

much more than just a school

Park Post

much
more than
just a school

newsletter

Issue 7

October 2016

Looking back over a great summer and as we step into an exciting new term

Park students brush with Royalty - by Mrs Norman

"We were lucky to be given the opportunity to take 10 students to the America's Cup to meet the Land Rover BAR British Team, and racers from all over the world. The students had a fantastic day and enjoyed a variety of activities including, making their own boat to sail, and virtual experiences on sailing craft. It was a truly amazing experience for our students."

"It was a great day we were so lucky to get this opportunity." Yiannis Razzell

As the day proceeded the students were observed and two students, Callum Allan and Naomi Cairns, were selected to meet the Duke and Duchess of Cambridge. Former student, Bobbi Clarke, who is training to be a PE Teacher at Chichester University, was also selected. Callum said "We are really grateful for all the opportunities that come our way at Park." Chloe Robertson added "The America's Cup is just one of them!"



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Pirate theme went down a storm at Victorious - by Mr Waterfield



James Waterfield, Art Teacher at Park, ran a mural workshop with hundreds of young festival goers at Victorious in Portsmouth.

"Based on a pirate theme, the mural was huge, about 40ft long, and was really popular in the kid's arena. Several Park staff and students came and painted with us. The response was awesome and we were thrilled with the final result."



Students win scholarship at Southampton General Hospital

At the end of last term, Park students Louise Ireson, and ex-students Ellie May Regan and Beth Watts, won a scholarship to work with doctors and nurses at Southampton General Hospital. The aim of the programme was to actively engage with young people, teachers and researchers and explain how lifestyle choices at an early age can drastically affect young people's health, and the health of their future children.

We had daily feedback from the students, here are some of their comments:

BETH: "Yesterday was really interesting, we learnt to take blood and insert cannulas and we had a tour of the emergency department and Paediatric intensive care unit. We learnt theories about the brain, heart, digestive system and lungs. Thank you I really enjoyed it."

ELLIE: "Yesterday was amazing we learnt how to take blood out, put blood and fluids in, and how to stitch people up. It was amazing!"

LOUISE: "Yesterday was fun and very interactive, I learnt lots of useful things and some of the things we were taught I knew from my work experience. I really liked learning how to insert a cannula. Today we learnt about anatomy but that was less interactive and more writing was involved. Overall it was a great experience!"

New GCSEs - by Mr Anders

This school year has started well. In our school, like many others, we are at the start of another cycle of change. The exam results information published by the government now includes progress information alongside pass rates. Next summer will see the first of the new GCSEs.

The new GCSEs are expected to be more difficult with a focus on student's knowledge being applied in an end of school exam; a similar system O levels which were last taught in the 1980s. Few subjects will have coursework, instead there will be more exam papers and so lots of revision required.

The grading system is also changing with a new 9-1 scale replacing A*-G grades. A smaller percentage of students will gain a high grade pass in the new system. Students in Year 11 will get the new 9-1 grades in English and Maths in 2017, with other subjects moving over by 2019. These changes mean at Park we will now assess students in a different way as they learn in Years 7 to 11. Teachers are projecting the students' expected results against the new criteria and look to see what has been learnt.

Lessons are also changing as the focus moves to learning facts and then applying them in exams. This means regular attendance matters more than ever in order for the students to know the subject content and to be able to practice applying the facts.

At Park, students will cover fewer topics in lessons and spend more time on the areas they are learning about. This is to make sure they have every chance to learn each part in detail, before moving on to a new topic. If you would like to know more, please speak with your child's subject teachers.



New Term brings new visitors... Year 6 Taster Days and Open Evening - by Miss Bannard

In September we held our Year 6 taster days. This was an opportunity for students at local junior schools to come to Park to find out just what it is like at 'big' school.

They sampled lessons such as English, maths, PE, dance, drama, music, humanities, technology and science. The students enjoyed lunch in our restaurant and had the chance to meet the goats and chickens too! It was a very busy couple of days but great fun showing them what goes on at Park. All the students who came had a great time and there were lots of smiles and happy faces.

