



# Park Academy Newsletter

Issue 18

May 2023



## Year 13 Leavers Tea

On the Friday before half term, we said goodbye to our Year 13 students as they started their study leave in preparation of their final exams. The annual event provides the opportunity for students and staff to come together to share their memories of their time at Park Academy. Students entered the Sixth Form to find that the Year 12 students had set up a buffet and lots of decorations for them. During the tea, our Head Students Bradley Brazil, Daisy Littlefield, Cerys Fisher and Jenson Lawrence shared personal memories of their time at school including trips and visits, accidentally setting of fire alarms when cooking and other moments for them.



Mr Mohammad and Ms Mohey also said a few words and gave advice for the future, before a nostalgic video of photos that took them all the way back to their days in Year 7!

We are sad to see the students go, but are excited to see them on results day and hear about their journeys going forward!

## A Big 'Thank You'

On behalf of Tears of Joy Foundation (Charity number 1200246) and the underprivileged children in Zanzibar Island, I would like to express our deepest gratitude for your generous donation of IT equipment. Your support has made a significant impact on the lives of these children, providing them with access to technology and educational opportunities that were previously beyond their reach.

We were delighted to receive the donation of IT equipment from Park Academy, which included computers and other essential devices. Your donation has greatly enhanced our efforts to bridge the digital divide and empower the children with valuable skills for their future. The equipment will enable them to explore the vast world of knowledge, improve their digital literacy, and open doors to new educational opportunities.



The Tears of Joy Foundation is committed to uplifting underprivileged communities, and your contribution has played a crucial role in helping us achieve our mission. The IT equipment donated by Park Academy will not only facilitate learning but also inspire the children to dream bigger and strive for a brighter future.

We are sincerely grateful for your kind-heartedness, compassion, and commitment to making a positive difference in the lives of these children. Your donation serves as a shining example of corporate social responsibility, and it is through partnerships like yours that we can continue to create lasting impact in the communities we serve.

Once again, we extend our heartfelt thanks to Park Academy for the incredible donation. Your generosity has brought tears of joy to the faces of these children, and we are truly grateful for your support. We hope to continue our partnership in the future and work together to bring about transformative change.

## Mental Health Awareness Week

Organised by the Mental Health Foundation, Mental Health Awareness Week is a week long event to promote the importance of understanding your own and other's mental health and to help tackle the stigma that can often be attached to it. The Mental Health Foundation carrying out vital research and deliver mental health programmes for different communities. With 1 in 6 of us being affected by mental health problems every week it is important that we all look out for each other so that we can provide support. The Pastoral Team organised a range of events throughout the week to promote positive mental health, but key events included the Grace Dear Trust speaking to Year 9 students and teachers and sixth formers taking part in Wear it Green!

The Grace Dear Trust is a mental health charity set up by the family of Grace Dear, who tragically took her own life at just 27 years of age. The aim of the presentation was to highlight to students that 'its ok, not to be ok'. Students listened to Hope, Grace's sister, as she shared her experience of losing a family member to suicide and how they have dealt with the grief. Hope then discussed possible signs that someone is suffering and what to look out for, and reinforced the importance of reaching out for help and how to do this. It was a really informative presentation and we look forward to inviting the charity back in to speak to other year groups.



On Thursday 18<sup>th</sup> May, staff and sixth formers were invited to wear green items of clothing to raise the awareness and normalise conversations about mental health. It was great to see so many shades of green and a range of items! We want to thank everyone who took part as we raised over £50.00 for the Mental Health Foundation.



If any student requires support with their mental health, please report it to the Pastoral Team through My Voice (scan the QR code on the final page).

## Introducing our House Captains

The house captains have been chosen due to their hard resilience, aspiration and leadership skills. The house captain's role is to promote the house system across the school to continue to build upon a positive school culture and create a sense of community and belonging among students and staff. The house captains will promote our house competitions to create healthy competition between students and staff in order to win the house cup at the end of the academic year.

