

much more than just a school

# Park Post

much  
more than  
just a school

newsletter

Issue 12

July 2017

## The heat is on at Park Festival of Sport

This year rather than just a sports day the PE department at Park put on a Festival of Sport to celebrate National Schools Sports Week. National School Sport Week (NSSW) is a huge celebration of everything that is great about PE and school sport.

The week celebrated students' talents and maturity and their attitude towards new challenges. They were given the opportunity to be involved in Flag American football, softball, Just Dance, basketball, dodgeball and ultimate frizbee, with each activity accumulating points for their Family totals. The week also saw large area events such as the Year 7 and 8 Area Athletics Championship and the Hampshire School Games. During the Festival of Sport, we aimed to 'raise the bar', walk the walk of 'further, faster, stronger, fitter' and really celebrate not only PE but that we really are more than just a school. Because of the amazing efforts of so many staff and students these aims were met.

The students came out after lunch to the STP proudly wearing Family coloured tops and were accompanied by our amazing school band. They walked through the parade of Family flags and could hear the Family songs playing as part of their opening ceremony. From here students were given responsibility to move between field events (shot, javelin and long jump), fitness challenges on the MUGA and track events on the STP. We also accommodated the freshers (Year 6 students) who took part in an endball tournament at the same time, with points, again, going towards Family totals. As the afternoon progressed students impressed staff again and again with their resilience and positivity. The final events of the afternoon brought us all together onto the STP for the much-loved tug of war featuring staff/student teams and the all-important results:

**Year 7 winners – Nelson / Year 8 winners – Dickens / Year 9 winners – Brunel**  
**Overall winners – Nelson**



There really was Joy, Glee and Delight in bucket loads, for all staff and students during Parks Festival of Sport! But the biggest WELL DONE goes to all students in Years 6, 7, 8 and 9 for their amazing efforts and their superb attitude towards trying something new and encouraging each other.

Throughout the afternoon there were hundreds of moments where the PE team felt extremely proud and inspired by our students' achievements.  
Article by Mrs Cavanagh

# Park Post

## Greenpower Success

Park Community School went to Goodwood Motor Circuit with their two electric Greenpower cars - 'Keep Up' and 'Team Spirit 2' - to try and compete with the best of the best!

Our Greenpower team have no sponsorship, a limited budget and only basic materials, but what we do have is ingenuity, determination and resilience. Park's team consists of Amy Higgins, Oliver Edwards, Jack Taylor, Ollie Peplow and Holly Hitchins. These five students were striving for excellence by ensuring we made marginal gains just like a Formula 1 team would. They managed to complete a driver change pitstop in only 14 seconds and were precise in team communication in a busy pit lane.



A few changes on the cars this year with recycled plastic, wire and clingfilm are starting to make us competitive. A slight change of gearing should allow for us to compete at a national level. With another performance like that at Dunsfold (Top Gear test track) and a few more 'marginal gains' we should make it to the national finals at Rockingham motor circuit in October. The encouraging results from the outing at Goodwood were:



Race 1 (out of 67 cars)  
Keep up - 20th (4th kit car)  
Team Spirit 2 - 21st (5th kit car).

Race 2 (out of 67 cars)  
Keep Up - 20th (2nd Kit Car)!  
Team spirit 2 - 27th (7th kit car)

Fantastic results at an amazing day! Congratulations to all involved and especially for the well practised pit changes - only 14 seconds!

Article by Mr Payne

## Race for the Line National Finals

Mr Shearn from Park took our team of racers to Santa Pod Raceway in June to take part in the Race for the Line Final, following the success of Gary Handley's design in the last heat. Although our team did not win the finals, results for the day were very close!

Ultimately Park came 4th out of the whole country (29 schools entered), the winning team was a junior school and the other two podium finishers were from secondary schools with sixth forms and they were KS4 students!

The team, Year 7 students - Gary Handley and Keerthi Mahesh - worked very hard. A massive well done to both students, they were amazing.

Article by Mr Shearn

## Challenge Day

The 20th and 21st July 2017 saw Park run its final Challenge days of the year. As always, the focus for these days is on problem solving and enquiry, and they provide an opportunity for us to get creative with the curriculum, use outside speakers to inspire students and explore subjects in greater depth.

