



Parents@Park

Parents@Park is back - the place to be for all things Park!

It's beginning to look a lot like Christmas at Park! Paul the Elf is out and about, rooms are decorated, fairy lights are on and the tree is up! We have, however, been so impressed with the way students have, despite the inevitable Christmas excitement starting to build, managed to remain focused and actively engaged in their learning in lessons. Our learning habits are evident to our students and their behaviours really reflect this.

Please can we remind students to add a pen, green pen, pencil and ruler to their Christmas lists to ensure they remain stocked up and prepared for learning into the new year!

Read below for this week's edition...

12 Days of Christmas

In the lead-up to Christmas, students will be taking part in the Park High '12 Days of Christmas'. Each student will receive a card (see image) which will be stamped each day in form-time. Students will need to keep this card safe! On the 12th day, the final day of term, students will post their completed stamp cards in the post box opposite the Drama Studio. There are 3 £20 Amazon vouchers for being in the draw and students who have completed and stamped all 12 days will take part in Bingo activity on the first week back.

Along the way, there will be some surprises so keep your eyes peeled and be in school every day for the best chance of winning!

This festive season, we're excited to celebrate the *12 School Days of Christmas* together as a school family! Our aim is to bring joy, connection, and a sense of belonging to every student while keeping learning at the heart of what we do.

Each student has received a special Christmas card that will be stamped daily by their form tutor. Collecting all 12 stamps means they'll enjoy a fun hour off-timetable after the holidays to play Bingo as a year group—a chance to celebrate together! On the last day of term, students can also post their cards for a chance to win one of three £20 Amazon vouchers. To add to the festive spirit, staff will be sharing Christmas-themed videos each day, helping us all feel part of something special.

Christmas will be celebrated through whole-school events over the next two weeks, starting with **National Christmas Jumper Day next Thursday**. Students should wear full school uniform but can add a Christmas-themed item to show their festive cheer! While we embrace the season, lessons will continue as normal (except for key celebration events) to ensure learning remains at the heart of all we do. Attendance is vital right up to the last day of term—**Friday 19th December**—so every student can make the progress they need. The 12 Days of Christmas card is our way of encouraging excellent attendance and keeping everyone engaged.

We look forward to sharing these moments with our students and families, placing our school at the heart of the community during this special time.

12 Days of Christmas

Name:

Form:

Form Tutor:



Don't forget to post your card in the post box on the last day of term!

Christmas Jumper Day



We are inviting every member of the Park Community to wear a Christmas Jumper on **Thursday 11th December**.

£1 donations with all money going to Save the Children charity. Information regarding the Save the Children charity can be found here:

[Christmas Jumper Day 2025 | Save the Children UK](#)

Christmas Charity Event



✦ Park Presents! ✦ Christmas Charity Event



Let's make this Christmas magical for every child!

Park High students & families are invited to donate a wrapped gift for a local child who might not receive one this year.

Important:

Gifts should be *wrapped* and clearly *labelled* with the intended age group and if it is for a boy or girl.

Ages **3-5** Ages **7-10** Ages **11-13**

📦 Please bring your gifts to **302 by 11th December.** 🌲



School Photos



On Tuesday 16th December, Year 11 will be having their school photos taken.

If any students from other year groups missed the original school photo day, they will have the opportunity to take theirs on this date.

Lost Property Collection



Today we asked all students to collect their coats if they had lost/misplaced them this year. As the weather gets colder we were surprised at how many coats were found!

If your child has lost a coat, they are available from room 302, please claim and collect before the end of next week.

Artefacts of Ambition

Mrs. Carson's class have been busy making scale models of cells. Some excellent displays of ambition and collaboration.

Well done!



SEN Coffee Club

Our next SEN Coffee Club is on the horizon - we look forward to seeing you. the focus for this session is supporting SEN students in exams.



