

much more than just a school

Park Post

much more than just a school

newsletter

Issue 5

June 2016

Olympic standard inspiration for Park students...

Students involved in a very special Olympics - Students from Park Community School were chosen to become part of 'Play Unified', a Special Olympics programme delivered by the Youth Sport Trust and funded by the Department for Culture Media and Sport, and Sport England. This fantastic programme creates fully inclusive events for all students, regardless of ability, and inspires Sports Ambassadors to bring compassion to others through sport.

Park Students Lilly Moore, Trinity Grant, Abigail Poor, Connor Poor, Bailey Newbury, Yannis Razzell, Lauren Hollis, Tayla Chapman, Ella Rothwell, Chloe Robertson, Mason Crespín, Cain Holmes, Callum Allen and Harry Hitchins met with Chris Gregory - England Olympic Beach Volleyball player.

The Students were praised for their performance, and Nieve Riley of Youth Sport Trust commented, "What an amazing group of students, so polite and lovely, Bailey Newbury has been exceptional with all the children needing additional help."



Park Community School - much more than just a school

Middle Park Way, Havant, PO9 4BU | 023 92 489800 | www.pcs.hants.sch.uk



Park Post

Inspiring Leadership



We are delighted to have Katy Sexton MBE, former female Olympic swimmer supporting our Sports Ambassador programme by working with our Year 7 Sports Ambassadors on a weekly basis in Leadership skills. She is covering all aspects of communication, organisation and planning, as well as giving inspirational talks on resilience, hard work and achievement.

Bailey Young, Year 7 Sports Ambassador said, "Katy is an inspiration and we are lucky to be able to work with her!"

Janice Norman, Sports Coordinator said, "We are so lucky to have the opportunity to work with such an amazing person who is so modest."

Park Community Students are swimming in confidence



Pete Waterfield, Olympic Diver, Gold and Silver Medallist is working with Park Community School Students to improve their diving skills, boost confidence and raise their self-esteem. This eight-week programme, culminating in high board diving at Havant Swimming Pool, has been organised through Park's connections with Big World Impact.

Park Students, Bailey Abbott-New, Bailey Coates, Cameron Brown, Kyle Rose, Jake Clements, Ben Steere, Harry Gill and Dylan Inglis, were the chosen Year 10 Students out of a selection of 200, and Jake Clements, Park Student said, "It was superb and really challenged me!"

Pete Waterfield is impressed by the commitment and enthusiasm, saying "The students were fantastic and fearless... well done to them all."

Dilly Aims High

England Hockey player, Dilly Newton, is working with students at Park Community School on a mentoring initiative known as the Unlocking Potential Scheme, run by the Dame Kelly Holmes Trust.

The initiative aims to inspire young people to strive to achieve their goals by meeting sporting heroes, many of whom have made it to the top. Dilly made it to play for England by sheer hard work and determination and she hopes to inspire others to do the same.

Chloe Robertson, Year 9 student said, "Dilly has really motivated us. We have been working closely with Dilly to plan a 'Road to Rio' sports day for Barncroft Junior School with a Samba Band opening ceremony, and sports competitions from Year R up to Year 6, raising awareness of the Olympic values."

Samantha Poor, Year 10 said, "Having an England Hockey Player coming to our school is really exciting."

Janice Norman, School Sports Coordinator said, "It is a wonderful opportunity for our students to meet such inspirational sports people, we are very lucky."



Students brush shoulders with a bodyguard

Year 7 and 8 students were given an intensive training course on how to be a bodyguard when award-winning author Chris Bradford visited in early May.

Chris, a martial arts expert and professional bodyguard, uses his real life experiences in his books.

Students enjoyed an action packed performance which included readings from Chris's latest book, as well as demonstrations of personal protection techniques.

Sonny Taylor, Y7 said "It was amazing, you just don't expect an author to be trained in those things."

Lewis McMullan, Y7, added "It was great because it was something really different and gave us a preview of his books."



Park Post

The Wickerman

Each year on May Day at Butser Ancient Farm, near Clanfield, a 50-foot-high Wickerman is set alight as part of the recreation of the Pagan festival known as Beltain.

This year, three of our students, Harrison Gregory, Wesley Oppitz and Zak Gilbertson, helped to build the structure, which you would recognise if you remember the horror film *The Wicker Man*.

Their efforts included working around the festival site, and helping to stuff the huge wooden statue which this year resembled a ram.



Did You Know

The oldest word in the English language is 'town'.

A piece of paper cannot be folded more than 7 times.

