

much more than just a school

Park Post

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newsletter

Issue 9

February 2017

Starting the new term with a bang....

Visit to Disneyland Paris



Park students from Year 9 and teachers started the term off in style with the annual trip to Disneyland Paris. The major highlight of which was the spectacular light show in the Disney village.

Year 9 student, Jasmine Bone, said "everyone, including the teachers, got very excited when they caught their first glimpse of the amazing village which was illuminated by bright and colourful lights."

The trip was packed full of unforgettable adventures and thrilling rides, as well as informative STEM sessions and culinary experiences.

The days were long and jam packed - a trip the students will cherish.

Park Community School - much more than just a school

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Community at the heart of Park

A Christmas day for everyone - by Barney Barron

A wide-ranging and diverse group of 80 people gathered for a truly magical community Christmas Day at Park Community School. From babes in arms to the elderly, professionals and the homeless, all came together in an act of true community and shared a special day of entertainment, companionship and a veritable Christmas feast.

There was laser quest and inflatables for those with plenty of energy, films and newspapers for those who preferred a quieter time. All came together for a meal and there was plenty of good conversation and camaraderie.

A highlight was a surprise visit from Santa Claus, just before he returned to the North Pole for a well-earned rest. Santa brought with him gifts for everyone, both young and old.

Christmas day is not a happy day for everyone for all sorts of reasons, and can often highlight feelings of loneliness, isolation or economic hardship. It was with this in mind that the Christmas Day lunch was held with an open invitation. There were plenty of smiles and even a few belly laughs from many who might have otherwise found the day a struggle.

The event was organised by Sara and Barney Barron in partnership with Park Community School. Barney and Sara are community ministers in the PO9 area. Their role is part of an initiative by Portsmouth Anglican Diocese to serve local communities. They connect with those who find it difficult to engage with traditional models of the Church.

The day was made possible with generous funding from the Big Lottery Fund. A huge thank you to Waitrose in Havant for donating high quality food through their Community Matters Scheme, and PO9 publications for funding gifts for everyone so that no one went without a present to open on Christmas Day.



There was also overwhelming support from the staff at Park Community School. Susan Parish (Business and Community Manager) helped fundraise and organise, and Steve Cross (Chef) and members of his team who helped with food.

Teaching staff, support staff, governors and students, alongside other members of the local community, helped on the day with cooking, serving, giving lifts and offering a warm welcome to all.

Fundraising for a special community

July 2017 will see a second group of students from Park Community School visit and work in one of the poorest communities in the world. The link with Tanzania has come through a partnership with the Grassroots charity. Grassroots run a child sponsorship programme for over 3,000 children. This vital sponsorship enables them to go to school, get free medical care and a nutritious weekly meal.

Each person going, including staff, are paying a proportion of the cost of the visit and fundraising for the rest. Through hard work and determination the students have raised over £8,000. This has been achieved through activities such as bag packing, carwashes and cake sales and very generous donations by local businesses, including the Canadian Spa Company. Students created little elf door decorations for Christmas (see alongside), these were sold to raise more money.



We need to raise another £7,000 to reach our target. Any support in running fundraising events or donations would be gratefully received. We are determined to achieve our goal and realise this amazing opportunity.

