

much  
more than  
just a school



# Newsletter

## 25 February 2026

### YEAR 7 EDITION

DEAR PARENTS, CARERS AND STUDENTS,

Welcome to this very special edition of the newsletter, written by Year 7 students. We are Harrison and Jessica, and we have become editors as part of our Rich Challenge this half term. In Rich Challenges we apply what we have learnt to a real audience and purpose and as part of this Challenge, Year 7 have carried out roles around the school to give back to the community and to promote empathy and compassion. As always, this newsletter contains lots of examples of the wonderful things going on at Park for example the UK China Immersion programme, a Year 10 trip to Disneyland, Paris and many other brilliant things!

We will also feature articles on kindness and compassion because we have been reading a novel called 'When the World was Ours' in Star Curriculum lessons which has required us to empathise with situations we have never faced. You can read more about this novel later in this newsletter or why not borrow it from the library so you can read it yourself?

We hope you enjoy reading our newsletter!  
**Year 7 Lead Editors**



JESSICA



HARRISON



Read all about Park's recent  
UK China Immersion Programme inside...



### Portsmouth Music Festival Success

Mr Alcantara shared with us the success of the performance and hard work of music students. He said, "I wanted to send a huge well done to our amazing student band who were awarded 'outstanding' for their performance in the Portsmouth Music Festival for the Performing Arts Rock & Pop section".

The band members include: Travis (who won best guitarist in their section), Harry, Chloe, Millie and Brendon.

Mr Alcantara said "They have been very committed throughout rehearsals and are a testament to their hard work. They represented Park so well through their musical talent, teamwork, enthusiasm, and professionalism."

**Harrison and Jessica**



WE HOPE YOU ENJOY  
OUR SPECIAL ISSUE OF OUR  
SCHOOL NEWSLETTER

"The smallest act of kindness is worth more  
than the greatest intention".

## Prison! Me! No Way!

On Thursday 5th of February, Year 9 took part in a Personal Development Day called Prison! Me! No way!

Prison! Me! No way! is a charity made up of prison officers and ex-prisoners who aim to educate students about making good choices and how bad choices can affect your life decisions. It is part of Miss Loake's role of leading SMSC to make sure the curriculum is interesting and relevant and this day is always memorable!

Students got to go into a prison cell and listen to a story from an ex-prisoner and see how their choices had affected them. This day has been a part of the PD Curriculum for many years and it is always a huge success.

**Emily and Scarlett**



## Holocaust Memorial Service Trip

On the 27th January 2026, eight students from Year 9 attended Havant Borough Council's memorial service to commemorate the 81st anniversary since liberation of Auschwitz concentration camp.

Year 9 student, Loki represented Park by reading the poem 'Action in the Ghetto of Rohatyn' as part of the service, focused on the theme of 'Bridging Generations – a call to action'. This reading served as a reminder that it is the next generation's responsibility to carry on remembrance. Students had the opportunity to listen to a Holocaust Survivor's son tell the story of his father's survival. Students felt moved and privileged to be part of this important commemoration.

**Aston and Elliott**



## Mandarin Lesson into Chinese Cooking Class – Chinese New Year Celebration



Students have been enjoying the Mandarin lessons again this term. And to reward their hard work and to celebrate Chinese New Year, they were rewarded with a cooking session. Great fun was had, lots of laughter shared, and delicious dumplings made (then consumed) at our Chinese cooking session.

With Miss Renee Lu, staff and students created both beef and pork dumplings from scratch. A popular dish made and served by families during Chinese New Year. An amazing opportunity to be a part of.

**Mrs Cavanagh**





## Year 7 are up for a Challenge!

As part of the Year 7 Star Curriculum, students take part in a fortnightly inter tutor challenge where they compete in tutor groups in various problem-solving challenges.

We spoke to Mrs Pearce about our beloved Inter Tutor! We asked her some questions about Inter Tutor, why we do it and why we study it. She said "Inter Tutor brings everyone together in one environment where we can apply the Park Basics of Healthy Individuals and Effective Communication skills through teamwork.

