



OAKS PARK HIGH SCHOOL

NEWSLETTER

Issue 002

Monday 5th October 2026





The Oaks Park family welcomed prospective Year 7 students and their families into our living, breathing building.

It's our students, staff and their stories that make Oaks Park such a special place to be.



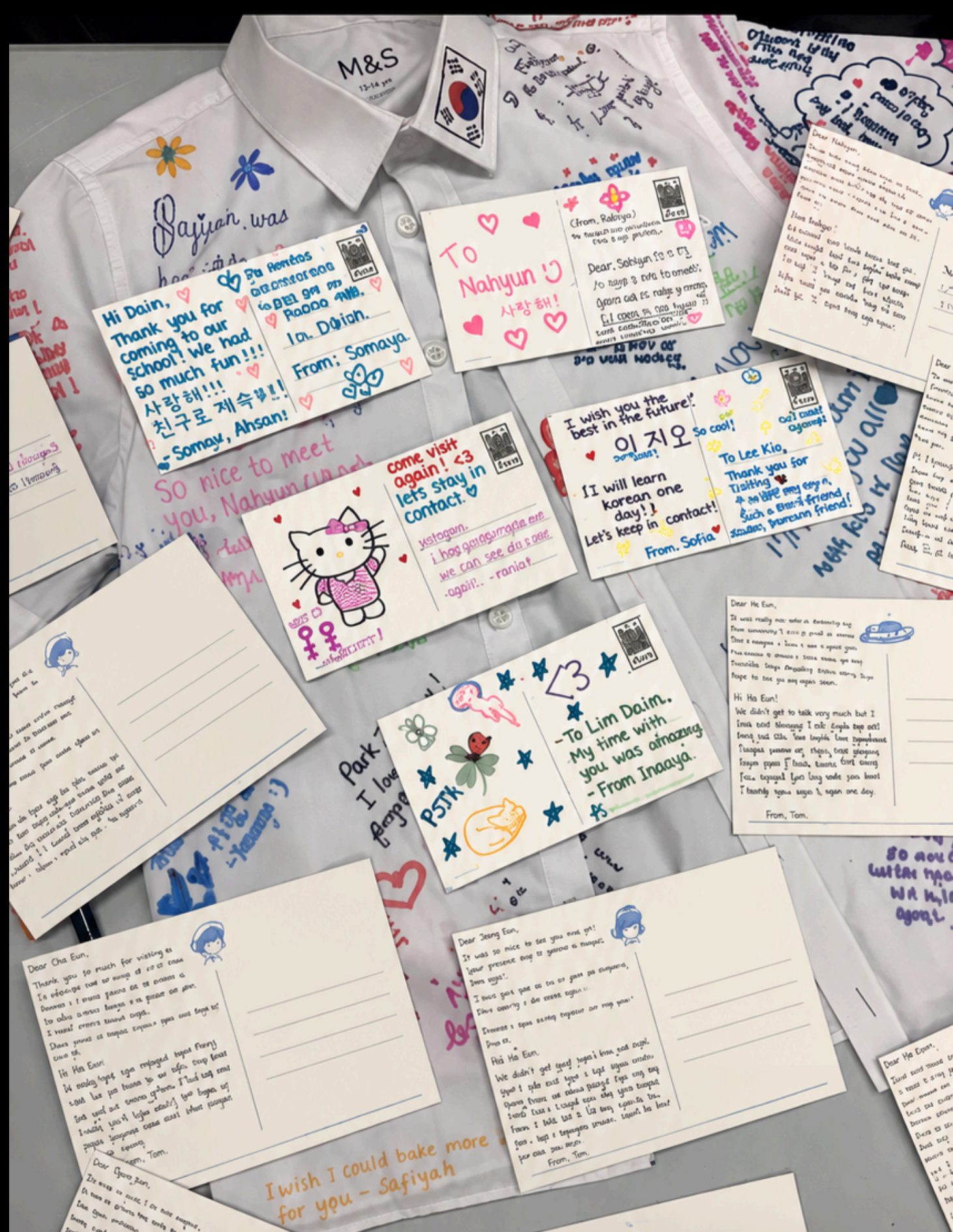


A Welcome Return from Hamyeol Girls' High School

Oaks Park High School were delighted to welcome back students and teachers from Hamyeol Girls' High School for two days of cultural exchange this September. The visit gave students from both schools the opportunity to finally meet in person and continue learning more about school life in the UK and South Korea. On the first day, students got to know one another through a series of icebreaker activities before taking a tour of Oaks Park. They had the chance to witness the marvels of Mrs Freeman's A-Level Geography lesson. They compared a typical day at their respective schools sharing what they study and what life is like beyond the classroom. Of course, no visit would be complete without trying the iconic school lunch. The differences between the Oaks Park and Hamyeol school lunches soon became a talking point.

The groups met again on Thursday and tested their knowledge in a UK-Korea culture quiz and together they designed their own international school. They also explored aspects of British and Korean food culture and ended the visit by writing postcards and decorating commemorative shirts as part of the gift exchange.

It was wonderful to see students sharing ideas, finding common ground and learning from one another. We are grateful to Hamyeol Girls' High School for continuing this fantastic exchange and look forward to welcoming them back in the not-too-distant future.





Stick to the "School Streets" and main roads: Students should stay on well-lit, busy public footpaths and avoid quiet alleyways or isolated parks.

Ditch the distractions: Take out headphones and put away your phone while walking. Being engrossed in a screen or music prevents you from hearing cars or noticing someone approaching you.

