

much more than just a school

Park Post

much
more than
just a school

newsletter

Issue 18

July 2018

LACA Secondary School Catering Team of the Year 2018

On Thursday 12 July 2018 Park Community School was named Secondary School Catering Team of the Year at the Lead Association for Catering in Education Awards (LACA) held at the Hilton Birmingham Metropole.

Every year the LACA Awards for Excellence acknowledge individuals and teams of people who continue to make a real difference in education catering. Good management, strong performance and high achievement is recognised.



Park Community School are proud to be 'Much More Than Just a School' and their catering team encompass this through providing affordable, quality food throughout the year including Christmas Day. Catering from nursery through to retirement, their passion shines through in providing free meals for their community through the MUNCH programme in the school holidays.

The school are very proud of the achievements of the catering team which also include:

- Soil Association Food for Life – Gold Award (one of three secondary schools in England to achieve this)
- Eat Out, Eat Well – Gold Award (Hampshire County Council)
- Fair Trade Awards – accredited Fair Active and Fair Achiever school
- Reached the finals of Essential Cuisines - Britain's Best Brigade 2017 and came second
- Educatering Excellence Awards 2016 - Winner Newcomer of the Year Award Steven Cross.

Headteacher, Christopher Anders said;

"From the moment we decided to employ our own catering team the school has never looked back. We provide affordable, good quality nutritious food for our students, staff, visitors and members of our community. We are delighted to receive this award that recognises the hard work of our catering team over the last four years".

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Bushcraft Experience

Park students learnt how to make and work safely with fire and how to make a fire and leave no trace on the environment. They were amazed that some sticks, a small piece of cotton wool and some Vaseline could produce a fire good enough to keep warm by and to cook on. The fires they made each day were used to cook their lunch on, and at the end of the day the areas were left with little to no trace of them having ever been there.

They also learnt some very impressive knife and saw skills, which allowed them to produce tent pegs and stakes for their living/working area canopy and their food preparation/service canopy. They took this a stage further to enable them to build a trestle table and benches, all of which were fully collapsible in order for the structure to be taken down in less than 20 minutes and stored to prevent vandalism. This was the only source of disappointment for the two days, that their work could not be made permanent due to the rangers' concerns of mistreatment by others in the community.

The students displayed excellent team working and social skills over the two days and all of the adults involved were blown away by their work ethic. As an example, at the start of the second day the students came straight down the path, said "Good morning" to Ian who was leading the two days and went straight to work setting up the site! No prompting was needed. They were a credit to both themselves and the school.



We have made the difficult decision to raise the cost of a school meal to 2.30, an increase of 15p per meal. This increase is in line with all other Hampshire County Council schools and will allow us to continue to provide high quality, freshly cooked, healthy meals at an affordable price.

Red Cross - Make Your Move Competition

On Sunday, 3 June, 20 dance students took part in the 'Make Your Move' Red Cross dance competition at Aldershot. The aim of the piece was to link it with the work of the Red Cross and we decided to focus our piece on refugees. Our students had been rehearsing since January and all their hard work paid off as we came first, winning the senior category, putting us through to the Finals at the O2.

On Sunday, 8 July, we took our Red Cross finalists to London to perform in the grand finals at the O2 Arena. They performed their hearts out and although they did not win overall, they did achieve an award for the best use of props! This was an excellent opportunity for our students and one they will remember forever.

Students managed to raise £419 through sponsorship from family and friends, which will be donated to the British Red Cross.



Big Ideas Day – Regional Finals

Park Community School was brilliantly represented at the 'Solutions for the Planet Big Ideas' regional final day by a tenacious group of students in Year 9. A huge well done to Jacob, Oliver, Ryan and Owen, for a fantastic group effort. Unfortunately, they did not progress to the national competition level, but they did get a special commendation for their idea and how they developed it in such a short period of time. They were up against schools that had a lot more time to work on their project so did incredibly well.

The boys were developing an idea of a filter that could be fitted to buses and cars to reduce the nitrous oxide gases emitted from the exhaust. They looked into existing products of a similar nature, the cost to make such a product, the materials that would have to be used and where their target group was. This all came after researching the issue of pollution in built up areas and the need for such a product. With the help of a mentor from Tarmac they put together a five minute presentation to pitch their idea to a panel of judges at Portsmouth University. The feedback they received was very positive, hence the special commendation.

