

much more than just a school

Park Post

much
more than
just a school

newsletter

Issue 13

October 2017

Greenpower Adventures...

What an eventful day our students had at their recent Greenpower event. The day started with bright sunshine but ended with big gusts of wind, a damaged gazebo and torrential rain - and the racing wasn't without incident either!

In the first race Park's 'Keep Up' car was spectacularly fast and was 'keeping up' with carbon fibre cars but sadly the batteries did not last and it came to a swift end. Park's second car 'Team Spirit 2' made steady progress throughout the race and finished strong after 90 minutes' racing.

In the second race, 'Keep Up' again posted record times and led in its category but ultimately could not maintain its pace. Unfortunately another car drove into the back of 'Keep Up' and completely buckled the back axle making it unsafe to drive. Thankfully our driver Amy came away with just a few bruises.

'Team Spirit 2' fared better in the second race. It proved to be super reliable and with the help of some amazing pit changes it kept a close second to 'Keep Up' in its category. It then overtook 'Keep Up' to finish a fantastic 9th overall (of 35 cars) but first in its category of car!

Then came the Final at Rockingham Motor Speedway in Corby - the team were amazing with some brilliant pit changes. We were close to 11th and 12th for pretty much all of the race. Then, sadly, one of our car's motor overheated and it faded away finishing 19th out of 43

competitors. Our second car kept going and managed to finish 10th. So that's 19th and 10th in the entire country! What a fantastic result. Well worth the journey.

Congratulations to team "Keep Up" (19th) - Ollie Peplow, Amy Higgins and Oliver Edwards. And congratulations to "Team Spirit 2" (10th) - Josiah Barron, Mya Anderson and Owen Churcher.



Park Community School - much more than just a school

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Operating Theatre Live - by Mrs Conner

On Monday 2nd October, 12 Park students got the opportunity to take part in the Operating Theatre Live programme at Horndean Technology College. The Operating Theatre Live team travel all over the UK providing hands on medical workshops for students in both secondary and college education who want to pursue a career in medicine.

Once they arrived, Park students were given scrubs to put on (mask, hat, scrub top and our own stethoscope!) and a work booklet to complete in order to attain certificate at the end of the day.

The students were given a range of hands-on workshops including removing a pig's brain and eye, making and administering anaesthetics, sterilising a patient, incubating a patient and performing a very basic heart bypass. We were even given the opportunity to see a digestive tract, which Miss Conner got really excited about as this is something rarely seen in schools.

Overall, the day was extremely enjoyable for everyone involved and such an amazing opportunity!



Year 7 students enjoy their first school trip - by Miss Smith

On Wednesday 20th and Thursday 21st September all Year 7 students took part in their first school trips as Park Community School students. They had two lovely days. Firstly at Leigh Park Gardens, taking part in an array of team building games and activities, and just about missed the rain, other than a soggy walk back to school! Their second trip was to Winchester for a really fun and interesting day, visiting many iconic landmarks in the historic city. Well done to all students who stepped up to the mark and represented Park in the best way.

Music has had a great start to the term - by Mrs Carter

Grange Festival visit

The Music Department enjoyed a trip to the Grange Festival, in Alresford. It was an exciting day for Year 10 students to see a new opera by the world renowned composer Jonathan Dove.

The opera was based on the Jane Austen novel 'Mansfield Park' and there was an opportunity for questions following the performance to the director, composer and librettist. Needless to say, that our students were keen in asking lots of interesting questions.



60 Years of Front Lawn

Students from Year 10 proudly took part in the 60th birthday celebrations at Front Lawn Junior School.

Bands provided an hour of music in the hall where parents and the young students were entertained with a selection of popular songs. A lovely afternoon of sharing our music with a younger audience who were very appreciative.



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Students in awe of Ballet performance - by Mrs Chuter

On Tuesday 10th October Year 10 and 11 students went to the Mayflower Theatre in Southampton to watch professional dancers from Ballet Rambert. The performance was truly inspirational and students really enjoyed it. Year 11 Dance students are really hoping to see more live works which is forms an essential part of their GCSE Dance exam.



Student completes 5K race - by Jorja Greenslade

Year 9 student Jorja Greenslade continued with her love of running through the summer holidays, and took part in a running weekend, which enabled her to participate in a number of different races. Jorja ran her first ever competitive 10km around the countryside in Dorset.

