STUDENT BULLETIN

23/ II / 26

*Proud to be **GOOD** in all areas*

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

HAPPENING THIS WEEK

Monday

Year 11 Practice Exams

Tuesday

Year 10 Speak Out

Year 11 Practice Exams

Wednesday

School Fnishes at 2.00pm

Year 7 Parents Evening

Year 11 Practice Exams

Thursday

PSHCEe Period 3

Year 11 Practice Exams

Friday

Staff Conference*

Students are not in on this day

Message from the Deputy Headteacher

This week, we officially launched our Harrow Foodbank House Competition, giving every member of our school community the opportunity to put our value of Compassion into action. Through this initiative, each House will work together to collect donations for our Harrow Food Bank, supporting local families and individuals who rely on the invaluable work of this charitable organisation.

Whilst there will be House points to earn and the title of 'Most Compassionate House' to win, I want to emphasise that this is about something far more important than competition. At its heart, this is about helping people in our own community who may be experiencing difficult circumstances. Rising living costs, illness, unemployment, and unexpected life events can leave families struggling to afford everyday essentials. Harrow Foodbank exists to provide practical support, dignity and hope when it is needed most.

Compassion is one of our key character virtues. It is not simply about recognising that others may be facing challenges. True compassion means taking action to help. Every item donated, no matter how small, can make a real difference to someone else's life. A tin of food, a packet of pasta, toiletries or household essentials can help ensure that local families have access to the support they need.

What makes this campaign particularly powerful is the collective impact we can have. One donation from one student may seem small, but when hundreds of acts of kindness come together, they create something truly significant. If every student contributes just one item, we can provide meaningful support to many people across our local community.

As you consider making a donation, I encourage you to think about the person who will eventually receive it. Your contribution may help a parent put food on the table, support a family through a difficult period, or provide essentials to someone facing hardship. That is the real purpose of this campaign. I know our students consistently demonstrate kindness, generosity and a strong sense of community. I am confident that, through this competition, we will once again show what compassion looks like in action.

Thank you in advance for your support and generosity.

Mrs Wilkinson

WORD OF THE WEEK

Ubiquitous | adjective

Found everywhere









ACHIEVEMENTS

Sports Awards Winners!

Congratulations to all the winners of the Sports Awards! It was an incredible display of not just the talent present within Park High, but also the teamwork, resilience and determination. It was also clear of the pride you all take in yourselves and the school community. Well done to everyone involved!

Awards were presented to teams that won tournaments over the past year. Additionally, an award was presented to the Team of the Year, as well as individual awards for Sports Performer of the Year and for Commitment and Dedication.

We'll have all the photos of the winners in next week's Student Bulletin

Winning Teams

Year 7 Girls Indoor Athletics
U13 Boys Athletics
U15 Boys Athletics
Girls Badminton
U16 Badminton
Girls Table Tennis
Year 7 Boys Table Tennis
U13 Boys Basketball
U14 Boys Basketball
U15 Boys Basketball
Girls Volleyball
Year 7 Volleyball
Year 7 Netball
Year 7 Girls Netball
U13 Netball
U14 Boys Netball
U16 Boys Netball
U13 Boys Football
Year 7 Rounders
U13 Rounders
Girls Core Gymnastics (3rd Place)

Team of the Year

U13 Boys Basketball

Sports Performers of the Year

Netball: Daria 10WK
Football: Hamza 9FF
Basketball: Nicolas 11HW
Athletics: Trevelle 11BA
Badminton: Saisha 8AW
Volleyball: Rio 9AW
Table Tennis: Cameron 9FF
Gymnastics: Esther 8LB
Rounders: Sofia 9KL
Cricket: Anerudh 11AM

Overall Female Sports Performer of the Year

Keturah 8PJ

Overall Male Sports Performer of the Year

Enakai 9AW

Commitment and Dedication

Beatrice 9RJ
Luca 8ZB

Most House Points

ST JAMES'S PARK

Most Character points

8NA

Best Attendance

11HW

Best Punctuality

7AK, 7AO, 7YA, 11SC

ACE LOTTERY WINNERS

Fatima 11WN

Yusuf 11Wn

Languagenut

CURRENT SCHOOL WORLD RANKING 275

PARK HIGH TOP STUDENTS

1. Atal A
2. Henil P
3. Chloe R

MESSAGES FROM HEADS OF YEAR

Year 7

This is a big week for Year 7! Wednesday from 3-7pm will be your first Parents' Evening. You and your parents/carers will be meeting your subject teachers to discuss your progress so far. This is a valuable opportunity to discuss your strengths and areas of improvement. Your teachers will be speaking to you about how you can secure knowledge in their subject - this will support your learning and success in your subjects. They will also be speaking to you about maximising your engagement in lessons and completion of home learning. Listen carefully, continue with what is working well, improve in the areas they identify, and follow the targets set.

