



OAKS PARK HIGH SCHOOL

NEWSLETTER

Issue 001

Monday 21st September 2026



Oaks Park High School Open Evening

Year 7 Intake 2027

Thursday 1st October 2026
3.00pm to 6.00pm

Please register to visit the school
via our website or this QR code.



X @OaksParkHighSch
🏠 www.oakspark.co.uk
📍 Oaks Park High School
Oaks Lane,
Ilford IG2 7PQ



OAKS PARK HIGH SCHOOL



A very warm welcome to our Year 7 students as they begin their journey at Oaks Park! You are our Silver Jubilee babies, joining us in this very special year. We are so excited to watch you learn, grow and thrive. Welcome to the Oaks Park family — Learning Together, Achieving Together!



**Keeping
children safe
is everyone's
responsibility**



The SHARP System

If you ever have a worry or concern, you can speak to any member of staff at Oaks Park.

Ms De Grove is the DSL and is here to support students.

If you are uncomfortable with talking to a teacher in person, you can send a message on the SHARP System, it will always be read and treated discreetly. This can be found on the school website.

If you ever have concerns about a member of staff, please speak to Ms Hamill.



**Ms De Grove
Designated
Safeguarding Lead**

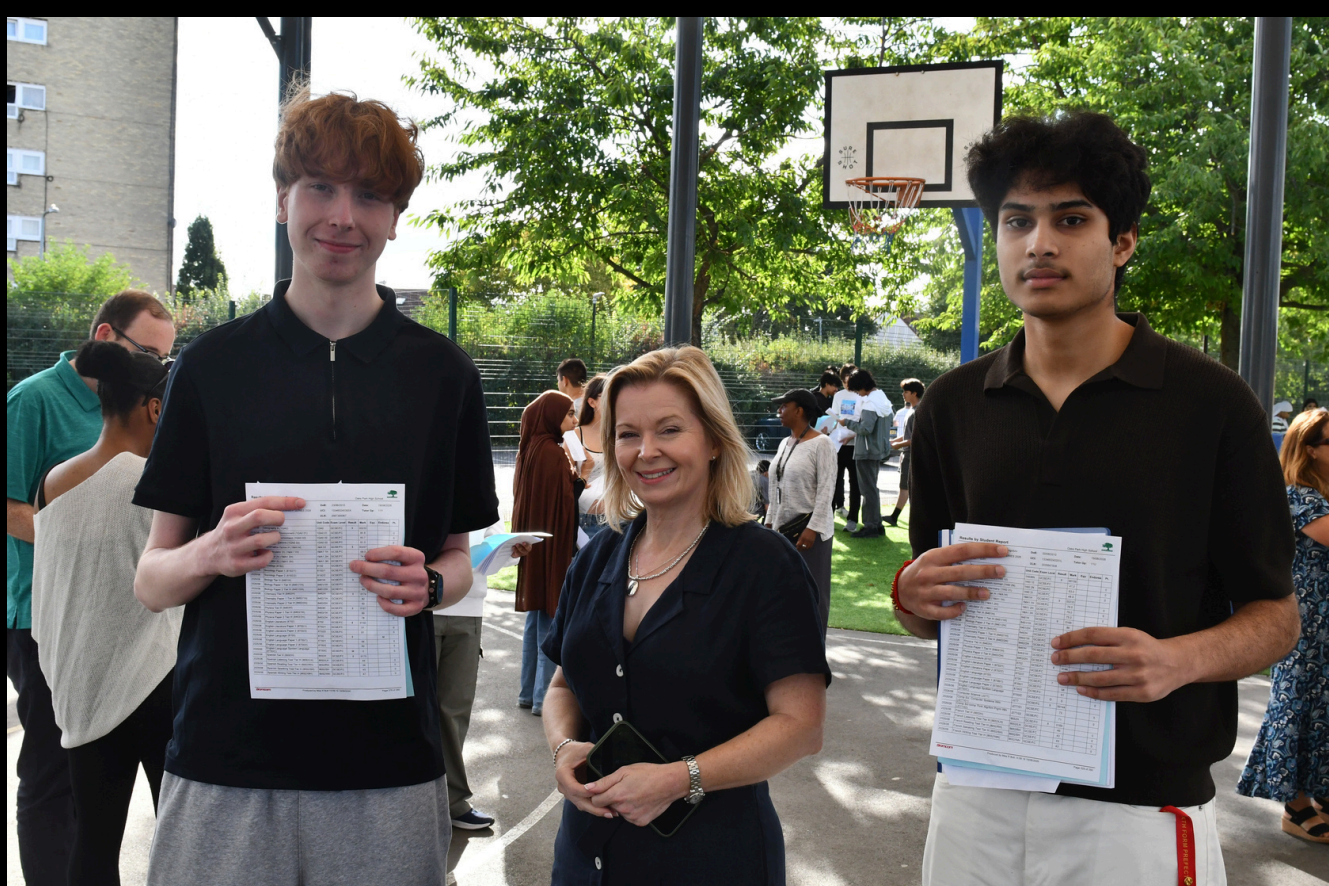


**Mrs St George
Deputy Designated
Safeguarding Lead**



Top 10% of Schools Nationally for GCSE progress !

Top 10% Nationally for A Level & BTEC progress !



LAMDA Acting & Public Speaking course at Oaks Park



A huge congratulations to our amazing LAMDA Acting & Public Speaking students who achieved outstanding results last academic year in their LAMDA exams!

If you wish to enrol your son/daughter for next autumn term for the LAMDA courses with Ben & Lily, please email Enscriptdrama@gmail.com

