



# Park Academy Newsletter

Issue 17

April 2023



## A message from Ms Mohey, the Principal:

Once again it has been a busy period at Park Academy West London and it has been amazing to see the way the students have participated in all of the activities. The rush of students to complete the respect cards highlights how our students are keen to involve themselves in new initiatives and relish the positive opportunities. We are keen to ensure that all students demonstrate the Park values of Perseverance, Aspirations, Kindness and Respect and there will be many more opportunities for us to explore ways that they can do this. We are proud of our students, even more so when external visitors comment on how fantastic they are. As we approach the start of external exams it has been great to see Year 11 and 13 students focus and attend intervention sessions. Thank you to all the staff running additional intervention sessions to support the students. We wish all students the best for their exams.

## PARK Values

In order to continue to promote and develop our PARK values, students in Years 7 – 11 took part in a competition to complete as many Respect Cards as possible. Each card had a series of actions for students to complete such as holding a door open for someone, saying thank you and helping a member of staff. Once all the tasks had been completed, students handed in their cards to be in with a chance of winning an Amazon voucher. Over 200 cards were handed in which was fantastic! The winners of the Amazon vouchers in each year group were:

Year 7 – Royden Fernandes (7D)

Year 8 – Kane Oliver (8X)

Year 9 – Aimee Leaves (9H)

Year 10 – Rhys Hook (10S)

Year 11 – Victoria Brown (11B)



## Asthma Friendly School

The Asthma Friendly Schools (AFS) programme sets out clear, effective partnership arrangements between health, education and local authorities for managing children and young people with asthma at primary and secondary schools. Mrs Austin, Welfare Officer, has worked hard over the last few months to ensure that Park Academy meets all the criteria to achieve this accreditation again. Well done Mrs Austin!

## Year 7 Road Safety Talk

On Monday 24th April Year 7 were lucky to have the opportunity to watch a performance from the theatre company, The Riot Act. The production demonstrated safe behaviour around roads and highlighted the importance of recognising and understanding how peer influence can affect our choices. The Year 7 students really enjoyed the performance and the actors commented on how great the students were. One Year 7 student commented that it made her 'think about how she crosses the roads on her way home, especially when on her phone and what she needs to do differently'.



## TFL All Stars

The TFL STARS group has been working extremely hard over the past few months to create a sustainable travel plan to deliver to the whole school. Students have been meeting regularly with a member of TFL to create a plan to improve the safety and sustainability of travel to and from school. Students have analysed the different modes of travels students take to come to school and will be delivering an assembly in the next few weeks about how this travel can be made more sustainable. The group have also planned and pitched their plan to TFL and have been granted a budget of £700 to launch their project. The project involves getting more students to cycle to school in a safe and sustainable way; this project will be running as a competition in the future where students will win bicycle accessory packs and a chance to attend the Olympic Velodrome.



Furthermore, students have also taken part in an obstacle course to highlight the risks attached with crossing roads and cycling whilst using a phone and listening to music. The students will be launching this obstacle course to the rest of the school alongside a travel safety notice board to educate other students on the dangers of using mobile phones whilst crossing roads and cycling.

## Student Council Visit to Parliament



On Friday 21st April, members of the Student Council had the opportunity to visit the Houses of Parliament. Students in Years 7-10 were given a guided tour of the Palace of Westminster to learn the history of the building and visit the Chamber of Commons and Lords. Students also received a workshop from an MP on how the voting system works within the UK and how laws are proposed, debated and passed. Students had the experience of creating a mock law where they had to debate and persuade others of the law they wanted to pass and went through the process that is undertaken to pass laws.

## House Competition Update

Since relaunching the House System back in January, students have been busy collecting merits and achievement points which contribute to the overall House Point total. This term has already seen the first large scale inter house events with the Year 7 and 8 quizzes. In small groups, students answered questions on general knowledge, sport, geography, logos, films, celebrities and much more! All the students were engaged and got really stuck in, and the winners were:

### Year 7

Richmond – 370 points
Greenwich – 287 points
Regents – 263 points
Kensington – 156 points

### Year 8

Kensington – 399 points
Richmond – 303 points
Greenwich – 280 points
Regents – 232 points



## Revision Tips and Techniques

With exam season nearly here, it is important that students start to focus on their revision. Revision, put simply, means 'to read things again', so revision will involve repeating and revisiting subjects. Revision, not only helps students to remember facts, figures, topics and methodologies, but can also increase student confidence and reduce anxiety as they will be well prepared for their exams.

