

Park Academy Newsletter

Issue 14

January 2023



A message from Ms Mohey, the Principal:

Once again this half term has been a busy and exciting term at the Academy. It has been great to see students embrace the extracurricular offer and enjoy the many activities taking place. We have also seen the launch of the new PARK values of Perseverance, Aspiration, Respect and Kindness with a focus on respect. Students have been issued their respect cards and work through the challenges to demonstrate how they can show respect around the Academy. We will focus on each of the values throughout the remainder of the year. This half term has also seen the launch of the new House system. The House names were developed through student and staff voice and they decided to base them around the theme of Royal Parks. Our new house names are Greenwich, Kensington, Regents and Richmond. We look forward to the many House events planned and hope that all students participate and enjoy the activities on offer.

Perseverance
Aspiration
Respect
Kindness

Richmond

Kensington

Regents

Greenwich

Extracurricular Clubs

This term we relaunched our extracurricular programme. There are a wide range of clubs on offer which shows our commitment to ensuring our students have the opportunity to focus on activities outside of the classroom and to develop into well rounded young people. Our staff are really committed to supporting our students and we welcome ideas and feedback to develop our programme further. This term we are also delighted to offer an anime club which will be running Thursday Week B break 1 in 1G13.

Research indicates that students who participate in extracurricular activities experience higher levels of academic achievement, greater character development, more positive social development, and greater interest in community involvement. It also helps to develop better time management and leadership skills.

Club Focus – Gaming Club

“We enjoy playing group gaming where we are using skills such as problem solving, resilience and also IT Literacy. We enjoy the atmosphere we create and we have built strong friendships with one another. Even though it’s gaming we have responsibilities for different things and managers which we enjoy”

Club Focus – Art Club

In Art Club this term the students have been working on recreating world famous pieces of work, this is either through their own artistic talents or in person. Here the Key Stage 3 students have recreated Rembrandt’s surgery painting.



Please continue to encourage your child to attend as many of the activities on offer as possible and take advantage of all the new experiences available at Park.

	Monday	Tuesday	Wednesday	Thursday	Friday
Break 1 (11.00 – 11.35am)	RS Club All Years - 2F8, MBI History Club All Years - 1G8, SSC (Week A) Gaming Club 4F4, HCH	MFL Movie Club All years, 1F4, MJO Spanish Music Club All Years, 1F7, MPA Gaming Club 4F4, HCH	Gaming Club 4F4, HCH 	German Club All years, 1F7, MPA (Week B) Gaming Club 4F4, HCH	Indoor Football Sports Hall <i>Different year group tournament each week</i> Gaming Club 4F4, HCH
Break 2 (1.45 – 2.15pm)	Indoor Football Sports Hall <i>Different year group tournament each week</i> Book Club All Years, 2G7 (Week B) Gaming Club 4F4, HCH	Indoor Football Sports Hall <i>Different year group tournament each week</i> Gaming Club 4F4, HCH 	Indoor Football Sports Hall <i>Different year group tournament each week</i> Gaming Club 4F4, HCH	Indoor Football Sports Hall <i>Different year group tournament each week</i> Creating Writing Club Open to All Years, 2G12 (Week B) Gaming Club 4F4, HCH	Borough Basketball League Meeting point: CANTEEN KDR, EWL, RCH, SZL 
After School 3.30 – 4.30 pm	ATL Club Year 7 & 8, 4F4 HCH 	Basketball Club All years (boys and girls), Sports Hall, SZL Mathemagicians All Years, 2F12, YYA STEM Club Year 7, 8 & 9 - 3F9, SAL Football Club Years 9 & 10 Astro, RCH / KDR	Dance All years (boys and girls), Dance Studio, SZL Music Club All years, 4F1, VRA Girls Football Year 7, 8 & 9 - Astro, RCH Football Club Years 7 & 8 Astro, RCH / KDR	ATL Charities Committee Year 7 & 8 - 3.30 - 4.15pm, 4F4, HCH Gaming & Coding Club Years 7 & 8 - 1F8, CBA Football Club Year 11 - 13 and Staff Astro, RCH / KDR Netball Club Years 7 - 11, Sports Hall, EWL	