To finish off we held a parents' evening, where staff had the opportunity to demonstrate their passion for their subject areas to the parents. We had a record number attending and the evening was busy with parents seeing what the curriculum offers, touring the school to see fantastic facilities, and meeting key staff that will support their child.

The two days were a fantastic way to demonstrate how Park is much more than just a school.

Freshers Disco - by Miss Bannard

A very successful Year 7 Freshers Disco took place at the beginning of term to raise money for Tanzania 2017.

Mrs Bannard and Miss MacIntosh led a boy vs girl Dance Off, and the girls were the worthy winners!

Sports Ambassadors

A massive well done to all the Sports Ambassadors who helped on with the Year 6's and Open Evening, they were brilliant!

Also 30 Year 7's and 8 Year 9's turned up for Sports Ambassador training, and they all did extremely well! I will be writing to all parents, badges, certificates and T shirts will be given out before half term.



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Head Chef wins food award

On Monday 17th October, the national EDUcatering Excellence Awards took place at the 5 star Royal Garden Hotel in London, where the awards recognise the stars of the school food industry.

Park Community School were thrilled when their Head Chef Steven Cross won the award "Newcomer of the Year". The category is open to employees new to an organisation or role who has made a significant impact within the past two years.

The judges heard how Steven's innovative menus have increased the students uptake of meals significantly and ensuring it meets all nutritional guidelines. Steven regularly meets with students for them to try the latest menus and to get feedback first hand before they are the following weeks menus.

Steven has been instrumental in introducing organic food supplies and the kitchen garden has now been established and the produce is always used in the meals prepared.

Christopher Anders, Headteacher said "We are extremely proud of Steven's achievements in such a short space of time especially as Steven's previous work was in fine dining. It is always extremely pleasing to get recognition from a national awarding body. At Park we aim to make a daily difference and it is very important that the food we provide is of high quality".

Steven Cross, Head Chef comments: "It is an honour to be to accredited with such a prestigious award, and I am thrilled that my efforts to transform the dining experience at Park Community School have been recognised in this way. It is great to see so many of the students and teachers enjoying the food, and looking forward to finding out what is on the daily menu"



Park Community School win Countryside Award

Park Community School are very proud to have received a Highly Commended award in the Sustainable Building category at the Hampshire CPRE Countryside Awards 2016. We received the award for our outstanding contribution to enhance Hampshire's Countryside through our new and innovative school building project. This award, which celebrates organisations that have made a positive contribution to Hampshire communities, is a huge achievement for all involved.

Susan Parish, Business and Community Manager said:

"We are thrilled that our outstanding school facility has been recognised with this award. The award-winning building is a result of successful partnership working between many organisations, including the Property Services Team at Hampshire County Council and the Leadership Team at Park Community School. They have designed and built an outstanding facility in the heart of our local community."

Christopher Anders, Headteacher added:

"Park is passionate about the fact that we are not just a school, but also a hub for the community. Through vision, creativity and sustainability we've created a stunning environment that is providing an exciting future for our students and opportunities for our community that we can all be proud about."



Safety film wins Award!



During the summer, a group of Year 8 students made a short film about Health and Safety in School. They submitted it as an entry for the Jack Bennett Trophy - an annual award for schools and businesses in our area. They were thrilled to find out that their film won first prize! A huge achievement.

The students, Zak Gilbertson, Harrison Gregory and Shay Heeley, now Year 9, attended an Awards Ceremony to receive a trophy and a cheque for their efforts. With thanks to Mr Carter-Brazier who directed the filming.

Challenge Day - by Mrs Ainslie

Challenge day on 19th October was about healthy lifestyles and making informed decisions.

Year 7s demonstrated real maturity during the puberty sessions and asked some excellent questions with regards to their changing body's. They completed tasks themed around the winter olympics during the day and also complimented this with thoughtful discussion about changing relationships.

Year 8s spent the day exploring different careers with hands on experience. They were invited to create a boat out of different materials which would float to demonstrate engineering skills. Students also looked at health and beauty by using demonstration models to look into cutting hair.

Year 9s engaged well with a session on breast and testicular cancer, given by Shannon Reddin. The girls asked some very good questions which reflected their growing maturity. The boys learnt about their own sexual health and both groups discussed in depth how relationships can go wrong and the challenges faced.

