



Park Community School

NEWSLETTER

Fortnightly Update
26 January 2024

Dear Parents, Carers and Students,

This newsletter captures some of the best moments of January 2024 at Park. Please take time to read them with your child.

You will have received a letter today regarding vaping in schools and its effects on the teenage brain. Please share this with your child. It is linked here <https://pcs.hants.sch.uk/assets/letters/2024-01/january.2024-vaping.pdf>

As we approach the last two weeks of term, a reminder that Friday 9 February is Student Review Day. Students only attend school for their meeting with their tutor. Appointments for this will be sent directly to you. Attendance on this day is vital and you are very welcome to attend with your child if you are able. Year 11 will receive their mock results and Year 9 will receive their Options booklet on this day.

Have a lovely weekend.



Mr Anders



Mrs Capaldi



Student Review Day Friday 9th February 2024

Holocaust Memorial Service

Macayla, Kamron and Mason represented Park at the Holocaust Memorial Service hosted by the Mayor and Havant Borough Council. This year's theme is the 'fragility of freedom'.



During the service, Macayla read an extract from a Holocaust survivor describing the loss and worry they felt once they were liberated from the Auschwitz death camp. Following the service there was a talk from Bryan Huberman, the son of a Holocaust survivor who shared his father's amazing story of survival.

The morning was extremely moving and we felt privileged to be part of it.

Mr Pycroft



Bon Voyage to Year 10, Ms Bannard, Mrs Challinor, Miss Dermey, Mr Macefield and Mr Pritchard who are off to Paris next week!





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Las Doce Uvas de la Suerte

Mr Almeida and the Year 7 students in our Year 7 hub have been learning about different Christmas and New Year traditions. Here are some pictures of students practising the tradition of Las Doce Uvas de la Suerte where Spanish people eat one grape for each strike of the clock on New Year's Eve to be lucky in the coming year.

Miss Dermey



Rotary Competition

Park had the privilege of hosting the Rotary Youth Speaks Debate competition on Friday 19 January.

In Year 8, Alfie-Ray, Richana and Declan proudly represented the school with their debate on the motion: 'Should dog breeders be banned in the UK'. I was particularly impressed with the confidence with which our team delivered their insightful arguments.

An honourable mention goes to Finley-Rae who, at short notice, came to be our team's reserve.

Well done to Hayling College who earned a well deserved gold and bronze award in the competition.

Miss Tennant





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The Dangers of Vaping for Teenagers

Facts about teens and vaping (NHS Engand)

- Vaping is a way for adults to stop smoking – not something for non-smokers, especially children and young people to try.
- Vaping exposes users to some toxins, and we do not yet know what the risks might be in the longer term.
- Most vapes contain nicotine, which is an addictive substance that can be hard to stop using once you have started.
- Nicotine is more risky for young people than for adults, as evidence suggests the developing brain is more sensitive to its addictive effects.
- In the UK, it is against the law to sell nicotine vaping products to under-18s or for adults to buy them on their behalf.
- Some disposable vapes on sale are illegal and do not meet UK safety regulations. They can contain high levels of harmful substances.



What are the health effects of vaping?

The health risks of vaping include:

- **addiction**
- **anxiety and depression:** *It also affects memory, concentration, self-control, and attention, especially in developing brains.*
- **sleep problems**
- **exposure to cancer-causing chemicals**
- **chronic bronchitis**
- **lung damage**

Year 11 Footballers take on Cowplain and Purbrook

Game 1 vs Cowplain

The first game was a very tight game with both teams creating some good chances, Vinnie and Harvey were very unlucky not to score and we went on to dominate in the second half and looked the most likely to score. Unfortunately, in the last minute Cowplain scored out of nowhere by a very lucky deflection. The boys continued to battle and push for a goal but could not find it and undeservedly lost 1-0.

Man of the Match: Harry, making his debut, he battled hard in midfield and did not give up.

Game 2 vs Purbrook

In the second game the boys again started strong and created chances upfront for Mark and Adi. However, they could not find the target. As the game continued the boys started to become tired after playing two games back-to-back and this showed with sadly losing 4-0. However, they battled to the end and did not give up again being a credit to Park.