Below are some tips on how best to revise. It's never too early to start, and students need to ensure that they work out the best methods for them. Students in Years 7 – 10, and Year 12, will have end of year exams so the information below is useful for them too!

*Make a revision timetable*

Revision timetables help students to spread out their study time easily and avoid cramming during the days leading up to exams. It also enables students to allocate their time to subjects that they find more difficult.

### Set Mini Goals

Setting and achieving mini goals gives students a sense of accomplishment and can build confidence. Setting mini targets alongside a revision timetable helps break down subjects and can reduce feelings of being overwhelmed.



## Practice Papers

Use practice papers to familiarise yourself with the format of your assessment and how questions may be structured. Time yourself to avoid getting flustered when sitting the actual assessment, and you'll be able to gauge how much time to roughly spend on each question.

### Take Breaks

Revision is only effective when split up by breaks. Don't overwork yourself and make sure you're giving your brain some space to breathe. You'll get distracted less and be able to focus for longer. Use these breaks to fit in any exercise or healthy eating, which will only improve the quality of your revision.



## Eat Healthily

Where possible, students should choose healthy foods to eat during their study breaks. The quality of what you put in will dictate the quality you put out. Swapping crisps or chocolate for nuts or fruit can leave students feeling less lethargic in the afternoon and with more energy to learn. Everything in moderation!

*Sleep*

Students should aim to have 7–9 hours a night. Sleep is a powerful tool for not only committing what they have learnt during the day to long-term memory, but it also improves their cognitive ability to learn again the following day. Students will be better able to concentrate, and feel more motivated, after a good night's rest.

*Useful revision websites:*

BBC Bitesize

<https://www.bbc.co.uk/bitesize>

S-Cool

<https://www.s-cool.co.uk/>

Study Wise

<https://studywise.co.uk/>

Quizlet

<https://quizlet.com/en-gb>

## Get Revising

<https://getrevising.co.uk/planner>



# Subject Areas

## An Update from PSHCE

### *Year 7 - Your Life You Choose*

Our Year 7 students took part in the Your Life You Choose programme, which is focused on educating young people about crime and its consequences. Students took part in five workshops with various presenters from the Police, Ambulance Service, Youth Offending Team and Inclusion Teams. Students were taught about the dangers of carrying knives, how to keep themselves safe and away from crime, and the consequences that follow when making the wrong decisions.

We have run this programme for our school for a number of years and feedback from the students and staff has always been very positive.



### *Year 9 First Give*

In PSHCE lessons, year 9 students are participating in First Give. First Give provides students the opportunity to get involved in social action projects which will make a real difference to their communities and in doing so gain the wider benefits; a feeling of agency and usefulness teamwork and collaboration skills; public speaking and project planning; leadership, empathy; and improved self-esteem and self-efficacy.

Students are very close to reaching the final stages of their programme and there is a lot of competitiveness being demonstrated by our Year 9s! The students have developed some great social action ideas such as creating drama performances on homelessness, car wash for raising brand awareness of the fantastic and hard work of the MacMillan Cancer research trust as well as other fundraising events.



The next stages are crucial to this competition as students will fight it out to win £1000 for their chosen local charity. So in the coming weeks students will present their work to be in with the chance of progressing through to the Final. Groups that make it through to the final will participate in a workshop to ensure they are fully prepared before presenting in front of their year group and a panel of judges! Watch this space for further updates!

## From the Maths Department

### *UK Maths Challenge*

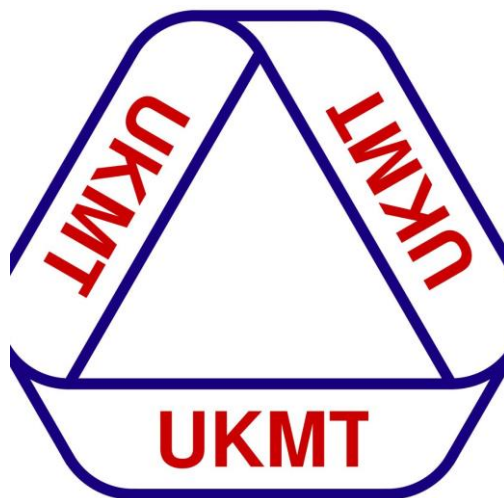
On 26<sup>th</sup> and 28<sup>th</sup> April top set maths students in Years 7 and 8 took part in the UK Junior Mathematics Challenge. The 60 minute challenge encourages **mathematical reasoning, precision of thought, and fluency** in using basic mathematical techniques to solve interesting problems. The results haven't come in yet, but our fingers are crossed for some fantastic results!