Greenwich	Richmond
Summer Cooley	Alice Walker
Kensington	Regents
Diana Mirzad	Nadia Ajao

Introducing, the Greenwich House Captain, Summer,

*"I decided to run for House Captain as it is an opportunity I won't get again. It is way out of my comfort zone but I wanted to push my limits and help create a positive influence within the school. I love to draw and use creativity and intelligence. I would like to improve the communication between teachers and students and create a sense of belonging between everyone. I want to create posters and help encourage a little healthy competition in order to encourage students and staff to come together in order to win points for their house. I hope Greenwich wins of course! I believe the house system is important in order to bring people together and demonstrate their individual skills and talents to help their House. I am extremely proud to be a House Captain for Park Academy West London."*

Next, is Alice Walker, House Captain for Richmond House:

*"I applied to be House Captain as a chance to get involved in the school's events. I think they help build a sense of community and belonging for all students. Although school is a place for education, it is also important that students feel they can have fun at school. They are more likely to pay attention in class if they are enjoying themselves."*

*"At Park Academy, I love all the activities we offer. Whether this is after school, at break times or during classes. Whether it is guest speakers or extracurricular clubs. We offer so many that we likely have something that interests everyone. This helps people find a passion for something. This can then be pursued as a hobby or become a crucial part of their future. We are made very aware of future options such as the Careers Spotlight we do once a week in form, the Careers Week events or during assemblies. This allows us to confidently move forward and aspire high from an early age."*

*"I think the system is important since it encourages healthy competition amongst all students. We can find humour in it when we race against our friends to see who can collect the most points. It can be a great boost of confidence and self esteem if we earn points for our houses as we feel we have achieved something. It gives students something to be proud of and a small community to belong to. This can make them more involved at school which should help them to feel more committed and encouraged to learn."*





## TFL STARS

Prior to half term, the TFL STARS presented in Key Stage 3 assemblies to raise awareness of road safety and how to travel to and from school sustainably and safely. Students created their own assembly, presentation and script to educate other students on how to travel safely on buses, tube trains and walking to and from school. Students gave facts and statistics to the audience along with safety tips and a focus on the environment and how to improve sustainable travel to and from school.

The TFL STARS also ran an obstacle course at break time for students in Years 7 to 9. The aim was to highlight to students the dangers of using phones while walking to school and crossing roads. Students really enjoyed taking part, as well as picking up on some serious messages.



In June, the TFL STARS will be running two competitions. The first is a 'ditch the car and bus' competition where students will be asked to walk to school and ditch the car to improve sustainable travel in our local area. Students will be competing to walk the most in that week and the 5 students with the highest step count between Monday 5<sup>th</sup> to Friday 9<sup>th</sup> June will win a free place on a trip to the Olympic Park Velodrome and receive a cycle coaching session. Students will also have the option to cycle to school and 5 students who cycle every day to school will also receive a free place on the trip (usually costs £160). Students wishing to cycle to school can receive a free cycle accessory pack containing a lock and lights from Mr Jones to ensure their bike can be stored securely within school.

Students have also created a safe walk to school and cycle to school route - highlighting the safest and quietest roads to travel to and from school.

*An update from two of our STARS (Sara Bakhshzad, Year 8, and Hasna Bakhshzad, Year 7):*

The TFL STARS have been promoting and informing students on road safety including how to travel in a more eco-friendly way, they have held assemblies and created a display board to spread the word even more to students and staff.

They have also planned competitions and road safety obstacle courses to get students more involved and aware of ways and tips for traveling to school safely.

As students, it is important to learn about road safety, whether you're a pedestrian, cyclist, or passenger in a car. Road accidents can happen at any time, and being aware of how to stay safe on the road can make all the difference.