Year 7 students spent time developing their entrepreneurial and leadership skills across the two days, working with adults from the business world to develop their own ideas and present them in a Dragons' Den style battle to win the chance to work with Mr Dickens (our Enterprise Co-ordinator) to make their business idea a reality. Meanwhile, Year 8 students applied their mathematical skills to real life problems on day one, and on day two learnt from experts about keeping themselves safe in relationships and making good choices.

Our Year 9 students also looked at staying safe in relationships before focusing on employability on day two. Students worked with visitors from the Royal Navy, NatWest Bank and Hampshire and IOW Air Ambulance throughout the day to develop team work skills and explore the attributes sought after by employers.

Year 10 also spent day one focusing on the world of work, after reviewing their recent work experience. They were inspired in workshops run by Barclays Bank and Mr Roberson. On day two, Year 10 got the chance to experience the freedom (well, as much as the hard court could offer) of driving a car! The day was spent considering the responsibilities and practical sides of taking the test and students definitely enjoyed these challenges!

Article by Mrs Capaldi



## Oarsome Chance - Youth Coastal Rowing Programme

Mr Pritchard and Mrs Bearpark from Park have now completed the first part of their Youth Coastal Rowing Programme Coaching award and had to be observed as they took charge of the boats to become qualified Coxes.

Park students practiced race starts, slow and sharp turns and most importantly manoeuvring around the very expensive yachts in the marina.

Article by Mr Pritchard



# Park Post

## Maths Festival

Two of our Year 9 students - Daniel Morrison and Jasmine Bone - travelled to Amery Hill in Alton to take part in mathematics masterclasses. This took place over five Saturdays in April and May. Daniel and Jasmine learned about and tackled problems relating to game theory, error coding and nearest neighbour algorithms amongst others.

The masterclasses are run by the Royal Institute of Science and open to some of the most able Year 9 mathematicians across the country.

Well done to both for participating in and completing the programme.

*Article by Mr Murphy*



## Litfest

Students from Year 9 and 10 had the opportunity to visit Chichester University for their Litfest event. They were able to experience university style English lessons whilst receiving a taste of university life.

Lots of fun was had by all as students explored Shakespeare's world, short story writing, author talks and much more!

A fantastic event that inspired and encouraged students to consider choosing English as a university route in further education.

*Article by Mrs Spies*

## Spelling Ambassadors

Park students in Years 7, 8 and 9 who have trained in a visual spelling technique shared their expertise with Year 6 students from Barncroft School.

All of the ambassadors enjoyed the experience of training other students and being able to help them develop their visual spelling technique.

The ambassadors did such a brilliant job that they were invited to run sessions with the Year 6 students in Freshers' Week.

They are excited to be helping other students benefit from this spelling technique that they have found so beneficial.

*Article by Mrs Hamson*



## SCITT students celebrate success

Friday 30th June saw the fourth cohort of trainee teachers graduate through The Solent SCITT. The graduation event was held at Waterlooville Golf Club, as has become tradition, and was well attended by the family and friends of the trainees as well as a selection of staff who have worked closely with them over the year. Sixteen trainees in English, Maths, Science, Design Technology, History and Dance were awarded with Qualified Teacher Status and a Post-Graduate Certificate in Education.

The award ceremony was followed by the chance to celebrate with a meal and to enjoy the sunshine! Charlie Raines, Dance trainee said: "What made this graduation very special was the group of trainees, friends and family who have supported our whole journey right from September 2016. I have made a wonderful group of friends and colleagues who I look forward to working with as qualified teachers".

The Solent SCITT (School Centered Initial Teacher Training) is based at Park Community School and is a collaboration between Park, Warblington School and Horndean Technology College. The SCITT also works with a variety of schools from the local area, providing high quality teacher training to meet the local demand for teachers. Clare Harrison, Assistant Headteacher at Park and SCITT Coordinator said: "We are proud of the achievements of this year's cohort of SCITT trainees and are delighted to be sending 16 teachers off to begin their careers. We are fortunate to have such a strong working relationship with local schools and the support of our Headteachers in investing in training future teachers".



From September 2017, The Solent SCITT will be working alongside The Solent Teaching School Alliance to offer primary training as well as secondary and we look forward to welcoming a new group of trainees.