It was a real pleasure to see so many of you at chess club. The atmosphere was one of playful engagement, students genuinely wanting to challenge themselves and get better. Keep this up. But for all those who have not yet signed up to a club, think about doing so before the end of the term. Park High has a range of clubs and activities at lunch time and after school. These clubs enrich your school experience and help you develop skills and confidence. See the picture of the club full of Year 7s.

This week continues our focus and commitment to being a compassion individual. And I say 'individual' intentionally, because each one of you is personally responsible for your own words and actions. As we covered in assembly, your words have the power to give life, to build up, to encourage and to heal. Last Tuesday, you made a Compassion Pledge - remember it and put it into action. It will make you a better person and this school a better place to learn in. Remember, the tutor group with the most Compassion Character Points will have a Movie Evening at the end of the term. Use your words for the good!



Mr Fowler

Year 8

We've got lots to look forward to over the next few weeks!

Firstly, Parents Evening on the 2nd December, so now is the perfect time to keep working hard, completing your homework, and showing your teachers your very best effort.

We also have our Celebration Assembly on the horizon. This is your chance to be recognised for excellent attendance, positive behaviour, effort, achievement and living our school values. Keep collecting those positive points!

This week is also National Tree Week, which celebrates the important role trees play in our environment and communities. Why not take a moment to appreciate the green spaces around you? 🌳
Challenge for the week:

Can you finish every lesson knowing you've given 100% effort?

Let's make it another fantastic week, Year 8. You've got this!

Mrs Capp

MESSAGES FROM HEADS OF YEAR

Year 9



Well done to the 18 students who went to Central London last Wednesday for the Rockin Ur Teens conference. Mrs Ali and Mr Sorzano were very impressed with your behaviour and the thoughtful and reflective questions you asked during the sessions. I hope you learnt something meaningful from these conversations. There were some great photos too!

Congratulations also to all our winners from last week's Sports Awards - it is amazing to know that we have so many talented athletes in our year group who show dedication and commitment to their sport. All of you should be proud of your achievements!

I hope all of you reflected on our assembly last week and our message of compassion. We all have to show compassion and empathy to build the school community we want. What act of compassion did you show to somebody this week? How did you feel as a result? I want you all to continue to show acts of compassion this week until it is something you all do instinctively.

I would also like to also use this bulletin message to remind you all of some basic expectations we have, and something we are paying close attention to right now:

- Full equipment on the desk in every lesson
- Moving around school quietly
- Arriving to every lesson on time
- Coats to be taken off when moving around the school buildings

These are all very basic expectations which in the past you have shown you can follow with ease. Let's remind ourselves of these this week and ensure we follow them at all times. Let's have a great week Year 9.

Mr Hargreaves

Year 10

The compassion assembly highlighted the importance of showing kindness, understanding and support towards others, both in school and within the wider community. Compassion is more than simply feeling sorry for someone; it involves recognising when others may be facing challenges and taking positive action to support them.

As Year 10 students, you play a vital role in creating a respectful, inclusive and positive environment for everyone. Simple acts of kindness, such as encouraging a classmate, listening to a friend, helping someone who is struggling with their work, or including others in conversations, can make a significant difference. Compassion also means showing patience, respect and understanding, even when situations are challenging.

We should demonstrate compassion through our everyday behaviour. This includes moving sensibly through corridors, showing consideration for others, and following staff instructions. In lunch queues, compassion means waiting patiently, respecting personal space and speaking courteously to both peers and staff.

This week, challenge yourself to show compassion every day. Small actions can have a big impact and help make our school a place where everyone feels valued, respected and supported.

Miss Acheampong

MESSAGES FROM HEADS OF YEAR

Year 11

Good luck with this week's exams, Year 11!

You are absolutely smashing it, and I couldn't be prouder of the way you are approaching this important time.

Our SLT, teachers and even the exam invigilators have all commented on your dedication, maturity and professionalism. It really is being noticed, so keep doing what you are doing!

Keep believing in yourselves, keep persevering and, most importantly, keep giving it your best. Every bit of effort counts, and you should be incredibly proud of how far you have come.