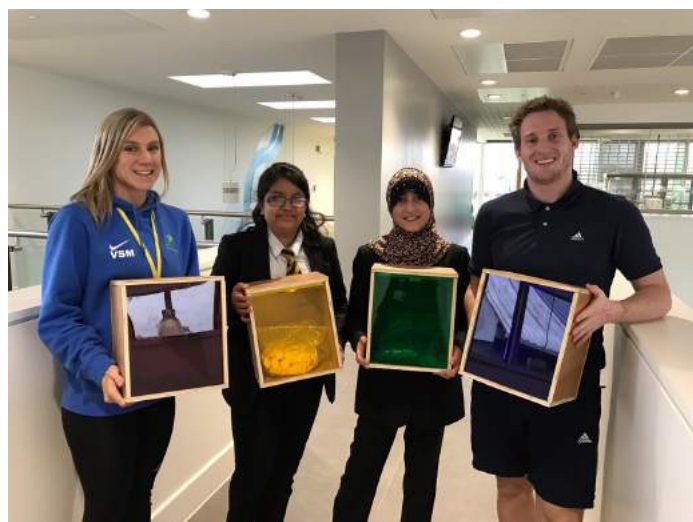


Ubuntu - A South African Philosophy for human kindness - by Mr Taylor

We are proud as a school to praise students who demonstrate not only excellence in attainment but also the unique acts of kindness that are a part of school life at Park Community School.

With the strong links, enrichment trips and support we offer to Tanzania we have been keen to recognise the true meaning of Ubuntu (African term for 'act of human kindness'). From the start of the Spring Term 2017 our students are rewarded for exemplary moments of support and kind actions to their peers and our staff.

Those recognised contribute towards their Families' Ubuntu points total; a token is added to their Family box within their Family assemblies. As a Family Leader Mr Taylor has the splendid job of awarding Ubuntu tokens and said "it is a pleasure sharing the students' success on a weekly basis."



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Challenge Day - by Mrs Coles

Year 7 students looked at Britishness! What makes Britain British? Students enjoyed exploring the importance of celebrating 'Britishness' while encouraging tolerance of others. Students produced art work to describe what is diverse about the UK. What is so good about tolerance? What makes us unique? What brings us together?

Year 8 students studied British Government with 60 going to London to visit the Houses of Parliament. The aim was to understand how the British government works and why it is important to have a voice. The students compared a democracy to other types of government and learnt about the role of an MP.

Year 9 students worked with visitors on a day entitled 'Prison Me No Way', covering the realities of prison life. The students learnt how different behaviours can have different consequences and learnt that these consequences can ultimately be life changing.

Year 10 students worked with business visitors to improve upon their interview skills. Students took part in interactive workshops that demonstrated the variety of skills and preparation for interviews. These skills will be used in Work Experience interviews and mock job interviews in April.

Year 11 students completed controlled assessments in a variety of subjects and ECDL.

Year 11 Stars - by Mrs Capaldi

As our Year 11s continue to work hard toward their exams, our half termly assessment data is a chance for them and parents to review their progress. After their last assessment, 90 Year 11 students were on track to reach their school projection in their GCSEs this summer. Students who were at this point were presented with gold stars by Mr Anders which they are encouraged to wear with pride. The presentation of gold stars for all students on track to reach, or exceed, school projections will continue every half term until the GCSEs.



Year 11s have just completed an intensive two week mock exam period- well done to all of them for their hard work and perseverance. We have high hopes for these students and feel confident that with continued hard work they will achieve the results they deserve.

Apple Pi on YouTube! - by Mr Eacott

How are our Apple Pi views doing on YouTube? The answer is VERY well.

Let's look at the facts.

Our first up-load to our YouTube channel was in November 2012 and since then our views have increased. We now have 165 videos on the channel, a quarter of these in 4K definition. These videos have attracted over 26000 views, 85 subscribers and raised almost £9 in revenue.

Top 4 Videos:

Types of Engine: Up-loaded in March 2014 this video has attained 8500 views with a comment "Good job on the video mate!"

Ancient Egyptian Clothing: Filmed at Swansea University has 2800 views with a comment "the presenters are really professional."

Operating Hovercraft: The 100th video made has 1800 views with comments "epic video, very interesting – well done."

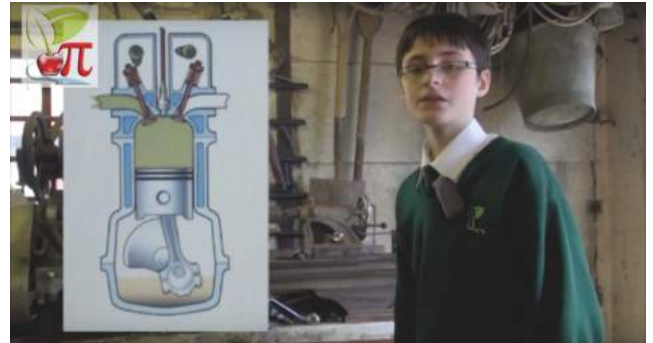
Types of Fuel: With interesting use of Blue Screen, with 1250 views has a comment "it really helped my studies."

