



Parents@Park

Another year, another World Book Day! Once again the staff team fully embraced the event and got creative with outfits and characters. It is fair to say that when a round of **Whitesides bacon sandwiches** is up for grabs for the winning faculty, the competition gets fierce....

Beyond the fancy dress...

The Why.

World Book Day serves as an ideal occasion to reignite our students' passion for reading, underlining its significance in fostering a love for learning. It's a moment to both entertain (!) enlighten, and remind them about the ongoing importance to prioritise and enhance reading skills. With the **recent expansion of our literacy development team**, we're now equipped to **assist a broader array of students in improving aspects such as reading pace, comprehension, inference, and purposeful reading**. In the forthcoming weeks and months, numerous students will benefit from the chance to hone these skills in small group settings. This initiative is another step toward aiding their academic advancement and preparing them for future achievements outside the classroom.

































The How- top tips! Engaging reluctant (teenage) readers can be challenging. Here are some effective ways to encourage reluctant readers to dive into the world of books:

- 1. Find the Right Books:** The key is to find books that match the reader's interests, however niche they may be. Whether it's sports, mysteries, fantasy, graphic novels, or comics, there's a book out there for everyone.
- 2. Use Technology and Multimedia:** Incorporate e-books, audiobooks, and interactive reading apps. These formats can be especially appealing to reluctant readers and can make reading feel more accessible and engaging.
- 3. Create a Comfortable Reading Environment:** a cozy, inviting space dedicated to reading.
- 4. Set an Example:** Show your own enthusiasm for reading. When children see adults around them reading and enjoying it, they're more likely to want to read themselves.
- 5. Read Together:** For younger readers, reading together can be a bonding experience that also allows you to assist with challenging words or concepts. For older readers, discussing books can spark interest and encourage them to explore new genres.
- 6. Let Them Choose:** Giving reluctant readers the autonomy to choose what they read empowers them and makes reading a personal choice rather than a chore.
- 7. Incorporate Reading into Daily Activities:** Show how reading is a part of daily life. Reading menus, instructions, game rules, and even online articles counts towards building a reading habit.
- 8. Use Rewards and Challenges:** Gentle incentives can motivate reluctant readers. Set up reading challenges with small rewards for reaching reading goals.
- 9. Connect Books to Interests or Activities:** If the reader is interested in a particular hobby, sport, or topic, find books that tie into those interests. This can also extend to movies or video games with novelizations or related literature.
- 10. Start with Series or Graphic Novels:** Books that are part of a series can keep the momentum going as readers look forward to the next instalment. Graphic novels, with their visual appeal, can also be less intimidating for hesitant readers.

Be Patient, Positive and persevere. Encourage effort and celebrate progress, no matter how small. Building a love for reading takes time, and positive reinforcement can make a big difference. Implementing these top tips requires patience and experimentation to find what works best. Make reading an enjoyable and rewarding experience, and fostering a lifelong love of books. Good Luck!



PD Day

From careers preparation to colour runs, Bronze award (D of E) to balloon chair making, nailing navigation to trusting our teams - we had it all going on and a most fabulous day was had by all. As one student was overheard saying *"that was the best one yet!"* . I couldn't have put it better myself!







SMSC@Park Updates

At Park, the spiritual, moral, social and cultural elements of a student's education is crucial to their development as an individual. We enable our pupils to take their rightful place in our community as a local, national, and global citizen. We prepare pupils for life in modern Britain, fostering a meaningful understanding of their world. Our curriculum supports them to develop an informed and balanced view on world events, beliefs and values of others.

This week, we welcomed **Marsden Heights pupils to Park High School for another of the Building Bridges sessions**. The pupils were asking questions to understand and develop appreciation for different cultures.

We have also launched our SMSC Guidance in school which can be [found here](#).






As shared last week in P@P, we are currently working towards the SMSC Quality Mark in school and we would appreciate it if you [could fill out this Microsoft form](#) on SMSC at Park. With thanks.



Safeguarding Updates

This month's focus for the Parental Safeguarding Update is on Self Harm. [The following guide](#) was devised by the University of Oxford in order to support parents and carers whose children are either harming themselves, or are close to and may be affected by someone who is

As always, if there are any safeguarding concerns which you would like to discuss with us then please do not hesitate to contact your child's Pastoral Support Worker or email