Year 10s discovered about the difficulties associated with being pregnant and bringing up a child. They thoroughly enjoyed the motivational talk by Jim Roberson and engaged with the importance of an education. They also explored the role of alcohol in life looking at how it can influence behaviour.

Year 11s spent the day catching up with controlled assessments in both science and French as well as competing their ECDL tasks. At the end of the day I saw many happy year 11s shouting and celebrating that they had now passed their ECDL.

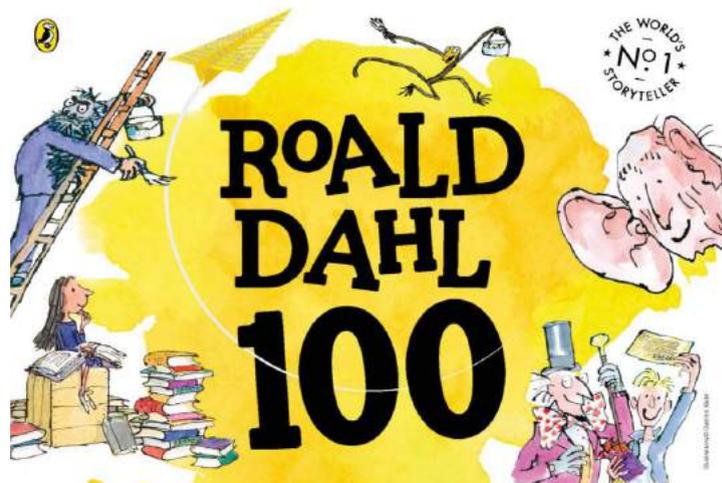
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Roald Dahl Day - by Mrs Dorrington

The 13th of September was a truly splendiferous day as Park celebrated the 100th anniversary of Roald Dahl's birth. As well as enjoying scrumptulicious Dahl themed food including: The Witches green soup; Fantastic Mr Fox Chicken and Button Mushroom Pie; Stuffed Snozzcumber; and Bruce Bogtrotters Chocolate Cake, the students spent their spare time hunting down golden tickets in the dining area and library.

As Roald Dahl created some of the best baddies in literature, a vote was held to find the Vilest Villain. Park's favourite meanie was Miss Trunchbull from Matilda, followed by the Grand High Witch, and the Flesh Lumpeater Giant. Everyone who voted was entered into a prize draw with Kade Gough, Year 11, winning a set of Dahl books.

Runners up Ellie-May Hackett and Demi Horrell, both Year 9, received some sweet treats. Harry Allen, Ollie Peplow, Lily Moore and Zoe Reeve were the lucky winners of the golden tickets and had a £10 credit put on their meal accounts.



World Peace Day - by Miss Wingham

The International Day of Peace is dedicated to world peace and specifically to the absence of war and violence. To support this day, a small group of students attended a World Peace Day event on the 23rd September at the Meridian Centre in Havant.

Mr Taylor allowed us to borrow his tree so we could make a peace tree for students and staff to hang peace doves. Bosmere School also attended and provided windmills to place at the bottom of the tree.



The atmosphere was really lovely, students joined in with singing, and listened to poetry and a speech from the Mayor.

Somme Display - by Mr Seaney

July 2016 was the 100th anniversary of the battle of the Somme (WW1) to remember those who made the greatest sacrifice. A small but powerful display was put together by Mr Watson and Mr Seaney in the school display cabinet for all to see.

Spirited Arts - by Mrs Maxted

Last term, Year 7 took part in a Challenge Day about Britishness. We explored diversity and British values and students completed a piece of artwork inspired by the question, "Could Britain be a Rainbow Nation?"