The time and effort the four boys have put in has earned them a Bronze Crest award, which is a nationally recognised Science award. Well done and congratulations to Jacob, Oliver, Ryan and Owen.



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Greenpower's biggest ever entry of cars...

72 Entries and 40 in our category! Practice went smoothly and all seemed well. Students were nervous but excited about the new grand prix style start.

Race 1 - 'Team Spirit 2' and 'Chase' got a good start and off they went. 'Keep Up' sadly sat on the start line with a main power cable problem. After a 10 minute fix it was back out and flying. Good pit changes from all teams and all three cars were going really well. 'Keep Up' managed to catch up really well even after the problem at the start. Kit Car category (40 cars) results race 1 - all three of our cars lasted the 90 minutes and finished the race. 'Team Spirit' 25th, 'Chase' 37th and 'Keep Up' 24th.

Problems fixed, batteries changed for Race 2! Great start by all. All cars looking good and moving well. Slick pit stops including a 14 second driver change!

Kit Car category (40 cars) results Race 2 - All three of our cars again lasted the 90 minutes and finished the race. However a massive improvement on all cars. 'Team Spirit 2' 20th, 'Chase' 36th, 'Keep Up' 1st! This included a record distance for Park of 33.8 miles. It also meant automatic qualification to the national final!

Overall results for the combination of both races:

- 'Team Spirit 2' 21st
- 'Chase' 37th
- 'Keep Up' 3rd and another trophy for the cabinet and a medal for every team member!

A big thank you to Park teachers who attended and most importantly Mr Bird from Tech, whose effort on the cars throughout May/June made it possible for our students to race.

Most of all thanks to our students - AMAZING!



Greenpower Team visit Ford Dunton Technical Centre

The Greenpower Team had another early start and a long drive up to Basildon, Essex to visit Ford Dunton Technical Centre. This is Ford motor company's development centre and test track. Dunton has been responsible for the development of the EConetic range of vehicles, and has contributed to development of the EcoBoost range of engines.

The students were lucky enough to race on the test track. This was a new challenge as there was a banked bend and very tight chicane. The chicane proved difficult with many crashes but no serious injuries, although slight damage to one of our cars. Problem solving and intuition enabled the car to become race worthy again.

The format of the day was two 90 minute endurance races with the longest distance travelled being the main aim of the day. Race 1- all three cars got off to a brilliant start but it was clear that 'Keep Up' with a higher gear ratio stood a good chance and started to take up the lead. A brilliant race by all cars and team members gave Park their first top 3 finish. Race 1 results were: 'Keep Up' 3rd overall and 1st kitcar, 'Team Spirit 2' 9th overall and 7th kitcar, with 'Chase' 18th overall and 15th kitcar.

Race 2 started with a few very near misses on the tricky chicane but 'Keep Up' was flying, 'Chase' was moving up the table and 'Team Spirit 2' was the fastest lapping car after 1 hour 20 min moving the car up the table to finish strong. Race 2 results were: 'Keep Up' second overall and 1st kitcar, 'Team Spirit 2' 4th overall and 3rd kitcar, with 'Chase' 19th overall and 16th kitcar.

An amazing day and experience for all involved especially seeing the Ford Technical Centre as the learning links to future STEM careers could be realised by our team.

The overall results for the day:

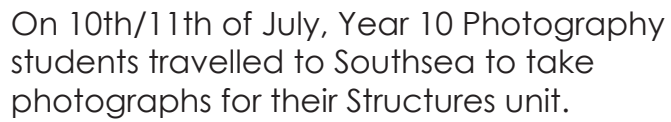
- 'Keep Up' 1st kitcar, 3rd overall
- 'Team Spirit 2' 4th kitcar, 7th overall
- 'Chase' 16th kitcar, 19th overall

Park's Greenpower Team performed amazingly, We have never achieved so much in one race before. We won 4 trophies, a first, second and two third places as well as our entire team winning a bronze, silver and gold medal! Our next aim is to enhance our car 'Chase' to improve its average speed to make it more competitive.

Bring on race 3 of the season in September at Dunsfold Aerodrome (Top Gear test track!)



