26 Boys Athletics Borough Competition
17/9/26 - U16 Girls Netball Harrow Borough Tournament
18/9/25 - U16 Middlesex Football vs Brentside

FIXTURES



NEXT WEEK

21/09/26

No events listed

22/09/26

Year 7 Open Morning
PSHCEe Period 1
Girls Maths Olympiad
School Photographs for
Years 7 & 10

23/09/26

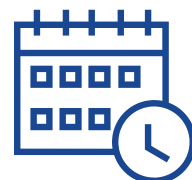
Year 7 Open Morning
Year 12 Parent Information
Evening

24/09/26

Year 7 Open Morning
Brilliant Club and Inspire
Programme - Launch
Evening

25/09/26

Geography Trip



FREE THINGS TO DO

London Cable Car

Enjoy a unique experience 15 minutes from central London on the UK's first and only urban cable car. The London Cable Car crosses the River Thames between Greenwich Peninsula and the Royal Docks, just 5 minutes' walk from The O2 and North Greenwich Underground station. As you fly 90 metres above the River Thames, you'll enjoy spectacular views of the capital including:

- St Paul's Cathedral
- The Gherkin
- Thames Barrier
- Maritime Greenwich
- Queen Elizabeth Olympic Park