These are skills that can be applied in the school and life in general, everyone always shows respect and there is no points system as the skills are always the focus". Mrs Pearce said "It's my favourite part of the week!" We agree!

**Alfie, Tommy, Giovany and Preston-Jack**



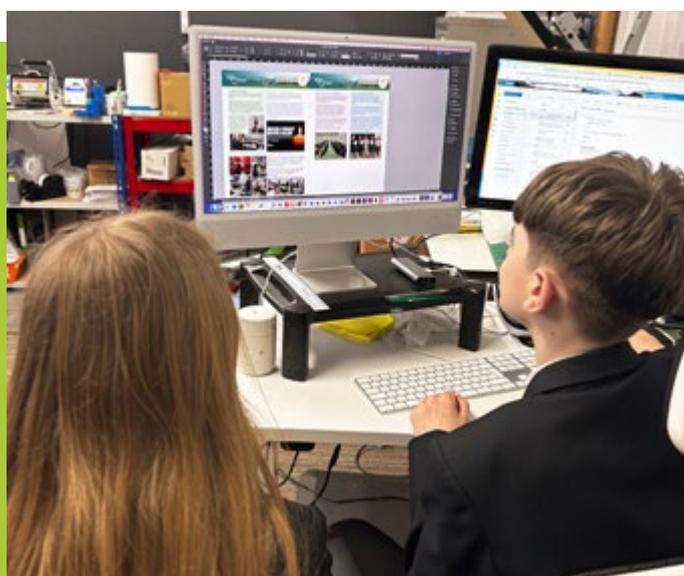
## Heart of Portsmouth Boxing

Mrs Rundle took some students to the Heart of Portsmouth Boxing Academy for a Boxing Tutor Course. The students took part in training and assessments to learn how to be non-contact boxing tutors.

They started with some simple warmups such as stretches and shadow boxing and learnt how to lead warm-ups, show basic boxing techniques, do shadow boxing, use pads safely and cool down properly after a session.

The students already knew a lot about boxing and were confident when helping with demonstrations. Students behaved very well all day and were polite, hardworking, and respectful. They were challenged by working with people they didn't know, leading warm-ups and activities for a larger group and even though they felt nervous at first, they showed confidence, resilience and enthusiasm.

**Giovany, Preston-Jack and Tommy**



We designed this newsletter with Miss Wilkinson at Park Design and Print



# UK China Immersion Programme

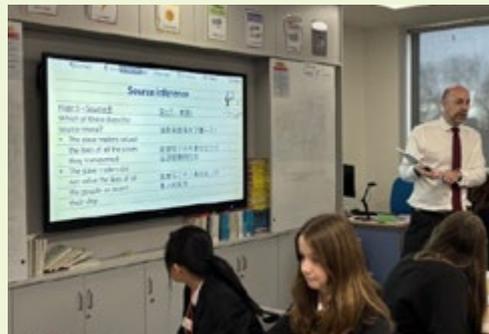
## DAY 1

Monday's arrival of our guests from Qingdao Chaoyin School was fantastic. We started the programme with a formal ceremony where pupils met their buddies for the week, exchanged gifts and toured the school. From here students and their buddies attended lessons as well as activities from our Finding What You Love provision after school.



## DAY 2

Guest students and their buddies settled quickly into routines and have embraced the process of the programme. Enjoying getting to know one another, exchanging cultures and applying themselves in the various learning environments.





### DAY 3

As a school community, we continue to give our guests a wonderful welcoming learning environment both in and outside the classroom. An action-packed day today of Sports, English, Maths, Science, Spanish, History, RE, Geography, Performing Arts, and Computer Science. Finishing the day with a trip to The Coach House Tearooms and a selection of Finding What You Love Clubs. Brilliant to see Park buddies as fantastic ambassadors for our school as they guide their buddies through activities each day.



