

# Park Post

newsletter

much more than just a school

Issue 23 / January 2020

*Award winning  
school!*

More Park Community School  
success at the Educating  
Excellence Awards and  
Persimmon Building  
Futures Awards 2019

*Read more inside...*

★  
EDUCATING  
EXCELLENCE  
AWARDS 2019

WINNER



## More Park Community School success at the Educating Excellence Awards and Persimmon Building Futures Awards

On Tuesday 8 October, Christopher Anders, Headteacher, and Steven Cross, Head Chef, attended the Educating Excellence Awards in London, where we were thrilled to win the Social Good Award for our MUNCH project established in 2017.

MUNCH helps families in need by providing a nutritious two course hot meal every day in the school holidays, Thursday evenings and monthly Sunday lunches prepared by Park's Catering Team. It started because families were financially struggling with no free school meals provided in the holidays but MUNCH is now much more than that, helping combat social isolation as well. We are extremely fortunate and grateful that we receive funding from a variety of sources including Postcode Publications and the Havant Rotary and FatFace Foundation, charities and from members of our community. On average over 100 meals are served at each session.

While Christopher and Steven were in London, Susan Parish, Business and Community Manager was attending the Persimmon Building Futures Awards in York. Building Futures was launched to share £1 million among causes supporting under 18s across England, Wales and Scotland. Each month from February to May, Persimmon give away 32 awards of £1,000 to groups representing sport, education, arts and health. MUNCH had been successful receiving £1,000 in February. To win the large sums it was opened to a public vote for each cause.



Christopher Anders, Headteacher and Steven Cross, Head Chef accepting the Educating Excellence Award for Social Good in respect of MUNCH.

MUNCH also offers a free exercise class on Thursday evenings and annually we run Race at our Place for charity and we are fundraising to provide an activity track at Park Community School for everyone to use. As one of the finalists we were awarded a £5,000 donation on the night which we were delighted with.

Susan said: "It was a fantastic night and we were made to feel so special and were surrounded by charities daily carrying out amazing things. Our thanks to Persimmon for providing these donations which are going to make such a huge difference to so many. Pleased to say, and so well deserved, the local Portsmouth Downs Syndrome Association were the big winners scooping the £100k first prize on the night".

**If you would like to know more about MUNCH and our fundraising please contact Susan Parish [s.parish@pcs.hants.sch.uk](mailto:s.parish@pcs.hants.sch.uk) or 02392489800**



Susan Parish, Business and Community Manager accepting the Persimmon Building Futures finalist award of £5000.



## Remembrance 2019

We extend a huge thank you to those who donated their time and efforts into developing our Remembrance display this year. Our display was a real testament to how a community can all work together to create something poignant. Our Sports Ambassadors sold poppies at breaktimes, to commemorate the sacrifices of our Armed Forces and to show support to those still serving today.

We were honoured to welcome Kirk Richardson and John Smith of The Buglers Association to our whole school Remembrance Assembly on Monday 11 November. They played 'The Last Post' and 'Reveille' before and after our two minutes of silence.



## Park Community School Christmas Production 2019

Our favourite practically perfect nanny took centre stage in our 'Supercalifragilisticexpialidocious' adventure based on the Broadway musical and classic Walt Disney film on Thursday 5th and Friday 6th December. 30 students across all year groups came together and worked tirelessly for weeks in rehearsals. Our students sang their hearts out to classics such as 'It's a jolly holiday' and 'A spoonful of sugar', with remarkable dance routines over two sold out performances. Thank you to everyone who worked on and came to support the show!





## Dame Kelly Holmes Unlocking Potential for Parks Sports Ambassadors

Congratulations to Year 9 and 10 students, Josh, Ryleigh, Katherine and Peter on being selected to take part in the Dame Kelly Holmes Trust Unlocking Potential Program 2019-2020. AQA Unlocking Potential aims to raise young people's aspirations and expectations on future life goals, whether from school to further education, further education to higher education, or into training and employment. Only 80 students get through in the whole of the UK - what an amazing achievement, we are so proud of them!