Art & Photography Final Project



Apple Pi Filming Trip

The annual Apple Pi filming trip this year crossed the channel to the Normandy beaches. This enabled the team to film for next year's 75th celebration of the D-Day invasion of June 6th 1944. We camped at Arromanches, home of the British Mulberry Harbour. Its remains still standing as a monument to the tenacity and ingenuity of the Allied Invaders.

As well as visiting and filming at the five major beaches the team also visited the major sites of Pegasus Bridge, Point du Hoc, Louges-sur-Mer and, of course, Bayeux.



But the most poignant moments were while visiting the five major cemeteries. The students were amazed at the number of French cemeteries, relaxed by the informality of the Canadian cemetery, impressed by the pristine British cemetery, awestruck by size of the American cemetery and reverent at the German cemetery. The respect that the students showed at these times was a credit to the school.

Mr Eacott said "My thanks to Park students Josh, Harvey, Finley, Gary, Kamrun and Callum for making it such an enjoyable trip for myself and my co-director Stephen".

STEM trip to Winchester Science Museum

On 11th July a small group of Year 7 and 8 students were lucky enough to attend a free STEM event at Winchester Science Centre. The day started with some free time to explore and we then attended a workshop with the Hampshire & Isle of Wight Air Ambulance Service where some of our students volunteered to give first aid to a 'patient' and learnt how the volunteers respond to emergencies using the helicopter to reach patients in remote places. Some of our students had the opportunity to wear the full crew gear, which was a little on the big side!

In the afternoon we went on an expedition, exploring our solar system and the universe in the planetarium. We finished the day with a STEM speed networking event where students met STEM Ambassadors from a range of professions who spoke about their careers.



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Family Affairs

Reward points so far for academic attainment and effort:

Austen: 19,822/Dickens: 16,050/Brunel: 16,303/Nelson: 15,510

What a summer for the Sports Ambassadors!

Park are very fortunate to have 150 dedicated and enthusiastic Sports Ambassadors and are able to offer those students the opportunity to practice their leadership skills. They have learnt how to give instructions clearly, listen to commands and be positive and enthusiastic towards everyone. Be smartly dressed, punctual and totally reliable. This summer we were asked to officiate at ALL Primary School Sports Days and did this incredibly well!

Barncroft Sports Day

The students were fully engaged and ran every event throughout the afternoon, taking full control and completing all the scoring successfully. Teachers at Barncroft commented *"Your Ambassadors are amazing especially Keira, Daisy, Shakeira and Katelyn. Carly, Beth and Jasmine are super organised and positive!"* *"It really has been a superb afternoon"*.

Warren Park Sports Day

Year 9 student and Sports Ambassador Alfie excelled himself using sign language and working closely with a student who needed additional support - well done Alfie, you really did yourself proud! The teachers and parents were all amazed by this act of kindness.

Our Sports Ambassadors supported the staff in organising the start and finish, giving out stickers and organising students, as always brilliant comments from staff and parents.

Riders Sports Day

Once again our students excelled themselves with Josh, Ronnie, Lyla-Mai, Milly, Skylar, Dylan and Jack leading the discus and shot put, Bailey in charge of the obstacle course and Katherine and Britney excelling themselves in the speed bounce. All students were outstanding! Parents of Riders pupils commented *"The students have been outstanding, I am so impressed with their interaction with our pupils, thank you for their hard work"*.



Tucasi Online Payments

Did you know that we have an online payment system which allows you to make payments for school trips and can be used to top up students' dinner money allowance rather than them having to bring loose change into school? If you don't remember your log in details please contact school reception and we can arrange for a welcome letter to be sent to you. There are links from the catering and trip pages on the school website to the Tucasi online log in screen <https://www.scopay.com/pcs>

Sports Ambassador Reward Trips

We had an a really wonderful and memorable day on the Year 10 Reward trip to Butlins. This was their last trip as Sports Ambassadors as they have to concentrate on exams during Year 11. They have been a really wonderful group and I will be very sad to say goodbye to them.

We had an amazing day for the Years 7, 8 and 9 Sports Ambassadors trip to Thorpe Park! The students were absolutely brilliant, so well behaved, funny and totally deserved this trip! 56 Sports Ambassadors attended, and I couldn't have had a better day!



Mountbatten Centre Primary Athletics Competition

On the hottest day of the year my brilliant Sports Ambassadors used every ounce of resilience to keep going and not moan...despite baking conditions... officiating at the Mountbatten Centre until 5pm at the Primary Schools Athletic Competition. I am extremely proud and lots of parents were really impressed!