Anti-Bullying Ambassadors by Hasna Bakhshzad (Year 7) and Sara Bakhshzad (Year 8)

The student Anti-Bullying Ambassadors have been presenting assemblies to all of the year groups this term to promote who the Anti-Bullying Ambassadors are. We discussed the basic skills and knowledge of what it means to be anti-bullying, as well as resources and where they can find help. We included what we want to achieve and why we joined the Anti-Bullying Ambassadors.

Students were informed on why bullying is wrong and how it should be reduced, including guidance on who to inform incase they feel it is happening to them or someone they know. Already, some of our Anti-Bullying Ambassadors have helped students speak to members of the SAFE team at Park to get help and advice.

Being an Anti-Bullying Ambassador is an important role to take on as it gives students within the Academy the ability to have somebody to talk to whether it's about a problem with a bully or a fight with a friend, when they may not feel confident to go to a member of staff yet. And we will do our best to help resolve the problem and always in a mature manner. One of the ways we do this is we talk and interact with all the students on how to be a better person, friend, and classmate.

One of our aims is to spread and embrace the values of kindness and respect throughout the whole school. We are also there to help and build a better community within the school through up-coming events, which you will hear more about soon! To build a better community, the Ambassadors will stand up and work hard as a strong, brave and independent role model, to make Park Academy a place where everyone feels safe and happy every day.

Altogether, we hope that all our work will have a positive impact on our school community to stop bullying for once and build a place of kindness and respect where our peers can thrive and everyone is accepted.



Year 12 and 13 Parents Evening

Year 12 and 13 Parents evening was held on Thursday 12th January and students attended with a real commitment to improving their studies and their outcomes. The attendance was fantastic; students and their families spoke to their teachers about their recent grades from mock examinations and the work that needs to be done between now and the end of the year to achieve the best grades. Students in Year 13 had real clarity about the grades they needed to achieve, as they have begun receiving offers from universities. This made for a really purposeful evening filled with informed discussion.

Year 9 Options Evening

The next few months are a very important stage in our Year 9s academic journey at Park Academy West London. They will be selecting their options and making decisions about which subjects they will continue to study at GCSE level. This decision will shape their future learning and will start to steer their education and careers journey. As part of this process Options Evening took place on Thursday 19th January and gave families an opportunity to speak with different subjects about the Key Stage 4 courses on offer at Park Academy. Students and their families discussed what courses entail and the types of learning that take place on these courses. The school offers as much information as possible, so that pupils and families can make informed choices. There was a main presentation explaining the options process which was delivered by Mr Beswick, the presentation detailed how the options process works, informing families of the next steps they need to take.



Self-Defence Workshop

In collaboration with the Metropolitan Police and Simply Gym Uxbridge, Year 9, 10 and 12 students were invited to participate in a self-defence workshop. Students learned a range of techniques on how to keep themselves safe and, if something was to happen, how to report it to the police. The students in the session got stuck in and were able to demonstrate some of the techniques that they had learnt. All the students enjoyed the session and have suggested that more students take part in the workshop.



Sixth Form News

Aspirations Employability Diploma (AED) by Arti Dalal (Year 12)

AED, Aspirations Employability Diploma, is a programme that all Year 12 students participate in. The aim of this course is to develop our employability skills such as collaboration, problem solving, planning and presenting to prepare us for employment. Over the past term, we have been working alongside our school caterers, Cucina. The objective of this project was to create a dish that could be sold in the Cucina canteen that is healthy and tasty, yet profitable for Cucina. This got the Year 12's jumping out of their seats and all the students worked very hard for the duration of the assignment as they all knew that they would have to present their work to the Regional Operations Manager of Cucina. During these weeks of continuous dedication, the Year 12 students did lots of research, including market research, extracted information through numerous resources, costing analysis and not to mention the highlight of the project: work experience in the Cucina kitchen. It gave all the students the chance to understand how industrial kitchens work, and be a part of the lovely team who work in the kitchen.