Duke of Edinburgh Awards Evening

Please can parents check their emails for successful students from current Year 10 (Bronze award) and current Year 11 (Silver award) who have been invited to our annual Duke of Edinburgh Awards Evening on Thursday 11th December @ 6pm.

You will have received an email from Mr. Park with an invitation which will take you to a link to RSVP. Any queries, please email Mr. Park directly on j.park@parkhigh.apex-trust.org.

Sports Round-Up





Year 10 Boys Football: Year 10 Lancashire Cup v St Bede's, Lytham

U15 Lancashire Cup Year 10 were knocked out of the Lancashire Cup on Friday away at Saint Bede's, Lytham. In wet and windy conditions, Park took the lead through Max M who finished from close after a long range shot from Alfie C was pushed away by the goalkeeper. Going into half time, Park were 1-0 up after resolute defending from Jayden H and 'man of the match' James H who kept the home team out. In the second half Saint Bede's came out strongly and were awarded two penalties. Park then found it difficult to get back into the game and conceded a further two goals in the windy conditions. The team did fight back in the last few minutes and, after a number of attacks, Louis C scored his third goal in three games to bring the final score 4-2.

U13's Girls Football:

Park faced Carr Hill in a highly competitive Lancashire Cup quarter-final. From the first whistle, the Park girls were on the front foot—pressing high, showing confidence, and demonstrating real intent to book their place in the semi-finals. Their early pressure paid off when Madison reacted quickest in the box, guiding the ball inside the far post to give Park a deserved lead.

After the break, Park regained control, dominating possession and working hard to unlock the Carr Hill back line. Despite the visitors posing a threat on the counter, Eleanor and Madison stayed sharp defensively throughout, denying any clear chances. Betsy was also fundamental to Park's performance—creating chances, linking play, and halting Carr Hill's counterattacks with excellent positioning and awareness.


Park's persistence was finally rewarded when Lottie broke through on the left, driving into the box and finishing superbly to restore the lead. Carr Hill pushed hard for an equaliser, but Park's lone striker Poppy—who has shown huge improvement this year—played a crucial role. Her hold-up play, movement, and decision-making have been outstanding, and in the final moments she led a vital counterattack that resulted in a corner. Lottie's delivery caused havoc in the area, deflecting off a defender and into the net to seal a 3–1 victory.

Carr Hill showed fantastic determination, pace, and technical ability, making it a challenging and exciting contest. But the Park girls were brilliant—accurate passing, intelligent movement, and great teamwork guiding them into the Lancashire Cup semi-finals for the second consecutive year.

A superb performance and a well-earned spot in the semis. Well done, girls!


Mock Results Day

Wednesday 17th December



**Park High
Mock Results**

Year 11 Mock Results Day



After receiving Mock Results Year 11 will all take part in interviews to review results and talk about post 16 options.

Year 11 Interventions


After School Intervention

Monday	English Priority Night
Tuesday	Maths Priority Night

On Monday and Tuesday English and Maths have priority for intervention with students.

Every subject has sessions after school – please check with your individual teacher what night they have a session for you to attend


Celebrating Success



COLNE PARK HIGH SCHOOL

Pupil of the Week

Awarded to – Jon Yeung




Strength
Griffin

Loyalty
Dragon

Inspiration
Pegasus


Resilience
Phoenix



COLNE PARK HIGH SCHOOL

Pupil of the Week

Awarded to – Phoebe Waddington




Strength
Griffin

Loyalty
Dragon

Inspiration
Pegasus







Resilience
Phoenix



COLNE PARK HIGH SCHOOL

Pupil of the Week






Awarded to– Daisy Tunstall




COLNE PARK HIGH SCHOOL

Pupil of the Week

Awarded to– Anna Koshovets











COLNE PARK
HIGH SCHOOL

Pupil of the Week






Awarded to– Adebowale Jgbodipe




COLNE PARK
HIGH SCHOOL

Pupil of the Week

Awarded to– Ava Carroll










COLNE PARK
HIGH SCHOOL

Pupil of the Week

Awarded to— Lucas Browne


COLNE PARK
HIGH SCHOOL

**Park Point
Heidi Robinson**

CONGRATULATIONS YOU RECEIVED THE
MOST PARK POINTS LAST WEEK.