Dame Kelly Holmes

Final meeting at AQA Queen Elizabeth II Centre

On July 11th two Year 11 Sports Ambassadors Cain and Chloe travelled to London to collect their award from Dame Kelly Holmes for being selected by their school to deliver a Social Action project. Cain and Chloe were among only 72 students selected from the whole of the UK!

Their project was to "Raise Awareness of Mental Health via a Football Tournament" They refereed the games and there were 80 students in attendance. The students also produced a flyer to raise awareness and where to go if anyone was struggling with mental illness. This flyer, and a Power Point presentation, was delivered to over 900 students in a whole school assembly.

They did extremely well in pulling it all together and thoroughly enjoyed working with Chris Weale, the ex-Leicester City Goalkeeper, who supported them throughout the project.

Cain and Chloe are both amazing Sports Ambassadors and I am sad to see them go.



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Summer at the Farm



Portsmouth College Taster Day



Year 9 students visited Portsmouth College to see what their future could look like!. They were hands on in different activities such as law, psychology, architecture, business and engineering.

Mr Dave Lycett, Portsmouth College Coordinator commented: "The students had a brilliant day, were well-behaved, polite and courteous and a credit to your school".

Year 10 Residential at Portsmouth College

Our Year 10 students have completed a programme that brings together two of the most successful University of Portsmouth activities: A Group Mentoring Project and a three-day residential. The Group Mentoring was delivered in our school by trained Student Mentors from the University. Our students undertook goals, developed strategies to manage issues related to school life and learnt study skills. Parents were invited to find out how to support their child with their learning at a Parent and Child Study Skills day at the University.



Finally, students attended the UP for Uni residential, a three-day programme which highlights student support, university learning and student life. Completion of the programme was celebrated at a graduation ceremony presided over by a senior member of University staff where parents and teachers were invited at the Guildhall in Portsmouth.

Forensic & Astrology Workshops

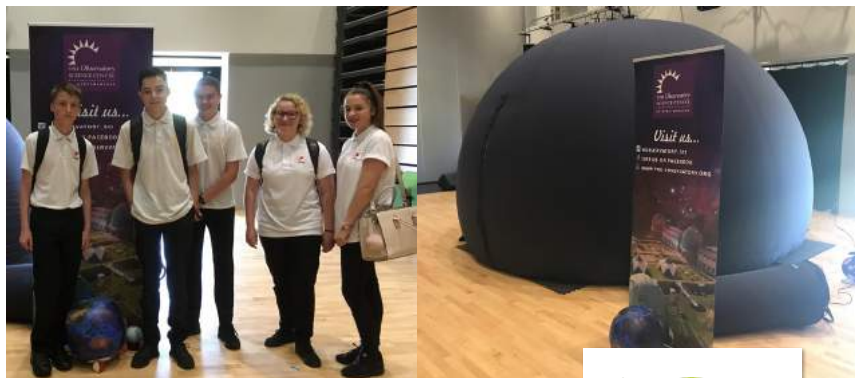


**HAVANT FEDERATION
OF SCHOOLS**

On Friday 29th June, six schools of the area came to enjoy two science workshops. The More and Most Able Federation group wanted to raise the profile of science and increase the opportunity for interactions between schools.

Year 9 students were involved in a Forensic Workshop where they developed evaluation and analysis skills and also demonstrated the ability to plan, research and communicate their findings within the criminology, psychology and forensic instigation.

Students also experienced an Astrodome and discovered facts about the solar system, constellations, black holes, cosmology, Greek mythology and the life cycle of stars!



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What's happening in English? Summer time curriculum

Year 7 – The Wardrobe



Have you ever wondered what a 500-year-old wardrobe has seen, where it has been and what has been kept hidden within it over all those years? Well, now you don't have to. Year 7 at Park are currently working their way through Sam Holcroft's text 'The Wardrobe', which begins during The War of the Roses and traces one spacious wardrobe throughout history – all the way up to modern times. Year 7 will hear its secrets and share in its trials and tribulations across ten action packed scenes. 'The Wardrobe' not only gives students the opportunity to explore challenging contexts and learn from the struggles of our ancestors; it allows them to express themselves through stage and acting as well.

