



Orchard Park High School

'Inspiring Lives, Building Futures'

'Ready, Respectful, Safe'

Friday 28th June 2019 Issue No. 28



Florida 2019 - NASA Kennedy Space Centre Trip

Last week, Mr Alabi and Miss Watt took a group of students from Years 7 to 10 to Florida, Orlando to visit the Kennedy Space Centre.

Day 2 - Disney

The students visited Walt Disney World – Magic Kingdom, where they enjoyed different attractions and rides. They also experienced the vivid pageantry of Fantasyland and its many inhabitants as it winds its way through the park in a thrilling parade spectacular.

Day 3 - Kennedy Space Centre

The students explored many exhibits, shows and attractions at the Kennedy Space Centre Visitor Complex and had a unique opportunity to get a behind-the-scenes glimpse of the Kennedy Space Centre on a NASA Bus tour to the LC-39 Observation Gantry and the Apollo/Saturn V Centre. The students also had the Shuttle Launch Experience where they were strapped in for a simulation of the space shuttle's eight-and-a-half-minute ascent into orbit.

Day 4 – Orlando Science Centre & Wonder Works and Dinner Magic Show

At the Orlando Science Centre, students visited exhibit halls, labs and workshops, theatres and an observatory over four floors. The students engaged in a series of hands-on challenges that invite them to design, build and test. They also visited the nature works to see different animals in their habitats.



WonderWorks is an entertainment centre focused on science exhibits where the attraction combines education and entertainment with more than 100 hands on exhibits that challenge the mind and spark the imagination. They climbed through obstacles three stories above the ground in the glow-in-the-dark Indoor Ropes Course, competed against opponents and battled in a fast-paced, black-lit Laser-Tag arena and experience a whirlwind adventure in the 4D XD Motion Theatre!

Day 5 - Everglades

After packing our bags on Monday morning, we headed out to enjoy an airboat ride to explore the headwaters to the everglades looking for snakes, Bald Eagles, birds and American Alligators, wallowing in their natural environment.

Every student and staff member on the trip arrived home full of fantastic stories to tell and memorable moments to last a lifetime.

We want to say massive thank you to all the students who made this a fantastic week. Watch this space for an announcement about the possibility of another exciting trip next year.

Mr S Alabi, Science Department



Safeguarding News

All behaviours are driven by feelings, and self-harm is a child's way of managing and expressing difficult feelings, including anger, sadness, loneliness or a lack of control over their lives. Sometimes self-harm may be triggered by a particularly difficult experience, such as bullying, whereas in other cases it may be due to ongoing depression or low self-worth. Self-harm can become the default way for children to express their feelings. Many parents respond by focusing on the self-harming behaviour. They may respond by take steps to prevent their child from self-harming, such as encouraging them to stop, monitoring their behaviour or ensuring they're not left unsupervised. Although done with the best intentions, this approach can cause tension in the parent-child relationship and escalating the self-harming behaviour. It is important to encourage open communication around the feelings and triggers surrounding the self-harming behaviour, and to respond with empathy and understanding. It is important that your child knows that you are approaching the situation from a position of concern. Responding to any self-harm injuries with care and empathy, rather than anger or judgement, can encourage open communication and maintain a positive relationship. It may often take a while for your child to open up, so be patient and ensure that your child knows you are there to listen if they want to talk. Sometimes your child may not be able to express how they are feeling. It can be helpful for your child to have a signal if they are finding things difficult. There is a variety of support available, both for young people who are self-harming and for parents. Speaking to your child's GP is often a good first step. They will be able to refer your child to specialist support and may be able to signpost you to any support for parents that is available in your area. Your child will be able to speak anonymously to a trained counsellor which can help overcome the difficult first barrier of seeking help. Young Minds have a helpline for parents (number listed below) which may be helpful for you to discuss your concerns and talk through the best steps to ensure your child gets the right support.

Croydon Drop In offers free counselling for 11-21 year olds- 0208 680 0404.

<https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/>

Student Learning Group

The Student Learning Association met for the third time last week with Rahim chairing the meeting. It has been agreed that chairing will be shared in rotation between students. Initially, students discussed student work space and how teaching and learning takes place in and around the school. Students then discussed what the main focus of the group should be. It was agreed that for the remainder of the year, the topic of discussion shall be on what a good student looks like and how these ideas can be shared with other students and set into place.

Next year, the group intends to take a detailed look at how formative assessment works around the school.

Aleksa, Year 10

Year 11 Prom 2019



On Monday night, Year 11 celebrated the end of their GCSE examinations with their Leavers' Prom at Farleigh Golf Club. The evening entertained guests with a DJ, photo booth and a finger buffet. The students looked fabulous and the dancefloor was buzzing. It was a wonderful evening and the outstanding attitude and behaviour of the students made it one to remember. We are immensely proud of the year group and wish them a relaxing summer. We look forward to seeing them all on GCSE result's day on Thursday 22nd August 2019.