Apple Pi videos are created in conjunction with experts, by asking them to check the script for correctness and by asking them to demonstrate and explain.

Where do the views come from?

As you would expect 43% come from the United Kingdom, and 18% from America. But, most unexpectedly, 12% of views are initiated in India!

So the big question is: why do one in eight views come from a country where English is only spoken as a second or third language by 12% of the population?



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Chichester Cathedral - Holocaust Survivor - by Mrs Maxted

Year 9 and 10 students went on a trip to Chichester Cathedral to listen to a man called Steven Frank, who survived the Holocaust. As he explained the hardships of the concentration camps and the cruel things the Nazis did, the audience listened respectfully to his words. Quinn Carroll, Year 9 student, said "we were very fortunate to hear about his experience in the cold hearted concentration camps".

The Holocaust was an unimaginable period in history, and it is vital that as many people as possible hear first-hand about what really happened. Steven was fortunate – he was one of only 93 children who survived out of 15,000 who went into the camp called Theresienstadt. However, luck is relative; whilst Steven and his brothers and mother did survive, it was only after years of living in squalor, being humiliated and denigrated on a regular basis and being in a constant state of fear.

Steven's father was murdered by the Nazis, and Steven witnessed the deaths of other people that he cared for. We heard about Steven's early life, the things he was grateful for, the events which stick in his mind forever. He told us about the day his father was arrested for being part of the resistance against the Nazi regime, and how this led to his murder in Auschwitz when he was only 39 years old.



Steven also described how his family were able to rebuild their shattered lives when a British RAF pilot took pity on them, after the camps were liberated, and flew them to an air strip in the UK in his plane. This was unofficial, illegal and not strictly allowed. He started off as an illegal immigrant, but has been a British citizen for many years now. He was grateful for his family being able to live here safely, and his mother had been born in the UK so they knew people here.

Student: "Why do you share your story?"

Steven: "You need to know about history. I hope you might remember something I say. You have to stand up, and be counted. You have to confront things head on and stand up against abuse. You can't just say it's nothing to do with me. I have a great faith in young people today – they are much more thinking and aware of the world. I have a lot of hope – people are doing good things. The good will always triumph in the end."

Student: "What do you think brought you through?"

Steven: "I think I have built up huge resilience. I had hardly any schooling when I came to England. When I left school I only got two O Levels. I wanted to prove myself, and studied in night school to end up with an honours degree in chemistry. I have resilience, and that's what got me through. I got mumps in the camps, and was unconscious for three days. I should have died but I didn't. Every crisis in my life strengthens me for the next one."

The star pictured opposite is the one that Steven was made to wear. 'Jood' means Jewish in Dutch. The letters were written in this way to pretend to be like Hebrew letters. Hebrew is the Jewish holy language, therefore this was an extra way to humiliate them.



Holocaust Memorial - by Mr Crowley

A group of Year 9 students were invited to Havant Cemetery to attend a Holocaust memorial service.

After showing their respect to those who lost their lives students were invited back to the Havant Plaza for refreshments.



Careers Fair for Year 10 - by Mr Cavanagh

On Friday 3rd February, Year 10 students were given the opportunity to attend The Havant Schools Federation Careers Fair at Havant College.

All the local colleges had stalls there with representatives from the colleges available to give information on the courses they offer as well as how to apply.