Do you know anyone who is interested in primary or secondary teaching? For more information contact [p.seery@pcs.hants.sch.uk](mailto:p.seery@pcs.hants.sch.uk)

Article by Mrs Harrison

## Year 10 Photography students visit Kew Gardens

As part of the GCSE photography course pupils are required to take a wide range of images in interesting and inspiring locations to maximise their creative potential. On Wednesday 19th July year 10 were given the opportunity to visit Kew gardens, Kew Gardens is a botanical garden in Southwest London that houses the largest and most diverse botanical and Mycological collections in the world. The gardens in London Borough of Richmond Upon Thames was founded in 1840 and now has one of the largest living collections in the world including more than 30,000 plants.



Students took hundreds of photographs for a project titled 'Structures'. They were taught how to take high quality photographs close up and to explored a range of compositions using depth of field. The students really enjoyed taking photographs and were most impressed with their close up photographs of bees on plants which they called "the honey shot".

Article by Miss Lawrence



# Park Post

## Apple Pi Filming Trip



It's summer, therefore it's Apple Pi trip time, and as normal the trip took place on the only rainy week there was! This year Chester, Liverpool and Crewe were the venues for the trip, with a campsite chosen in the middle of the three. Year 7 students - Harvey Bone, Josh Gray, Finley Carroll and Kamrun Rhaman - made for a very memorable trip...

Harvey's highlight was his trip across the Mersey. There has been a ferry across the Mersey for the last 700 years, saving pedestrians the forty-mile land walk around from Birkenhead to Liverpool. As he crossed the water he spotted the different landmarks that make the area so famous.

Finley's exploration of the Beatles Story was his favourite assignment. First talking to a Beatles expert before being given a VIP tour of the venue itself. Finley was very surprised to be able to stand so close to the original guitars and the care that had been taken recreating the Cavern Club where it all started.

Kamrun went to a fudge shop in Chester and was not only shown how to make fudge but actually made it himself. From the mixing and heating of the secret ingredients, to the massaging of the mixture into the finished sausage of fudge. Lastly he cut it all up ready for sale.

But the highlight of all highlights was Josh's visit to the Landrover Experience. After interviewing Wayne, the advanced instructor, Wayne then gave Josh the driving experience of a lifetime. Up and down 45 degree slopes, over rocky, boulder covered test beds, and over two hillocks, putting the car in a most extreme position. The Landrover took it all in its stride.

The lads also took the trip in their stride, with over twenty Apple Pi's recorded, the bulk of those needed for the next academic year. All in all, it was a very successful trip.

Article by Mr Eacott

## Park Bites

I have just had a lovely email from Anna Evans at Warren Park, saying how **brilliant** Jasmine Bone, Ellie May Heslop, Katelyn Coles, Megan Jones and Bethany Coles were at the Warren Park Fair on Saturday. The students all gave up a day of their weekend to help – Miss Norman

We would like to say a huge **Congratulations** to Tenisha Lawrence who qualified in representing GB in the dance world cup in Germany. Best of luck from all at Park Community school – Mrs Chuter (If you want to know how Tenisha got on see page 8!)

## Calling all parents of under fives - 30 hours free childcare

Parents can now check if they are eligible for the Government's 30 hours free childcare for their three and four year olds by using the online childcare calculator at [www.gov.uk/childcare-calculator](http://www.gov.uk/childcare-calculator)

From September 2017 parents will be entitled to a maximum of 1140 hours of free childcare, which doubles the existing 570 hours currently available to all three and four year olds. This could save working parents up to £5000 a year.

To confirm eligibility parents will need to submit an online application via the Childcare Choices website [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk) They will receive a reference code which will need to be given to their registered childcare provider. The childcare provider will validate the code with the local authority and confirm eligibility. If authorised, parents will then be able discuss when the free hours of childcare can begin with their childcare provider.

### Tax-Free Childcare

Parents can now check to see if they are eligible to receive up to 20% of financial help towards childcare costs from the Government through the Tax-Free Childcare scheme. This could help towards additional hours not covered by free entitlements; before and after school childcare and holiday childcare.