Man of the Match- Alfie

The highlight of the evening was when the Cowplain PE teacher approached me at the end to say how polite and respectful our boys were, and that they were a credit to Park. He was very impressed with our number 8 (Alfie) who helped a Cowplain student up when they were hurt and also went out of his way to thank the teacher and shake his hand at the end of the game.

Fingers crossed for a win next week!

Mr Redman





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Sports Ambassadors at Riders

This week we took the team down to Riders to teach some basketball to the Year 4s. The team supported Active 360 with a dribbling session.

We are really proud of Darcie and Maizie who took part in their first full session today. Both led really well and grew in confidence throughout. It was great to see the support from the more experienced team members giving them advice and guidance also.

Mr Herriot



Community Bowls

This week six Year 8 boys came to Bedhampton for a lesson and some competitive games. We had two new students present : Leon and Harry. Both boys practiced with Jon before playing some fun games.

We then had Frazer and Fletcher going head to head against Alfie and Liam. Frazer and Fletcher took an early 2-0 lead. However, Alfie and Liam showed lots of resilience coming back to win on the last bowl 3-2!

Mr Herriot





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Books for Park Library are a No Brainer!

The ever popular author Jeff Kinney has recently been touring the country to promote No Brainer, the latest book from his popular Diary of a Wimpy Kid series.

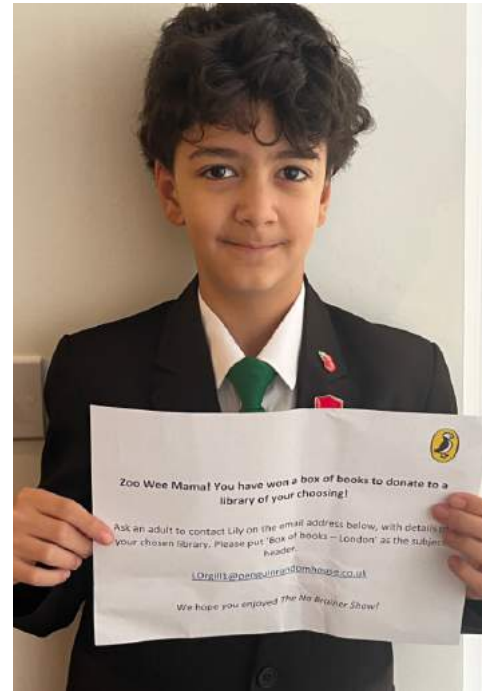
One of our Year 7 students was lucky enough to get the chance to see the show in London where he had the chance to hear all about Jeff's writing and the Wimpy Kid series. What's more Shayth was selected from the audience to go head-to-head and beat the author in a drawing competition. Shayth received a selection of goodies and also won a box of books for a library of his choice.

As a valued member of the Park Student Librarian Team, Shayth says he did not hesitate to choose our library here at Park and we were extremely grateful for the donation of the wonderful books, which includes some great titles by Adam Kay, Sharna Jackson and of course Jeff Kinney's own book No Brainer.

Shayth said "This is actually the third time I have met Jeff Kinney, and not only does he write funny books he is also a very funny person. His book releases are so much fun and I would definitely recommend going to one if you ever get the chance!"

All the books are ready and waiting in the library to be read & enjoyed by our students.

Miss Hucklebridge





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Special Educational Needs and Disabilities at Park

Welcome to the fourth edition of Park's SEN newsletter!

MEET THE TEAM

Mrs Challinor

I have worked at Park Community School just over 14 years. I have been given the opportunity to lead the KS4 Hub which has allowed me to support a group of really diverse students. What I enjoy the most is securing some really great relationships, which at times can start off quite challenging and then becomes incredibly valuable to that young person's life.



I'm able to find what they love and what works well moving forward. I have established some really positive relationships through my SEND and ELSA work. I have shown commitment and determination to these young people and I'm keen that every student is set up for 'life after Park'.