We also have an exciting week ahead, with House Assemblies, a 'Day in the Life of a Sixth Former' and some amazing college visits to look forward to!

So, stay focused, keep smiling and continue to make us proud.

You've got this, Year 11! Let's keep that momentum going! 💪🌟

Lastly Happiest Sweet 16 this week to: Deya, Hajra, Bhavin and Andreea!

Mrs Manandhar

Sixth Form

Year 12

In assembly this week, we explored the DVS categories of **Kindness and Community Impact,** linking to our whole-school character focus on compassion. Take some time to reflect on the positive contributions you make each day and consider how you can further develop across all eight DVS categories.

A reminder that **work experience placements should now be secured as soon as possible.** If you have not yet arranged a placement, this must be a priority over the coming weeks.

Year 13

Following this week's assembly, take time to reflect honestly on your mock examination results.

- If you're pleased with your outcomes, celebrate your success but avoid becoming complacent.
- If you're disappointed, use the experience constructively and identify what you can learn from it.

Our key message was simple:

KEEP what is working well.
STOP habits and approaches that are not helping you succeed.
START taking specific actions that will improve your performance moving forward.

The most successful students are not necessarily those who never make mistakes, but those who reflect, adapt and act.

Mr Clarke

SPORTS NEWS

With the sports hall out of use due to mock exams, there was a little less happening in PE last week, but we still have news to share!

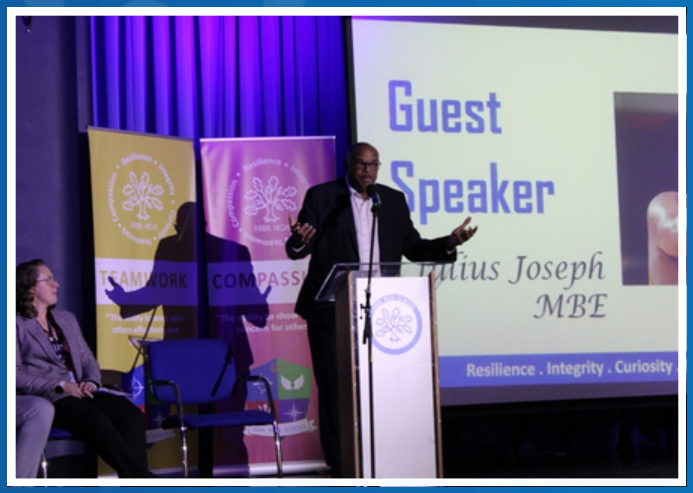
Our **U16 Volleyball** team are through to the quarterfinals of the borough competition, after beating Nower Hill in what was a comfortable victory.

Our **U16 Table Tennis** team have qualified for the borough finals after some convincing victories in group stage, and they have the first round of the national competition to look forward to this week.

Our **U16 Basketball** team beat Nower Hill 52-37 in their borough season opener.

And finally, our **U14 Girls Badminton** team won their group stage to breeze through to the finals.

It was also our annual **Sports Awards Evening**, where we celebrated 2025-26 successes, in what was a record breaking year for our school. There was a haul of 20 borough championship trophies presented - the most ever - as well as other individual and team achievements to celebrate. Our guest speaker, **Julius Joseph MBE,** gave a fascinating insight into his journey into professional basketball and then coaching. Over 100 students received awards on the night; congratulations to them all! We look forward to another enjoyable year of sport ahead and we welcome all students to come and get involved.





HARROW FOODBANK

HOUSE CHALLENGE



Each House will be collecting donations for Harrow Foodbank.

The House with most donations will receive Character Points and earn the title of Most Compassionate House.

Some needed items:

Tinned foods	Porridge Oats	Toothpaste
Chocolate	Coffee	Toothbrush
Cooking oil	Tea bags	Shampoo
Diluting Juice	Hot Chocolate	Shower Gel
Honey	Cereal bars	Shaving Razors
Jam	Sponge Puddings	Shaving Foam
Long-life Juice	Crisps	Deodorant
Long-life Milk	Washing up liquid	Toilet roll
		Nappies



Arrangements for Wednesday 25th November



Please note that due to the Year 7 Parents Evening on Wednesday, we will be running a condensed school day.

The school day will finish at 2.00pm.