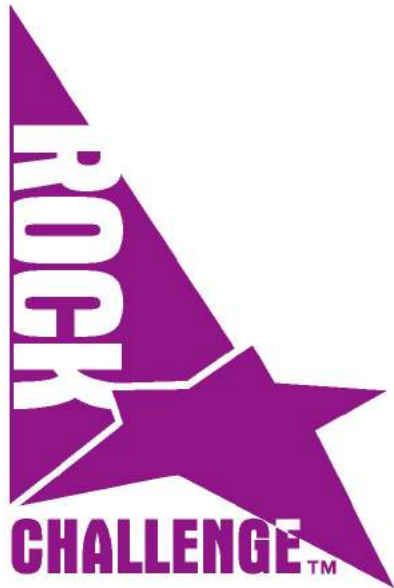
As well as the colleges many major employers from the local area were in attendance to explain how to get into their specific industry and the types of jobs they offer.

This gave the students in Year 10 the opportunity to speak to people who work in their area of interest and gain some invaluable insights on how to pursue the career of their choice.



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Rock Challenge - by Mrs Chuter



Our students will be competing in this year's Rock Challenge on the 1st March at Portsmouth Guildhall. The theme is based on the plague and the great fire of London.

*London has a deadly plague spread by rats and fleas
People dying in the streets of a horrible disease
It infects the blood of the innocent, few precious lives are spared
It opens wounds and oozes death, none could be prepared
As red and orange spread through the land, will life get back what was planned?*

Students have been rehearsing every day after school and have approximately 90 students taking part. Tickets for this unmissable event are still available from the Portsmouth Guildhall Box Office.

Intermezzo at Chichester College - by Mrs Chuter

On the 3rd February Mrs Chuter took 11 students to the Regis Centre in Bognor Regis to watch Chichester College's dance show "Intermezzo". It was a fantastic performance which inspired students.

Mrs Chuter will be continuing to make links with different colleges as it helps raise aspirations.

Hair-raising act by generous Park students

Park students Jasmine Bone and Robbyn Miller are preparing to donate their hair in a generous act to raise money for the Little Princess Trust.

To support the students and find out more visit www.justgiving.com/Leanne-Cooper13 and www.justgiving.com/fundraising/Robbyn-Miller



BAM Visit - by Mrs Munoz

Year 7 students were invited to visit BAM to explore the opportunities that the construction industry can offer them and how many varying careers a construction path can develop.

They visited a BAM Site in Portsmouth where they are building a university in Trafalgar School.



Winners at the Havant Sports Awards - by Miss Norman

Park Community School attended the 37th Annual Sports Awards that took place at Horizon Leisure Centre. Both staff and students won all the categories they had been nominated for. As always the Sports Ambassadors are a real credit to Park and we are very proud of them.

Winners....

Corin Bearpark (member of our staff) won Senior Sportswoman of the Year

Morgan Fewings won Junior Sportswoman of the Year

Lilly Moore won Volunteer of the Year

Park Sports Ambassadors won Officials of the Year



Step into Sport Training - by Miss Norman

Students enjoyed a fully inclusive day that required them to demonstrate communication and organisational skills, as they set about planning an event for primary schools in the Summer Term.

Students worked with Cassie Paton, Bronze Medalist in Open Water Swimming at Beijing Olympics, who said *"Throughout the day your students were outstanding, their behaviour was impeccable and they were a real credit to your school"*

Students loved every minute!



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Commonwealth War Cemetery Photography - by Miss Loake

On Friday 20th January, bathed in beautiful low winter sun, a group of Year 10 photography students travelled to Netley to photograph the Commonwealth War Cemetery. The group are studying landscapes, so were eager to test out the techniques learnt in class on an outside location.

The weather was icy and clear, perfect conditions for taking interesting shots and capturing the atmosphere of the place.

Back at base the photos will be reviewed and edited using a range of Photoshop techniques to show them off to their best.



Oxford University Visit - by Mrs Munoz

Our Year 11 students were invited to Oxford University to learn about how both St Edmund Hall and Oxford University works. They also visited the city and learnt about the importance of the university for the local residents.

They learnt that at Oxford University their academic development will be fostered by the University's highest expectations for their studies. They learnt that St Edmund Hall furthers scholarship in a range of Arts and Science subjects and students are taught by tutors who are academics in their fields of research.