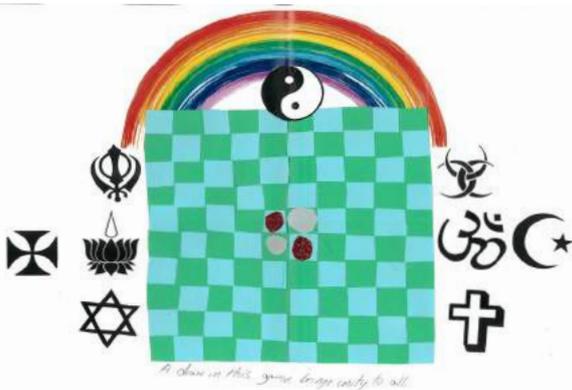
The 10 best pieces were entered in a major national competition run by NATRE – the National Association of Teachers of Religious Education. The winners of this competition will be announced this term.

All Year 7 students wrote about what makes them individual, and what makes them proud to be British, on small pieces of coloured paper. We turned them into a collage of a massive Union Jack flag which can be seen on display in the PE corridor.



Jacob Nunn "Othello"

The title I chose for my art piece is Othello. The game shows black and white pieces trying to change each other's colour. This shouldn't be what happens in GB. This is racism. My inspiration came from power, which reminded me that often white is used in power over black people.



I deliberately changed the colours of the game to represent multiculturalism and the different kinds of religion, race, culture and sexualities that there are in GB. I hope people will notice that the power between races is equal, not imbalanced.

This work has helped me to realise that foreigners make us a better community. I like the theme I've been working on because it opens up a new door in my imagination. All religions inspired my work because GB is a nation that welcomes all religions.

Holly Hitchins "The Sky Full of Stars"

The moon represents Great Britain and symbolises how small our country actually looks but it is massive.

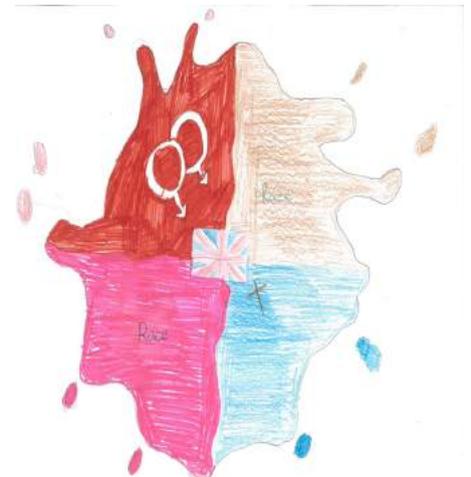
The stars represent all of us in Britain and how different we all are.

The letters also represent individualism. Together we create a universe of many different people.



Josiah Barron "Splat"

This is a paint splat showing homosexuality, race, religion all mixing together making up Great Britain, each making it just that little bit greater.



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Macmillan Coffee Morning

Park showed their support to Macmillan, by taking part in the World's Biggest Coffee Morning, and staff contributed delicious cakes.

We managed to raise money whilst promoting awareness of Macmillan and the amazing work that they do.



Jeans for Genes Day

1 in 25 children in the UK has a genetic disorder that makes life very difficult. On the 23rd of September 2016, Staff and students at Park swapped their trousers and skirts for jeans to raise awareness for this cause.

Everyone was very supportive, empathetic and understood the impact this day of awareness could have for those living with genetic disorders.



Park Radio Station

This term has seen the relaunch of Park Radio run by the students.

They are in charge of planning and creating their own radio programs with up to date news articles, discussion points and jam packed with fun antics.

The morning show is broadcast live throughout the school, and then available on catch up via the school intranet.

Students can join The Dial Masters every Monday, and The Four Musketeers every Wednesday morning, from 7:30 to 8:25. Tune in and Rock out!





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The Park Community School
Production of
Disney's
BEAUTY AND THE BEAST
Music by Alan Menken Lyrics by Howard Ashman & Tim Rice Book by Linda Woolverton



Disney's
BEAUTY
AND THE
BEAST

Wednesday 7th to
Friday 9th December at 7pm
Saturday 10th December at 1.30pm
Tickets £8 Adult, £6 Children &
£25 Family Ticket (2 adult & 2 children)
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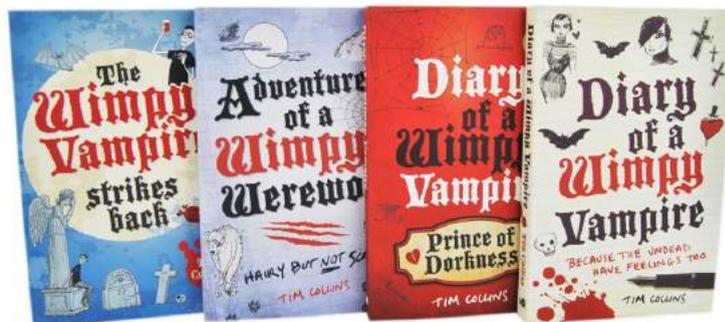
Park bites....