Izzah Yr10 (82) - Distinction, Grade 4 Acting

Maya Yr10 (88) - Distinction, Grade 4 Public Speaking

Christian Yr11 (82) - Distinction, Grade 5 Acting

Ayaan Yr11 (77) - Merit, Grade 5 Acting

Charlie Yr9 (81) - Distinction, Grade 4 Acting

Aniska Yr9 (83) - Distinction, Grade 3 Acting

Natasha Yr10 (84) - Distinction, Grade 4 Public Speaking

Amelia Yr10 (85) - Distinction, Grade 4 Acting

Akshara Yr12 (78) - Merit, Bronze Acting

Khanak Yr13 (88) - Distinction, Gold Public Speaking

Natalie (83) Yr9 - Distinction, Grade 4 Acting

Aravinda (93) Yr13 - Distinction, Gold Public Speaking

Aditya Yr11 (68) - Merit, Silver Public Speaking

Imaan /Ameerah Yr8 (85, 80) - Distinctions, Grade 3 Acting

Zehan Yr 13 (72) - Merit, Bronze Public Speaking

Eleni Yr 9 (87) - Distinction, Grade 3 Acting

Aadam Yr13 (83) - Distinction, Bronze Public Speaking

Fleur Yr8 (84) - Distinction, Grade 3 Acting

Krutarth Yr10 (81) - Distinction, Grade 4 Acting

Ameera Yr10 (78) - Merit, Grade 3 Public Speaking

Yuvraj 9 (86) - Distinction, Grade 4 Public Speaking

Amrita (85) - Yr9 - Distinction, Grade 4 Public Speaking

Anmol (90) - Distinction, Bronze Public Speaking

Umme-Haani (80) - Distinction, Bronze Public Speaking

Saleena (83) - Distinction, Bronze, Public Speaking

Violet (96) - Distinction, Grade 5 Acting

Hibah (67) - Merit, Grade 4 Public Speaking

Areesha (85) - Distinction, Grade 4 Acting

Sariba Zia (85) - Distinction, Grade 4 Public Speaking

Vidhi (100) - Distinction, Grade 5 Acting

Eve /Meera (83/83) - Distinction, Grade 3 Acting

Abeishan (76) - Merit, Bronze Public Speaking

Gabrielle (84) - Distinction, Bronze Acting

Word of the Week

Effulgence
noun

Definition:
Radiant splendour.