"I ran through the trees, over fields, over haybales and through corn fields. After a scorcher of a day it was nice to run in the cool air. I managed to run it in 1 hr 05 minutes and came 69th out of 174. On the Monday, we did a fun run which enabled children and adults to run together through an obstacle course which included wading through a swimming pool made of straw bales. It was an amazing weekend of running.

Less than two weeks later I participated in the New Forest 5km, the weather was overcast and it had been raining the night before. Last year I set myself a target to run it in under 30 minutes. And I did it! I completed it in 29:03 and was very proud.



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Students enjoy a week in the great outdoors with Communitas

A group of 13 Park students recently attended a weekend residential trip organised and run by Communitas. Staying at the Privett Centre near Alton, the group led by Stuart, Lisa and Barney from Communitas, enjoyed, amongst other things, kayaking, archery and team building activities at the Marwell Activity Centre, they spent more time in the water than in their kayak but managed to keep getting back in the boat and trying again. There was also a 4 mile walk through Ludshott Commons and Wagoners Wells, a night time stroll through the country lanes around the centre by torchlight and a chance to make our own pizzas.

All those who attended took part in all activities, even when it was tough and perhaps outside their comfort zone. The weekend was a great success and all those who attended said they would love to do it again.

Charlie Hitchins said "The weekend was great and I got chance to bond with others I might not have done before", whilst Nathan Broderick said "I enjoyed the walks and the food". Katherine Ashcroft-Coe summed up the trip by saying "The weekend left me with great memories".



SEN Students embrace all things natural - by Mrs Shuttle



Tuppenny Barn is a sustainable living education centre and organic shop, their mission is to provide learning experiences for children and adults to promote organic growing, healthy cooking and eating, and sustainable horticultural practices.

Students were given the opportunity of a tour of the site and were encouraged to taste edible plants and flowers. The bee hives were full of activity which most students chose to view at a distance. They were interested to know that 80% of crops are pollinated by bees and therefore responsible for the food we eat. Year 8 student Fox Fry summed it up nicely by saying "Bees are the veins of life".

They learnt how to make biodegradable plant pots which were used to plant beetroot seeds and strawberry plants to bring back to school. They learnt the correct way to harvest crops without causing damage to the plant, they successfully cropped sorrel and rocket and used the herbs to make their own pesto which they got to taste on crusty bread.

The students were a credit to the school and enjoyed the experience. We look forward to our next visit, to see how the environment has changed over the seasons. There will definitely be a need for wellington boots on the next visit.

Nuture Group - by Miss Holland

Our Nurture Group is an intervention which is led by specialist members of the SEND department to help engage students who have missed some of the skills developed through the early nurturing stage in early years. As a team we are building on student's social and life skills using a variety of in house activities, alongside some activities within the local community, primarily focusing on developing communication and interaction skills traditionally developed through the developmental stages in life.



Students involved in the Nurture Group provision have done extremely well this term; building confidence through the support provided with behaviour and developing their wellbeing by offering them safe and comfortable spaces for them to flourish within.

After half term we will organise trips to start building on independence, resilience and life skills. A huge well done for all those students involved in the nurture provision. Keep up the good work you should all be very proud of your achievements!



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Work Experience - by Mrs Reynolds

My name is Candice Reynolds and myself and my colleague Alison Mulkerins are Hampshire Futures Careers Advisers based in Park Community School. As part of our role we aim to see every student in Year 11 for an individual and impartial careers guidance interview. This is an opportunity for the students to discuss their post-16 options, future career plans and raise any concerns or ask any questions they may have. Parents and guardians are very welcome to attend the careers interview. Please let the school know in advance if you wish to join us.

Part of the service Park Community School receive from Hampshire Futures includes access to some very helpful careers website. A careers specific newsletter will be provided shortly with details of these and other websites. Hopefully by this stage all the students in Year 11 will either have attended or be shortly attending college open evenings. This is also the case for anyone wishing to progress onto an apprenticeship as we always recommend they have college as a back-up.

All students are expected to have applied to a college (again even if just as a back-up) by Christmas. If they would like any help or support to do this, please ask them to visit the Careers Office (KP2) on a Wednesday or Thursday at break or lunch or speak with their mentor or contact the college directly.

If you would like to know when your child's careers appointment is, please contact the school reception team. If you feel your child needs to be seen before the date they are booked in, please let us know and we will arrange this.

An 'Excellence' Standard for our Head Chef



Park's Head Chef, Steven Cross was delighted to be shortlisted for the Secondary School Caterer of the Year, in the Educatering Mag Excellence Awards.

Headteacher, Christopher Anders attended the awards ceremony

in October, and was excited to receive the 'runner up' award on behalf of Steve.