Here are some key points to keep in mind when it comes to road safety for students in school:

- **Walk safely:** If you are walking to and from school, always use designated crosswalks and sidewalks, and look both ways before crossing the street. It is also important to be aware of your surroundings and avoid distractions like your phone or music.
- **Wear reflective clothing:** If you are walking or cycling in low-light conditions, wearing reflective clothing can make you more visible to drivers and reduce the risk of accidents.
- **Use a helmet:** If you are riding a bicycle or scooter, wearing a helmet is essential. It can reduce the risk of head injury in the event of an accident.
- **Follow the rules:** If you are driving, always follow traffic rules and laws, and never drive under the influence of drugs or alcohol. It is also important to stay focused and avoid distractions while driving.
- **Buckle up:** If you are a passenger in a car, always wear your seatbelt, and make sure any younger siblings or friends do too.
- **Stay alert:** Whether you are walking, cycling, or driving, it is important to stay alert at all times and be aware of your surroundings. Look out for other drivers, cyclists, and pedestrians, and always give them plenty of space.

By promoting these key points on social media, we can help raise awareness about road safety among students. Remember, road safety is everyone's responsibility, and by taking simple measures, we can all make a difference. Stay safe and stay aware!



# Subject Areas

## PE Department News

### *Sports Leaders*

This month has seen some Year 7 and 8 students start their training to become Sports Leaders. Participating in a workshop run by Andy David, Director of Student Leadership and Engagement at Aspirations Academies Trust, students looked at the skills needed to be a good leader and how these can be applied in a sporting setting. The group then had the opportunity to develop these skills in a range of practical activities. In order to complete their training, the students now need to complete two hours of volunteering which can be in PE lessons, or at extracurricular clubs and events. We can't wait to see them in action!



### *Lords Cricket Trip*



The PE Department took 25 high achievers to Lords for the day to watch the Inter-Services Twenty20 cricket matches. For some of the students it was the first time they had had the opportunity to attend to a live sporting event, and they were all very excited to be visiting the home of Cricket! The students were amazed by the size of the iconic ground.

Not all of the students were aware of the rules or spectator etiquette of cricket matches, but they soon picked it up. The students enjoyed the fast paces, and celebratory atmosphere of Twenty20 cricket. Students were quick to learn about the different teams and players and were about to meet some of them and even get their shirts signed by them! During the interval between games, local primary schools took part in a Kwik Cricket competition in our end of the group. This meant that many of the hits by the younger students cleared the fence and came towards the Park students to be caught and thrown back – this kept our students very entertained!

We were very lucky that the rain that was forecast only lasted five minutes and didn't interrupt too much of the play. As we came to leave Lords, the students were exhausted after a fun day of learning about cricket and getting involved in the atmosphere of the event.

## Business and Finance Update



Our Year 13 Finance students have worked incredibly hard over the last two years, and last month the students sat their final exams. Students who did particularly well include Sakariye, Kira and Aaron all of which achieved A grades. This is a massive achievement and a reflection of all their hard work over the last two years. These students have worked hard and shown perseverance in their studies. Extremely proud of you all!

## PSHCE Gets Competitive!

On Thursday 25th May, Year 9 students participated in the First Give final. Six groups, one representing each PSHCE class, battled it out to win £1000 for their charity. The groups were Macmillan Cancer Support, Salvation Army, Hillingdon Foodbank, RSPCA, The Project Hope, and Mind. For each presentation, students spoke about the good work of their charity, shared their fundraising activities and discussed how their charity would benefit if they won the money. Some groups were really creative in their presentations with Abbie Garland singing a song she wrote about mental health and Maxine Idago creative a film about the students views on animal cruelty. The students presented to the rest of their year group, and a panel of judges made up of Councillor Naser Abby; Senior Vice Principal, Ms Reynolds; last year's winner, Alice Walker and member of the Sixth Form Student Leadership Team, Dayana Tokalitian. All students presenting were fantastic and gave clear, confident and informative presentations and they made it a tough decision for the judges:

Judges Commendation Award: Emma-Lea Bacon and Maxine Idago representing the RSPCA

Overall Winners: Ina Cardosa, Cameron Frederick-Ghazavi and Cody Sutton representing MacMillan Cancer Support.

Congratulations to all Year 9's. It was an amazing event.