### DAY 4

Today our guests and buddies experienced lessons, both theory and practical. But in addition, experienced a visit to our school farm to meet the piglets, some Finding What You Love Activities including music and cooking, and a traditional Chinese paper cutting lesson to celebrate Chinese New Year and Spring festival.

The development of these bonds beyond borders are fantastic to observe, friendships and shared memories have been created.



## DAY 5

This week has been fantastic. The development of friendships, the shared experiences, the resilience, the continued international connections.

Park buddies have shown what brilliant international ambassadors they are for our school and the UK. From applying to be a part of the process, to showing maturity, responsibility and empathy throughout this week - they have been wonderful!

Park international ambassadors this week –

- Zac
- Alfie
- Theo
- Jamie
- Adam
- James
- Riley
- Jaxson
- Christopher
- Warren
- Tommy
- Riley
- Freddie
- Sofia
- Freya
- Roxie
- Tori
- Maya
- Arabella
- Millie-Mae
- Jessica
- Lilli Mae
- Lilia
- Hollie
- Molly
- Taylor
- Annan
- Honey

The lessons and additional activities facilitated this week have been brilliant and shown our guests how great we are and have created positive memories that will last a lifetime for each of them.

The accompanying staff commented how inclusive our school was for their students, how everyone had gone above and beyond, how warm and welcoming our school community is and that they felt they belonged at Park.

Our guests did not just visit Park, they lived it!

Well Done Park!

**Mrs Cavanagh**



## OUR YEAR 7 STORY

Last week Year 8 students had a visit by students from China. We interviewed some of these students about this experience and here are some quotes.

***“My favourite part was the friendships we made, we haven't stopped texting each other.”***

***“I enjoyed learning about the culture, but I struggled getting used to the language.”***

***“My least favourite part was saying goodbye to my new friend.”***

***“If I could do it again, I would change my confidence in meeting them.”***

We then interviewed Mrs Cavanagh; Assistant Head and she gave us lots of information. She told us how the experience teaches the students empathy, confidence and the importance of the world view.

She said that she got the idea to do the programme when she went with Mrs Capaldi and Miss Conner to China and she enjoyed how the students facilitated their buddies' time in the school and wanted them to experience Park Community School in a positive way. She added that it forms friendships, make memories that will last a lifetime and builds confidence and compassion.

**Connie and Lola**

## Spring Core Group

A group of ten lucky students have been selected to be in the Spring Core Group, an inspiring creative industries enrichment experience, which meets every Monday and Tuesday. Their first stop was The Spring, where they attended a meeting followed by a speed networking session with professionals from the venue. Students were challenged to work independently and ask purposeful questions about topics such as hiring costs, job roles, responsibilities, and salary expectations. Industries enrichment experience networking session with professionals from the venue. Students were challenged to work independently and ask purposeful questions about topics such as hiring costs, job roles, responsibilities, and salary expectations.

Students had a tour of recording studios and watched a performance by the general public. The owner spoke about how the studios operate, including equipment, band setup, and pricing. Students were also fortunate to stay for the venue's open mic session, where the host made them feel incredibly welcome.

Watching live performances in a professional setting was a highlight, and the students were thoroughly engaged and inspired. Mic session, where the host made them feel incredibly welcome. Watching live performances in a professional setting was a highlight, and the students were thoroughly engaged and inspired.

They loved the experience and are working towards their big project in March, so watch this space!



## Scarlett and Toktam



## Trip to Lord's Cricket Ground

On Monday, I took five cricket enthusiasts from Year 10 and Year 8 on a trip to see the Home of Cricket, Lord's Cricket Ground in London. The kids loved the day, acknowledged how special the ground was and were very grateful for the experience, but did say it was a bit too much about the 1800s but ah well.

This is also a huge thank you to everybody at the school on my last day here at Park. Park has been an incredible place to work with such friendly and supportive colleagues. A special shoutout to the science department, an amazing group to work with who helped me at any hour. The students are very lucky to come to a school like Park and I wish everyone well!