The fastest person in the school so far (including staff!), to be able to complete a times table grid is Summer Moxham Year 9. She just did 50 in 42 seconds!

My kinda book by Kirsty Johnson, Year 8

Kirsty Johnson loves getting her teeth into The Wimpy Vampire series of books.

"I never used to enjoy books until I found Diary of a Wimpy Vampire by Tim Collins, and now I can't wait to read them all! They're about a boy who became a vampire when he was 13. Instead of becoming cool and good looking like the vampires in Twilight, he's stuck forever with spots and feeling awkward, especially around girls. These books are really funny. If you haven't found a book you've really enjoyed yet, don't give up because you'll find the right one in the end."



New Forest 5km by Jorja Greenslade, Year 8

I enjoy running, but don't get a chance to go to many events, because children can only enter races that are a maximum of 2km in distance, and I want to be able to run further! I was lucky and found the New Forest marathon event which allowed children to take part in the full 5km.

Race day came and it was a chilly start to the morning, we had to get there early so there was a lot of waiting around. Finally, after the marathon, half marathon and 10km runners had set off, it was time for the 5km runners to warm up. I was excited but nervous too. I made my way to the front and waited for the horn.

I really enjoyed running through the forest as it made me work harder and it was nice to have a change of scenery. I didn't know what time or place I would achieve but I was very happy with my 00:31:44 and overall I came 62 out of 314 (both adults and children!).

Next year I aim to beat my time and complete the race in 20 minutes.



Food Technology Masterclass

This term, Head Chef, Steven Cross has been joining the Food Technology classes to work alongside the teachers.

The idea behind these lessons was for students to experience first-hand how Food Technology works in a professional environment with a professional chef. Mr Cross has been demonstrating new ways of cooking using industrial methods, processes and presentation, and new ingredients.

This initiative started with Year 11, to help towards their course work, and has now expanded to Year 10. Mr Cross hopes to continue demonstrating cookery to both teachers and students throughout the term, eventually teaching every year group.

European Day of Languages Winners! By Mr Crowley

We celebrate The European Day of Languages every year on 26 September to encourage language learning for young and old. This year's European Language Day was also an opportunity to highlight the huge value of Europe's cultural diversity.

Europe's nations are always at their strongest and most prosperous when we are open and outward-facing, willing to embrace other ways of life; and when we welcome those who can contribute to our societies. By pausing to celebrate the dozens of languages spoken across our communities we send a powerful message: that Europe is a place where all backgrounds are welcome and individuals of every heritage can feel at home. Hundreds of events were organised by schools, universities and cultural establishments to mark the day.

This year Park Community School won the competition for Portsmouth and Havant area. Mr Crowley said he has never felt so proud of his students as he did throughout their visit.

The Mayor gets a guided tour

Park were fortunate enough to be included in a Civic Day. The local Mayor Faith Ponsonby, and Chairmen from Hampshire, held visits throughout their Borough, so that some of their main attractions could be showcased. Faith was particularly keen to visit Park to show off our wonderful community facilities and our inspiring theatres.



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Park goes organic! by Head Chef, Steve Cross

As you may be aware at Park we take pride in producing quality food for our students and to support this we are now having weekly deliveries of organic fruit and vegetables from Tuppenny Barn Organics, and dairy products from Goodwood Farm.



I recently took a group of Food Ambassadors to visit Tuppenny Barn, where they were taken on a tour and given the task of re-potting kale and flowering sprout transplants. These were brought back to the school's newly created vegetable beds. My Food Ambassadors and I will be working closely with Tuppenny Barn on a project to develop a new polytunnel.