Year 8 – Voices of Protest



We all have a voice; it's the most powerful tool we have. With it we can convince, comfort, argue, and even protest! Looking into challenging topics ranging from culture and race to more contemporary issues like gun laws and privacy settings, this unit is designed to encourage students to find their voice and express their views passionately and articulately. Culminating in a presentation of their choice, Voices of Protest will be developing students' empathy skills and broadening their horizons on challenging global topics.

Year 9 – GCSE Poetry

In preparation for their GCSE English Literature exam, Year 9 students are working their way through over 200 years of classic British poetry in 15 poems linked by the themes of Power and Conflict. This unit not only prepares students for their GCSE examination but teaches them how emotion flows through the written word. With opportunities to write their own poems alongside timeless pieces, students will master the nuances and the power of the world of poetry.

'An Amazing Opportunity' from Park Community School

Park Community School is pleased to announce that, starting in September, we will be reintroducing our English Ambassadors Programme for enthusiasts across all year groups. This is an excellent opportunity to get involved in the English curriculum, lead or take part in educational visits and spread literacy throughout the school.

If you are interested in becoming an English Ambassador for next school year, please let your English teacher know and they will pass your name on for consideration.

Park Parent Partnership

Homework Survey

Thank you to all the parents who completed the homework survey initiated by Mrs Russell in computer science.

Responses:

- Almost four out of five consider that we set students enough homework
- Over seven out of ten encourage their children to do homework straight after school or at school in one of the homework clubs available for them
- Nearly nine out of ten check on their child's homework each week
- Three quarters recognising that families have a significant impact on the child's academic progress
- Six out of ten said their children did between 1 and 5 hours homework each week
- Most comments about what else school could do to support their child's learning were similar to: 'Continue to support as you always do.'

There were some concerns about children sometimes having too many homeworks on one night and one or two parents wanted more information about homework e.g. what, when and how to help, as well as more help on how to log in or use the homework sites.

Research published by the DfE tells us that 2 hours homework per night is linked to achieving better results, especially in English, maths and science.

We will:

- Feedback the detailed findings to all teachers
- Provide students with planners to help them organise their homework and reminders on how to log in to MILK and MyMaths for example, in September.
- Ensure our website is up to date with tips, and key resources to help with homework as well as clear instructions on how to use MILK to track your child's homework .

Freshers Evening

A big thank you to all the parents who responded to our team of students interviewing you for your opinions at Freshers' Evening.

Responses:

- You found out about Freshers' Evening through a variety of means: personal letters [the most popular] Facebook, or fliers.
- All of you found us welcoming
- Everyone found the evening useful
- All thought the information packs clear and helpful
- Four out of five of you described yourselves as very clear about the school's policies and procedures. The remaining said they were 'fairly clear'
- There were no suggestions as to how to improve our partnership with you, although there was a request for a swimming pool.

Thank you for your feedback. *As for the swimming pool; we would be very happy to build one, if we can find the funding!*





Science Subject Expert delivering training to trainee Science teachers

Are you a graduate? Interested in teaching? Teachers change lives every day

If you want to make a difference and enjoy a rewarding, challenging career with flexibility, variety and job security, find out more about primary and secondary training with The Solent SCITT and The Solent Teaching School Alliance

If you would like more information about teaching and how to apply through UCAS, contact Phil Seery at
info@thesolentscitt.co.uk

Tel: 02392 489 819
www.thesolentscitt.co.uk



The Solent
ScITT
School Centred Initial Teacher Training



HERMITAGE SUMMER FUN

Saturday 28th July

Hermitage Open Space, Leigh Park
(Between Middle Park Way/Purbrook way)

11am-3pm



Bouncy Castle
Spacerats ukulele band
School of Dance

Craft Stores



Activities including Raffle, Tombola, Face painting, Stream dipping, Bug hunt, Hook a Duck

Barbeque By Park Community
School & refreshments



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Federation trip to Horndean Technology College

As part of their Design and Technology course, Mr Cushion took a selection of students to Horndean Technology College to attend a Federation Design and Technology Event on 9 July. This was a fantastic opportunity for any student considering a career in this industry.

During the day, the students from Park Community School, Horndean Technology College, Crookhorn College and Havant Academy teamed up to complete various tasks linked to Engineering, Graphics, Resistant Materials and Food Technology.