Period 1: 9:00 - 9:40
Period 2: 9:40 - 10:20

Break: 10:20-10:40

Period 3: 10:40 - 11:20
Period 4: 11:20-12:00

Lunch: 12:00 - 12:40

Period 5: 12:40 - 1:20
Period 6: 1:20 - 2:00

Computer Science in Action 2026

Last Tuesday, we visited the Emmanuel Centre in Westminster to attend Computer Science in Action 2026. Throughout the day, we listened to a range of interesting talks from university professors and experts, exploring how computer science is used in the real world.

One of the most fascinating talks was about neuroscience and how technology can be used to track brain activity and how computer science can link with psychology and biology and how this can be a possible option for us post A-levels.

I found the experience very exciting and eye-opening, as it showed me that computer science goes far beyond just computers and programming. Overall, it was a really enjoyable and informative day that helped me gain a deeper understanding of the subject and its future possibilities.

By Avi Bhim, 12BR



Children in Need - Donation Total

Thank you once again to everyone who donated to our Children in Need fundraising campaign - whether you bought a cookie, made a guess of the number of sweets, bought a Pudsey Bear badge or showed your generosity in another way.

We are incredibly proud of the spirit of giving and compassion around Park High, and we are excited to announce the grand total raised....

Park High Students & Staff raised

£535.79

Competition Winners!

A huge congratulations to the winners of our Guess the Number of Sweets competitions.



Kush 9HG and Jiya 7AK got the joint closest guess for the number of sweets in the jar. They guessed 250 - just one away from the real answer of 249!!



Arianna 7AH won with the closet guess of how many chocolates were in the jar, guessing 189. There were actually 186.



A very special shout out to **Yusuf 11WN** who bought our Pudsey Bear toy!

Year 8 Students Shine at the WildHearts Global Youth Summit

On Tuesday 17th November 2026, group of our Year 8 students had the exciting opportunity to attend the WildHearts Global Youth Summit at the prestigious BNP Paribas Headquarters in London. The event brought together students and leading professionals from organisations including BNP Paribas, Linklaters and Nestlé, giving our students a unique insight into the world of business, sustainability and social enterprise.

Structured similarly to the international conference COP31, currently taking place in Turkey, students were challenged to work collaboratively to tackle global issues linked to sustainability, social responsibility and environmental impact. Throughout the day, students took part in engaging workshops led by specialists from BNP Paribas, Linklaters and Nestlé. These sessions encouraged students to think creatively, solve problems collaboratively and develop innovative solutions to real-world challenges facing communities around the world.

Working in teams, students researched issues, analysed data and developed proposals before presenting their ideas to business professionals. The experience provided an excellent opportunity for students to apply learning from Design and Technology, where they regularly use the design process to investigate, develop and communicate ideas. They also utilised Mathematics skills when interpreting information and evaluating solutions, Geography knowledge when considering global challenges and sustainability, and PSHCE understanding when discussing ethical decision-making, social responsibility and the impact individuals can have on the wider world.

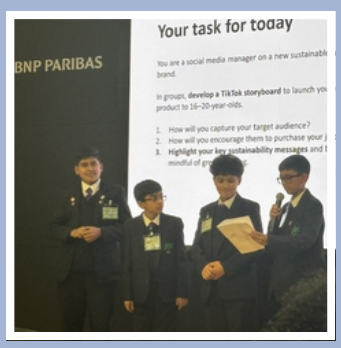
One of the most impressive aspects of the day was the professionalism, enthusiasm and maturity shown by our students. Throughout every activity they demonstrated outstanding compassion, teamwork, resilience, leadership and communication skills. Despite the challenge of presenting in front of experienced business leaders and professionals, students spoke confidently and passionately about their ideas, responding thoughtfully to questions and feedback.

We are extremely proud of the way our Year 8 students represented the school. Their maturity, engagement and willingness to embrace new challenges were recognised by event organisers and business partners. They were excellent ambassadors for our school and demonstrated the values that underpin our learning community.

The WildHearts Global Youth Summit was an inspiring and enriching experience that allowed students to see how the skills they develop in school can be applied in the workplace and beyond. The event reinforced the importance of creativity, collaboration, sustainability and resilience, while encouraging students to think ambitiously about how they can contribute to a better future.

We would like to congratulate all students involved for their excellent participation and for being outstanding ambassadors for our school.

If you would like to be involved in exciting opportunities such as this, where learning extends beyond the classroom and connects with real-world challenges, please speak to Mrs N. Kerai for more information.







Careers & Employability

JOB OF THE WEEK

Crime Scene Investigator

Collect evidence. Solve puzzles. Support justice.