For an explanation of the eligibility criteria and for more details on all Government schemes offering childcare support, visit the Childcare Choices website at, [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

## Students perform to local care home residents

On Wednesday 19th July Mrs Tuckwell and Mrs Chuter took seven students to Alexandra Rose Care Home in Farlington to perform some songs and dance for the residents.

The students involved performed beautifully and we had some great feedback from both residents and staff. We aim to tour

around more of our local care homes next term and continue to work with our local community.

"It's such a great opportunity for our students, and it gives them experience in performing in new environments."

Article by Mrs Chuter



# Park Post

## Play in a Day

Park Drama Teacher, Mrs Bowman took nine Year 9 students to participate in a local drama event hosted at Mayfield School.

With minimal resources and time students were tasked with producing a piece of devised drama around the theme of 'Play'. As always, Park students did themselves proud, presenting work that was both witty and thought provoking.

The performance to a public audience showcased how confident and creative our performing artists are!

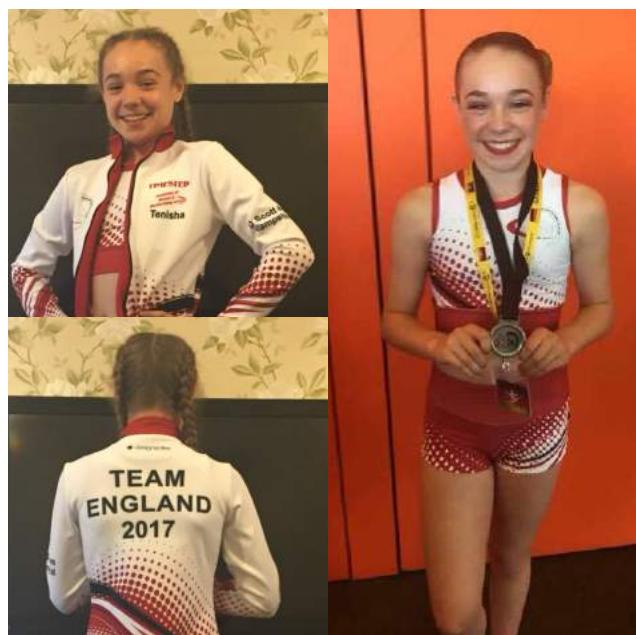
Article by Mrs Bowman

## Chi Rocks Festival

Year 9 music students from Park took part in a three-day event at Chichester University in June, working with students and teachers from the university on a song writing project. Park was one of five schools that was chosen from over 50 applications providing a fabulous opportunity for students to study intensively with specialist musicians.

The students had a fantastic experience and on the final day proudly performed their piece on the stage in the students union. It was a fantastic and memorable experience for everybody.

Article by Miss Tuckwell



## LAMDA

A group of students from Years 7, 8, 9 and 10 took their LAMDA Drama exams in June.

The students all worked very hard learning their two or three scripted extracts and preparing for the knowledge and understanding discussion afterwards. We look forward to receiving the results and wish all involved the best of luck.

If your child is interested in participating in these exams in 2019 please ask them to listen out for the launch event in September, when they can find out more and sign up.

Article by Mrs Bowman

## Park student wins World Silver Medal!

We would like to congratulate Year 9 Park student Tenisha Lawrence on achieving a silver medal at the World Cup Dance Championships in Germany last month. She competed against 22 other competitors. What a fantastic achievement!

Tenisha said it was pretty overwhelming and quite scary knowing the whole world was watching, but she is super proud of herself.

Article by Mrs Wilson

## Year 11 students celebrate their time at Park



A buzz of real excitement filled the school on the Year 11 students last day as they made their way into their Leavers assembly, all eager to watch the 'Leavers of 2017' film that Mr Carter-Brazier had pulled together celebrating their five years at Park. Mr Cavanagh, Head of Year 11 thanked students for their superb efforts in recent exams and for the funny and poignant moments that they had provided over the years, many of which were reflected in the film.

Mr Anders, Headteacher praised the students for their maturity,

which had developed particularly in the past twelve months when students rose to the challenges that their final year presented them, which included sitting the greatest number of exams Park students had ever sat. He finished by telling the students to enjoy the longest holiday they'll ever get and thanked them for very fond memories. Students then took part in the traditional balloon release.