## Religious Studies

### Deep Learning Opportunities

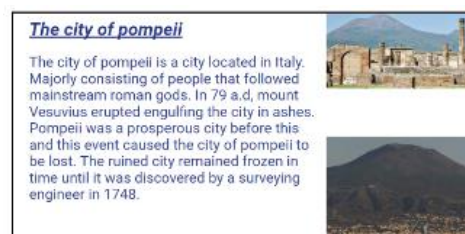
Year 10 students were involved in the RS deep learning day focusing on religious tolerance and cultural awareness. Students were split into groups and attended a series of sessions including raising awareness on cultural and religious practices and celebrations. Students were able to work collaboratively in designing menus for religious celebrations including Eid, Easter and Ramadan. Moreover, they developed an insight into the cultural values embedded into religions and how it connects everyone and were able to make links to the role of globalisation. This led to students being able to construct a coherent debate on the positive and negative impact of globalisation which strengthened their communication, teamwork and public speaking skills.

There were some great presentations delivered and students really enjoyed the quizzes and the level of competitiveness and engagement heightened the day.

### Debate Club



The debate club has recently runs every Monday during break 1. Students who attend weekly have had the opportunity to develop their oracy skills in a fun and engaging way. Each week there is a different theme and this has developed many students' critical thinking skills, and communication skills as they work in groups to come up with a range of for and against ideas. Many students have shown an interest and it would be great to envision the RS debate club to grow and this will allow many competitions and rewards to be used as part of the debate club. If you have not joined, what are you waiting for!!



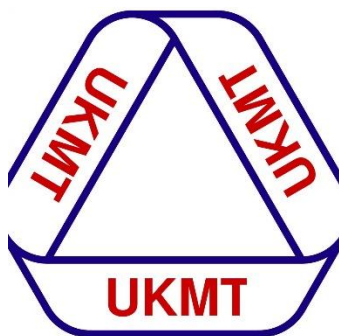


## UK Maths Challenge – The Results

On the 25th April some of our year 7 and 8 students participated in the Junior UK Maths Challenge. Well done to the following students who received certificates.

### Silver

Shakir Adam (best in school)  
Hasna Bakhshzad  
Olgen Leshi



### Bronze

Ruby Briggs  
Lily Brooks  
Jaiveer Joneja  
Silvia Pop  
Catherine Oprea  
Franston Vaz  
Bilal Yusuf  
Amal Ahmed  
Deeana Anders  
Georgia Field

## News from the Science Department

### STEM Club

#### What is happening at STEM Club?

Date	STEM Activity
10/5/23	Elephant toothpaste
17/5/23	Soda rocket
24/5/23	Magnetic slime
7/6/23	Sparkly explosion
14/6/23	Catapult
21/6/23	Rainbow in a jar

STEM Club has now changed to Wednesday Break 2. This term is full of very exciting and quick experiments that students can learn how to do and replicate at home (safely!). This is a great opportunity for students to engage with STEM subjects differently, so we encourage all Key Stage 3 to pop on by! If your child has any suggestions please come and see Ms Ali or email [sali@park-aspirations.org](mailto:sali@park-aspirations.org)

### Year 9 Target Mars

Six Year 9 students participated in Target Mars, held at Brunel University on Thursday 11th May. Their objective was to gain insights into Mars survival and life on the International Space Station by engaging in a variety of science activities. Following the completion of challenging puzzles and space-themed experiments, the students' performance was evaluated and compared to teams from other schools. Huge congratulations to Darren Tuuling and Sadjaad Munyentwari who won their category!

The lecturers who observed their participation specifically commended the students for their exceptional teamwork, cooperation, and ability to thrive under pressure.



# Sixth Form

## Aim Higher Day – Part 1

Friday 5th May was the first of two Aim Higher Days for Year 12 students. The focus of the days are for students to explore the range of opportunities for them at Post 18. It can seem a daunting task when thinking about life after Sixth Form, but we are committed to ensuring that all students are made aware of their different options and the advantages and disadvantages of each. There are so many options available that we want to ensure students feel confident in making decisions about their next steps.