COLNE PARK HIGH SCHOOL

Park Point Francesca Beck



CONGRATULATIONS YOU RECEIVED THE
MOST PARK POINTS LAST WEEK.



COLNE PARK HIGH SCHOOL

Park Point Myah Boothman



CONGRATULATIONS YOU RECEIVED THE
MOST PARK POINTS LAST WEEK.





Dates for the Diary

Monday 8th December - Christmas Variety Show

Thursday 11th December - Christmas Jumper Day

Thursday 11th December - Duke of Edinburgh Awards Evening

Friday 19th December - Finish for Christmas 3.10pm

A reminder: We return after Christmas on Wednesday 7th January.

Notices and Information Share



POSITIVE APPROACHES TO BEHAVIOUR

HEALTHY SCREEN HABITS



WHY IT MATTERS

Screens are woven into daily life, but research continues to show that high screen use is linked with increased anxiety, low mood, sleep disruption, and difficulties with attention and self-regulation. Several countries — including Australia, which is now moving toward restricting social media access for under-18s — are responding to growing evidence on the mental health impact of early, intensive screen exposure. When we look at behaviour, emotional wellbeing, and brain development together, it's clear that setting healthy limits is not about punishment; it's about protection.

THE BRAIN, DOPAMINE & ADDICTIVE DESIGN

Many apps and games are intentionally built to keep children engaged: endless scrolling, bright visuals, notifications, and reward loops all trigger dopamine release. Dopamine isn't "bad", but when it spikes repeatedly, it trains the brain to crave more — making it harder for a child to stop, switch tasks, or cope without their device. Understanding this helps adults respond with empathy while still holding boundaries that support emotional regulation and reduce overstimulation.

BOUNDARIES THAT MAKE A DIFFERENCE

Simple routines such as no-screen mealtimes and no devices before bed help to regulate the nervous system, strengthen connection, and improve sleep quality — a key factor in behaviour and emotional resilience. Most guidance recommends avoiding screens under 2, limiting recreational screen time for primary-aged children, and maintaining firm winding-down routines for teens. Supporting safe use also includes antivirus protection, privacy settings, and time-limit features to reduce risk and stress for both child and adult.



BEHAVIOUR & WELLBEING BENEFITS

Healthy screen limits often lead to noticeable improvements: calmer transitions, better focus, more flexible thinking, and fewer emotional outbursts. When a child's brain has regular pockets of rest from digital stimulation, it's easier for them to tolerate frustration, engage socially, and manage the ups and downs of their day. Limits are not about taking something away — they are about giving children the space their nervous system needs to grow.

SAFETY WITHOUT THE SMARTPHONE

Safety matters, especially when children travel to and from school. It's helpful to remember that a child does not need a smartphone to stay safe. Many families choose call-only phones or basic devices without internet access, allowing communication without exposure to apps, social media, or online risks. This small shift can dramatically reduce pressure, comparison, and digital overwhelm while still giving parents peace of mind.

ONLINE RISKS & CYBERBULLYING

Cyberbullying, exposure to harmful content, and online peer pressure are significant concerns for many young people. These experiences can be deeply distressing and often happen out of adult sight. Maintaining open conversations, keeping screen use in shared spaces, and using age-appropriate platforms can reduce risk. Combining clear limits with emotional support helps children feel safer, more grounded, and more able to tell an adult when something is wrong.

FOR A COPY OF A BITESIZE INFORMATION SHEET, HEALTHY SCREEN HABITS, COMMENT SCREEB IN THE COMMENTS.