Students are very excited to be working with Hannah Beharry, the world champion boxer as our Olympic Athlete Mentor! She will visit Park and work with students on a social action project (to be decided in early 2020) and will also be an inspirational speaker at our assemblies and work with our primary schools. It's going to be a very exciting 2020!



## Reading Ambassadors - by Year 9 Students Kezia, Jade and Emily

As part of our role as Reading Ambassadors, we are visiting local primary schools to read with the pupils. We have recently visited Front Lawn Primary School to help children in Year 2 improve their reading ability and expand their vocabulary. We enjoyed assisting the children in their reading time and helping them to pronounce and understand words they find difficult. We also asked them questions about the stories to develop their comprehension skills. It is very interesting to see how they respond to questions about the books.

The children are always very excited to read with us and we have gained the experience of how to teach reading and talk to young children whilst sharing our love for reading. This is the first school we have visited.

It also been a very rewarding experiences for us as whilst we were a little nervous at first, we feel we have gained the confidence to now visit other schools and help more children to become lifelong readers just like us!



## Rotary Young Chef Competition

Year 10 students Harvey, Joshua and Kayley from Park took part in the Havant Rotary Young Chef Competition on Saturday 9 November. They competed against Havant & South Downs College and Hayling College. They were required to cook two dishes from scratch in two hours for the judges who were professional Head Chefs from local establishments. The chefs were incredibly complimentary of their work and stated what such a high standard it was. Harvey's dishes were placed very close between the top three, and came third. Kayley came an incredibly close fourth. Both students will now progress to the next round at Havant & South Downs College on 25 January 2020.



## Operating Theatre Live



On 21 October a group of brave Year 10 students headed to a Havant Schools Federation event at Horndean Technology College for Operating Theatre Live. After arriving they were instructed to wear gowns, gloves and masks to practice safe procedures. Through the day students took part in a number of amazing dissections. These included removing the brain and eye from a pig's head, blowing up the lungs of a pig, dissecting the heart and viewing the smelly organs of the digestive tract.

All students were fearless and really got stuck into the experience.





## This Girl Can

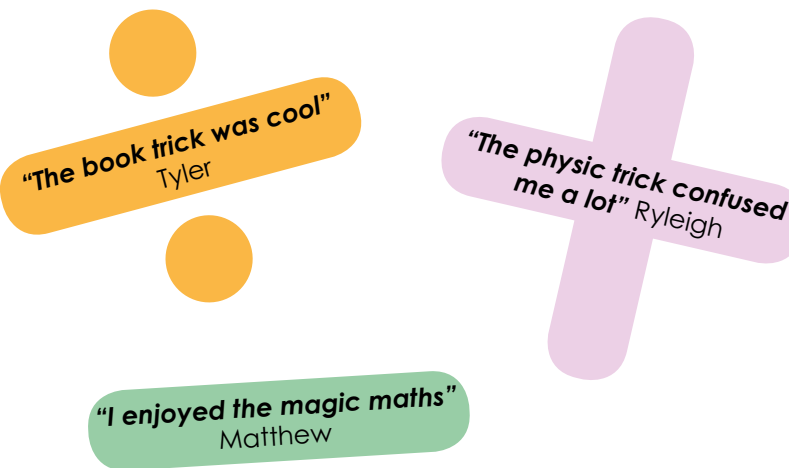
Students from Park took part in the This Girl Can Workshop on Friday 5 October with nine other schools. The girls looked at all sorts of issues as to why girls may not engage in sport such as "don't want to get hot and sweaty", "embarrassed about how I look", "can't do the activities" etc. They also took part in alternative activities such as hoola hooping, boxercise and Clubtastic!

The girls were a credit to Park and have devised an action plan of what they would like to do to get girls more active. Watch this space for details!



## Maths Week England

This half term the school took part in Maths Week England, for the first time! There were daily maths challenges which pitted mentor groups against each other, with the fastest maths brains and most logical thinkers coming out on top each day! The week culminated with our now yearly Magical Maths session, delivered by Ben Sparks. All of Year 9 took part. They were entertained by some tricks before learning the mathematics behind it.