The John Muir Award at the Billy Trail



During the last nine months, and in often inhospitable weather, a group of Year 8 students have been part of a Hampshire Conservation Volunteers project, which has aimed to modernise and improve the Billy Trail that runs from Langstone Bridge to Hayling Seafront.

The students involved replaced fences, painted gates, removed litter and generally assisted the Volunteer Service in improving the Trail for the good of the community. The students also visited other landmarks in need of restoration, and helped with schemes to improve our local environment.

Passers-by and other adult professionals working in this area have been most impressed by the commitment, skills and courtesy shown to them during the weekly sessions, and the students concerned deserve the praise that has been showered upon them from all sides.

Our Business and Community Manager recently met with a contact from a conservation organisation who gave high praise to our students, expressing what a wonderful group of young people they were, who regularly make her smile. They have worked extremely hard throughout and are always polite and up for a challenge.

The Year 8 students involved are Zak Gilbertson, Harrison Gregory, Wesley Oppitz and Shay Heeley.

Football Festival at HMS Temeraire

A mixture of Year 7 and Year 8 girls attended a girls' football festival at HMS Temeraire on Friday 29 April.

This was a charity event to raise money and awareness of Breast Cancer Care. It was run by Pompey in the Community and supported by University of Portsmouth Youth FC and Hampshire FA. The girls completed a series of fun and competitive football sessions.

All girls were encouraged to wear something pink and bring a donation to the event.

All participants were entered into a raffle on arrival. Hannah Thompson and Brooke Keene won two tickets to watch Chelsea Ladies v Liverpool Ladies in the Women's Super League.



Sports Coaching Event



Year 7 students attended a number of coaching sessions at South Downs College, with sessions delivered by staff and students at the college.

The PE department chose students who enjoy participating in a range of sports, show excellent effort in PE lessons, and could excel with additional coaching.

The students were very excited by the opportunity to receive further coaching and to use the fantastic facilities, as well as having a chance to find out more about further education. After completing the three sessions, students were rewarded with a fun climbing activity.

South Downs College staff and students were grateful for our participation.

Park Post

Park goes for Investors in Careers Award



At Park we understand that our students, and their parents, can feel confused by all the choices they face in relation to different careers and pathways. Questions about the future are wide-ranging. What GCSE options should I choose? Should I go to university or find an apprenticeship? How can I make myself stand out from the crowd when applying for a competitive course or job opportunity?

We work hard on the support we offer all our students with career planning and decision making in a variety of ways. This includes inviting employers to school to tell us more about their work. We run events such as a Mock Interview Day, which we held last term for our Y10 students. We also encourage pupils to attend the Federation Careers Fair, and take them on college taster days in the summer term. From Year 8 onwards, any student who requests, or needs, careers guidance is given a 1:1 interview. All our pupils will see our careers advisor at least once before leaving school.

The Investors in Careers Award is a nationally recognised Quality in Careers award, and Park is aiming to achieve the full award by February 2017 as a mark of all our good work. Our aim is to ensure that all students leaving Park have the knowledge and skills to make well-informed and realistic decisions in an ever-changing and competitive labour market. Achieving the award will demonstrate our commitment to this through our effective careers programme.

We welcome comments and suggestions from students and parents and carers about careers provision in Park and how we can improve – let us know what you think.

Information Advice and Guidance Co-ordinator – Mrs Coles: s.coles@pcs.hants.sch.uk Careers Adviser – Mrs Reynolds: c.reynolds@pcs.hants.sch.uk

Star Students!

Y7 showed they truly are star students on a trip to Chichester University.

Students had the opportunity to investigate different qualifications, and college pathways through to university.

In teams, and working with Ambassadors, students played the 'Star Student' game which is an innovative floor game specifically aimed at introducing the concept of progression to further and higher education in a fun and interactive way.

All the winning groups received a certificate and a boomerang!



Congratulations to...

Bailey Newbury has been awarded a special certificate for his outstanding work with young footballers, and for being a role model to others.

"It was very hard to choose one candidate over another. We thought that Bailey deserved recognition for the work he does and for how modestly he does it. It was a pleasure to meet him." Moore Associates Hampshire.

Park Post

Park Students Show Racism the Red Card

With an ingenious slogan and a clever colour matching visual, two Park Community students, Sophie Anderson and Sam Browning from Year 8, scooped 2nd place out of over 2000 entries in the national competition 'Show Racism the Red Card'.