World's Biggest Coffee Morning

Our Macmillan coffee morning had some lovely cakes donated by students and staff. The catering team would like to thank everyone who supported this lovely annual event.

With all the donations now counted we raised £85.00 for Macmillan.



Family Affairs - by Mrs Norman

Reward points so far for academic attainment and effort:

Austen: 1955/Dickens:1180/Brunel:948/Nelson:935

We have started the 2017-2018 academic year with raising the profile and introducing a competitive element to our school Families.



As a school we have least one competition per half term. This term we started off with the Inter Family Rowing Competition in conjunction with Havant Rotary. Each child rowed 1km as fast as they could to raise money to buy a literacy box, which Havant Rotary will send to the very poor children in Manilla. In less than an hour we raised over £200! Thanks to the generosity of Park students and a big well done to all!



Christmas Card Competition



Inter-Family Christmas Card Competition (*I know there must be some budding Frieda Kahlos or Banksys out there!*) Design a card that illustrates "The Spirit of Christmas".

Winner gets their card

printed and sent out to 250 important people in the area and 6 for their own use, plus 100 points for their Family, closing date 3rd November. Hand entries to student reception or to Mrs Norman. We have also entered the Lord Mayors Competition Christmas card competition too!

Student Voice

Each Family has a mentor representative who will discuss issues with their mentor group and also bring ideas to the Student Voice group who are the Head Boys and Prefects of the school and meet every week to make changes and discuss issues with the Family Leaders. And each Mentor Group has a Mentor Rep, We will introduce these to you next term.

Inter Family Football Match

An amazing afternoon was had where every Family turned up with their own team, reserves and managers, brilliant skill level and enthusiasm. Absolutely wonderful students, well done to all who participated and especially Nelson who were once again winners, 100 points for their Family and their name once again on the trophy.

Young Leader Award

Brilliant morning at Trosnant School with Ethan Morris, Dylan Miller, Matthew Relton Hunt, Gary Handley, Kenzie Wong Harry Oxford, Peter Blofield, Alfie Barker, Britney Lucas and Katherine Ashcroft Coe delivering to 20 Year 5 and 6 pupils.

Feedback from the pupils and staff was amazing!

"We loved having Park students here, can they come again"

"Your students were so skilful and knowledgeable they did an amazing job in delivering the award"

"What confidence and presence they have"



**Park Community School
Present**

Bugsy MALONE



**Wednesday 13th and
Thursday 14th December 2017
Show starts ~ 7pm
Tickets £6 Adults, £4 Children &
£18 Family Ticket (2 adults & 2 children)**

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Havant



10th Nov



VENDETTA

Friday 10th November

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Tickets: £6 child (under 16) £8 adult, family (4) £22 -£1 off advance purchase

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Park Sports

BTEC Sports Stars - by Mrs Cavanagh & Miss Smith

Students studying BTEC sport with the PE team have made an outstanding start to the year. We are extremely impressed with attitudes and efforts shown. The course requires in depth research, application and analysis of body systems, personal performance and methods of training. The following students have really stood out to staff for their resilience and attainment ... Year 9 - Jorja Greenslade & Mollie-Mae Ives, Year 10 - Sam Browning, Year 11 - Mitchell Lamont & Kieron Davis and Year 11 Cohort - Liam Cowlin & Mia Adams.

Fitness Testing for Staff & Students - by Mrs Cavanagh

New year, new term, new challenges. Fitness testing has returned to KS3, examination groups AND staff. These tests test students' and staffs' mental and physical limits.

Challenges measure aerobic endurance, flexibility, muscular endurance, strength, reaction time and power. Top performing students will be invited to be part of the Sports Development Program with Mrs Bearpark and Miss Sexton. Well done to all who have taken part already - some outstanding results, including Jay Sparks Year 8 and his multi stage fitness test result (bleep test).

Fitness tests return again after Christmas to measure fitness improvements.



This Girl Can - by Mrs Cavanagh & Miss Smith



Well done Mia Inglis. Mia is developing into a fantastic referee. Mia is showing outstanding subject knowledge and confidence as she took refereeing the Year 10 boys local derby game against Havant Academy in her stride. Mia has also been assisting in fund raising football tournaments confidently taking charge of the men's games.

Awesome effort Mia. You really are living up to 'This Girl Can'

High Aspirations within PE - by Mrs Cavanagh

The PE department are very proud to announce that several students in Years 8, 9 and 11 have been selected to represent both district and county teams.