## M&MA Students



Year 11 students worked with Havant & South Downs College on a Revision Skills workshop, where they learnt the importance of revising and they created their own timetable.

## Words for Work – Chloe Altman

This term, a lucky group of Year 8 students have been working with volunteers from local business Moneybarn, on the Words for Work programme, created by the National Literacy Trust. Each week they explored the skills for great communication in the workplace such as writing efficient emails, speaking in interviews and presenting in formal situations. Students worked closely with the volunteers who shared their own experiences and expertise from the corporate world and introduced students to job roles they had not previously considered. Volunteers and students then collaborated in groups as they worked towards writing and giving a formal presentation on a chosen topic in the final week.

Year 8 made a fantastic impression on our volunteers with their professionalism, hard work and creativity during the programme.

"Thank you to the volunteers who came in to work with us and taught us lots about what it's like in the workplace and the different jobs and skills they do"

"I wish we could do this next term too!"

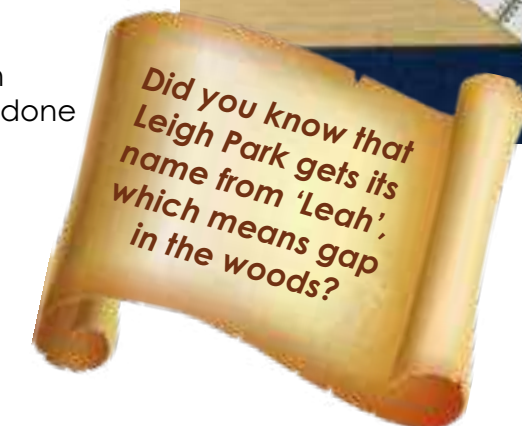
"I feel more confident in my presenting skills and the importance of body language in formal settings"



## Local History inspires a Year Group

Year 7 have had a great Autumn Term in History looking at the history of Leigh Park. Year 7 spent several lessons looking at the development of Leigh Park from the Stone Age all the way through to the post-war development of the modern estate. We spent a lesson looking at artefacts from the local area and analysed and discussed their significance. The year group also undertook their own project for homework, choosing to research either their family history or the history of the local area.

There were some fantastic projects with some really interesting stories. Very well done to students Niamh, Tilly and Olivia for their outstanding projects.





## Digi-Girlz Microsoft – Mr Crowther

Students were offered the opportunity to visit the Microsoft Headquarters. During our visit most of the time was spent in the Xbox hub which is normally a testing centre although given over to us for the day. It is based in building 3 on the third floor and has its own conference space and refreshment facilities.

Our girls had a great time and were complimented for the passion they showed in presenting their sustainability solutions, which involved technology as the support of the concept rather than the driver.

One team develop a flood warning defence system using Micro:Bits and the other group developed a farm animal and crop welfare system which also involved brown water recycling using Micro:Bits. The judges felt that our girls had understood the purpose of their visit well and had utilised their local knowledge and the impact of climate change to influence their designs. I managed to destroy two Micro:Bits and servos when supporting the welfare group which the girls found amusing.



## HMS Sultan – Girls Network



The Girls Network had a fabulous day at HMS Sultan with Mrs Norman. The students had a very informative day finding out about all the amazing opportunities in the Royal Navy!



## Hampshire Student Voice UnLoc Summit Bayhouse School

Park students leading the way! Discussing issues that worry the students at school or in the community. Students will return with an Action Plan to implement in our own school.



## Children in Need

A whole host of activities took place for our annual fundraising efforts towards Children in Need. Our very talented Ms Bannard knitted a Pudsey Bear to raffle off, we held a guess the weight of the sweets competition, a delicious bake sale and a Pudsey Bear treasure hunt! What a great team we make!



## Anti-bullying Workshop at Mayville High School

Our fabulous students once again were proud representatives of Park at an Anti-Bullying Workshop at Mayville High School.

Eighty students attended including representatives from Portsmouth High School, Portsmouth Grammar School, Ryde High, Cams Hill and Eggars School.