Useful Resources and Support		
Useful Online Safety Websites National Online Safety – safety guides on ALL aspects of internet use https://nationalonlinesafety.com/ Internet Matters – wide range of online safety advice for parents to keep their children safe on-line. https://www.internetmatters.org/	Useful contacts to report a concern If you are worried and need help, then please contact one of the following: Tel: 0800 1111 Web: www.childline.co.uk  www.ceop.police.uk 	
 Kooth is a free, safe and anonymous online mental wellbeing community which includes a live chat with the team feature, discussion boards, magazines and helpful articles and a daily journal.	 Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call 0800 068 4141 or text 07860 039967 (opening hours: 9.00am – 12.00am, 365 days a year)	 Samaritans are here to listen 24/7, 365 days a year. Call 116 123 for support
Online Resources There are apps available, such as 'Calm Harm' and 'Clear Fear' that you can download to your mobile, or if you have a tablet. These can provide useful distraction techniques for managing anxiety and thoughts of self-harm.		
Useful Contacts <ul style="list-style-type: none">• The Mental Health Crisis Line in Lancashire are available 24/7 over the phone and can be contacted on 0800 953 0110• The Well-Being Helpline is available Monday – Friday, 7.00pm – 11.00pm plus Saturday & Sunday 12.00pm – 12.00am, it is staffed by volunteers who can offer emotional support or if you would like to chat about your mental health. This helpline can be reached on 0800 915 4640 or by texting the word 'Hello@' to 07860 022846• Hopeline UK is a young person's suicide prevention charity. They can be called on 0800 068 4141 or text 07860 039967• www.youngminds.org.uk Information for children and young people about mental health and wellbeing. Free 24/7 crisis messenger – text YM to 85258• https://www.nhs.uk/every-mind-matters/ advice and practical tips to help look after your mental health and wellbeing.• www.itsgoodtotalk.org.uk Listings of local counsellors• www.themix.org.uk The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK. If you're in crisis and need to talk, text THEMIX to 85258 Helpline: 0800 808 4994• www.thecalmzone.net Support for young men who are down or in a crisis. Helpline 0800585858• http://www.centreplace.org.uk/talkzone.htm counselling, live chat on-line or telephone• www.the-lookout.org.uk Support around domestic abuse for young people and families, run by Children & Family Wellbeing service.• www.mind.org.uk/information-support/for-young-people Information and support for mental health and wellbeing issues.• https://mermaidsuk.org.uk - Helping gender-diverse kids, young people and their families		

Year 11 Examination information share



HOW TO DEAL WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.



BELIEVE IN YOURSELF
If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.

GET ORGANISED
You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.

MAKE SLEEP A PRIORITY
Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.

OVERCOME PROBLEMS
If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teacher or revising on GCSEPod.

TO DO LIST

FIT EXERCISE IN EVERYDAY
It's easy to put off exercise but remember a healthy body = a healthy mind. Doing at least 30 minutes of physical activity a day can help to improve focus and keep you relaxed.

EAT RIGHT
Eat three healthy meals a day and limit your consumption of caffeine and sugars. Power foods for your brain include: blueberries, salmon and nuts.

TALK ABOUT YOUR NERVES
Nervousness is a natural reaction to exams, but bottling it up will only make it worse. Talking to your friends and family about how you are feeling is a great way of alleviating stress and worry.

KEEP THINGS IN PERSPECTIVE
The exams might seem like the most crucial thing right now, but in the grander scheme of your whole life they are only a small part. Just concentrate on the actual exam in hand not what may or may not happen after.

GCSE timetable can be seen below - next stop May 9th for the first examination

Year 11 Newsletter

**6 term time
weeks until the
GCSE exams
start 9th May**



After School Intervention

Monday English Priority Night

Tuesday Maths Priority Night

Every subject has sessions after school - please see your individual teachers

Mrs Whitaker's aiming for 4 cohort will continue in RISE Mon - Thurs
Mr Park's Maths Intervention will continue week 2 Mon- Thurs
Mrs Simcoe's English Intervention will continue week 2 Mon- Thurs

Remember daily reinforcement and revision with your KNOWLEDGE
ORGANISER - Look...cover...write...check

Coming soon - Easter School Timetable



#HardWorkPaysOff

HE'S REVISING.
ARE YOU?



This week's Park Stars for English and English and Maths
English - Gemma R, Freya S, Katie D, Rhys H, Selina R, Connie W, Harvey H, Isobel M, Hollie M
Maths - Alex B, Jessica F, Joshua R, Hannah B, Isobel M, Samilya P, Oliver S