In a sentence:
**“They were stunned
silent by the effulgence
of the sun rising across
the Grand Canyon.**

Quote of the Week

**“Let us remember:
one book, one pen,
one child and one
teacher
can change the
world.”**

Malala Yousafzai

Monday 21st Sept	Tuesday 22nd Sept	Wednesday 23rd Sept	Thursday 24th Sept	Friday 25th Sept
Week 2 Yr12 BaselineTests	Week 2	Week 2 Science Made Simple Show Yr 7 Yr8 Yr9	Week 2 Y7 Parents’ Information Evening 5pm -6 pm	Week 2 Stand Up ! Discrimination Talk Yr 7 - Yr12
Monday 28 th Sept	Tuesday 29 th Sept	Wednesday 30 th Sept	Thursday 1 st Oct	Friday 2 nd Oct
Week 1 Yr 10 Art Trip Yr 12 Chigwell Stardust Event	Week 1	Week 1	Week 1 New Intake Event 3 pm to 6 pm Early Closure 1.15 pm	Week 1 Yr13 Oxford Personal Statment Workshop



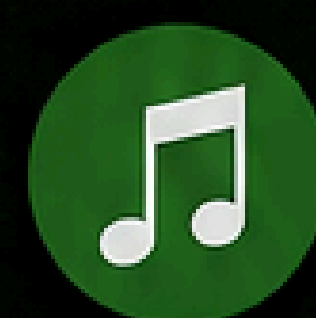
OAKS PARK HIGH SCHOOL
PRESENTS

OAKS PARK HIGH SCHOOL

LITTLE SHOP OF HORRORS

A MUSICAL
THAT'S OUT
OF THIS
WORLD!

JOIN US FOR A
WICKEDLY FUNNY
AND UNFORGETTABLE
MUSICAL COMEDY!



AMAZING MUSIC
YOU'LL LOVE



BITE-SIZED HUMOUR
WITH BIG IMPACT



**TALENT, CREATIVITY
& TEAMWORK**

FEED
ME!

COMING
DECEMBER 2026

MORE INFORMATION **COMING SOON!**

HAVE YOU DOWNLOADED THE MCAS APP?

STAY CONNECTED • STAY INFORMED • SUPPORT YOUR CHILD

The MCAS app (My Child At School) is our main way of communicating with parents and carers. Please make sure you have downloaded the app and can log in.

The app gives you quick and easy access to important information, including:



Report absences

Let us know if your child is unwell or unable to attend school.



Parents' Evening appointments

Book your appointments quickly and easily.



Your child's behaviour points

See updates on achievement points and behaviour.



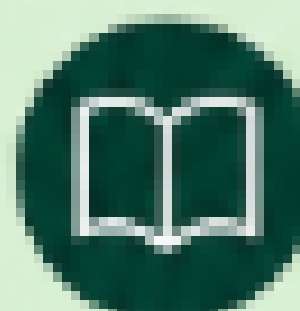
Important notices and messages

Receive key information from the school in one place.



Keep your details up to date

Make sure we always have your current contact information.



Further information, including a step-by-step guide, can be found in the Year 7 Handbook and on our school website: www.oakspark.co.uk

Thank you for your support!



BE KIND



BE AMBITIOUS



BE RESPECTFUL



BE RESPONSIBLE

A BRIGHT
FUTURE
TOGETHER



OAKS PARK HIGH SCHOOL
LEARNING TOGETHER,
ACHIEVING TOGETHER

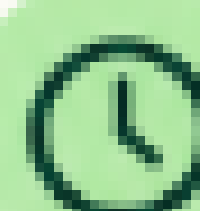
Working in
Partnership

SUPPORT • INFORM • SUCCEED

YEAR 7 PARENT INFORMATION EVENING



THURSDAY
24TH SEPTEMBER 2026



5PM – 6PM

We are pleased to invite all Year 7 parents and carers to our Information Evening. This is an opportunity to find out more about your child's first year at Oaks Park and how we can work together to ensure a successful and positive start to secondary school.



Meet key staff

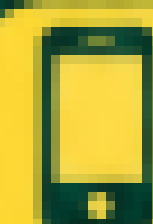


Find out about
routines and expectations



Get advice on how to
support your child at home

Please **sign up**
for the evening



SCAN THE QR CODE
TO SIGN UP



We Look
forward
to seeing you!



BE KIND



BE AMBITIOUS



BE RESPECTFUL



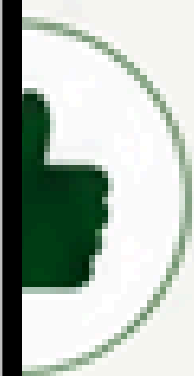
BE RESPONSIBLE

A BRIGHT
FUTURE
TOGETHER

DIGITAL AWARENESS & AI:

Supporting **WELLBEING** in a **CONNECTED WORLD**

Technology is part of everyday life. It brings amazing opportunities for learning, connection and creativity.
Used wisely, it helps us thrive.