The students came up with clear definitions of bullying and looked at dealing with cyber bullying and strategies to support students who get bullied in and out of school. They are going to follow this up with Student Voice and will come up with a realistic plan of action and now meet every month to monitor the impact of what we are doing and to ensure that we have an impact on the school.



## Flags in Antarctica

Here is some fantastic work from KS3 for Antarctic Day. Five students from Park will have their flag designs photographed in Antarctica by scientists that work there. We are all super excited in the Geography Department.





# CONNECT 4 SUMMER

2 0 1 9

## Provided holiday child care, family fun activities and healthy food throughout Hampshire

Connect4Summer was a programme for children in 38 venues across Hampshire which provided an exciting programme that included a range of sports activities, healthy cooking classes for children and their parents or carers. We provided additional support for our most vulnerable families who were in need. This scheme was made possible by a joint funding bid by Park Community School and Romsey Community School who received funding from the Department for Education.



### HOLIDAY CHILDCARE PROVIDERS

We provided grant funding to the following Holiday Childcare Providers (HCP) to allow free access to children in receipt of FSM and their working parents. Each parent could book 10 days of free childcare. We worked with 17 venues across Hampshire. A free two course hot meal was provided.

- CF Play, Farnborough
- Isis Club, Basingstoke
- Fun House, Basingstoke
- Creative Kidz, Andover
- Sports-skool, Winchester
- Active8minds, Petersfield
- Active8minds, Gosport
- Active Kids, Havant
- Growing Places, Havant
- Sports-Skool, Hursley
- 360degrees Sports Coaching, Romsey
- Mountbatten Holiday Club, Test Valley
- Itchen College, Southampton
- Hamble and Applemore Early Years, New Forest
- New Forest Childcare, Totton
- Growing Places, Fareham
- Oaktree Family Group, Gosport

### FAMILY FUN DAYS

The family fun days took place across 21 venues including:

- The Grange Community Junior School, Farnborough
- South View Junior School, Basingstoke
- Alderwood School/Leisure Centre, Aldershot
- Westside Community Centre, Basingstoke
- Wooteys Junior School, Alton
- Roman Way Primary School, Andover
- Knights Enham Junior School, Andover
- The Carroll Centre, Winchester
- Woodlands Community Hall, Bordon
- The Hilt Community Centre, Eastleigh
- Romsey Community School, Romsey
- Testwood School, Totton
- Pavilion on the Park, Eastleigh
- Itchen College, Southampton
- Medina Primary School, Portsmouth
- Salvation Army, Portsmouth
- The Acorn Centre, Havant
- Park Community School, Havant
- Hayling Island Community Centre, Hayling Island
- Alver Valley Junior School, Gosport
- St Vincent's College, Gosport

5,261 children had fun	5,620 child care sessions offered	16,000 offered Family Fun sessions	1,500+ weekend bags given out
150kg kilos of meat 600kg kilos of fruit and vegetables were used	27,800 meals served	19,360 children and adults attended family fun sessions	Open for 20 days 10-3pm
180 staff employed	Average daily attendance for each family fun venue was 44 children	30 previously unemployed staff offered interviews/ jobs after the project	1,500 feedback comments received



We are really proud of what we have achieved, we have had tremendous feedback from parents. Every child and parent had free quality food in weekend bags which was appreciated. We have formed great partnerships across Hampshire and are seeking to extend this project further.

For more information of the full review and a short video about our project please visit [pcs.hants.sch.uk/connect4summer](http://pcs.hants.sch.uk/connect4summer)

"It was great to be able to do lots of different activities with my daughter, even activities I wouldn't have thought of doing." **Teresa**

"It made such a huge difference. My kids are so happy!" **Lubna**



### Another successful book fair!

With over £300 of sales we earned £100 worth of FREE books for our library.



ALL OF THESE LOVELY NEW BOOKS ARE NOW AVAILABLE TO BORROW.

COME TAKE A LOOK!



### PO9 Food Bank

Park staff and students joined forces for this year's family food bank appeal. This year we were collecting for the PO9 food bank that serves our local area.