**Mr Harden**

## Year 10 Paris Trip

In the first week of February, 50 Year 10 students went on a trip to Paris with Mrs Bannard, Ms Dermey, Miss Martin, Mr Pollard and Mr Grant. Whilst there, they travelled by train to walk through the city of Paris and see the sights, visited Thiepval WWII memorial and of course, took a thrilling trip to Disneyland Paris.

Disneyland is always special and as they entered, the first amazing sight they saw was the Disneyland sign and then Sleeping Beauty's Castle. Ms Bannard said she loved seeing the look of awe on the students' faces (especially the ones who had never been to Disneyland before!) The only thing she would change was the weather and the huge crowds of people! Year 10 students agreed that the trip was amazing with lots of them keen to tell us about their favourite rides!

### Leila and Ava





## Interview Ready Day

On Friday 6 February, Year 10 took part in an interview ready day with EBP. They spoke to employers from engineering (Colas) and civil engineering (Volker Fitzpatrick).

The day was intended to prepare them for their mock interview day in March. Some of the key reasons for holding this day was to encourage problem solving, working with different people and understanding how to prepare an effective interview with someone. They also explored the key employability skills that are needed for all careers.

### Rosie-Ley and Leah



# Your Future

## Interview Ready

06/02/26

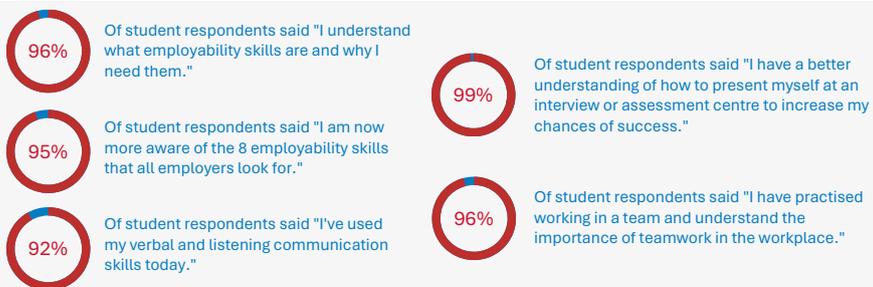
## Evaluation - The Results

EBP South asked students and teachers to feedback on the impact of the Interview Ready Sessions which meets Gatsby Benchmarks 1, 3, 4, 5, 6 and 8 and CDI Career Development Framework Skills.

# 102

### STUDENTS TOOK PART IN THE INTERVIEW READY SESSIONS WHAT YOUNG PEOPLE SAID THEY LEARNT FROM THE SESSIONS

- "Teamwork and communication is the key to success."
- "I learnt what an assessment centre is."
- "I'm very good at problem solving in a team."
- "Teamwork is helpful and paying attention to detail will help you understand things better."
- "I'm good at problem solving, communication and working in a team."
- "Keep everything online friendly."
- "To be calm and confident in an interview."
- "I have learnt the basics for an interview."
- "To always read every bit of information given to you."
- "How I am able to improve my skills to bring into a workplace."
- "To listen to each others ideas."
- "Working as a group, mixing ideas with one and other."
- "The tips on how to act and present myself at an interview."
- "Working as a team is better than on your own."
- "The 8 employability skills."
- "The way you say things matter."
- "That first impressions mean everything."
- "Make yourself stand out from others."
- "Better confidence."
- "How to prepare for an interview."
- "The professional way to present myself at an interview."



### WHAT THE EMPLOYERS SAID

"Great session and great opportunity for the pupils to understand about the interview process and what potential employers are looking for. The pupils engaged throughout and it was good to see teamwork in action during the group activity."

**Alex Skinner - Volker Fitzpatrick**

"It was a great opportunity to support students in developing their understanding of what's expected before, during, and after an interview. Being able to offer guidance on preparation, planning, and professional behaviours helped build their confidence and readiness, contributing to their future development and success."