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ncc. arc.
 Nelson & Colne College
 Accrington & Rossendale College



Join us after school at our: **FUTURE HAIR PROFESSIONALS ACADEMY!**



What is it?

An after school academy designed to connect you to our curriculum and your future Career. Upskill and find out more about our Hairdressing courses and get "hands on" whilst having fun, meeting new friends and working in our salon.

Turn over to find out more...



When is it?

We have regular academies throughout the year starting in **December 2025 onwards**. Sessions take place across both our college campuses on Tuesdays at ARC and Thursdays at NCC

Time

4.00PM - 5.30PM

Where?

In our **Hair Salons**

Who is it for?

Year 10 and Year 11 pupils with an interest in all things creative and a passion for Hairdressing.

What can you expect?

- ✔ Meet our **Hairdressing Team**
- ✔ Develop **salon skills**
- ✔ Find out more about **Careers, Courses and Apprenticeships** in Hair related industries
- ✔ A demo on festive hairstyles
- ✔ Create your own festive hair bow!
- ✔ Find out more about our **Andrew Barton London Education programme (ABLE)**
- ✔ Plus much more!

Book your place now!

Scan the QR Code below to register your interest and reserve your place!

Limited numbers, first come first served.
We will also operate a waitlist.



SCAN ME
To register your interest.

Any questions?

Contact: schools@eastlancslearning.ac.uk



THEMIS APPRENTICESHIP CAREERS EVENT

WEDNESDAY 21.01.26

Meet leading employers with upcoming Apprenticeship opportunities

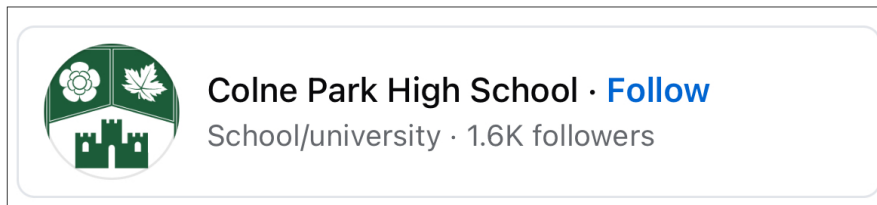


THEMIS APPRENTICESHIP CAREERS EVENT
WED 21.01.26 | 5.30-8PM





colneparkhigh
Colne Park High School



Have you seen our Facebook & Instagram pages? Follow us for regular information and updates.

Please note credits, misdemeanours and attendance are all available on MCAS. Don't forget to log on to stay informed on a daily basis.

- **Teacher Training Day Dates 2025/6:** Parents and Carers please note the amendment to Teacher Training Days for 2025-26. They are as follows: Monday 05 January 2026, Tuesday 06 January 2026, Friday 19 June 2026. All term dates and training days are available on our website.
- Parents@LordSt

Extra-Curricular Clubs

Extra-Curricular Activities	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Club reminders	Breaktime: Mindful colouring - Library Craft/Book club: Library 3:10pm	Breaktime: Chess club - library Reading Ambassador Meeting 3:10pm Library	Breaktime: Lego club - Library Board Game club: Room 519 3:30pm AFTER SCHOOL GAMING CLUB DUNGEONS & DRAGONS FORTNITE WARCRAFT JOIN US!	Journalism club: Room 205 3:10pm Journalism Club 2025-26	
Ambition	We are determined to achieve and believe everyone can succeed		Try our best and take pride in what we do		
			Be curious and eager to learn		
			Persevere and try to bounce back from setbacks		
					

Journalism Club 2025-26





After last year's huge success, we are pleased to announce the return of Journalism Club! If you are interested in Journalism, News Reporting, Photography, Videography or Content Creation then get involved! We look forward to meeting another team of brilliant Journalists!




Thursdays 3:10 – 4:00

Open to all students

Room 205

Miss O’Gorman



@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 2025-26

[Colne Park High School - Term Dates \(park-high.co.uk\)](http://park-high.co.uk)