Through an impressive start to the school federation football league and school training several students have been selected to train with the district football team. This is a prestigious accolade for the students who have been invited to participate at this level. Many of the boys have already started training with some even playing for the squad. MASSIVE CONGRATULATIONS!



In addition to this, Bailey Newbury has progressed from district and is playing for the Hampshire county team. He has had a strong start to both pre-season and the start of this season. It was really pleasing to receive the following report on his efforts ...

Bailey Newbury was part of the Hampshire Schoolboys U15s tour to Madrid during the summer holidays as part of the squad's build up to the upcoming season. Bailey played an important part in the team's success winning 3 out of the 4 games against Spanish club academies. Hopefully the team's success can continue. Dan Evans (under 15's Team Manager)

In fact success did continue with results of Surrey 0-3 Hampshire (Bailey scored a penalty), followed by Hampshire 1-0 Surrey.



Sports Development Programme & Oarsome Chance Rowing - by Mrs Bearpark & Miss Sexton

Park Community School is committed to providing the best possible learning opportunities for all students, with this in mind we are launching the Oarsome Chance Rowing and Sports Development Programme. The aim of the programme is to focus on the key areas that are considered to contribute to sporting success, such as strength and conditioning, recovery and stretching, nutrition, psychology and, health and well-being. Students will be personally invited to take part in the programme with former Olympian and World Champion Swimmer Katy Sexton MBE, and running expert Corin Bearpark.



If you feel that your child would benefit from this exciting new programme, then please ask for more details. Sessions will run every Tuesdays after school 1.45 – 3.00pm.



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Year 8 Football - Mr Bryce & Mr Shearn

The Year 8 boys' football team have made an impressive start to this season's football campaign! In our first fixture, a massive local derby against Havant Academy, our boys were fantastic in what was for some their first 11 a side game on a full-size pitch. As was Mia Inglis who was a very competent referee!

We ran out 9-4 winners. All of the team were brilliant, but there was some real stand out performances from the following students - Jay Sparks, Callum Kite, Hayden Oxford, Dylan Miller and Archie Crockford, who were either responsible for scoring or creating our nine goals. Archie and Dylan were also crucial in shoring up our new back four, to keep Havant's chances to a minimum, especially in the second half.

Our unbeaten record rolls on. Our second game of the season away to Crookhorn resulted in a 3-3 draw, but that doesn't really tell the story!

Playing on a challenging pitch the boys had to adapt their tactics from trying to play aesthetically pleasing football to a more route 1 style. This proved successful as we took a 3-1 lead going into the last 2 minutes (mind you if we were winning 6-1 at this point it would have been richly deserved). Unfortunately a brilliant long range free kick that Jimmy Wu would have needed a step ladder to reach made it 3-2 and with one minute to go another free kick from distance made it 3-3.

Our real stand out performers in this game were Callum Kite who I have to say looks an outstanding young player, and Kai Barnett who worked very hard for the team.

With matches still to come against Warblington and Hayling, we are hopeful that we will have more positive news to share in the near future.



Year 10 Football - Mr Cavanagh

The Year 10 football team kicked off their season with a tough fixture against The Petersfield School. The boys battled well but were edged out in the end against a traditionally strong opposition.

We look forward to better results against Warblington and other local schools in the league.



Year 9 Football - Mr Murphy

Year 9 boys finally kicked off their football season with a home game against local rivals Havant Academy. Park got off to a great start with a goal inside three minutes by captain Jack Taylor. Park continued to press with Owen Daniels and Alfie Barker creating chances for Shane McLellan and the ever dangerous Taylor. The second goal eventually came courtesy of some



good forward pressure and another tidy finish from Taylor. Havant Academy grew into the game and forced goalkeeper Ollie Peplow to push a shot onto the crossbar and out for a corner. The third goal came via Shane McLellan, now operating on the right wing. Shane got in behind Havant's back four before coolly rounding the goalkeeper and slotting into the empty net.

The second half saw Park defend heroically. Led by Leo Purse who, having started the game on the bench, was now drawing

comparisons to Paul McGrath at USA 94 (at least in my head!). Havant Academy did manage to hit the back of the net, but to everyone's relief this was ruled out for an offside. Park closed out the game strong with chances for Creamer, Kelleher and Taylor but the score stayed 3-0 for a well-deserved home win. Well done to all players involved.

Taking PE Further



The PE team are extremely pleased to announce that two very highly thought of ex-Park students are taking PE even further and have been accepted to study Sport and

Teaching at university to become PE teachers. Megan Betteridge has begun her studies at Chichester University and is enjoying the new adventure. Shane Sillence will starting at Bournemouth University in September 2018, but will be returning to Park in the meantime to gain more experience.