Mentors were asked to assign each student a day in the lead up to Christmas where students were asked to bring an item for the foodbank in on that day and run as a reverse advert calendar with us giving a gift instead of us receiving one.

The food bank appeal was run as a family competition with each item donated earning family points. Nelson were the competition winners with over 500 items donated. There was an incredible 1393 items donated this year that smashed last years record. The top mentoring groups both came from Year 8, with both 8JCr and 8CSp both donating almost 150 items!



#### Family totals

Nelson 506	Brunel 218
Dickens 226	Austen 443

*A huge thank you to everybody that donated, it really does make a real difference to those in need.*



We're delighted that MUNCH will be restarting on Thursday 9 January from 5pm onwards, providing a free two course nutritional hot meal for anyone in the PO9 area. We can continue to provide MUNCH to our students and community through the generosity of our

fundes. A donation towards your meal, if you can manage this, is always appreciated and will contribute to the continuation of our project. We encourage families including grandparents to attend.

## Help us help you... use the right service



<p><b>Self Care</b> Care for yourself at home</p> <p>Minor cuts &amp; grazes Minor bruises Minor sprains Coughs and colds</p>	<p><b>Pharmacy</b> Local expert advice</p> <p>Minor illnesses Headaches Stomach upsets Bites &amp; stings</p>	<p><b>NHS 111</b> Non-emergency help</p> <p>Feeling unwell? Unsure? Anxious? Need help?</p>	<p><b>GP Advice</b> Out of hours: Call 111</p> <p>Persistent symptoms Chronic pain Long term conditions New prescriptions</p>	<p><b>UTCs</b> Urgent Treatment Centres</p> <p>Breaks &amp; sprains X-rays Cuts &amp; grazes Fever &amp; rashes</p>	<p><b>A&amp;E or 999</b> For emergencies only</p> <p>Choking Chest pain Blacking out Serious blood loss</p>
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Over the winter months Accident and Emergency Departments at our local hospitals can get very busy. There are many other services that can help if you have a healthcare issue and need NHS help in a hurry...

#### Minor illness? Ask a pharmacist

Get expert advice on common health problems (coughs, colds, flu, rashes) from your local pharmacist. It may save you a trip to your GP surgery – you don't need an appointment and you can speak in a private area. You'll be advised if they think you need further help.

#### Minor injury? Find a service near you

You can often be seen more quickly, 7 days a week, for broken bones, sprains and strains, minor cuts and wound infections an urgent treatment centre or minor injuries unit. For details of what's available near you click the 'Find other urgent care services' tab at [www.nhs.uk](http://www.nhs.uk)

#### Not sure? Call NHS111 or go online to 111.nhs.uk if you:

- think you might need to go to the Emergency Department or need another NHS urgent care service;
- don't know who to call for medical help;
- need information about a health issue.

**5 THINGS YOU CAN DO**

1. Keep the Emergency Department free for those with critical or life threatening conditions.
2. Contact NHS111 or your GP practice if you need same day help. Or try your GP practice website for appointment information or online consultations.
3. Get a flu jab – ask at your surgery or pharmacy.
4. Order repeat prescriptions in good time, particularly ahead of bank holidays.
5. Why not keep a first aid kit handy at home, together with some self-care treatments like pain relief, cold and flu remedies, and decongestants. Remember to keep them out of the reach of children.





### Student Christmas Lunch

This is a very important point in our school calendar when we celebrate together. It was a memorable time for students and staff. Our award-winning catering team produced over 1,000 meals in just one morning, the first meal being as good as the last. Four sittings took place with staff waiting on each table. A traditional Christmas lunch and pudding was provided free to all. The day was full of fun with inflatables, a Christmas film and music provided by our student bands and musicians.

"I liked listening to the band and everyone singing along made me feel really Christmassy"



"My Christmas dinner had everything I liked on it and my mentor served it to me!"





### Christmas Day

On 25 December, for the fifth year, we hosted our Christmas Day Lunch. Early in September we were receiving booking enquiries and with the continuing success of MUNCH we were confident that our 120 spaces would be filled quickly. There was an amazing community spirit and atmosphere. Children played on inflatables and made craft. We were very fortunate that Father Christmas took time for a flying visit and distributed presents for everyone, with the help of our generous funders.