What do they do?

- Examine crime scenes carefully
- Collect and preserve evidence
- Photograph and document the scene
- Work with police and forensic experts
- Write reports and present findings

Key skills

- ✓ Attention to detail
- ✓ Analytical thinking
- ✓ Teamwork
- ✓ Communication
- ✓ Organisation
- ✓ Resilience

How do I get into this job?

- Good GCSEs, especially Science and Maths
- A Levels or a Level 3 course in science-related subjects
- Degree routes such as Forensic Science, Biology or Chemistry
- Some roles offer trainee or police staff routes

Useful subjects

Biology • Chemistry • Maths • Criminology • ICT • English

Typical salary

Approx. £20,000–£45,000+ depending on experience and employer

Did you know?

Crime scene investigators use science, observation and teamwork to help build the bigger picture of what happened.

Could this be your future?

PARK HIGH SCHOOL

The Languagenut Competition is back at Park High School!

Languagenut

From 2nd until 30th November,

dive into your language studies, complete as many tasks as you can, and earn your official **Certificate of Participation!**





To join in, log on to **Languagenut** and score as many **points** as possible by exploring a huge variety of topics and interactive exercises. Every task you complete brings you closer to the **leaderboard!**



How many points can you score for your house

MFL Word of the Week CHALLENGE

Check the MFL notice board every week for the Word or Phrase of the Week.

Use the word or phrase in your MFL lessons correctly to gain **Achievement Points!**



French

Ça vaut son pesant d'or



Spanish

Vale su peso en oro



German

Das ist Gold wert

Translation: "It's worth its weight in gold"

Example: "A good dictionary is worth its weight in gold when studying a foreign language."



"Un bon dictionnaire vaut son pesant d'or quand on étudie une langue étrangère."



"Un buen diccionario vale su peso en oro cuando se estudia un idioma extranjero."



"Ein gutes Wörterbuch ist Gold wert, wenn man eine Fremdsprache lernt."

JOIN THE SCHOOL CHOIR!

Everyone is welcome

THURSDAYS

12:45pm – 1:20pm

Room P1

Run by Miss Ward

- Sing a variety of music
- Perform in concerts
- Make new friends



Come and sing with us!

AUTUMN 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	Break	Sports Hall
6th 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
Mixed Ensemble Club	Lunchtime	P1
GCSE & A Level Table Tennis	After School	Main Hall
Year 7, 8 & 9 Basketball	After School	Sports Hall
Musical Rehearsals	After School	Main Hall
Afterschool Art Club	After School	P6
Breathe, Reset & Create	After School	Dance Studio

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	Lunchtime	Sports Hall
Dance Club	Lunchtime	Dance Studio
Musical Rehearsals	After School	Main Hall
Chess Club	After School	DS2
Badminton	After School	Sports Hall
Football	After School	Sports Hall
Afterschool Art Club	After School	P6

Thursday		
Activity	**Time**	**Location**
Basketball	Before School	Sports Hall
Table Tennis	Before School	Main Hall
Basketball	Break	Sports Hall
Girls Badminton	Lunchtime	Sports Hall
Sketchbook Club	Lunchtime	P6
Choir	Lunchtime	P1
Girls Netball	After School	Sports Hall
Table Tennis	After School	Main Hall
Afterschool Art Club	After School	P6









FIXTURES

THIS WEEK

23/11/26 - U16 National Basketball vs St Columbia's

24/11/26 - U14 Badminton group stages round one

- U14 Basketball vs Hatch End

26/11/26 - U16 Girls Badminton group stage

- West London Schools Table Tennis at Ada Lovelace



NEXT WEEK

30/11/26
PSHCEe Period 3

1/12/26
Year 10 Mock Interview follow up event

Year 11 GCSE Dance Choreography workshop

2/12/26
School ends at 2.00pm

Year 8 Parents Evening

3/12/26
Year 7 Talk the Talk workshop

4/12/26
Year 11 Day in the Life

FREE THINGS TO DO

Young Voices Come and Sing: A Choral Christmas
Saturday 28 November, 10am

Join us on Saturday 28 November for a festive morning of choral singing for students in Years 9-13, led by Jennifer Sterling, Associate Choral Director at St Martin-in-the-Fields.

Singers will rehearse a range of Christmas repertoire, including festive favourites, while developing their ensemble skills, musicianship, and sight-reading in a collaborative environment.

Young Voices Come and Sing: A Choral Christmas – St Martin-in-the-Fields