In the evening students went on to enjoy a well-deserved Prom at Boathouse 7 in Portsmouth's Historic Dockyard. Beautiful gowns and debonair suits were the order of the evening - a great chance for teachers and students alike to celebrate their achievements!

Article by Mrs Mitchell



## Freshers' Week

During the week beginning 3rd July we held our annual "Freshers' week" when Year 6 students who are due to join us in September come to Park for the week. During this time they met their mentors and some of the teachers they will be taught by in September.

The first day was full of activities designed to get to know the other students in their mentor group as well as finding their way around the school and learning about life in secondary school. The rest of the week was spent in a range of lessons similar to those they will come across in September and mid-week the freshers had the opportunity to participate in sports day.

During the week they all had the chance to complete a dry rowing challenge and the top 45 went to



Langstone Harbour to participate in the Oarsome rowing project. On the Wednesday evening parents were invited in to watch a film of their children during their lessons, meet staff and have a BBQ with us. The idea behind this week is to help both youngsters and their parents get to know Park and become familiar with some of the staff that will support them in this important transition.

It was a great, if busy, week and the youngsters left smiling and happy. We look forward to them returning in September.

Article by Mrs Bannard



# Park Post

## Work Experience for Year 10

All of our students in Year 10 were given the opportunity to take part in Work Experience again this year. This is a valuable experience of working life and an opportunity to develop skills and qualities which will help the students secure work in the future. Students were successful in completing the two weeks experience with an employer and the feedback we have received was very positive – well done everyone!

Students who were unable to secure a placement took part in the Alternative WEX Programme. These students worked vigorously cleaning up paths, litter picking and supporting other organisations such as Butser Ancient Farm – again well done to all of you for your hard work!

Article by Mrs Reynolds



## College Taster Days

This term has been an extremely busy time for Year 10! The whole of year group completed three taster days at some of our local colleges (Highbury College, South Downs College and Chichester College).

At each of the taster days they had the opportunity to try courses available to them once they leave school and had a real life experience of what it is like to be a college student.

Once again the students made us proud by showing the colleges what wonderful, kind and well behaved students we have here at Park. This was especially evident when all 154 students took the train to and from Chichester College and it was a resounding success.

Article by Mrs Reynolds

## Careers Guidance Interviews

Now the Year 10 students are moving up to Year 11, to assist them with making informed choices for their next steps, they will all be offered an opportunity to speak with an impartial Careers Adviser from Hampshire Futures whilst at school.

If you would like to attend the appointment with your child, you are more than welcome to. If appointments need to be after school to allow for work commitments, please contact Candice Reynolds c.reynolds@pcs.hants.sch.uk to arrange.

Article by Mrs Reynolds

## Park Teacher takes on Eastern European Charity Bike Ride and raises £10k



Mr Waters, IT Teacher at Park, has just returned from a sponsored mountain bike ride on the Bulgarian/Greek border raising awareness and funds for the anti-human trafficking charity A21. Much of the journey covered the route taken by trafficked girls as they are brought from Eastern Europe to Western Europe.

Mr Waters said, "When I first heard about the event I felt that mountain biking 120km would be too hard and that having a target to raise of £10,000 was even harder. I then remembered that when my older daughters were in their late teens and started to travel abroad I was given the film 'Taken' to watch, starring Liam Neeson. His daughter was abducted on a visit to Paris and he was able to use his CIA skill set to track her down and get revenge on the perpetrators. I knew that if anything happened to my girls I would be powerless. This event was an opportunity for me to do something for another father's daughter."

The A21 charity's goal is to see slavery abolished in the 21st century and they focus on raising awareness (both to report it if seen and to prevent girls in particular falling into the trap), supporting and reintegrating those who are either rescued or escape, helping to prosecute the traffickers and talking with governments to tighten laws and develop inter-agency teamwork.

If you would like to support the charity or find out more about it, Mr Waters has links at [justgiving.com/simon-waters4](https://www.justgiving.com/simon-waters4). He raised £10,353 and so has hit the £10,000 target but is so aware that there are still so many human tragedies out there.

