



Park Community School

NEWSLETTER

Fortnightly Update
28th May 2021

Dear Parents, Carers and Students,

Welcome to the end of this half term and what a busy one it has been!

This newsletter contains some really special pieces - we are proud to share the work of Antonia in Year 11, her blog will resonate with adults and students alike. It is also great to share the achievements of one of our previous students, Amy. Look out for more celebrations of Park Alumni in coming months.

Year 11 finished their final timetabled lessons today, but return after half term for their 1 to 1 meetings and any catch-up assessments. They have worked brilliantly and have responded so well to the challenge of demonstrating their ability through a range of assessments - well done to them for their resilience and hard work over the past two years during Covid restrictions. Year 11 teachers have worked tirelessly to make sure our students have the evidence they need for their grades. I know you will wish to join me in thanking them - they certainly deserve this half term break.

Next half term we pick up the pace once more. Year 10 students return to mock exam week and go on their two week work experience at the end of June. We will also be welcoming our Year 6 cohort to school for Freshers' week from 5th-9th July. We are looking forward to meeting them as they prepare to become part of Park.

We would like to wish you and your family a great half term and look forward to welcoming students back to school on Monday 7 June. We hope the sun keeps shining for the week ahead.



CC



AD



**Well done Year 11-
assessments complete.
Now for your 1 to 1s
after half term.**

Ex Park Student Delivers Baby!

This is the lovely Amy Olford. Her dream was to become a midwife. On 24th May she helped deliver her first baby! We're so proud of her and it just shows what can happen with a little bit of self-belief.



Inspired Learning trip to Embers Bushcraft in East Meon

Last Thursday Inspired Learning spent the day in East Meon, where we learned to make a fire in a controlled environment and with the correct safety resources. Students were able to roast marshmallows and chocolate biscuits on their fires. We then made calzone which was also cooked on one of the fires in a pan. Other activities included axe throwing and archery.

Miss Wingham



Mountbatten Athletics Trip

On Tuesday 18th May we set off for the Mountbatten Centre for our Athletics trip full of excitement for the competition. This was the only athletics championship taking place in the county on that day. Luckily we avoided any bad weather, although it was looking menacing at times. Our students were a credit to Park and themselves throughout the event. Each and every one of them gave their all. Some of the highlights included a 4th place position for Tommy in the Javelin and George narrowly missing out on the bronze medal in the 100m. We are all really proud that our students wanted to represent the school and give their best.

Mrs Bearpark



Park Community School

Mental Health Wellbeing Workshop

The Mental Health Support Team (MHST) for the school is running a teenage wellbeing workshop for parents. This workshop aims to give parents information and advice on:

Teenage development

- Supporting your teenagers with difficult emotions, thoughts and behaviours.
- Sources of support for young people and what you can do to help them as parents.
- The difference between normal adolescent behaviour and mental health difficulties.
- When young people may require more targeted support from your MHST/CAMHS.
- Ideas for how as parents you can manage your own emotions.
- Ways you can support your own wellbeing.

The workshop is interactive and you will have the opportunity to ask questions.

If you would like to attend please follow the zoom link below, the session is on Thursday 17th June from 9.30 to 11.30 with a break half-way through.

Zoom meeting link: <https://spft-nhs-uk.zoom.us/j/97229248555?pwd=aDIQOVhoVnFRekhKK3ZlYUo4OFpNdz09>

Meeting ID: **972 2924 8555**
Passcode: **916750**

We look forward to seeing you on 17th June.
Mental Health Support Team (MHST)

Network Rail – Urgent Trespassing on Railway

Due to the very high level of trespassing on the tracks by young people in the local area, Network Rail in partnership with Learn Live are working to help raise awareness to students across the UK educating them about the dangers of the train tracks. Just go to <https://learnliveuk.com/network-rail-secondary-school-safety-talk/> to watch the free safety video. Network Rail have made things easier for you to watch the free safety videos by just entering the email railsafety@learnliveuk.com into the 'I am registered' field when you first watch the videos.



Look at what Antonia has accomplished!

Addicted to Comparisons? – Social media

What comes to your mind when you hear that phrase?

Perhaps you think of Instagram or Facebook or Twitter, just a few of the many apps used to connect with people from all around the globe. I think of innovation, revolutions, communities and movements. However, as a fifteen-year-old female it's becoming increasingly harder to not be exposed to the harmful and unhealthy dark side that social media has within our society.

We, as humans, are vulnerable to social approval, meaning that we are always given, or sometimes search for feedback. As a young child, social media was fun to me. It was a way to see what my friends and idols were getting up to, what they had for dinner, their new clothes or even their favourite song at the current time. If used correctly, it can become an amazing way to interact with people in a safe way.

Be aware that most of the pictures on your Instagram feed, or uploads to Facebook are a very small portion of somebody's life. And it's important to know that you don't have to fit in to the so called beauty standard based on the people in your feed.

But remember, YOU are in control. Don't get stuck on the dark and corrupt side of social media.

Part of the first of our #basimbi (young women) blog supported by The Girls Network mentoring scheme. 'Addicted to Comparisons?' has been written by Park student Antonia.





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Inspired Learning Trip to Exciting Escapes!

On 27th May Inspired Learning attended Hollywood bowling where they had a friendly competitive game with Miss Wingham.

After, they took a trip to Exciting Escapes in Portsmouth. Their experience included team work, problem solving and the students loved the unique experience. The escape room 'Dark Deeds and Groceries' is based in 1928. Students had to crack the clues in the innocent looking grocery shop to lead them to find the truth and be able to escape. **Miss Wingham**



Half Term Hockey Camps

Wednesday 2nd June

11-3.30 pm

Ages 6-13 years £25

Thursday 3rd June

10.30 am- 2.30 pm

Ages 6-13 years old £20

****Sibling discount and hardship funding upon request****

Havant College, New Rd, Havant, PO9 1QL

All abilities welcome

£20/day - sibling and hardship discounts upon request

Includes game play, skill- based creative activities plus goalkeeper training. Join Jon Keynes – Level 2 England recognised coach and his team of vibrant, fun coaches. All coaches DBS approved. Book online at

www.havanthockeyclub.org.uk hockey camps

Or contact Jon Keynes on 07768201209 for further information



SPANISH MENU COMPETITION - L/O: To design your own Spanish menu



1st place: Lara



2nd place: Niamh



3rd place: Chay