**Brad Yates - Ensign**

### WHAT THE SCHOOL SAID

"A great session with students being able to explore the different types of interview and take part in an example group task. Students were able to use communication and teamwork skills to complete a challenging task. They enjoyed the session and feel more prepared for the mock interviews."

**Lucy Conner - Assistant Headteacher at Park Community School**

### EBP SOUTH

"We thrive on feedback from students, schools, and employers! It's how the EBP team ensures we're delivering the best for our customers. By leveraging our vast network of employers and business volunteers, we craft inspirational, top-tier encounters designed to spark new possibilities for students. For EBP South, this evaluation process is vital—it directly strengthens our quality assurance, tracks success for young people, and maintains our Matrix accreditation."

**Buz Williams - Head of Marketing, Business and Events**



## Geology Club!

One of the many clubs you can take part in at Park is Geology Club. This is a club that happens every Wednesday in JO1. You can check out all the radical rocks and minerals in this club, or you can just chill and read books about earth's AWESOME minerals!

The head of this club is Mr Macefield, so we asked him some questions about this club:

### We asked:

**Why did you start Geology Club?**

*"I love to share my passion with others"*

**How long have you been running the club?**

*"About five years"*

**How do you think this impacts students?**

*"They can learn something new and different, and some students love geology"*

So, why not come along after school on a Wednesday in JO1?

### Frankie



## Kindness is Key

*"It takes courage to be kind".*

*"A warm smile is the universal language of kindness".*

*"Kind words can be short and easy to speak but their echoes are truly endless".*

*"Kindness is free. Sprinkle that stuff everywhere"*

*"Kindness is like a present you can glue and reglue it".*

## Star Teachers on Kindness

As our Rich Challenge theme for this half-term is 'paying it forward', we decided to ask Star teachers to reflect on kind acts of their own.

Mrs Freestone said: "One Christmas we had someone we knew who didn't have anywhere else to go, so we invited them along to share with our family."



Mrs Harrison, our Head of Star, said that she opened her home to a Ukrainian family and welcomed them to live with her for two years.

Mrs Last told us that she tries to do small acts of kindness whenever she can. For example, if she is in a supermarket and someone has fewer items in their trolley, she lets them go in front of her. She also donates regularly to charity. She said even the small acts can make a real difference to someone's day.



### Aston and Elliott

## A day in the life of Mr Banting

Have you ever wondered what a day in the life of Mr Banting might be like? Well, wonder no more, because we have the inside scoop!



### First, a simple question:

*What time does he get up?* His response was (and I bet you're not expecting this!) 5:45! Every day. Even at the weekend!

**Next, we asked:** *What do you do differently from anyone else in your morning routine?* He answered, "I like to take it chill." I'm sorry, but 5:45 in the morning and "chill" do not go together!

### Anyway... moving on to a calmer topic.

Our next question was: *What is the nicest thing you say every day?* His response was... "I try to ask every student how they are every day." That's definitely a better routine than waking up at 5:45. I mean, it's kind, right?

**Finally, we asked a very difficult question:** *Favourite lesson, teacher and student?* He stuttered many times, then exclaimed, "Well, English is my favourite lesson to teach, obviously. My favourite student is anyone who works hard and takes part in my lesson (boring, isn't he?). And my favourite teacher is anyone who brings me cake!" (He means the English department!)

Well, now you know a bit more about Mr Banting...hopefully!

### Alfie



## Paying it forward

This half term, Year 7's Rich Challenge involved paying it forward- aiming to take over elements of school life to give back to the community. As well as drafting this newsletter, they have carried out the following activities:

- Writing and illustrating stories about kindness to be read in our Nursery
- Planning an SMSC session on empathy and compassion to be delivered in local primary schools
- Planning assemblies on empathy and compassion which will be delivered after half term
- Volunteering in the local community, including litter picking and working in the Pantry.
- Creating a Butterfly Broadcast to be shared with the school

Here are some of the photographs of our Rich Challenge in action!