Group size was four students per challenge per school. Prizes available were one overall winner and a winner for each small challenge.

Of the 4 classes that we entered we came first in two which were Food Technology and Resistant Materials, where they had to make a roller-coaster!

At the end of the day Park were awarded overall winners and the students were presented with certificates and a trophy.



Park cater Cobstock!

Park Community School had the amazing opportunity to provide catering at the Cobstock Music festival.

This local family orientated music festival is run at Cobnor Activity Centre in Chidham, West Sussex and provides a great opportunity for our School Food Ambassadors to experience working in the fast-paced food industry. Over the weekend we had three students join Park Head Chef – Steven Cross and Sous Chef - Alex Moody. Great fun was had by all with the students finding the work hard but very enjoyable.

Students really enjoyed the great bands and solo singers all set in the beautiful coast fields having the opportunity to swim, paddle board and canoe in their down time.



Year 11 Students say their final farewell...

Students opened up the Year 11 Leavers' Assembly with a surprise last minute fundraising effort for their classmate Aiden, by performing a live leg waxing display! The students involved invited their friends and classmates to remove said wax strips with as much or as little gusto as they pleased! Roars of laughter and screams of shock were heard, a very memorable kick off to any assembly! In total the students raised over £500, such a gallant attempt by all involved.



Mr Anders spoke of memories from a year ago, when he delivered an assembly to the students in front of him as Year 10 students. Now in Year 11, those students were formally leaving Park to go off into the big wide world; some won't look back but others will look back to reflect and reminisce on such fond memories.

Mr Cavanagh applauded his Year 11 students for achieving the best ever attendance during the exam season, and that the students should be very proud of themselves. He described the year group as unique and special, and hoped that their time at Park has set them up for the next phase of their life - and asked that students please come back and visit us!

Students enjoyed their traditional balloon release, and all completed memory cards which will be buried in a time capsule. They all went on to make life lasting memories at their Prom at the Marriott Hotel.

Freshers Week

On 2 July Park welcomed Year 6 students from local primary schools to join us for their Freshers week. Our up and coming Year 7 students spent the week getting to know each other, teachers and their way around the school. They participated in a range of lessons and activities to help them know what to expect in September.

On Wednesday evening we invited parents along to also find out about the school, watch a film of what their youngsters had been up to and join us for a barbecue to celebrate the start of a hopefully happy partnership.

To all those students who are joining us in September, thank you for a fabulous week and we look forward to seeing you on Tuesday 4 September.



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Park Sports

Year 7 & 8 Swimming Lessons

Well done to all Year 7 and 8 Students who have taken part in the swimming programme this past term. They have improved on their water skills as well as gaining more confidence in deep water. This has been a great success and the current Year 7 students will continue this for the first half of next term, with the new cohort of Year 7 students having the opportunity to go after October half term.

There will be 24 spaces up for grabs for each year group with 12 going to Havant Leisure Centre on Monday and another 12 going on a Tuesday. Anyone interested should make sure you get your letters with payment returned. In the meantime stay safe in the water this summer.



Armada Kitesurfing Festival

Miss Smith and Mrs Cavanagh had the pleasure of taking some Year 7 students to the Armada Kitesurfing festival in June. Students met world class athletes, and watched them perform in kitesurfing, BMX'ing and Parkour, whilst learning about renewable energy, how to take care of the environment and taking part in some yoga!



This term has been the launch of BTEC Level 2 award in Sport to all of our Year 10 students at Park. Each student has been invited to a day's intervention to start their BTEC portfolio of assignments.

Mrs Cavanagh and Miss Smith, plus every member of staff that has visited over the days, have been

extremely impressed with the focus, maturity and drive to succeed. A very large proportion of students achieving a distinction in their first assignment.

It has been a pleasure working with Year 10 and the PE team are excited to continue their BTEC journey in September.

Festival of Sports 2018

The 4 July 2018 got a new focus this year here at Park Community School with our Festival of Sport – Sports Day. Events were held all afternoon for students in Years 6 to 9 to compete for their family team.

Students and staff were involved in American Football, Ultimate Frisbee, Volleyball, Fitness challenges, a range of athletic events as well as tug of war. The event had a fantastic festival feel with music, food and drinks for sale and both staff and students able to move between the various events to compete and spectate. It was amazing to have the whole school in sports wear showing their passion for their Family by wearing their colour with pride.