The Merlin MK2 Rescue Mission by Mr Waters

A team of 5 STEM Year 9 geniuses - Dan Morrison, Gabriel Darmanin, Joel Ngimbi, Owen Wheatley and Jordan Handley - went over to the Explosion Museum to take part in an interschool competition hosted by Lockheed Martin. The challenge was to design a rig to hoist a helicopter that had crash landed in the desert onto a trailer.

Team work, planning, soldering, sawing, drilling and practicing, and a few hours later we had a successful hoist!

Sadly, we did not win but we did have many admiring comments from the Lockheed Martin staff. Graduates, apprentices and interns from the Havant centre, told us about the different career paths in Engineering at Lockheed Martin. We were also given a tour of the museum, which was fascinating.



Greenpower goes to Goodwood by Mr Payne

On Sunday 18th September our Greenpower teams went to the Top Gear circuit at Dunsfold Park to take part in the Greenpower races.

The group came away with their first ever cup! They came third in the kit car category for 'Keep Up', and 'Team Spirit' came a very close 5th. Overall they came 11th and 15th from 39 competitors.

A brilliant day was had by all and both teams did exceptionally well. A huge well done to Ethan Morris, Amy Higgins, Oliver Edwards, Kyle Stokes-Jarvis, Josiah Barron, Mya Armstrong, Quinn Carroll and Owen Churcher.



Students learn the art of debating - by Mrs Spies

Students Logan Herridge and Josiah Barron took part in a debating workshop at Kings College in Winchester, joining in a debate about justifying torture.

Logan said they learnt the art of having a civilised argument properly and how the government debates issues. He learnt that if you are considering having a debate it is a good idea to pick a topic and practice with a friend, and always make sure you have counter arguments prepared.

Josiah enjoyed learning about the order in which parliamentary debates run and who speaks first. He also learnt that its best never to use the internet, and instead use your own knowledge and be prepared for the rebuttal.

Both thoroughly enjoyed the trip and would definitely welcome the opportunity to attend again.



Year 7 orientate their way into the term - by Miss Binns

On Wednesday 21st and Thursday 22nd September, year 7 completed team building activities at Leigh Park Gardens.

Students completed a range of problem solving activities to develop their team work and cooperation skills. One of these activities included orienteering around the grounds which focused on developing individual resilience and independence.

All students embraced the challenges they were set and we had a very successful outcome from both days.

We hope that the skills that were developed during these two days will prepare students for future education and everyday life.



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PE After School Sports Clubs

	AM clubs (fitness/b'ball)	Sports hall	Theatre	Fitness room	Outside	Study club	Off site
Monday	B'ball (VSm)/ Fitness (LCv)	All years Cricket - external coach	Trampolining (VSm)	Fitness (CBa)			Netball Fixture Yr7/9 (ABi/LCv)
Tuesday	Staff Briefing/Sports Ambassador meetings (JNo)	Sports Development Club (KSe/CBa)			Department / iSTEM meetings		
Wednesday	B'ball (ABi)/ fitness (ARe)	All years Basketball - external coach		Fitness (CBa)	Yr9 Football practice (JCr) Yr8 Football practice (PTa)	GCSE PE	Netball Fixtures Yr8/10/11 (VSm/LFr)
Thursday	B'ball (PTa)/ fitness (LCv)	Netball practice (lcv/abi/vsm/lfr)		Fitness (CBa)	Netball practice (lcv/abi/vsm/lfr) Yr7 Football practice (PTa) Yr 10 Football practice (SCa)		
Friday	B'ball (SCA)/ fitness (JCR)			Fitness (CBa)	Yr11 Football (ABn/ARe)	PE HW Support SO5	

AM clubs - 8.00am - 8.25am

PM clubs - 2.45pm - 4.00pm

Year 10 Football

The boys kicked off the season with a convincing 4-1 result against Purbrook Park. Goal scorers were Kai Gateshill 2, Baily Newbury with a thumping header, and Josh MacDonald completing the score sheet. Year 10 have a strong squad this season in the top league. We look forward to the next game against Crookorn and another positive result.

There are also plans to arrange further B team matches and tournament after half term. Training is on the STP every Thursday after school with Mr Cavanagh, all are welcome.