Article by Mr Waters



## Awards Evening with Paralympian

On Monday 17th July we held our annual Awards evening for students in Year 7, 8 & 9. Students were recognised for their attainment, attitude to learning and attendance. There were also several special awards and recognition for students who go over and above to show their commitment to Park.

Our guest of honour was Aaron Phipps a Paralympic Rugby player who showed us just what resilience was needed to climb Mt Kilimanjaro on his hands and knees. An amazing and inspirational speaker. It was a thoroughly enjoyable evening and a great opportunity to celebrate success of our students.

Article by Mrs Bannard



# Park Post

## Tech Deck & Sailing Trip to Ben Ainslie Racing Centre



In May, Park teacher Miss Firbank was lucky enough to take two groups of students to the Ben Ainslie Centre in Old Portsmouth, and then onto the Portsmouth Watersports Centre. The opportunity came through Land Rover BAR, who are hoping to increase participation in sailing activities and make us more aware of the Americas Cup competition.

The students visited the Tech Deck in the Ben Ainslie Centre which gave them fantastic insight into the planning, design and engineering behind the boats that race in the Americas Cup. They got to sit in the hull of a boat used in the actual competition, try building a sail with minimum drag that got tested in a wind tunnel, learn about the materials used in the design of the boat, have a try at manning the hydraulic system for the sails used and much more. The visit was informative and very hands on for the students. They were exposed to the opportunities available in the sailing industry.

After being inspired by what was happening in the Americas Cup preparation, the students then got to have a go at sailing themselves. Much to their excitement, they were manning the boats on their own, with staff nearby on a safety boat. The students learnt very quickly the do's and don'ts of sailing, some getting very wet in the process.

All students were offered the opportunity to return to the centre for a holiday sailing course which some have already taken up. A huge well done to those students who grasped this chance to develop a brand-new skill and make friends on the way.

Unfortunately, Miss Firbank has no photos of the first group that went because of dropping her phone in the harbour, which was a huge topic of conversation on the mini bus home! Everyone thoroughly enjoyed both trips.

Article by Miss Firbank

## Year 10 visit Portsmouth University

Twelve students in Year 10 had the opportunity to participate on the programme 'UP for Uni' that the University of Portsmouth hosted this year.

'UP for Uni' aims to inspire and inform 15-16 year olds about studying degree courses, life at university and graduate careers, to help them make decisions about what to do after finishing school or college.

Article by Mrs Munoz



## Schools Physicist of the Year Award

The University of Portsmouth hosts an annual Physics award to recognise the most promising Year 10 Physics students in the region. This year one of the winners was Year 10 student Tommy Dawson.

The Ogden Trust funded book tokens to the value of £25 for each prize winner. Prize winners will be eligible to apply for events and other programmes offered by Alumni Association.

Well done Tommy!

Article by Mrs Munoz



## Year 8 visit to Southampton University

Students from Year 8 got involved on the programme called Learn with Us from Southampton University. This outreach programme is designed to support students and teachers.

The students undertook a range of activities to engage, motivate and improve their academic attainment and intellectual self-confidence, raise aspirations and increase awareness of university education.

Article by Mrs Munoz



# Park Post

## Park Students visit Tanzania with Grassroots Charity

After two years of hard work the Tanzania team finally jetted off on their life changing adventure. After 32 hours of travelling the exhausted team set about making a difference to the lives of the young people in Mbeya. The team's main duties were signing up new children for the Grassroots sponsorship program which involved weighing, measuring and taking pictures of the children.

As well as that the team took part in numerous feeding programs, preparing and delivering food to those in need. The team's down time was spent playing with the children which was an amazing experience for all.

The staff and students involved would like to take this opportunity to thank everybody who has supported their project over the past few years and are now looking to build an ongoing legacy. We feel this whole experience has had a huge positive impact on our students, witnessing them grow and adapt to situations as young adults was heart warming. They really were amazing, embracing every challenge presented to them with equal amounts of enthusiasm and empathy.

Article by Miss Wingham & Mr Crowley



# Newly Arrived In The Dickinson Centre



Anyone needing food come and help yourself. Anyone wishing to donate please do.

We are also the collection point for the Leigh Park Food Bank.