The weather was on our side this year with glorious sunshine, so suncream was made available for all.

The points were awarded for not only finishing positions but numbers of participants from each Family in each event. It was superb to see so many students stepping up to compete and the student Family captains working hard to ensure their team was fully prepared for the event in the lead up to the day.



Year 7

- 1st – Nelson
- 2nd – Brunel
- 3rd – Austen
- 4th – Dickens

Year 8

- 1st – Nelson
- 2nd – Brunel
- 3rd – Austen
- 4th – Dickens

Year 9

- 1st – Nelson
- 2nd – Dickens
- 3rd – Austen
- 4th – Brunel

OVER ALL

- 1st – Nelson
- 2nd – Dickens
- 3rd – Austen
- 4th – Brunel

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Area Athletics Championships

On 28 June Miss Binns, Miss Smith and Mr Redman took a full team of Year 7 and 8 Athletes to the Area Athletics Championships at the Mountbatten Centre in Portsmouth.

All students performed in many different events, from running to throws and jumps. We had some excellent results, and all students did themselves proud. Well done all! Some results can be seen below:

Athletics

100m

Year 7 Student Blake - 1st in heat. 3rd - reserve for next event to represent South East Hampshire at the county championship.

Year 7 Student Lenny - 3rd in heat / Year 8 Student Ben - 1st in heat - 5th in final / Year 8 Student Taylor - 1st in heat - 6th in final

200m

Year 7 Student Blake - 2nd in heat - 5th in final / Year 8 Student Chelsea - 1st in heat - 5th in final

150m

Year 7 Student Ariel - 3rd in heat

1000m

Year 7 Student Harley-Jay - 14th/18 / Year 7 Student Frazer - finished (2nd to last) in the face of adversity (girls were cheering him on!)

High Jump

Year 7 Students Blake and Lenny Lowry - 5th and 6th

Shot Put

Year 7 Students Blake - 3rd and Harley-Jay - 5th

Javelin

Year 7 Students Alfie - 3rd and Ryan - 8th

Relay

Year 8 boys - 2nd overall / Year 8 girls - 2nd overall

Following on from his success at the Area Athletics Championship, Year 7 student Blake, came 8th overall in the final of 80m sprint at the Hampshire Athletics Championships. This was after coming 2nd in his heat in a personal best time of 11.1 seconds. Well done Blake!



Athletics – South East Hants Representative

Year 9 student Brooke achieved fantastic success at the Area Athletics Competition this season. Competing against 12 other schools Brooke qualified as the representative Year 9 girl in the 100 metres for the South East Hants Team at the Hampshire Schools Athletics meet.

She ran very well and finished 6th, making Brooke the 6th fastest girl in the county over 100 metres.

What an amazing achievement – well done Brooke. Here's to next season's competitions and more successes.



Fit Fest at Park



FitFest is an event held at Park Community School each year. It explores a variety of elements that contribute to health and well being. Local and national organisations working together to develop young peoples understanding of the benefits of physical, mental and social well being. Our students got to experience, martial arts, healthy diet lectures, body wise and what's in food.

Cheerleading - Park Panthers



Would you like to try out for Parks cheerleading squad?
Come to the Theatre
Fridays at 2.45pm



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Park in the Community

MUNCH - Summer Holidays

Our Sunday MUNCH and Thursday evening MUNCH meals are continuing to 'provide lunch to beat the poverty crunch'.

Our Holiday MUNCH provision continues to provide a two course meal without charge for children attending ANY school in Leigh Park who are in receipt of free school meals through the Summer Holidays. Grandparents are also welcome, as are mums, dads and siblings. A donation towards meals is appreciated to enable us to keep MUNCH running.



SUMMERTIME
MUNCH

DURING THE HOLIDAYS - COME AND JOIN US!

MONDAY TO FRIDAY - Breakfast from 9.00am - 9.30am
LUNCH' - 12 MIDDAY - 1.30pm.
THURSDAY EVENING TEA TIME - 5.30-6.30pm
PLUS on the last Sunday in July we will be having SUNDAY LUNCH 12 - 1pm.

Park Community School
Middle Park Way
PO9 4BU
023 9248 9811
bookings@pcs.hants.sch.uk



Essential Trip & Event Payment Deadlines...