THE BENEFITS OF TECHNOLOGY & AI

Digital tools can support:

Learning and revision
Creativity and problem-solving
Communication and collaboration
Accessibility and inclusion
Independent learning
Organisation

can help students generate ideas, organise their work and explain concepts—when used appropriately.



UNDERSTANDING THE RISKS

It's important to be aware of the potential impact on wellbeing:

- Pressure from social media
- Anxiety from constant connectivity
- Misinformation and unrealistic content
- Cyberbullying and negative interactions
- Disrupted sleep from screen use
- Over-reliance on AI tools

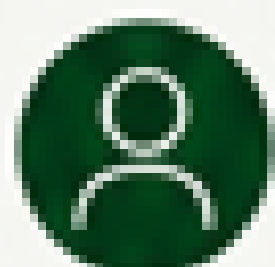
AI is not always accurate and may provide misleading information.



HOW WE CAN HELP YOUNG PEOPLE

Parents, carers and staff

- Talk openly and listen
- Encourage balance and healthy screen habits
- Promote critical thinking and digital literacy
- Protect privacy and personal information
- Encourage help-seeking when needed



FOR STUDENTS



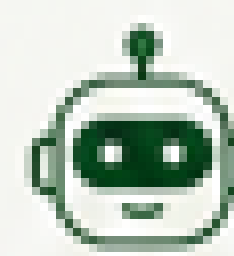
Think before you post or share



Protect your personal information



Question information and check sources



Use AI as a tool, not a shortcut



Take regular breaks from screens



Speak to a trusted adult if you need help

Being digitally aware means being informed, responsible and resilient in an increasingly connected world. 

Online
Course

Stronger Relationships

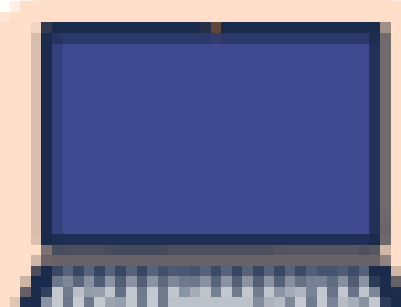
For parents and other adult carers living together or apart; **group for starting Tuesday 22 September at 7:30pm**



For parents and other adult carers living together or apart; **group for starting Friday 25 September at 12:00pm**

SFSC
Stronger Relationships

- Feel more confident as a parent
- Build stronger family relationships
- Create a calmer home for your children
- Work together more positively as parents
- Strengthen your relationship with your child
- Practical support that fits around your schedule



**6 online
sessions**



**6 group
discussions**



**Certificate on
completion**

What to expect...

- Reduce conflict and improve communication
- Strengthen your relationship with your child
- A Safe and supportive space without judgement
- Calmer, more confident, more connected
- Flexible online sessions that fit around family life

Topics covered...

- Improving communication and relationships at home.
- Practical ways to manage conflict and disagreements.
- Understanding how conflict can affect children.
- Finding healthier ways to communicate and co-parent.

Group discussions...

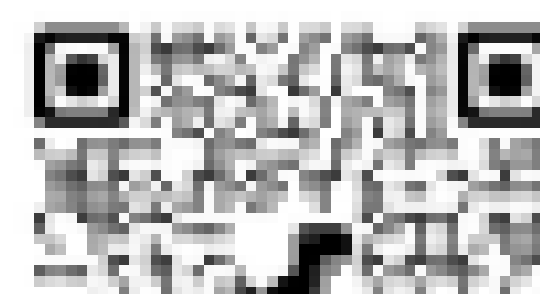
Ask questions and get support from experienced facilitators

Talk about what's working well and where things feel difficult at home

Learn practical strategies from other parents and carers

Feel supported in a safe and non-judgemental space

Find out more or register for the course
by scanning the QR code or emailing us



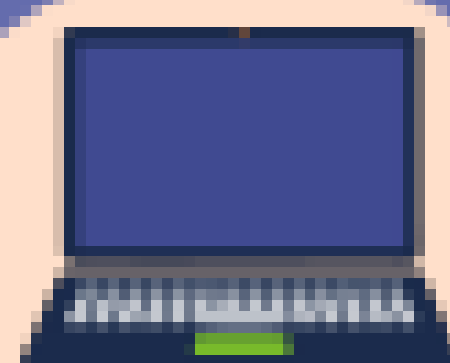
**strengthening
families**

Online
Course

strengthening families strengthening communities

For parents and other adult carers; group starting on
Thursday 24 September at 6:30pm

Want to get some new ideas to help
you be the best parent you can be?
Enhance your relationship with your children?
Learning at a time that suits you?