Students learnt about some of the options such as gap years, working, apprenticeships, deferred entry to university and degree level apprenticeships. In addition, Uxbridge College came into speak to the students about different qualifications such as HNCs and HNDs.

Students were inquisitive throughout the day and asked lots of questions in order to develop their understanding. With the next Aim Higher Day in a few weeks, it definitely gives the students lots to think about.



## Sixth Form Social Event

An important part of our Sixth Form is the social events calendar. The events, decided and organised by the students, provide an opportunity for all the students to come together to get to know each other and experience a range of different things.

On 25th May, our Sixth Form students embarked on a culinary journey at JRC Global Buffet, a renowned restaurant known for its vast selection of international dishes. The event aimed to bring together students from different backgrounds and cultures, fostering a sense of unity and appreciation for diversity.



The range of foods available was vast - from Asian delicacies such as sushi, dim sum, and stir-fried noodles, to Mediterranean delights including hummus, kebabs, and falafel, there was something to satisfy every palate. The students eagerly explored the array of options, navigating through the tantalizing aromas and vibrant displays. One of the highlights of the evening was witnessing our students stepping out of their culinary comfort zones. Many took the opportunity to try dishes they had never tasted before, embracing the spirit of adventure and discovery. It was an empowering experience to see students breaking down barriers and embracing new flavours from across the globe, including some very spicy chillies!

## Year 12 Body in a Box (Katy Orr, Year 12)

Body in a Box took place at Brunel University. Before the event, we were all very unsure on what the day would hold, but were also very intrigued. As we arrived, everyone was very welcoming and friendly. We got ourselves into groups of six and sat at colour coded tables, all named after a detective.

The day was about a crime scene investigation and focused around human remains that had been found in a box. We watched videos which tested our memory, we were given clues and ten people who could have been the remains. We measured the bones to see if it was a female or male, we tested genes, and we had to say who we think the remains belong to. The entire day was very enjoyable, especially as I want to pursue a career in Forensics.



# Careers

## Degree Apprenticeship Presentation

Year 12 students were given an insightful session on degree apprenticeships by the University of West London (UWL). UWL are a trusted training partner of a host of leading employers across West London and Berkshire, which was valuable to know for the students who are considering various routes into gaining qualifications with experience.

Gagandeep Chaggar, Outreach Coordinator from the University presented information on how Higher apprenticeships can incorporate qualification levels 4, 5, 6 and 7, whereas degree apprenticeships include only levels 6 and 7. The routes and entry qualifications were discussed as well as how the course is structured, which was of great interest to the Year 12's who listened with rapt attention.



The students benefited greatly from being able to communicate directly with a representative of the University and hear first-hand the advantages and disadvantages what life on a degree apprenticeship would be like.

## Presentation Skills Workshop

Sam Fraser, Marketing Manager at Aspirations Academies Trust, utilised her experience in the media to run a presentation workshop for some of our Year 12 students. Sam, who has been a Senior Broadcast Journalist with the BBC, shared some of her tips of being a confident presenter and the students were given the opportunity to practice their presentation skills and use the tips they had learnt.

Year 12 student, Laura learnt one technique and said it really helped. Laura said that "a lesson I learnt to help improve my presentation skills was the 'clench buttocks' method. I was nervous but when trying the technique, my posture improved and I felt so much more confident."

Sam commented that "knowing how important presentation skills are in the workplace, it was great to be able to use my experience in a positive way for the Year 12 AED students. They were lively and engaged and responded enthusiastically to the challenges I threw down! I'm sure they'll take the learnings into their next group presentations."



# Other Information

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



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



**YOUNGmINDS**

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.

**shout**

**85258**

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.

## Park Academy West London Careers Fair

Thursday 22nd June

*Find out about different careers directly from the companies, speak to local and national businesses, colleges, training providers and universities.*

### In the Sixth Form Centre

1.30 - 2.15pm - Years 7, 8, 9 and 12

2.15 - 3.20pm - Years 10 and 12

3.20 - 4.30pm - All students and Parents/Carers

*See Ms Reynolds or Ms Sehdev for more information*