Wed 5 September

New York Instalment Due

Disney Instalment Due

'The Final Straw Solent is a local campaign group encouraging us all to reduce the amount of single-use plastic (such as plastic bottles, cups, straws, bags etc) that we use. By 2050, it is estimated that there will be more plastic than fish in our seas. Plastic in our oceans is harming all sorts of wildlife including whales, seals, turtles and birds. Please help us to stem the flow of plastic into our environment.'





LOCAL ACTION GLOBAL IMPACT


LET'S BE THE DIFFERENCE

Raising awareness of the effects of single-use plastics on our environment and wildlife. Let's all make environmentally sensitive choices with the products we buy and supply. We'd love you to get on board and become a Final Straw Solent advocate or accredited business.

 finalstrawsolent.org

 [@finalstrawsolent](https://www.facebook.com/finalstrawsolent)

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Simple steps to reduce the amount of single-use plastics you use:



STOP using plastic straws. Use paper, wheat, metal or bamboo instead, or none at all. 550 million plastic straws are used in the UK and USA alone per year!



STOP using or giving out single-use plastic bags. Even with the 5p charge, over 2 billion plastic bags were given out last year!



Take your reusable water bottle with you when you go out. Around 13 billion single-use plastic bottles are used in the UK each year - and only half are recycled.



2.5 billion disposable coffee cups are used every year in the UK. Only 1% are recycled! Get yourself a reusable coffee cup - you may even get a discount for using it!



Find out more on our website
finalstrawsolent.org

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Essential Dates for your diary...

- | | |
|-------------------------|---------------------------------------|
| • Thursday 23 August | - GCSE Exam Results |
| • Tuesday 4 September | - School re-opens for Year 7 Students |
| | - Student Review Day - Year 8-11 |
| • Wednesday 5 September | - ALL students back to school |



Recipe by Steven Cross, Head Chef

Teriyaki Sesame Salmon with Mango & Chilli Salsa - served with Glass Noodle Salad & Thai style dressing

Ingredients

- 650g - Salmon Fillet

Teriyaki Glaze

- 1 Thumb of Ginger
- 2 Cloves of Garlic
- 1tbsp Reduced Salt Soy Sauce
- 1tbsp Honey
- 2tbsp Sesame Seeds

Thai Style Dressing

- 2 Limes
- 1tbsp Fish Sauce
- 3tbsp Rice Vinegar
- 1 Red Chilli
- 1 Clove of Garlic
- 1tbsp Honey

Mango & Chilli Glass Noodle Salad

- 400g Glass Noodles
- 300g Beansprouts
- 2 Carrots
- 2 Red Chillis
- 1/2 bunch Coriander
- 2 Red Onions
- 1 Mangoes
- 1 Pak Choi
- 2tbsp Sesame Seeds

Method

1. Begin by preparing your salmon fillet making sure you remove all pin bones and portion into 65g portions (elongate the cut by slicing at a sharp angle), after they are cut, lay onto a parchment covered tray.

2. Make the glaze - finely chop the garlic and ginger, and work into a puree, add to a saucepan along with soy sauce and honey. Heat on the stove and reduce by a third, then leave to one side.

3. Soak the glass noodles in boiling water and allow to swell - once ready, cool in cold water to prevent from over cooking.

4. To make the Thai Style Dressing, add to a mixing bowl the juice of 2 limes, fish sauce, honey, rice vinegar, chopped red chilli and sliced garlic, then whisk in the sesame oil to combine again, leave to the side to mix with salad later.

5. Now peel and cut the carrots into julienne strips, cut and slice the red chillis and red onions, chop the pak choi, slice the mango into long strips and add the chopped coriander and beansprouts to a large bowl.
6. Brush the now cooled teriyaki glaze onto the trayed salmon and sprinkle with sesame seeds, cook in a preheated oven at 200 degrees for 6 minutes, then remove and allow to rest.
7. Finishing the salad by mixing the cool noodles, vegetables, herbs and by adding the Thai style dressing.
8. Arrange the noodle salad onto a plate and top with your salmon.



Coming up in the new School Year...

- **Year 7 Cultural Trip**
- **Art Trip to St. Georges School on IOW**
- **Year 9 Trip to Disney - February 2019**
- **Year 11 Trip to New York - February 2019**

Park Community School - much more than just a school

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