**6 online
sessions**



**6 group
discussions**



**Certificate on
completion**

What to expect...

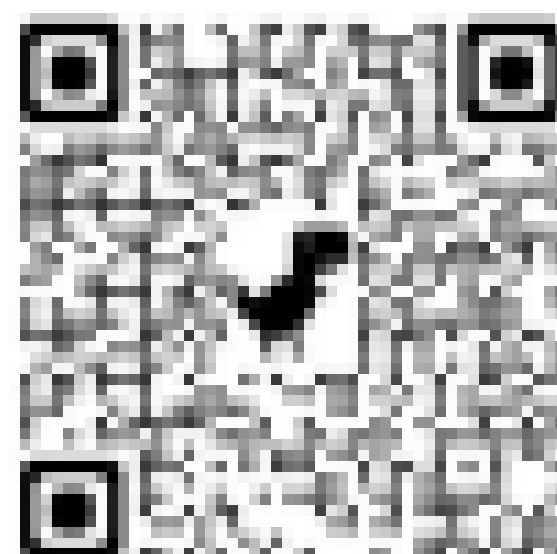
- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

Group discussion...

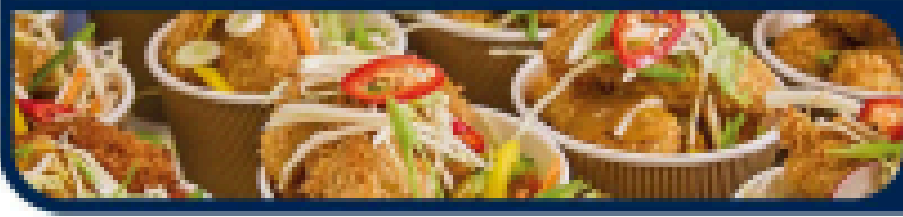
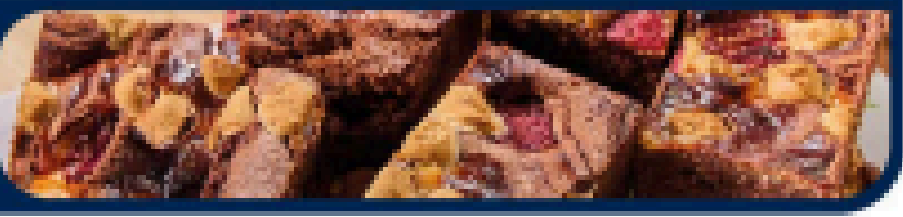
1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



Find out more or register for the course by scanning the
QR code or emailing us at: sfscparent@racefound.org.uk

MAINS

FROM £2.40

MON	TUE	WED	THU	FRI
MEDITERRANEAN Caponata Chicken & Chickpea Tray Bake Caponata Vegetable & Chickpea Tray Bake Penne Pasta Garden Salad Garlic Bread	MASALA MOMENTS Smokey Butter Chicken Masala with Mango Chutney Smokey Tofu Makhani with Mango Chutney Pilau Rice Spicy Roasted Cauliflower Pappadums	MOST OF ROAST Roast Turkey with Stuffing & Herb Gravy Seasonal Vegetable & Lentil Wellington with Stuffing & Herb Gravy Skin on Roast Potatoes Roasted Carrots & Parsnips Yorkshire Pudding	INDO-MEX Lamb Eat Curious Keema Burrito Bowl with Salsa Eat Curious Veggie Keema Burrito Bowl with Salsa Zesty Lime & Coriander Rice Roasted Cumin Cauliflower Masala Nachos	FISH & CHIP SHOP Battered Fish Fillet Crispy Vegetable Samosa with Mango Chutney Chips Peas Baked Beans Curry Sauce
				