Together they produced a fantastic poster depicting interlocking shapes in different colours highlighting pale against dark with the slogan 'These colours match, so why don't these?' The thought-provoking idea and design was highly commended by the judges, and they were both thrilled to meet Sadiq Khan, the new Mayor of London, along with several other famous faces.

The award ceremony took place at West Ham football club, and the proud and delighted girls were given goody bags, their own England football shirt, plus their own choice of football shirts to take home.

Students Sophie and Sam said;

"We decided to use interlocking shapes to show the way things go together, but we chose colours that don't necessarily match, but still look ok. This brought out the fact that even when two colours look ok some people still have issues. We left the background plain to emphasise the shapes and slogan.

We decided to enter the competition because we feel strongly about racism and have actually had experience of it ourselves. We have family members who are mixed race and we hate seeing what they have had to go through, so it is close very close to our hearts. We really enjoyed meeting the other contestants who had entered as well as mixing with some top names in sport! It was a fantastic opportunity for us."

Head Teacher Christopher Anders said;

"As a school we try to find a range of ways to help students understand about prejudice and discrimination. It is great news that not only did Sophie and Sam take the time to make an entry into the competition but that their ideas were recognised by the judges in this way."



Congratulations to...

Jake Reeve was one of two recipients awarded the Derek Lamont Young Person of the Year Award. Jake has been invited to The Rotarian Dinner which the National President is attending, to receive his award.

"The quality of nominations was very high and we were very impressed with all the candidates. It is good to see young people doing so much for their communities, so unselfishly."

Park Post

Portsmouth Summer Show

With thanks to Mr Mokgethi and to all the really helpful Year 10 students - Robbyn Miller, Sam Poor, Nicholas Foote and Kane Curtis - who came down to the Portsmouth Summer Show at Cosham to paint a fun family mural. Everyone at the festival could join in with the painting and it formed a giant map of the show.

It was a great family day out with music, bands, performers, and fun rides.



Teen Tech



GCSE Design and Technology students went to Portsmouth Guildhall in May to learn about the STEM industries and take part in lots of different engineering activities.

Companies present included BAE systems, National Grid, Southern Rail along with many Colleges and Universities.

All students had a great day learning and completing activities including a very competitive football match with robots. Park was awarded two special mentions: best innovative product, and the safest idea.

Pumeza Mandela Talk at Horndean Technology College

We recently took a group of Year 10 students to Horndean Technology College to meet Pumeza Mandela, Nelson Mandela's niece. Pumeza works for the Mandela Museum in South Africa and partner organisations around the world, aiming to spread the universal values and human rights that Nelson Mandela stood for.

Pumeza and her colleague introduced their work, then we carried out some rights based work focusing on the issue of migration into the UK and the challenges faced by refugees. The Year 10s were very mature and thoughtful in their responses and worked well with the students from other schools. A highlight was watching them try to convey messages through charades, in an effort to empathise with how challenging it can be to communicate some complex information when you are new to a country and do not yet speak the language.

The students were a credit to the school and were mature in their questions to Pumeza and their responses to the activities.



Research Challenge

Year 10 students were taken to Southampton University to take part in workshops to stop Smallpox, an infectious disease that has spread across the planet. Students covered the following complex topics:

Epidemiology Immunology Social Communication Physiology

On the first part of the challenge, students won five golden stars. The organisation was perfect and the complexity of the Challenge was VERY HIGH.

On the second visit to Southampton University, we were delighted to be told we had won! Kate Bartlett, Widening Participation Project Leader for UK Student Recruitment and Outreach said "It was lovely to meet you and I hope your students enjoyed the rest of the Year 10 Challenge. I have the great pleasure in announcing your school won the event! The judges were extremely impressed with what the students had produced in the two days."



University of Southampton

A visit to Southampton University introduced our students to the differences between school, college and university, as they explored the campus and worked with student ambassadors.



Out of this world homework!



A Year 7 class were tasked with creating a 3D model of one of the planets of the solar system. Ollie Peplow went above and beyond by creating a model of the whole solar system with information on each of the planets.

Another solar system was produced by Bridget Sparks, which was also a truly spectacular model of our solar system. This task reflected both resilience and perseverance by both students and their work was outstanding.

Park Post

Walking Football

A Walking Football Tournament held at Park Community School raised nearly £400 for two charities, Sport Relief, and Against Breast Cancer. Organised by Emsworth & Hayling Island Walking Football Club eight teams, Emsworth, Havant & Waterlooville (2 teams), Hayling Island, Portsmouth (2 teams), Southampton,



and a misfit team called One Step Beyond, played more than 5 games each during which 'player fines' for minor transgressions added to the charities coffers.