### *GCSE Revision Workshops*

Every day 2F13 will be open at breaks time for any Year 11 students that need extra support in the lead up to their exams.

Break 1: Foundation students

Break 2: Higher students









## An ATL Update

Welcoming the students back after the Easter break were two exciting assignments for Year 7 and Year 8. We also welcomed back Mr Needham and have been joined by Ms Kumar in the ATL team - both have already inspired our students to achieve and succeed.

Our Year 7's have started an assignment entitled Tomorrow's World. Students have started researching and understanding the different technologies available to us as well as up and coming/ and possible futuristic technologies. This has fuelled many of their ideas of how to design and create a product to help those who suffer with Parkinson's Disease or Dementia to make their conditions bearable. The students have started to show maturity and think on a deeper level of how products are designed to help rather than be fashionable. We are really looking forward to the of their ideas and prototypes.

The Year 8 students have started an assignment focused on Gaming. With an explosive start they have already explored and discussed why music is so important when it comes to gaming. They have independently investigated the software Scratch and are starting to become confident and proficient in this. Some students have been appointed as Leaders to support other students with their specialist knowledge. Soon they will be creating their own online game and we look forward to trialling these out.

## Summer Extra Curricular Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Break 1</b> (11.00 – 11.35am)	<b>Debating Society</b> 2F8, MBI  <b>Myths and Legends (History)</b> 1G8, SSC (Week A)  <b>Gaming Club</b> 4F4, HCH  <b>GCSE Maths Foundation</b> 2F13, CSC	<b>MFL Movie Club</b> 1F4, MPA  <b>Gaming Club</b> 4F4, HCH  <b>GCSE Maths Foundation</b> 2F13, CSC  <b>Harry Potter - spells, quidditch and games</b> 1G5, SGO	<b>Gaming Club</b> 4F4, HCH  <b>GCSE Maths Foundation</b> 2F13, CSC  	<b>Film club</b> 1F7, MPA  <b>Gaming Club</b> 4F4, HCH  <b>Anime Club (Week B)</b> 1G13, HHE  <b>GCSE Maths Foundation</b> 2F13, CSC	<b>Indoor Football</b> Sports Hall <i>Different year group tournament each week</i>  <b>Gaming Club</b> 4F4, HCH  <b>GCSE Maths Foundation</b> 2F13, CSC
<b>Break 2</b> (1.45 – 2.15pm)	<b>Gaming Club</b> 4F4, HCH  <b>Dragons Den Young Entrepreneurs</b> 2G14, ABE/MBO  <b>PE</b> Sports Hall, RCH  <b>GCSE Maths Higher</b> 2F13, CSC	<b>Gaming Club</b> 4F4, HCH  <b>GCSE Maths Higher</b> 2F13, CSC  <b>Art Club</b> 3F3, DGA  	<b>Gaming Club</b> 4F4, HCH  <b>GCSE Maths Higher</b> 2F13, CSC  <b>Table Tennis</b> Dance Studio, KDR  <b>Science Experiments</b> 3F7, SAL	<b>Gaming Club</b> 4F4, HCH  <b>GCSE Maths Higher</b> 2F13, CSC  	<b>GCSE Maths Higher</b> 2F13, CSC  <b>Eco Warriors</b> 3F7, SAL  <b>Cricket</b> Astro, KDR/RCH  <b>Dodgeball</b> Sports Hall, EWL/SZL  <b>Frisbee</b> Astro, MNE
<b>After School</b> 3.30 - 4.30 pm	  	<b>Tennis</b> Tennis Courts, SZL  <b>Girls Football Club</b> Astro, RCH / KDR  <b>Alge-bros</b> 2F12, YYA	<b>Athletics - Throwing</b> Astro/Field, KDR  <b>Athletics - Throwing</b> Field, RCH  <b>Softball/Rounders</b> Field, EWL	<b>Drama</b> Drama Studio, RWA  <b>Boys Football</b> Astro, KDR  <b>Netball Club</b> Sports Hall, EWL	



# Careers

## Year 10 Visit to Royal Holloway University

As part of our commitment to provide students with information in order for them to make informed choices about their futures, all Year 10 students are given the opportunity to attend a university. With visits to Oxford University and Brunel University already taken place, students now had the opportunity to visit Royal Holloway, University of London based in Egham. On arrival, the group was met by the students ambassadors and taken into a large lecture hall where the day began. The day included a number of different activities and workshops including a workshop on revision strategies, another on the advantages and disadvantages of going to university and a third session where students learnt about different societies and were able to set up their own. The groups also had campus tours where they were shown student accommodation, different lecture and seminar facilities as well as Founders Building which we all agreed looked like a castle!