MON TUE WED THU FRI	HOT DELI/GLOBAL EATS FROM £2.50	DESSERTS FROM £1.25
	Plant Burger with Coleslaw & Wedges Korean Chicken Bibimbap with Hot Chilli Sauce Indonesian Chicken Stir-Fried Rice Lamb Kofta with Raitha, Flatbread and Salad Crispy Chicken Tenders	Lemon & White Chocolate Drizzle Cake American Apple Streusel Toffee & Banana Cake Baked Coconut Rice Pudding with Mango Compote Bread And Butter Pudding

W/C: 31/08/2026, 21/09/26,12/10/26, 02/11/2623/11/26,14/12/26

ALLERGEN INFORMATION

If you have a food allergy or intolerance, please ask the Allergen Guru or Chef Manager about the ingredients in your meal.



**PASTA/JACKETS
STATION AND SALAD
BAR AVAILABLE
EVERYDAY!**

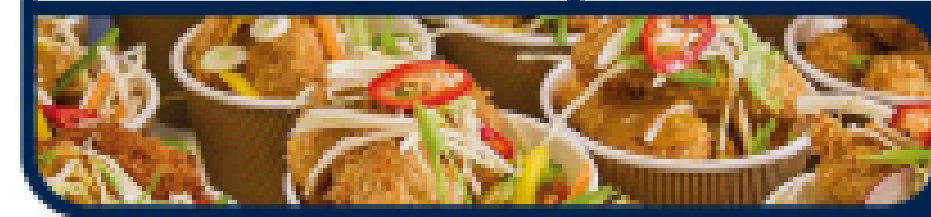
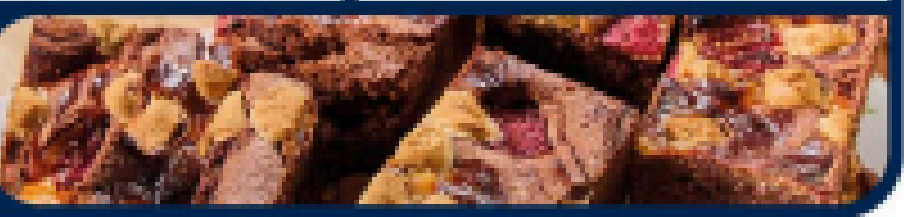


**LOOK OUT FOR OUR
MEAL DEALS AND
GRAB & GO!**



MAINS

FROM £2.40

MON	TUE	WED	THU	FRI
ORIENT EXPRESS Sticky Hoi-Sin Chicken Stir-Fry Sticky Hoi-Sin Eat Curious Stir-Fry Soy & Ginger Noodles Roasted Chinese Leaf & Cabbage Prawn Crackers	TASTE OF ITALY Slow Cooked Ragu Beef Lasagne Mediterranean Roasted Vegetable Gnocchi Chef's Salad Garlic & Herb Slice Herby Diced Potatoes	MOST OF ROAST Roast Chicken with Stuffing & Herb Gravy Vegan Red Lentil Sage & Onion Sausage Roll with Herb Gravy Crunchy Roast Potatoes Savoy Cabbage & Carrots Yorkshire Pudding	BENGALI KATHI ROLLS Kolkata Chicken Wholemeal Kathi Roll with Minty Yoghurt Kolkata Paneer Wholemeal Kathi Roll with Minty Yoghurt Masala Fries Indian Coleslaw Mini Samosa	FISH & CHIP SHOP Battered Fish Fillet Vegetable Spring Roll with Sweet & Sour Sauce Chips Peas Baked Beans Curry Sauce
				

MON TUE WED THU FRI	HOT DELI/GLOBAL EATS FROM £2.50	DESSERTS FROM £1.25
	Cheesy Meatball Sub Korean BBQ Chicken Wings with Rice Fajita Nachos with Jalapenos & Sour Cream Vietnamese Chicken Bun Cha Crispy Chicken Tenders	Sticky Ginger Cake Double Chocolate Pudding Berry Mess Cupcakes Hummingbird Cake Pancakes with Toffee Sauce