Thank you to:  
IPA for donating the fridge  
PO9 Pioneers support with MUNCH



Park Community School  
Middle Park Way  
PO9 4BU  
023 9248 9811  
[bookings@pcs.hants.sch.uk](mailto:bookings@pcs.hants.sch.uk)

Designed and Printed by Park Design and Print  
Established to give young people real life work experience  
023 9248 9840 [pdp@pcs.hants.sch.uk](mailto:pdp@pcs.hants.sch.uk)



# Park Post

## Park Sports

### Sports Ambassadors work tirelessly at Barncroft Sports Day

Sports Ambassadors from Park worked tirelessly at Barncroft Sports Day and, as always, were a credit to the school. Here are some comments after the event....

"If Yiannis (Razzell) and Bailey (Newbury) ever want a job I would employ them tomorrow, they were amazing with the Downs Syndrome and Special Needs pupils"

"Josh (Loman) superb leader, brilliantly organised and excellent communication"

"Jasmine Bone and Keira Griggs amazing organisation and explanations!"

"Cain (Holmes) what a kind compassionate boy. He should teach, what a delight"

What was even better, not only did they do an amazing job, at the end of the day, no one left the field without putting away 300 chairs and all the equipment!

A HUGE THANK YOU to Mrs Tuckwell at Park for providing the band they were excellent!

### Sports Ambassadors' reward trip

As a reward for being superb coaches, teachers and helpers at all of our local primary schools, the Sports Ambassadors were given the opportunity to go to Thorpe Park.



Truly amazing students who I am privileged to teach.

Article by Mrs Norman

### Park PE Team awarded Gold!



Because of the delivery and opportunities that the PE department at Park offer, they have been awarded Gold in the The School Mark Games Awards.

This award is recognised by Ofsted for outstanding commitment to PE and school sport.

The PE Department have been invited to an awards ceremony in the Autumn.

### Southsea Volleyball competition

Huge well done to all those students who took part in the Southsea Beach Volleyball competition in June.

It was a glorious morning! Thirty Year 7 students took part and we actually won the tournament! Brilliant effort from all students!

Article by Mrs Norman



## Area Athletics Championships - Fox Fry, Year 7



On the 29th of June, a selection of Year 7 and 8 students attended the Area Athletics Championships at Mountbatten Sport Centre. Both teams were chosen through qualification rounds held during our PE lessons with the PE department. With 20 students in each year group team, we felt honoured to be representing the school as a squad of 40 against 13 other schools from the area.

When we arrived at the complex we were excited to see some many competitors and felt a combination of nervousness and excitement for what the day may have ahead. Once our school squad had set up a base with Miss Smith on the edge of the track we found out our event times and locations and were able to move freely around events to spectate and cheer on other athletes as well as get warmed up for our own events.

Our team had a varying level of experience within it but with a common feeling that we were all proud to be there for our school. I had a fantastic time and am very pleased I had this opportunity. Some testimonials from other athletes in our team:

*"An exciting day and although I was nervous I did so much better than I could have hoped"*  
*(Ian Smith)*

*"Really surprised to have won both my heat and finals race, now I am representing South East Hampshire in the next round for the 100m – feeling shocked"* (Ben Bibby, Year 7)

*"I wasn't sure about shot put at first but it was really good, they coached me before each throw and I threw better with each attempt. I definitely want to do it next year"* (Megan Ford, Year 7)

## County Championships

Ben Bibby then went on to represent the South East Hants in 150m at the County Championships. He ran an excellent race coming 3rd in his heat, but unfortunately came 9th overall with only the top 8 qualifying to the final.

This, however, does make him the 9th fastest Year 7 in Hampshire, which I think you'll agree is an excellent title!

Article by Miss Smith



# Park Post

## Park in the Community Picnic in the Park

We were blessed with a beautiful summer's day and a good friendly atmosphere for this year's Picnic in the Park.

It is part of a national initiative called the Big Lunch which aims to bring neighbourhoods together to work collaboratively on a shared lunch. The idea is that communities work together on something that will promote having fun and building friendship.

Entrance and all entertainment at the Picnic in the Park was free. There were also plenty of free refreshments and a burger van provided by Park Community School. We also had plenty of free entertainment with inflatables, face painting, crafts and music performed by the Leigh Park

Community Singers. We have found that even something as simple as getting together for a picnic can help to bond a community together. People who might otherwise be isolated or lonely can have fun together, and we saw real community spirit in evidence.