The students represented the Academy well, and asked insightful questions during their visits. The Widening Access Officer at the University is keen to develop further links with Park Academy and we look forward to more opportunities in the future.



## Year 12 AED Finals

Having been working with SCS, in conjunction with HS2, since February, Year 12 students presented their assignments to Ms Reynolds and Ms Mohammad. Students were working on either how to reduce the impact of HS2 on the local community in Ruislip, or how to ensure that HS2 is a carbon neutral project. Both tasks required students to research the current situation and develop innovative ideas that could be implemented by SCS. Once all groups had presented, six groups were chosen to present their ideas directly to SCS.



Presenting to the SCS panel made up of members of the Community and Innovations team at SCS was nerve wracking. The students however, rose to the challenge and presented fantastically. They responded to questions posed in a mature and articulate way and our visitors commented that the presentations they saw were on par with some graduate level presentations they had seen. Once all groups had presented, the panel deliberated before deciding an overall winning group. The winning group of Akram Abokor, Arti Dalal and Kalyn Gomes and their innovative idea of using Geopolymer as a sustainable material wowed the judges and they were announced the winners of this assignment. The group will now go onto compete in the National Finals in June.

## Guidance and Support

As part of our links with the Education Development Trust, we are pleased to be able to offer all students in Year 10 upwards an appointment with Margherita Rickwood, our independent Careers Advisor. All students in Year 12 have met with Margherita, as have the majority of Year 11 students. Focus has now turned to Year 10 students to encourage them to start thinking about their next steps. Students are able to request an appointment by speak to Ms Reynolds.



# Other Information

## My Voice

As an Academy, we have recently set up My Voice, an online reporting system for parents and students to report a safeguarding concern. By providing a secure, anonymous (if reporters wish) access for reporting safeguarding concerns, it will assist in early intervention, further develop an open culture of safeguarding in the Academy and will help students receive the support they need.

Students will be able to access My Voice via posters around the Academy that have a QR code on them. Students scan the code and they will be taken directly to My Voice. In addition, My Voice can also be accessed via this link which is also available on the Academy website: <https://form.thesafeguardingcompany.com/28ec7d95-66be-4608-b7ab-95fc51cacb09>

Students who wish to report a concern, but do not have access to do this online, can report concerns using the letter box in the Medical Room. This is checked daily to pick up any concerns that are posted.



## WORRIED ABOUT YOURSELF OR SOMEONE ELSE? HELP IS AVAILABLE





[www.Kooth.com](http://www.Kooth.com)  
Online anonymous support



24 hour free texting service.  
Text YM to 85258 texts are answered by trained volunteers.  
If they think a child or young person is at risk they will share details with someone who can help.



Call 0800 1111 and there is also an online chat support, both have qualified counsellors.  
They also have a BSL video chat option for children who are deaf or hearing impaired



here for you 24/7



### MY VOICE

We want all students to feel safe and receive the support they need to have a positive experience in school.

If you are worried about yourself or someone else, scan the QR code and report it.





## 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.



## 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 online can be found by visiting the NSPCC website: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



## Lost Property

There is a large amount of lost property in Student Services. If your child has misplaced an item of uniform, shoes, outdoor coat, water bottle, lunch box or anything else, please ask them to check Student Services before Friday 12<sup>th</sup> May. Any items left after this point will be taken to either a charity shop or be sold as second hand uniform.



BREAKFAST	
Grilled Bacon Bap	£1.65
Sausage Bap	£1.65
Toast with Spread & Jams	£0.35
Drop Pancakes	£1.35
Croissant / Pain Au Chocolat	£1.30
Student Porridge	FREE
Cereals	£0.95
Granola	£1.10
 Staff Porridge (Or free with purchase of hot drink)	£0.95