W/C: 14/09/26, 5/10/26,16/11/26, 07/12/26

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**PASTA/JACKETS
STATION AND SALAD
BAR AVAILABLE
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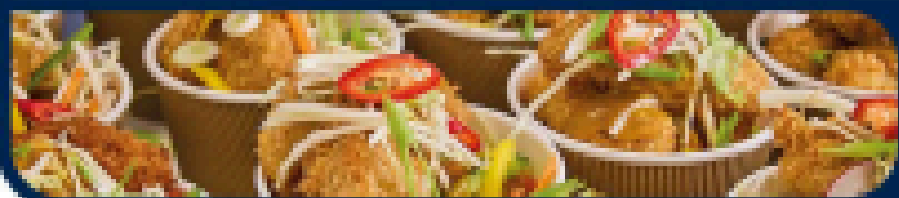
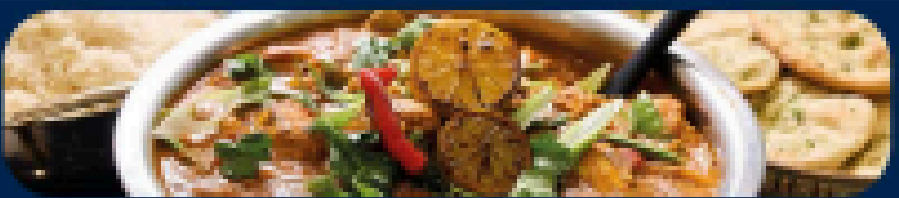
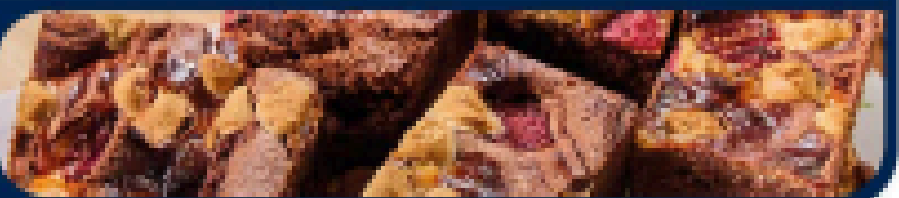


**LOOK OUT FOR OUR
MEAL DEALS AND
GRAB & GO!**



MAINS

FROM £2.40

MON	TUE	WED	THU	FRI
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MON TUE WED THU FRI	HOT DELI/GLOBAL EATS FROM £2.50	DESSERTS FROM £1.25
	Cheesy Meatball Sub	Sticky Ginger Cake
	Korean BBQ Chicken Wings with Rice	Double Chocolate Pudding
	Fajita Nachos with Jalapenos & Sour Cream	Berry Mess Cupcakes
	Vietnamese Chicken Bun Cha	Hummingbird Cake
	Crispy Chicken Tenders	Pancakes with Toffee Sauce

W/C: 14/09/26, 5/10/26, 16/11/26, 07/12/26

ALLERGEN INFORMATION

If you have a Food allergy or intolerance, please ask the Allergen Guru or Chef Manager about the ingredients in your meal.



**PASTA/JACKETS
STATION AND SALAD
BAR AVAILABLE
EVERYDAY!**



**LOOK OUT FOR OUR
MEAL DEALS AND
GRAB & GO!**



TARIFF

BREAKFAST



Toast with Preserve	£1.00
Croissants	£1.70
Pain Au Chocolate	£1.70
Pain Au Raisin	£1.70
Cereal with Milk	£1.10
5 Piece Breakfast	£2.60
4 Piece Breakfast	£2.40
Extra Breakfast Item	£0.85
Bacon Bap	£1.55
Sausage Bap	£1.55
Fruit Pots	£1.25
Porridge	Free
Porridge Topping	£0.60
Belgium Waffle	£1.80

A Chewy Breakfast Bar & Smoothie for only	£1.75
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COLD GRAB & GO



Simple Sandwich	£1.95
Bloomer Sandwich	£2.40
Premium Sandwich	£2.55
Standard Baguette	£2.40
Premium Baguette	£2.60
Filled Bagel	£2.40
Boxed Salad	£2.50
Cold Pasta Pot	£2.50

MID MORNING BREAK

(A selection of three items will be available daily)

Jumbo Sausage Roll	£2.20
Cinnamon Pretzel	£2.30
Cheese and Tomato Turnover	£2.10
Cheese and Bacon Turnover	£2.35
Croissant	£1.70
½ Panini	£1.20
Panini	£2.40
Savory Slice from	£2.30