Netball

This year Netball has got bigger and better with students training from all year groups and with years 9-11 competing this half term at the federation league. The girls have been excellent at training, supporting each other to improve both performance, and understanding tactics and rules.

A special mention to Ellie Warlow and Kasey McGann for playing up an age group, and to Katie Norrie for her outstanding commitment and assistance with coaching. After half term, Year 7 and 8 matches will begin on Mondays and Wednesdays. If you are interested in taking part please come to training on a Thursday after school with Miss Binns, Miss Smith and Mrs Cavanagh.

Park Sports

Year 8s First Match - by Ethan Morris

On Tuesday the 13th of September, Year 8's played their first football match against Havant Academy.

The formation we played was 4-4-2. It was a really good match. In the first half Havant scored 2 goals to start the game off. But Park came back with an amazing penalty by Jack T. so the first half ended 2 - 1 down.

In the second half Park tried their best to score goals, but Havant pushed through our defence and scored another 4 good goals. So unluckily we lost our first match 6 -1.



Trampolining Club - by Miss Smith

The start of term has seen the exciting launch of a Trampolining club with Miss Smith and a brand new competition size trampoline. Student have already shown great commitment and determination, progressing fantastically well in their quality and execution of some complex skills.

Trampolining club is open to all year groups and abilities. If you have not yet been and would like to, please bring your PE kit and head to the PE office after school every Monday.

Promotion so early in the term - by Mr Crowley

After last year's triumph in the league, the Year 9 boy's football team were promoted to the top division and started their campaign against a highly rated Warblington side.

After a slow start, Warblington took an early lead despite the best efforts of the reliable goalkeeper Spencer Baldry. Things went from bad to worse for Park as the visitors doubled their lead. This sparked the boys into life and the extremely tall strike partnership of Blake Woolmer and Joel Ngimbi started to test the Warbo back four. The pressure paid off with Park scoring twice in quick succession to even things up.

However, Park couldn't keep the pressure up and Warbo hit back to retake the league. Solid defending from Riley Killeck and Mitch Millea managed to keep the home side in the game until half time.

Park were looking to equalise after the break but got caught on the counter attack and fell further behind. The excellent Hayden Smith continued to work hard in midfield and managed to steady the ship. Man of the match Billy Prowting continued to impress down the wing but couldn't get Park back into the game.

Sports Ambassadors

A massive well done to all the Sports Ambassadors who helped on with the Year 6's and Open Evening, they were brilliant!

Also 30 Year 7's and 8 Year 9's turned up for Sports Ambassador training, and they all did extremely well! I will be writing to all parents, badges, certificates and T shirts will be given out before half term.



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Summer School

The PO9 pioneers, and a group of committed volunteers, gave up a week of their summer holidays to put on Summer School to help young people who are moving up to secondary school in September.

During the week the young people had the chance to make friends with people they will be starting school with in September. With a superhero theme there was plenty of fun and informal learning through stories, crafts, games and other challenges. Each day had a different theme aimed at preparing young people for the transition to secondary school, and building their confidence. Subjects included, who we are, how we treat others, facing our fears, respect, and getting organised.

Despite the department of education research in 2013 concluding that summer schools had a positive effect on transition to secondary school, the government has withdrawn funding for schools to run such schemes. Barney and Sara Barron, whose own son experienced the benefit of Summer School last year, decided to act. Barney and Sara are PO9 pioneers who work among the PO9 community for the Portsmouth Anglican Diocese. Their role is part of a drive by the diocese to work with those who find it difficult to engage with traditional models of church.

They were joined by a team of volunteers from the local community and some older students from Park Community. All involved worked really hard, but had a great deal of fun. Park Community School hosted the week and the young people and volunteers had a cooked meal together every day, provided by the superb catering team at Park Community School.

Huge thanks to Postcode Publications and Warren Park Café Church who funded the week.



The Prom Fashion Show



Park were delighted to host a Prom Fashion Show, in conjunction with the Mayor of Havant, displaying the latest Prom Fashions by Mousetrap Dress Boutique and Astares Menswear.

Look out for a full article in next month's issue of Park Post.