We are extremely grateful to those that enabled us as a school to hold this event, including personal donations, Wave 105 and other businesses who provided the presents and community and school staff volunteers who helped on the day.



### Redheart Theatre

On (the befitting) Friday 13 December, the English department invited Redheart Theatre to Park to perform three Gothic tales to Year 8 and The Strange Case of Dr Jekyll and Mr Hyde to Year 9. With Gothic literature upcoming on Year 8's curriculum, these Victorian Gothic tales introduced students to the genre in a captivating and memorable way, true to the oral storytelling tradition of the times. For Year 9, they were able to watch one of their GCSE texts come to life on the stage as the one man show cleverly dramatised the two personalities of Dr Jekyll. The students were enthralled by the performance, with many of them muttering the endings to the famous quotes they have learned!

"The show was intriguing and mysterious, so was the actor!"

"The stories were really spooky and scary, especially The Red Room which was a very gripping opening"



### Black History Month 2019

We celebrated the trials and triumphs of history's heroes and showed three films over October to celebrate Black History Month.

**The Princess and the Frog** - The first black Disney Princess!

**The Hate U Give** - A teenager caught between two worlds: her poor black neighbourhood and her rich, white school.

**The Pursuit of Happyness** - A man (Will Smith) beats the odds to lift himself and his son out of poverty.





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"We would definitely recommend it for a wedding venue. We had so many lovely comments about how beautiful it looked! Thank you all so much, we really can't thank you enough"

# Park Post

*much more than just a school*

**Are you a graduate? Interested in teaching?**



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# PARK DESIGN & PRINT

*Established to give young people real life work experience*

Park Community Enterprises is a not for profit company that was setup by Park Community School to enable students to gain training, work experience and key employability skills. Park Design and Print have a range of modern digital printing equipment and can produce, to a commercial standard, a full range of printed and personalised promotional items.

*A few of our top products:*

**Business cards**

200 Cards: £10.00  
500 Cards: £20.00

Prices are for single sided, full colour on 400gsm stock

\*All prices excluding VAT

**Flyers**

250 A5 Flyers: £14.00  
500 A5 Flyers: £25.00

Prices are for single sided, full colour on 150gsm satin stock

**Posters**

Per A3 Poster: £2.00  
Per A2 Poster: £4.00

Prices are for posters on 210gsm poster paper. Quantity discounts available

**Roller Banners**

Per Banner: £45.00  
(2000 x 800mm)

**Full Graphic Design Service Available**

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# Bacon, Brie and Cranberry Bites



## Ingredients

2 x Sheets of filo pastry, cut into even squares  
55g Unsalted butter, melted  
150g Brie

100g Cranberry sauce  
75g Smoked back bacon  
1 Large onion diced  
2 Sprigs of thyme

## Method

1

### **Preheat the oven to 190C/170C Fan/Gas 5.**

Take one sheet of the filo pastry and cover the rest of the pastry with a damp tea towel to stop it drying out. Cut the pastry in half so it is easier to work with. Take one half of the pastry and brush it

with a little of the melted butter. Cut this half into 20 rough 5cm/2in squares. Take three of the squares and place them on top of each other, placing each at a slight angle to the one underneath

2

Push the stack of pastry squares into one of the holes of a mini muffin tin, to make an empty pastry case. Repeat with the remaining pastry until all 24 holes are filled.

3

Slowly fry your diced onion and thyme together in a frying pan until golden coloured and sweet, make sure to leave to one side until needed.

4

Grill or bake your slices of bacon until cooked but don't overcook as they will be going back into the oven. Once cooled cut into strips or a dice.

5

Cut the brie into small pieces and place one or two pieces into each pastry case. Fill with a small amount of fried onions and thyme, add a little cranberry sauce and top with a few bits of your bacon.

6

Bake for 10–12 minutes, until the cheese melted and the pastry golden-brown. Leave to cool in the tin for a couple of minutes before removing carefully and serving.

# Enjoy!