99p Range

Houmous & Pitta Dipper Pot / Mini Spring Roll with Sweet Chilli / Mini Bircher Pot / Pepperoni Pizza Muffin From £1.60
Pizza Bagel/Mozzarella & Tomato Pizza Slice/Nachos with Salsa/Garlic Bread Slices From £1.70
Indian Spiced Potato Wedges with Raita and Mango Chutney/ Katsu Waffle Fries/ Loaded Hash Browns/Pepperoni Quesadilla/ Sausage and Hash Brown Wrap/ Tomato Potato Hash

LUNCH



Main Meals	£2.40
Global Eats from	£2.50
Jacket Potato With Topping	£2.40
Hot Dessert	£1.25
Meal Deal	£2.50
Salad Bar	£2.00
Soup & Bread	£1.80
Lunch Extra from	£0.65

BAKERY/ SNACKS



Whole Fruit	£0.60
Fruit Pot	£1.30
Jelly	£1.00
Cold Dessert	£1.40
Cookie	£1.30
Home Bake	£1.30
Muffin	£2.15
Proper Corn	£1.35
Nachos	£1.10

DRINKS



Water (500ml)	£1.15
Water Small (330ml)	£0.80
Pure Juice	£1.15
Radnor Splash	£1.30
Milkshake	£1.15
Fresh Milk	£1.15

FREE SCHOOL MEALS AVAILABLE EVERYDAY!

Speak to our team for
more details



LOOK OUT FOR OUR TASTY MEAL DEALS!

Available for free school meals



PASTA/JACKETS STATION AND SALAD BAR AVAILABLE EVERYDAY!



FOOD ALLERGENS & INTOLERANCES:

Our menus and packaging clearly identify where allergens are present in our dishes and products made on site. On a daily basis we prepare food using a range of ingredients where one or more of the 14 allergens may be present.

Whilst we will take every reasonable precaution to reduce the risk to our customers, where the risk cannot be fully negated then advisory information of "may contain" will be communicated. Where you may be unsure, before selecting your food and drinks, please speak to our Allergen Guru or Chef / Catering Manager for more information about the allergens which may be present.

To the best of our ability, this is a nut free school. We do not intentionally use any products that contains nuts or nut derivatives within our school menus. However, we cannot guarantee that all of our food ingredients have been prepared in a nut free environment.

FRENFORD & MSA WFC U13 GIRLS TEAM TRIALS



TRAINING

EVERY THURSDAY
6:30-8:00 PM

AGES 11 -12 YEARS OLD
(YEAR 6 & 7)

REGISTRATION

Committed to player development
after a strong season.

Looking to add 2-3 experienced
players to our squad as we move to
9-a-side football.

Interested players should get in
touch to arrange a trial.



LOCATION:

Frenford Clubs
The Jack Carter Centre
The Drive
Ilford
Essex
IG1 3PS



CONTACT:

Tel: Memona - 07630 030443
Email: memona123@hotmail.com

For a full schedule of activities, visit
www.frenfordclubs.org

Please Note:
Players need to
wear Astro-turf
boots or
moulded studs
and Shin Pads

FRENFORD & MSA WFC U15 GIRLS TEAM TRIALS



TRAINING

EVERY THURSDAY
6:30-8:00 PM

AGES 14 YEARS OLD
(YEAR 8 & 9)

REGISTRATION

SCAN THE QR CODE TO
REGISTER YOUR INTEREST



LOCATION:

Frenford Clubs
The Jack Carter Centre
The Drive
Ilford
Essex
IG1 3PS



CONTACT:

Tel: Coach Jai - 07948123198
Email: j.matharu@frenfordclubs.org
or jaimatharu@hotmail.com



Please Note:
Players must
wear astro-turf
boots or moulded
studs and shin
pads.

COLOURS
of Redbridge

TREASURES OF THE TIDE

**NEW DATE
ANNOUNCED**

**SATURDAY
12 SEPTEMBER
11:00-12:15**

An accessible, inclusive, family-
friendly street parade celebrating
journeys across oceans, generations
and overcoming barriers

Valentines Park Cafe to the Exchange, Ilford High Road
Find out more at www.colours.red or call 020 8708 2858 (option 4)

Supported by Westfield Better Futures, funded by Westfield Stratford City and Foundation For Future London