PCS Literacy current focus - by Mrs Hamson

So far this year, our literacy focus has been on using those 'horrid homophones' correctly. Every student in school has practised their use of homophones and some have achieved badges to identify whether they are a homophone Novice, Apprentice or Master! Our next focus is the tricky spellings of the 'naughty forty' and securing these to take our spelling to the next level!



NAUGHTY FORTY

Don't let it be game over.

Conquer the 'Naughty Forty' spellings.

Don't lose lives getting them wrong; learn these spellings to unlock the next level of success.

Achieve	Friend	Persistent	Threshold
Piece	Believe	Resistant	Wherever
Receive	Apparently	Coincident	Beginning
Ceiling	Independent	Argument	Embarrass
Siege	Incident	Truly	Necessary
Preferred	Cemetery	February	Remember
Referred	Completely	Knowledge	Separate
Successful	Immediately	Liaison	Though
Tomorrow	Sense	Library	Through
Basically	Definitely	Noticeable	Unfortunately

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Teacher and Student Badminton - by Mr Crowley

Staff and students teamed up to take part in a Family challenge badminton doubles competition. 32 players made up 16 teams that all went head to head.

Mr Young and Abdel Higazi came out victorious with an impressive 9 wins!

Great effort made by all of those who took part.



Year 7 & 8 Girls Football - by Mr Taylor

Our Year 7 and 8 Girls Football Team have opened their season's campaign with a hard fought performances away to Hordean, Cowplain and Petersfield Schools. In their opening game against the hosts Horndean, Park delivered a well deserved performance, resulting in a 1-1 draw.

In their second and third games, our girls showed great passion and worked hard to earn their first victory of the season but were unfortunately forced to concede a loss to Petersfield before earning another draw against Cowplain.

The girls performed superbly and have been an amazing credit to Park Community School and they will be looking forward to their next performances to build upon a really tough start to the season and earn their first victory!



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Portsmouth in the Community Amputee Football Match

Portsmouth FC Amputees played host to fellow EAFA Irwin Mitchell National League (Southern) teams at Park Community School on Saturday 14th January. The teams from Portsmouth, Peterborough, Arsenal and Brighton & Hove made the journey to play each other.

Park Community School was an ideal location for hosting the fixtures, with all players catered for with hot food and drinks. Steepers Prosthetics which deal in specialist amputee rehabilitation and prosthetics were there to offer advice and guidance for any amputee footballers. Hampshire FA were also in attendance to show their support for Amputee football.



The Portsmouth FC Amputees who are sponsored by local solicitors Irwin Mitchell, were keen to make an impressive start, but National League leaders, Peterborough, had other ideas! They were beaten by 5 goals to nil in the first fixture of the afternoon. But, the Portsmouth FC Amputees came out of the dressing room in a fresh black kit and in a revised formation to face Arsenal, who are also placed above them in the league. Two goals by Pompey's Chris Waller and another from Ray 'Spike' Westbrook ensured a convincing 3-1 win. Ray went on to score twice more in the fixture against Brighton & Hove and the team kept a clean sheet too. Well done to all the players who took part for Pompey: Roger Whitehouse, Mo, Ray Westbrook, Mike Beel, TJ Yates, George McNamara and Chris Waller.

Portsmouth FC Amputees currently stand 5th in the National League and they will be playing the Northern team fixtures on Sunday 19th February at the Portway Lifestyle Centre in Birmingham.

Adam Lea, commercial and marketing manager said "The amputee event held at Park Community was brilliantly received by all who participated as well as those who attended. It is good to know that the operational elements for the day are taken into consideration by the on site staff and ultimately means that we as a community deliverer can focus on what we are good at. A hugely successful event which we can't wait to host again soon".



Matt Lewsley, Disability co-ordinator said "It was great to see so many players on the day, With the addition of an extra team it's a positive step to growing Amputee football. Our aim this year was to make the players feel as professional as possible by providing changing rooms for each team, technical areas for teams playing and Match day programs.