Just last week we delivered our presentations to a panel of the Mr Mohammad, Ms Reynolds, Vic (our Cucina Chef) and the Regional Operations Manager. Time was tight and we had to not only present, but answer questions from the panel. The winning team will see their dish being cooked in the canteen next half term. Deliberation over the winning team is still taking place

Elevate Study Skills Session



At the start of January, we invited Elevate back to deliver a session on exam preparation to support our Year 13 students in developing positive exam preparation habits and how to avoid the common pitfalls most students face at this time of year.

The session covered the following topics:

- Goal setting
- Exam practice preparing
- The Mindset of a high achieving student.
- Importance of planning prior to your exams
- Avoiding the common pitfalls which lead to stress
- Top tips for exams.

One student commented:

"Elevate is an empowering, and entertaining company, allowing individuals to be able to push to their full potential. As a student I didn't understand revision techniques and experience confidence until the company delivered the session. After the session I felt empowered and felt confident in reaching our potential.

During the session, we experienced how to analyse past papers and how to effectively plan a revision timetable to make sure all lessons had been covered before the exam.

They also helped us identify scenarios and how to spot the error to save us time and to get straight to the content of what we actually need to learn."



University Applications

The UCAS Deadline for applications was 25th January and at that time, over 90% of Year 13 students had made an application for university. Of the applications that are in, 90% have already received offers at some top universities including King's College London, Nottingham University, the University of Manchester and London School of Economics. As the Year 13 students enter the final stages of their studies, they are working incredibly hard as they have their goals in sight.

Sixth Form Social Event

Life in the Sixth Form is more than just studying. We want to develop our students into well rounded young people and as part of this, there is an active social scene within the Sixth Form. This half term the students voted in bowling at Airport Bowl for their third social event of the year. Similar to previous events, it was a great success. Students challenged their peers as well as staff in an intense bowling match that saw students claim victory. Students had the following to say regarding bowling and our social events:

"I really enjoy the social events within Sixth Form. It allows the Year 12 and Year 13 students to come together and collaborate and build friendships. It is great to have time away from my studies and make memories!"

"The sixth form social events have really helped the sixth form come together and create a more friendly and social environment. It's nice to see the different aspects of life at Park and see teachers in a different light. It also helps in understanding what a professional environment would be like and how to communicate and act. It's been really enjoyable and definitely a good addition to sixth form life."



Subject Areas

ATL

This term has seen an exciting start in ATL - all students in Year 7 got to apply for the role of Principal at Park Academy West London. Students wrote manifestos about how they would change the school - we did have some strange promises such as free Amazon Prime for everyone! Not sure Ms Mohey would agree to that! They have been learning about democracy and how it could be made stronger. They had the opportunity to create their own country and present it to the class.

Year 8 classes have been taking on the task of learning about Moana's home continent Oceania - they will be designing a product for external agencies such as the Navy to use whilst helping in a natural disaster relief. They have been very mature and have already created government websites to inform tourists of actions they need to take if involved in a natural disaster.