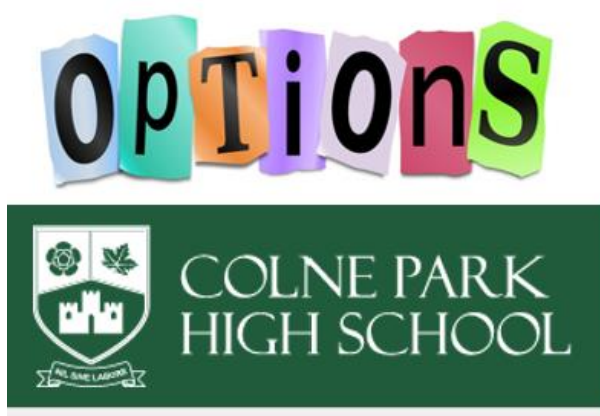
EXAMINATION TIMETABLE 2024 AND KEY DATES FOR YEAR 11		
DATE	MORNING	AFTERNOON
Thurs 9 May	Engineering Design 1hr 15 min	
Fri 10 May	Biology p1 F & H 1hr 45min Trilogy Biology p1 F & H 1hr 15min	
Mon 13 May	English Literature p1 2hrs	
Tues 14 May	French F p1/3 1hr 20min French H p1/3 1hr 45min	
Wed 15 May	History p1 1hr 15min	Computer Science p1 1hr 30min
Thurs 16 May	Maths p1 F & H 1hr 30min	
Fri 17 May	Chemistry p1 F & H 1hr 45min Trilogy Chemistry p1 F & H 1hr 15min	Geography p1 1hr 30min
Mon 20 May	English Literature p2 2hrs 30min	
Tues 21 May		Computer Science p2 1hr 30min Child Development 1hr 15min
Wed 22 May	Physics p1 F & H 1hr 45min Trilogy Physics p1 F & H 1hr 15min	
Thurs 23 May	English Language p1 1hrs 45min	
Fri 24 May	French F p4 1hr 15min French H p4 1hr 20min	
HALF TERM		
Mon 3 June	Maths p2 F & H 1hr 30min	
Tues 4 June	Health & Fitness 1hr 30min	History p2 1hr 45min
Wed 5 June	Geography p2 1hr 30min	
Thurs 6 June	English Language p2 2hrs	Business 1hr 30min
Fri 7 June		Biology p2 F & H 1hr 4min Trilogy Biology p2 F & H 1hr 15min
Mon 10 June	Maths p3 F & H 1hr 30min	
Tues 11 June	Chemistry p2 F & H 1hr 45min Trilogy Chemistry p2 F & H 1hr 15min	History p3 1hr 20min
Wed 12 June		
Thur 13 June		
Fri 14 June	Geography p3 1hr 15min	Physics p2 F & H 1hr 45min Trilogy Physics p2 F & H 1hr 15min
Mon 17 June		Music 1hr 30min
Tues 18 June		
Wed 19 June	Food Prep & Nutrition 1hr 45min	
Wed 26 June	Contingency Day	

Friday 3rd November	Year 11 Autumn Mock Examinations
Thursday 7th December	Year 11 Parents Evening
Tuesday 12th December	Year 11 Mock Results day and Career Interviews
Friday 15th December	Year 11 Tracker Report Issued
Thursday 8th February	Year 11 Parents Evening
Monday 19th February	Year 11 Full Mock Examinations
Friday 22nd March	Year 11 Full Reports Issued
Friday 21st June	Year 11 Prom

Students will be in school throughout the exam period. A leavers assembly date will be communicated later in the year.

If you can help - Mr Jackson would love to hear from you -please do contact him at school on gjackson@park.penninetrust.org if you think you may be able to help in any way.

Further News, Diary Dates + Notices



- Year 8 Options. Choice making continues in preparation for further study in Year 9, 10 and 11.

[Go to the Year 8 Option page on our website](#) to view the informative videos created by our subject specialists to help with the decision-making process.

- [Please find here](#) an invitation to Year 10 Parents Evening taking place on Thursday 14th March 2024

[How to attend a video call see here](#)

[Parents guide to booking appointments](#)

- **Lancashire County Council School Bus Service Survey** Does your child currently use a school bus service contracted by Lancashire County Council? If so please could you spare a few minutes to undertake a short survey to help the council understand what you may want from the service in the future. The survey is **open from 21st February 2024 and 28th March 2024** and the results will help the county council better understand service user needs and wants. You can access the survey via the link below: [School Transport Review Survey - February 2024](#)

Gymnastics Gold for James!

James Hulena recently competed in **men's artistic gymnastics at the English championship** on Sunday finishing **7th overall** and gold on parallel bars. In addition to the 7th and Gold - he did it all in style with PB's all round- excellent peaking for competition time there!

Huge congratulations to James and team.



Travels around Trust

- [Parents@LordStreet](#)

- [Parents@Blacko](#)

Contact Us@

- [The link here](#) links to the school website where key staff and department contacts are listed as well as a flow diagram to support families in navigating to the correct team/staff member depending on the enquiry they have.

In the first instance the form tutor is the first point of contact to guide and advise.

School Holiday dates 2023-24

[Please click here to find the school holiday dates for 2023-24](#)