We wish them both all the very best of luck (and would love to hear from other ex students who have progressed to university).

Coming soon in PE

All Years Area Cross Country Championships at Horndean Technology College.

Interested in being part of the team?

Think you could complete the distance below?

Then please see Miss Smith or Mrs Cavanagh for a team letter ASAP

Distances =

Year 8/9 boys 3.0 K

Year 8/9 girls 2.5 K

Year 10/11 boys 4.5 K

Year 10/11 girls 3.0 K



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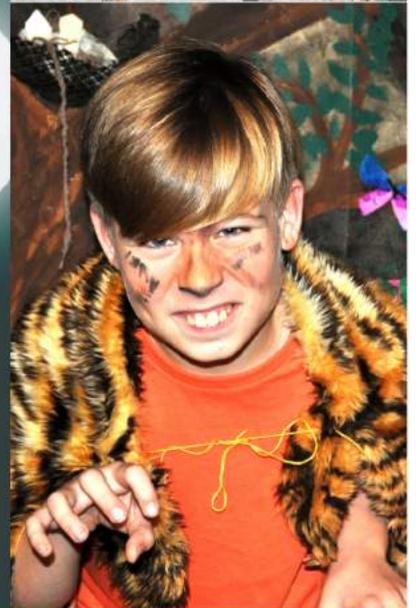
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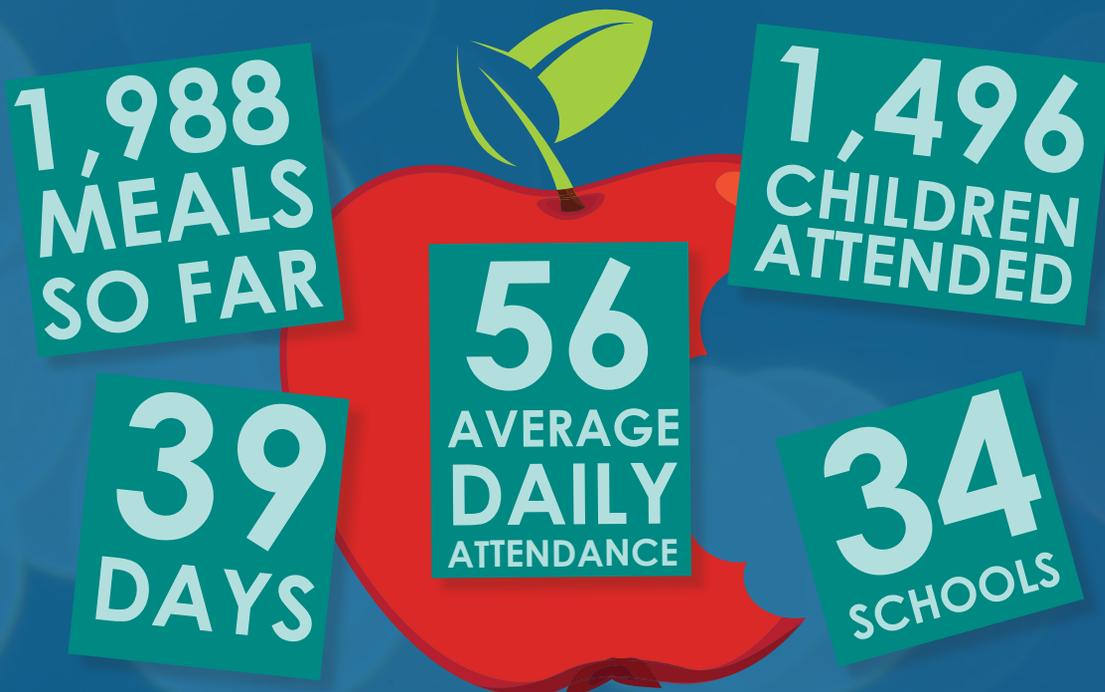
MUNCH



A bit about MUNCH and some fantastic news!

The MUNCH project was setup to provide those students who normally receive Free School Meals during school term the opportunity to come to Park in the holidays and have a free two course meal. Not only is it for Park students, it is also open to any child who lives in Leigh Park. Mums, Dads and Grandparents are also welcome to attend and eat with the children, all we ask is that they make a voluntary donation of what they can afford in our donation bucket.

Since February 2017



Parents who have attended are full of praise for the project

"MUNCH is a fab idea and has helped our family loads during the holiday with food and activities to keep them active, thank you".