Picnic in the Park was being run and organised by local people gathered together by Sara and Barney Barron who share the role of being pioneer ministers for the PO9 area of Havant.

It's part of an initiative of Portsmouth Anglican Diocese to engage with people who wouldn't



normally connect with traditional expressions of Church.

Park Community School kindly hosted and supported the event and we were generously funded by PO9 publications.

Article by Barney Barron



# Recipe by Steven Cross, Head Chef

## BRIGHT AS A BERRY!

### Juicy Summer Pudding

Here we are again at the end of another summer term and at the beginning of the exciting summer holidays! What adventures will be had? What new things will we discover?



Summer holidays are all about time with family and friends spending time outside in the warm summer sun.

To me, being outside cooking and eating with my family is nothing but perfect and remember that this time of year is amazing for great summer ingredients.

Give this forgotten old classic a try after a smokey BBQ or any family meal!

### Ingredients

- 300g Strawberries
- 250g Blackberries
- 100g Redcurrants
- 500g Raspberries
- Or – 1.5kg Frozen Mixed Berries
- 200g Golden Caster sugar
- 7 Slices Brioche or old white bread from a square loaf

### Method

1. Wash fruit and gently dry on kitchen paper - keep strawberries separate. Put sugar and 3 tbsp water into a large pan. Gently heat til sugar dissolves – stir a few times. Bring to a boil for 1 min, then tip in the fruit (not strawberries). Cook for 3 mins over a low heat, stirring 2-3 times. The fruit will be softened, mostly intact and surrounded by dark red juice. Put a sieve over a bowl and tip in the fruit and juice
2. Prepare the bread: Line the 1.25-litre basin with clingfilm as this will help you to turn out the pudding. Overlap two pieces in the middle of the bowl as it's easier than trying to get one sheet to stick to all of the curves. Let the edges overhang by about 15cm. Cut the crusts off the bread. Cut 4 pieces of bread in half, a little on an angle, to give 2 lopsided rectangles per piece. Cut 2 slices into 4 triangles each and leave the final piece whole.
3. Build the pud: Dip the whole piece of bread into the juice for a few secs just to coat. Push this into the bottom of the basin. Now dip the wonky rectangular pieces one at a time and press around the basin's sides so that they fit together neatly, alternately placing wide and narrow ends up. If you can't quite fit the last piece of bread in it doesn't matter, just trim into a triangle, dip in juice and slot in. Now spoon in the softened fruit, adding the strawberries here and there as you go.
4. Finishing off the pud: Dip the bread triangles in juice and place on top – trim off overhang with scissors. Keep leftover juice for later. Bring clingfilm up and loosely seal. Put a side plate on top and weight down with cans. Chill for 6hrs or overnight.
5. To serve: Open out clingfilm then put a serving plate upside-down on top and flip over. Serve with leftover juice, any extra berries and double cream or crème fraîche.

### What's coming up 2017/18

- Trip to Winchester for Year 7's - September 2017
- Trip to Disneyland Paris Year 9 students - January 2018
- Trip to New York Year 11 students - February 2018





We Are Open:

Tuesday 29th August  
Wednesday 30th August  
Thursday 31st August

From 10am - 12noon and from 4pm - 6pm

Monday 4th September  
From 1pm - 5pm

Sizes 28" - 36" - £13.50   Sizes 38" - 54" - £17.00



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### Fitfest

On 23rd June Park was the venue for an event called FitFest provided by Sussex Partnership NHS Foundation Trust and Hampshire County Council. This was a young people's health and wellbeing event to encourage young people to Get Fit, Get Happy and Get Healthy.

Students from Park and from schools in Leigh Park took part in a range of workshops from cheerleading, circus skills, pottery, marbling, drama and storytelling. This gave the young people the opportunity to learn how to manage their stress, cope in times of crisis, make good choices about the food they eat and managing their internet lives safely.

In another hall a market place had been set up where students could gain information about all the opportunities and help that is available for them.

The students had a very busy, fun packed day and it was well enjoyed by them all.

Article by Mrs Parish

Park Community School - much more than just a school

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