INclude
our neurodiversity schools team

Parent Drop In

at Park Community School

- For parents of children with challenging behaviour, Autism, ADHD, Anxiety and Mental Health difficulties.
- Help and guidance in a group or 1:1 setting
- Meet other parents in similar situations
- Specialist parenting strategies to help at home and school

10.30am - 12pm

Once a month - Third Tuesday of each month

16th January 20th February 19th March 16th April
21st May 18th June 16th July

2024



SEND Homework Clubs

When: Monday, Wednesday and Thursday
2.45pm - 3.15pm

What and Where:

- **KS3 Homework Club** (Year 7, 8 & 9) at the KS3 Hub (the room off the library).
- **Handwriting Club** (any year groups welcome) at the KS3 Hub (the room off the library).
- **KS4 Homework Club** (Year 10 & 11) in the library, until further notice.

Contacting the school

If you wish to speak to the SEND team about your child please contact:



Mrs Leach

Assistant Headteacher-SENDCo
e.leach@pcs.hants.sch.uk



Mrs Shuttle

Assistant SENDCo
j.shuttle@pcs.hants.sch.uk



Park Community School



Special Educational Needs and Disabilities at Park

Welcome to the fourth edition of Park's SEN newsletter!

This is an exciting opportunity for readers to find out what is happening in school to support our students with special educational needs; opportunities to be signposted and find out what is available in the local community and to be updated on any relevant information around SEND.



Young People's Safe Haven

For 11-17 year olds living within the Borough of Havant. Open 5pm to 8pm on Tuesday and Wednesday. Then 5pm to 7pm on Thursday at The Pallant, Havant, PO9 1BE. Just drop in, no appointment needed.

We offer:

- Immediate access to one-to-one targeted support session with a wellbeing practitioner
- Group sessions discussing important wellbeing topics
- Wellbeing activities, arts & crafts and mindfulness
- Meeting other young people and peer support
- A calm and positive safe space
- Alternatively, telephone one-to-one support can be arranged

Email: cypsafehaven@easthantsmind.org
Freephone: 0300 303 1580

www.easthantsmind.org
Registered charity no. 1116301



YOU FIRST PARENTING INSIGHTS PROGRAMME

FREE OF CHARGE FOR PARENTS OR CARERS OF ANY YOUNG PERSON AGED 11-25 IN THE HAVANT BOROUGH OR EAST HAMPSHIRE AREA

WOULD YOU LIKE TO...

- Understand your young person better, including how to support them effectively?
- Understand the challenges young people face today?
- Understand teenage brain development?
- Understand yourself better?
- Have a safe, therapeutic space to share your experiences and gain support from a small group of others who understand?

...THEN JOIN THE WAITING LIST! YOU FIRST RUNS THROUGHOUT THE YEAR

LEIGH PARK COMMUNITY CENTRE
THURSDAYS FOR 8 WEEKS
(EXCLUDING HALF TERMS)

MORNING COURSE: 9:30-11:30
EVENING COURSE: 18:30-20:30

COURSES RUN THROUGH
OUT THE YEAR

SCAN THE QR CODE
AND SELECT THE
'GROUPWORK' OPTION



www.otr-south.org.uk 02392 474724 enquiries@otr-south.org.uk



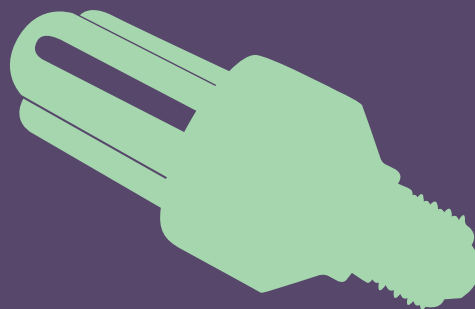
Park Community School

Book an appointment with Citizens Advice Havant for help with your energy bills

Do it today

We're offering help with tailored energy advice including a benefit check, energy saving tips, understanding bills and tariffs together with energy company and local support schemes (including energy vouchers).

Call in at our reception to
make an appointment
02394 200 006
citizensadvicehavant.org



**citizens
advice**

Havant