### Aston and Elliott





## Empathy on the Canon

There are quite a lot of Park Canon books at this school, but a few deserve a special mention when it comes to the theme of empathy - the ability to understand how someone feels. Here are some of the examples of novels and their impact on us.

### **When The World Was Ours by Liz Kessler**

'When The World Was Ours' is novel set in World War II about three best friends: Max, Leo and Elsa, and the struggles they went through during World War II. From Elsa having to move countries, to Leo being treated like he's below everyone else, this book has very hopeful message that we should all try to understand each other. This novel shows that you should never give up and that no matter what, always keep your hope.

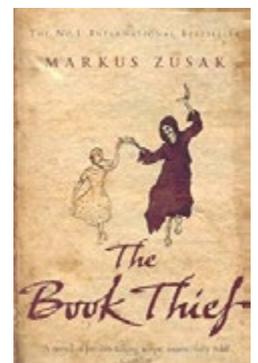
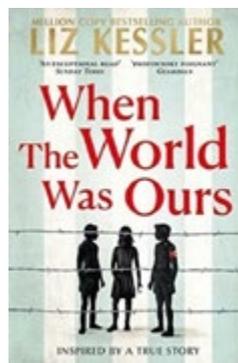
### **Trash by Andy Mulligan**

'Trash' is a book about... well, trash! Three boys, Raphael, Gardo and Rat live and scavenge in a huge dumpster pile, until one day, where they find a deadly secret and soon find themselves being hunted down. This book shows hope and friendship can overcome terrible hardships.

### **The Book Thief by Marcus Zusack**

'The Book Thief' is another World War II book, but this time, about a nine-year-old girl named Liesel, who is petrified of the war happening in her country, especially since her parents have been taken to a concentration camp. So, to distract herself from the war, she starts stealing books and reading them. This teaches us that in the most dark and extreme times, you should always keep humanity, compassion and hope.

### **Isaac**



**2 - 6 March  
2026**

## Public Health School Nursing working with parents and young people

### **A message from Mrs Knight**

The Hampshire Public Health School Nursing Service work collaboratively with parents, children and young people to support health and wellbeing needs. School Nurses receive many referrals from parents and children, with often lengthy waiting lists. Our aim is to look at ways we can make our service more accessible to families and to support this we will be piloting a school nurse clinic at your child's school. This will provide the opportunity for your child to make an appointment with a registered nurse to discuss any aspect of their health and wellbeing. We recognise that home support is vital in educating our young people in health and wellbeing and so encourage young people to discuss their health concerns with parent's carers and guardians.

**Leila and Ava**

## Day in the life of Miss Manning

Miss Manning is Head of Year 7 and an English teacher. When Miss Manning gets into work, she has a coffee, updates her Filofax and makes a to do list. After she finishes teaching for the day, she has parent meetings.



She helps students get into lessons, helps them to problem solve, makes them feel better and helps them find lessons. Her favourite part about working at Park is getting to interact with pupils. She says that we as students can spread kindness by smiling at people and cheering them up with small acts of kindness.

**Emily and Scarlett**

## Theatre Trips: Macbeth

Miss Tomkinson, Mr Grant, Mrs Tindall and I took 100 students to watch a performance of Macbeth, one of our GCSE Literature texts.

The students were brilliant representatives of the school and enjoyed the show, and pointing out key quotations they have studied within the play! It was a lovely afternoon.

**Miss Martin**



## Jekyll and Hyde

Miss Tomkinson, Mrs Limburn, Mrs Tindall and I took 100 students from Year 9 and 10 to the Kings Theatre to see a production of Jekyll and Hyde. Students enjoyed the show and this will be hugely supportive to year 9 who begin their study of this GCSE text next half term, and year 10 who have their Literature exams coming up. All students were great representatives of Park.

**Miss Martin**





### Winter Hours

Mon - Thur - 9.30am - 3.00pm

Friday - 9.30am - 4.00pm

Sat - Sun - 9.00am - 4.00pm

Breakfast | Lunch  
Cakes  
Drinks | High Tea

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