All the teams entered into the spirit of the occasion by dressing up. Emsworth sported pink bras in honour of one of their player's wives who died last year from Breast Cancer. Hayling Island donned pink tutus - which they took an unnatural fondness to! Portsmouth Pinks looked very fetching in shoulder length pink wigs, and one of the three referees dressed as a clown.

Afterwards Havant & Waterlooville Walking Football Club - who won the tournament - hosted a buffet for all the participants back at their Westleigh Club House where a never-ending raffle added to the funds raised.

Chelsea's Choice Performance

Thanks to investment from the Hampshire & Isle of Wight's Police & Crime Commissioner and Artswork through the Arts and Craft Investment Fund, Active Communities Network are able to bring the highly recommended 'Chelsea's Choice' play to Leigh Park and support the on-going work of Hampshire Constabulary and it's partners to tackle Child Sexual Exploitation (CSE).



'Chelsea's Choice' is a powerful production highlighting the serious issue of Child Sexual Exploitation (CSE), and it supports an awareness campaign being launched across Hampshire and the Isle of Wight. The play will run in Havant Academy and Park Community School, as well as a dedicated performance to agencies that work with young people in the area, aiming to increase awareness of the signs and symptoms of CSE amongst young people and professionals.

ACE Talent Show

On Saturday 23 April the ACE Youth Partnership held their annual Talent show at Park Community School. Over 77 young people from seven local schools took part in the event, displaying their amazing talents to a capacity audience of friends, family and supporters. It was a cavalcade of fantastic and outstanding performances by all of the participants, and much enjoyed by the judges Liz Fairhurst, Charlie Fletcher and Sam Sweetman.

The event culminated in a prize-giving with the choir from Park Community taking the Secondary prize. The Primary winner was Jaida-Lou Carter from Warren Park Primary, and there was a runner up prize for Sabrina McBrayne from Front Lawn Primary Academy. The most unique performance, awarded by the Deputy Mayor, Faith Posenby, and Michelle Diamond from ASDA, went to 'The Piano Sisters' (Jasmine Livesey, Althea Amansec, Sasha Bannister, Eliza Elias, Olivia O'Hara) from St Thomas Mores RC Primary.

Well done to all of the performers and a big thank you to all of the school staff, friends and family who supported them before and at the event. This special occasion could not have gone ahead without the help of our sponsors Liz Fairhurst (HHC Councillor), ASDA Havant and Waitrose Havant, we are very grateful for their support.



Flavours of Spring & Summer

May, June, July and August

In late spring and early summer the British weather is renowned for either pouring rain or glorious sunshine. Whatever the weather it is time to get outside and enjoy our gardens with friends and family.

I love nothing more than finding new exciting things growing, watching them blossom, and eating them once the warm summer sun has done its work.

Have a go at growing some of tomatoes and herbs and making this delicious recipe.

Steve Cross - Head Chef

Ingredients

10 very ripe beef tomatoes, chopped
1 litre tomato juice/ Passata
1 cucumber, skin on and seeds removed, chopped
Bunch of fresh basil
Sprig of fresh thyme
1 bay leaf
2 tablespoons sherry vinegar
1 tablespoon balsamic vinegar
50ml olive oil 2 red peppers, seeded and cut into large dice
2 shallots, sliced
3 cloves garlic, sliced
1 tablespoon tomato purée
Sea salt and black pepper

Method

Prepare the gazpacho.

This is a two-day process. On day one place the chopped tomatoes, tomato juice, cucumber, basil, thyme, bay leaf and both vinegars in a large container.

Heat the oil in a non-stick frying pan over a medium heat, then add the red peppers, shallots, garlic and salt and pepper and sauté for 6–8 minutes, until tender and soft, being careful not to let them colour too much. Stir in the tomato purée during the last minute of cooking.

Remove from the heat, add the sautéed vegetables to the chopped tomato mixture and season generously with salt and pepper, mixing well.

Cover and refrigerate for 12 hours.

The following day, remove the thyme and bay leaf, then blend the gazpacho mixture until smooth. Pass it through a fine sieve, adjust the seasoning to taste and then chill for two hours before serving.



What's coming up...

- Big Bang Fair
- Mary Poppins
- Day trip to Bologne
- The Prom
- NT Connections
- Over the Wall Presentation
- Rewards Trips to:- Thorpe Park
Spectrum
Marwell Zoo
Monkey World
Splashdown

Park Community School - much more than just a school

Middle Park Way, Havant, PO9 4BU | 023 92 489800 | www.pcs.hants.sch.uk