Linda and Co

"It's fantastic. Such a good thing to do, my children have loved it. Big thank you to everyone"

Love, Steph

What is the fantastic news?

We are pleased to announce that Postcode Publications Limited are generously funding this project until August 2018. This is amazing and it will help so many children and families who may be feeling the pinch at the moment.

With this funding going forward we will be introducing a Thursday tea time session once a week, and during February half term we will also be offering breakfast in the mornings as well as the lunch for children. Look out for more information via Facebook and leaflets in reception.

PO9
&
PO10

FESTIVE EVENTS

AT PARK

WE ARE PROUD TO OFFER A FANTASTIC PROGRAMME OF EVENTS AT PARK COMMUNITY SCHOOL FOR OUR COMMUNITY THROUGH NOVEMBER AND DECEMBER 2017.

Year 12 celebration Evening

Wednesday 22nd November 18:00 - 19.30

An evening of fun for our Year 12 students. There will be refreshments provided and students will be able to collect their certificates and meet with their teachers.

Back to the 80s Party Night!

Friday 24th November Doors Open 19:30

Park Community Enterprises present 'Back to the 80s Party Night' with Live Music from Planet 80. Doors open at 7.30pm with fully licensed bar. Everyone welcome. Tickets £10.00 available from the Dickinson Centre 023 9248 9811

Turning on the Christmas Lights

Monday 4th December 18.00

Join us for refreshments, when once again we will be switching on our Christmas Lights and enjoying a festive sing along around the Christmas tree.

The Senior Citizens Christmas Party

Sunday 10th December 14:00 - 16:00

Join us for High Tea and a sing along to all the old Christmas Favourites, and be entertained by school performers at this fabulously festive community event. Tickets available from Park Community School 02392 489811 for just £2.

School Production of 'Bugsy Malone'

Wednesday 13th and Thursday 14th December 19:00

Come along to Park Community School's fabulous production of 'Bugsy Malone'. Tickets: £8 Adult, £6 Child and £25 Family (2 adults 2 children). A licensed bar will be available.

Park Students Christmas Lunch

Thursday 21st December 11:00 - 16:00

To celebrate the end of term, our students enjoy a wonderful Christmas lunch with lots of surprises thrown in to wish them a very Merry Christmas.

Community Christmas Day Lunch

Monday 25th December 11:00 - 16:00

PO9 Pioneers are once again providing a delicious 3 course Christmas lunch for members of our community. There will be entertainment for children and newspapers and chat for those who want company on the day. **Booking in advance is essential via Sara Barron on 07766 020524 sarajb@hotmail.co.uk**

**For further details or to book:
023 9248 9811 or bookings@pcs.hants.sch.uk**

Recipe by Alex Moody, Sous Chef

Autumn Delights!

Spicy Squash & Sausage Pasta

With the nights drawing in and a definite chill in the air this pasta dish will warm you from the inside out.

This dish proves that with a few fresh ingredients and some store cupboard essentials you can have a quick mid-week family dinner on the table in no time.

Ingredients

- 1 pack of good quality sausages
- 1 tsp fennel seeds
- 2 tsp dried chilli flakes
- ½ butternut squash, cut in 2cm cubes
- 1 tbsp tomato puree
- 1 tbsp dried oregano
- Juice and zest of a lemon
- 250ml chicken or vegetable stock
- 500g fusilli pasta
- Olive oil
- Salt
- Ground black pepper



Method

1. In a large pan, on a medium heat, add a splash of oil and squeeze the sausages from their skins. Break them up a bit and cook till nicely brown then add the squash.
2. Put a large pan of water on to boil and cook the pasta as per packet instructions.
3. Cook the squash and sausages for 5 mins on a medium heat then add the chilli, fennel seeds and tomato purée. Stir the pan well then add then stock, scraping bottom of the pan releasing the crispy bits, bring to the boil and cook till the squash starts to fall apart.
4. Season with the salt and pepper then add the lemon juice and zest and finally the dried oregano.
5. Drain the pasta and reserve some of the cooking liquid. Mix the pasta and sauce together well adding just enough reserved liquid to coat the pasta well and serve.

What's coming up 2017/18

- Trip to Tower of London, for Years 10 & 11 History students - October 2017
- Christmas Production of Bugsy Malone - December 2017
- Trip to Disneyland Paris for Year 9 students - January 2018
- Trip to New York for Year 11 students - February 2018
- Trip to SSE Woman's FA Cup Final - May 2018