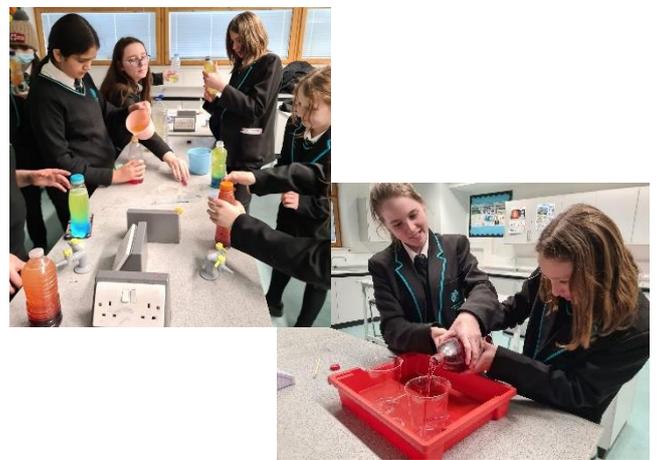
Science Department Update

STEM Club

STEM club is a highly motivated and enriching extracurricular club which intends to shift student perceptions towards Science, Technology, Engineering and Maths. Running every Tuesday after school from 3:30 to 4:30pm, students from years 7 to 9. STEM club are exposed to how STEM subjects work in action and develop key skills through hands-on STEM challenges.

These are some of the challenges our students have been taking part in.

Below is the timetable for the following seven weeks:



Date	STEM Activity
8 th February	Volcanoes
22 nd February	Towers
3 rd March	Morse code
8 th March	Perfume

Date	STEM Activity
15 th March	Magnetic slime
22 nd March	Modelling cells
29 th March	Rockets



University College London (UCL) Orbyts Project

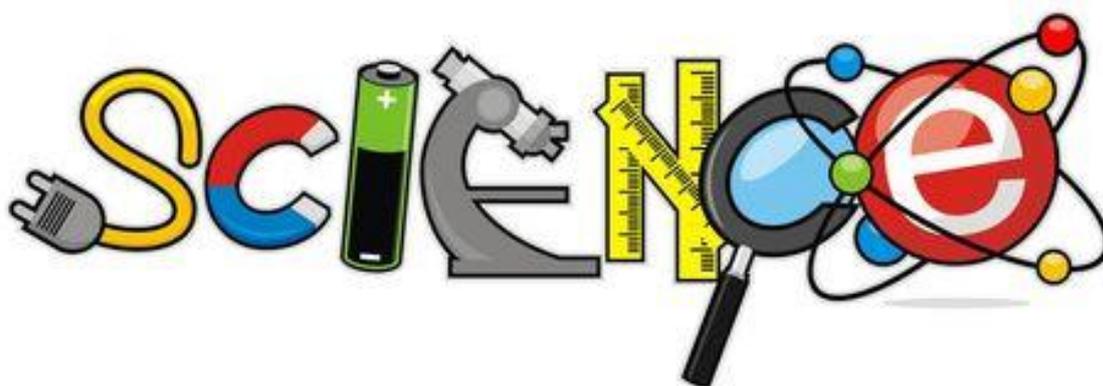
Twelve students from Years 9 to 12 are taking part of UCL's Orbyts Project where they participate in research which focuses on using methods from Physics and Engineering to solve/understand biomedical problems this term. The students are working with Dr. Pawel Markiewicz, a researcher on Brain Imaging with Positron Emission Tomography on Alzheimer's disease after school for ten weeks every Wednesday.

The group are then invited to UCL to present their study to other researchers and other participant schools around London. This is a fantastic opportunity as students would have their names published in the study and would look amazing on their CVs and UCAS applications.

STEM Mentoring

Around 40 students from Years 10 to 12 have been selected to participate in mentoring programmes with STEM Learning. Here students will have the opportunity to work with a STEM ambassador of their choice. This is an exciting opportunity for students to gain knowledgeable information, make industry connections and awareness of the magnitude of STEM careers that are available to them.

This will be happening for twelve weeks where students will communicate with the STEM ambassador through a monitored online portal. The STEM ambassador will work with their mentee to guide them through the mentoring process.



Year 8 PSHCE: Prison? Me? No Way!

Year 8 students participated in a Personal Development workshop called Prison? Me? No Way! The workshop is delivered by Prison Officers and also involves a talk from an ex-offender.

There were two sessions running concurrently at the same time: one group listened to the talk and the second group had the opportunity to view a Prison van and speak to current serving Prison Officers. Year 8 students found the event useful and interesting and quoted,

“They taught us about the reality of prison and to speak up and say if you are not ok.”