Ms L Goodwin, Pastoral Leader Year 11



Attendance Notice

Medical Notice

Does your child have any short or long term medical issues that require medication to be held in school? Has your child recently had a medical update that we should be aware of? If yes, we kindly remind parents/carers to notify the school by emailing: studentabsence@orchardparkhigh.net

Attendance Notice

Well done to the large number of students in Years 7-11 who still have perfect attendance and punctuality this academic year! There is a direct link between attendance and attainment; put simply, if you don't attend, you don't achieve. Across the country, this is particularly the case with students under 95% attendance. This results in a huge amount of lost learning time and, as the chart below shows, makes it very difficult for students to achieve good outcomes. You will see from the graph how drastically attendance affects attainment. The most important thing you can do to support your child's education is to ensure they come to school every day. Thank you to all students and families for supporting our drive towards excellent attendance and punctuality!



Absence- Students who are absent from school for more than a day will have their progress significantly affected. If your son/daughter is unable to attend school as a result of illness, parents/carers are asked to contact the school on each day of absence before 8.30am via the school's main telephone number 020 8776 0220 or email studentabsence@orchardparkhigh.net



Holidays - Holidays during term time will not be authorised; students are required to be in school every day.

Medical Appointments - We ask that parents/carers make any medical appointments for their child after school hours so that students do not miss any time off from school.

Miss G Turner - Attendance Officer

Daily Mile



Orchard Park Year 7 & 8 students are the first secondary school students in the country to do the Daily Mile!

This activity involves the students walking or running for 15 minutes, first thing in the morning. It is based around a very simple idea: 'Healthy Body, Healthy Mind'.

Research has proved that exercise not only benefits our bodies but also our brains, improving not just our mood and mental health, but also our ability to learn!

We are proud to be the first secondary school in the country to take part in this activity, and have partnered with the Universities of Stirling and Edinburgh to explore the benefits and further potential for secondary school students.

Please speak to your child about this and look at the below link for further information.

<https://thedailymile.co.uk/>

Mr B Schmauss, Assistant Headteacher

Orchard Way Sports' Day

Congratulations to the Year 9 students who ran a Sports Day event for Orchard Way Primary School on Friday 21st June, and thanks to Mr Buckley who organised it all. This event ran for over an hour with all students running events that all Orchard Way students participated in.

Ms L Hansford, Head of PE





Year 7 & 8 Exams

This is a really important time for our Year 7 and 8 as they are being tested on their Knowledge Organisers for every subject.

Below are suggestions of revision techniques to support your child:

- Never revise for long periods of time- 30 to 40 minutes
- Take regular rest breaks
- Make sure you give every subject equal time
- Make a list of the subjects you are weakest at, revise those subjects first
- Remove access to technology including mobile phones unless they are reaching specific topics
- Experiment with different revision techniques (flash cards, mind maps, summary pages) .

Good luck to all!

Ms L Wellington, Assistant Headteacher



Facebook

For more news and updates, like Orchard Park High School on Facebook: [@orchardparkhighschool](https://www.facebook.com/orchardparkhighschool)



Twitter

For more news and updates, follow Orchard Park High School on Twitter: [@OrchardParkHigh](https://twitter.com/OrchardParkHigh)



Key Dates

Parent/Carer key dates for the diary:

3rd July 2019

- Year 8 Parents' Evening

12th July 2019

- Year 10 Academic Review Day
- Sports Day @ Croydon Sports Arena
- Year 6 Induction Day

19th July 2019

- End of Academic Year

TERM DATES 2019/2020

Autumn Term Starts:

4th September 2019 - Year 7 only

5th September 2019 - Year 7 & 8 only

6th September 2019 - Whole school return

Monday 21st October to Tuesday 29th October

- Autumn Half Term Holiday
- All students return to school on Wednesday 30th October

Friday 20th December

- End of Autumn Term

Monday 6th January

- Start of Spring Term

Monday 17th February to Friday 21st February

- Spring Half Term Holiday

Monday 6th April to Friday 17th April

- Easter Holiday

Monday 25th May to Friday 29th May

- Summer Half Term Holiday

Friday 17th July 2020

- End of Academic Year

Parents' Evening Booking System

Parents/Carers are reminded to book their Parents' Evening appointments via the link below:

<https://orchardparkhighschool.parentseveningsystem.co.uk>



We hope you enjoyed reading this copy of our newsletter. Updates between now and the next issue of the school newsletter will be posted on our school website:

www.orchardparkhigh.co.uk/newsletters



Orchard Park High School
Orchard Way
Croydon
Surrey CR0 7NJ

Telephone: 020 8776 0220

Email: admin@orchardparkhigh.net