Lee Nelson returns to Park

much more than just a school

Park Community School



events

Fri 18 November, 8.00pm

COMEDY



LEE NELSON WORK IN PROGRESS

We're very excited to announce the continuing partnership between The Spring Arts & Heritage Centre and Park Community School with a special event programmed for this autumn. The show will be hosted in Park Community School's new theatre space and supported by The Spring. Tickets are available from The Spring's Box Office or website. There is licensed bar and free on-site parking at Park Community School.

Character comedian and prankster Lee Nelson is coming back to Park Community School! Lee is well known for many a chaos creating stunt, including storming the stage at Glastonbury during Kanye West's headline performance, infiltrating Fifa president Sepp Blatter's press conference, and inviting himself onto the X Factor stage with Stereo Kicks! Lee also has his own TV show, Lee Nelson's Well Good Show (BBC Three), and has appeared many times on BBC One's Live at the Apollo.

This work in progress show is a unique opportunity to see Lee perform some brand new material and, to quote Lee, "for not much money, before it's any good" If that didn't convince you, then we don't know what will!

Tickets: £15 Box Office: 023 9247 2700



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 WWW.THESPRING.CO.UK 56 EAST STREET, HAVANT PO9 1BS
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 WWW.PCS.HANTS.SCH.UK MIDDLE PARK WAY, HAVANT, PO9 4BU



Flavours of Autumn by Steve Cross, Head Chef

Beef and Juniper Stew Method

It's definitely getting cooler as Mother Nature prepares to hibernate.

There is just enough time left to jar the last of the pickles, and cook the last batch of jam before winter sets in.

For me autumn is the perfect cue to dust off the pie dishes and casseroles. Hearty food is the order of the day with plenty of roasts and casseroles.

Ingredients

- 4 tablespoons plain flour
- sea salt
- freshly ground black pepper
- 800 g quality stewing or beef, cut into 2cm chunks
- olive oil
- 2 onions, peeled and roughly chopped
- 3 carrots, peeled and roughly chopped
- 2 sticks celery, trimmed and roughly chopped
- 1 tablespoon juniper berries, crushed in a pestle and mortar
- 2 sprigs of rosemary, leaves picked and chopped
- 2 springs of thyme, leaves picked
- 1 knob butter
- 6 sprigs of fresh flat-leaf parsley
- 2 beef stock cubes
- 600 g small new potatoes, scrubbed clean, larger ones halved
- 1 clove garlic, peeled and finely chopped

What's Coming Up.....

- Year 12 Celebration Evening
- Year 11 Parent's Evening
- Lee Nelson performance with The Spring
- Skating Rink
- Beauty and the Beast Christmas Production
- Disneyland Paris
- School trip to New York
- Hampshire Book Awards



Dust a chopping board with 2 tbsp of flour and a good pinch of salt and pepper, and toss your chunks of meat through this mixture until well coated.

Heat a large pan on a high heat, add a few lugs of olive oil and fry your meat for 3 minutes to brown.

Add your chopped onions, carrots, celery, crushed juniper berries, rosemary and knob of butter.

Add a few tablespoons of water, give everything a good stir, then pop the lid on the pan and let everything steam for 4 to 5 minutes so the flavours really infuse together.

Take the lid off so your meat and veg start to fry, and stir every so often for 5 to 10 minutes. Chop your parsley stalks finely, and once the onions start to caramelize, add them to the pan with your remaining 2 tbsp of flour, and your crumbled stock cubes. Stir, and pour in enough water to cover the mixture by a couple of inches. Put the parsley leaves aside for later.

Bring to the boil, then turn the heat down to medium low so that the stew is just simmering.

Add your potatoes and slow cook for at least 2 hours with the lid slightly askew, or until the meat falls apart easily. Keep an eye on it as it cooks, and add water if you think it looks too dry.

Put your chopped garlic in the middle of a chopping board. Add most of your parsley leaves with a teaspoon of sea salt and half a teaspoon of black pepper.

Chop everything together so you get a chunky paste. Add this to the stew and stir through. Chop the last of your parsley leaves and sprinkle over before serving.

You can also add a pie lid of either puff or short pastry to mix things up.