“I found this event useful because it teaches young adults and teens the consequences of your actions and that prison is nothing like the movies.”

Careers

St Anne's College, Oxford University

On Tuesday 10th January, Hannah Snell, Senior Outreach Officer at St Anne's College, Oxford University visited Park Academy to speak with some of our students who have aspirations of attending some of the best universities in the country, if not the world.

All Year 9 students had an assembly where Hannah spoke to them about studying and university and the different options that are available in terms of different universities, types of degrees, the range of courses available and the wider opportunities and activities that are available to students. Students listened attentively and asked a range of questions. It definitely got the Year 9 students talking about their future as their option selection process was about to begin.

Selected Year 10 and Year 12 students then participated in workshops focused on preparing for university and understanding the application process. The Year 10 students are looking forward to a follow up visit to St Anne's College in February.



Year 9 Work Shadow Day

As part of our commitment to provide students with opportunities to meet with a range of employers and to gain experience of work places, we have introduced the work shadow day for Year 9 students. This will take place on Thursday 9th March as part of National Careers Week. It is hoped that visiting a workplace for the day will provide students with a true insight into the world of work and some of the skills that are needed.

Guidance and Support

Over the past few weeks, students in Years 9, 11 and the Sixth Form have been receiving support and guidance from staff in order to prepare them for their next stage of their education and careers journey.

Year 9 students have met with various members of staff for the Choices Interview. The focus of the meeting is to discuss their option choices as they approach Year 10. Students have enjoyed having the opportunity to focus on their futures and share their career aspirations.

Following their Futures Interviews, Year 11 students all have the opportunity to meet with Margherita Rickwood, Careers Advisor from the Education Development Trust. During the meeting, students discuss the options available to them and develop a plan of action to enable them to fulfil their career ambitions.



Other Information

Online Safety

The NSPCC has a wealth of advice for parents and carers about how to help keep your child safe online. This includes some very helpful advice on parental controls. We would like to remind parents and carers that the legal age for young people to sign up to social media apps is 13 years old. This is important to note when deciding whether allowing your child to access these apps is appropriate. Information on keeping your child safe on line can be found by visiting the NSPCC website: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Further information about how to safeguard your child online will be coming out via parentmail.



Attendance

Attending school regularly is vitally important for students – every day counts. Without it, the best efforts of teachers and schools come to nothing. Students need to attend regularly to take full advantage of all the educational opportunities open to them. If they do not, their education and career opportunities suffer. At Park Academy West London, we aim for all students to achieve at least 96% attendance.

When a child is unable to attend Parents/Carers must contact the Academy by 9am on each day of absence. If leaving a voicemail, please state the child's name, AM group and the reason for absence. This can be done by contacting the Academy on 01895 430066 and following the instructions for reporting a student absence.

Attendance Percentage	Missed Days of Learning (over a year)
100%	0 days of learning missed
95%	10 days of learning missed
90%	20 days of learning missed
85%	30 days of learning missed

Breakfast Club

Breakfast Club runs every day from 7.30am every day and is open to all students. Students who receive Free School Meals are entitled to a free breakfast of one food item and one drink. All other students are able to purchase a wide range of hot and cold breakfast items. Breakfasts are provided by Cucina, the Academy caterers, in the Canteen.

Eating a healthy breakfast before starting the school day is linked to improved concentration, better test and examination results, increased energy and maintaining a healthier lifestyle. Breakfast is especially important for young students whose brains use about half of the body's energy.

We strongly encourage all students to eat breakfast in the morning, and welcome all students at our Breakfast Club.



Uniform

Do you have any Park Academy Uniform or PE kit, school trousers or skirts, school shirts or suitable shoes that are in good condition that no longer fits? If so, we would be very grateful if you could bring items into the Main Reception. It will really help some of our families.