Havant & Waterlooville Walking Football match

Havant & Waterlooville's 50+ walking football team - known as the "Many Shades of Grey" - held their Winter 50+ Walking Football Festival at Park Community School's all-weather pitch on Sunday 29th January. And it was a good job it was an all-weather pitch, as the rain that fell before, during, and after, was pretty unpleasant and persistent!

The Many Shades had two teams of their own playing - the Many Shades of Yellow, and the Many Shades of Blue - and had invited along teams from Pompey in the Community who are based

at Pompey's ROKO training centre in Copnor, Mountbatten WFT from the Mountbatten Centre in Tipner, and Emsworth & Hayling WFT, who are based at Park Community School for their training sessions. Also playing were welcome guests from Bristol City FC, who had last played the Many Shades in a tournament in Brittany.

In spite of the weather, the round-robin set of matches on the three pitches across the main pitch all went ahead as planned, and some entertaining football was played. The surface was commented on by several experienced players as being in excellent condition, so no excuses there! Perhaps the surprise result was that Pompey's team most unexpectedly lost every game, and finished last in the mini-league. Bristol City's only win was against that hapless Pompey side, so they had travelled a long way in dreadful weather for little reward. The two Many Shades sides finished third and fourth, the Yellows coming out on top in that particular clash.

The teams went back to West Leigh Park for a post-match buffet, and the final placings were worked out from the referees' soggy scoresheets. At the top of the league it was very close, with only goal difference separating Emsworth & Hayling from Mountbatten. The winners of our prestigious plastic cup (£2.50 for 8 from Asda) were Mountbatten WFT, whose goal difference of +10 beat off the "home" team's +8 tally.

The Many Shades have booked this facility for five more Festivals on Sundays throughout 2017, including two for the 60+ age group. If you are interested in watching this rapidly growing sport, why not check out the bookings to see when they are next here?



Recipe by Steven Cross, Head Chef

Lean, mean and green!

Big Green Detox Soup

We are now well and truly into the throws of 2017 and I know from personal experience how hard it is to get started on that new diet or fitness regime but this recipe is a great starting point.

This recipe will help you wake up feeling fresh allowing your body to get valued nutrients and vitamins from its super green ingredients and hopefully have you hitting the pavements or in the gym feeling light weight and energised.

Remember that this soup is all about speed it needs to be made quickly to keep the ingredients vibrant in colour. I hope you give this recipe a try and enjoy the results!

Ingredients

- 2 Sticks of Celery (chopped)
- 100g Broccoli (chopped)
- 100g Spinach
- 100g Curly kale (chopped)
- 100g Garden peas
- 1 White onion (diced)
- 1 Clove of Garlic (sliced)
- 400ml Vegetable stock
- 2 tbsp Extra virgin olive oil
- Zest of a Lemon
- 2tsp Chia seeds
- Salt and pepper to taste

What's coming up...

- Get Inspired event at Guildhall
- Onatti Theatre event
- Construction trip to Barrett Homes site
- New York school trip
- Rock Challenge
- Youth Conference
- Public speaking and confidence building
- English Theatre trip – Curious Incident of Dog in the Nighttime



Method

1. Put the oil in to a deep pan, add the garlic, white onions and celery and gently soften and sweat down without coloring the ingredients.
2. Once all ingredients are soft add the vegetable stock and bring to a rapid boil, add the broccoli and reduce to a simmer.
3. The broccoli must not overcook allow to soften but it must stay vibrant green this will take around 5 mins simmering then remove the soup from the heat.
4. Once removed from the heat add the kale, spinach and garden peas and stir them in the hot liquid allowing them to soften.
5. Liquidise the soup in a food processor the longer you blend the soup the greener it will become so give it a few runs through the machine.
6. Return the soup to the pan and season with salt and pepper, add the chia seeds which will give the soup a nutty texture and taste.
7. Serve the detox soup with the lemon zest on top and a teaspoon of olive oil.