Travel in groups: Walk to transport hubs (like Ilford, Gants Hill, or Barkingside stations) or home with classmates and friends. There is safety in numbers.

Spot the Tricks: Adults should never ask a child or teenager for help (e.g., asking for directions from a car, asking them to look for a lost pet, or offering a lift).

The "Clever Never Goes" Rule: Never go anywhere with anyone unless it has been pre-arranged with you—even if the person is someone you vaguely recognise.

Prioritise Safety Over Politeness: Teenagers often hesitate to act because they don't want to seem rude. If someone makes you feel uncomfortable, it is completely okay to walk away, ignore them, or shout for help.

Digital advice: Disable live location sharing features on public apps like SnapChat and TikTok. Be aware of viral groups or trends that use social media to create large gatherings. Do not join groups or meet up with people you only know online.

Go to a safe place: Should you feel unsafe or uncomfortable, immediately go to a safe location such as a shop, library, or a friend's house.

Seek help straight away: Contact a trusted adult, or a member of school staff as soon as possible. In an emergency, call 999.

The Department for Education states that parents and carers are legally responsible for ensuring their child attends school, which includes making safe travel arrangements for the daily journey.

Should you have any concerns or wish to contact the Safeguarding Team at Oaks Park, please email admin@oakspark.redbridge.sch.uk

**For further information and support, please visit the school website
<https://www.oakspark.co.uk/Information/Safeguarding/>**

Touchdown in Tottenham! Oaks Park Students Experience the Magic of the NFL

On Sunday 4th October, ten lucky Oaks Park students were treated to an unforgettable day out at Tottenham Hotspur Stadium to experience the electric atmosphere of an American NFL game live!

The PE Department secured this opportunity after applying for tickets through the Flag Football Initiative. Thanks to their efforts, the school was successfully granted an allocation of tickets, allowing staff to take a group of students to watch the Washington Commanders face off against the Indianapolis Colts.

From start to finish, the energy in the stadium was incredible. For soccer fans used to traditional football matches, the NFL experience was in a league of its own. Before the game even kicked off, students were immersed in spectacular pre-game entertainment, complete with dazzling fireworks, a live band, and non-stop music.

The match itself was action-packed and kept everyone on the edge of their seats. For several students, this was not only their first time seeing an NFL game, but also their very first time stepping foot inside a major sports stadium.





"Yesterday, Oaks Park gave us the amazing opportunity to attend an NFL game in London. It was such a fun and memorable experience and we had a great time enjoying the game, taking lots of photos and creating valuable memories. A huge thank you to all the teachers who organised the trip and made the experience possible.

We really appreciate the time and effort they put in to give these trips and I can confidently say that it was a day we will definitely remember, and we are very grateful to have been able to experience it !

Another thank you to the PE Department and Oaks Park for this wonderful opportunity we had so much fun and wish to see what they have planned next :)"



Cristian
Headstudent



Oaks Park High School

LEARNING TOGETHER, ACHIEVING TOGETHER

Ilford, London Borough of Redbridge

YEAR 7 FOOTBALL

SUPER SUB KENZY INSPIRES OAKS PARK COMEBACK!

YEAR 7 FOOTBALL TEAM SECURE IMPRESSIVE
3-1 AWAY VICTORY AT FOREST SCHOOL



Forest School

1

3



OAKS PARK
HIGH SCHOOL

Oaks Park High School's Year 7 football team produced an outstanding team performance to secure a 3-1 away victory against Forest School.

The game began slowly for Oaks Park as the players adjusted to a very poor and uneven pitch, which made it difficult to play our usual passing football. Forest School took advantage of the opening stages and went 1-0 ahead inside the first 15 minutes.

However, the response from Oaks Park was excellent. Rather than allowing the early setback to affect them, the students remained composed, continued to communicate and began to take control of the match.

Layth Khan got Oaks Park back into the game with a well-taken goal, giving the team the confidence to push on.

KENZY MAKES THE DIFFERENCE

Then came the introduction of **Kenzy Almada** – our super sub!

Kenzy made an immediate impact from the bench, scoring two goals to turn the game firmly in Oaks Park's favour. His performance was full of confidence, energy and creativity. One of the highlights of the match saw Kenzy produce an outstanding piece of individual skill, brilliantly putting the ball through an opponent's legs before continuing the attack.

His goals not only won the game but also showcased his incredible talent and composure.

“A fantastic impact from the bench. Two goals, outstanding individual skill and a match-changing performance.”



GOALSCORERS



Layth Khan
1 goal



Kenzy Almada
2 goals



A COMPLETE TEAM PERFORMANCE

This victory was about much more than the goals. The entire team demonstrated excellent teamwork, resilience and determination. As the match progressed, Oaks Park moved the ball with greater confidence, passed intelligently and communicated extremely well with one another.

The players supported each other both in and out of possession and showed real maturity to recover from going a goal behind away from home.

The defensive effort was equally impressive, with the team working together to limit Forest School's opportunities and protect the lead once Oaks Park had taken control.

To go 1-0 down away from home and respond by scoring three goals demonstrated the character within this group. The players adapted to difficult conditions, remained positive and represented Oaks Park High School superbly throughout.



PLAYER OF THE MATCH



- ✓ Super sub performance
- ✓ 2 goals
- ✓ Outstanding individual skill
- ✓ Showed great confidence and energy
- ✓ A match-winning impact

RESPECT | AMBITION | COMMUNITY | EXCELLENCE

Supporting Students at home

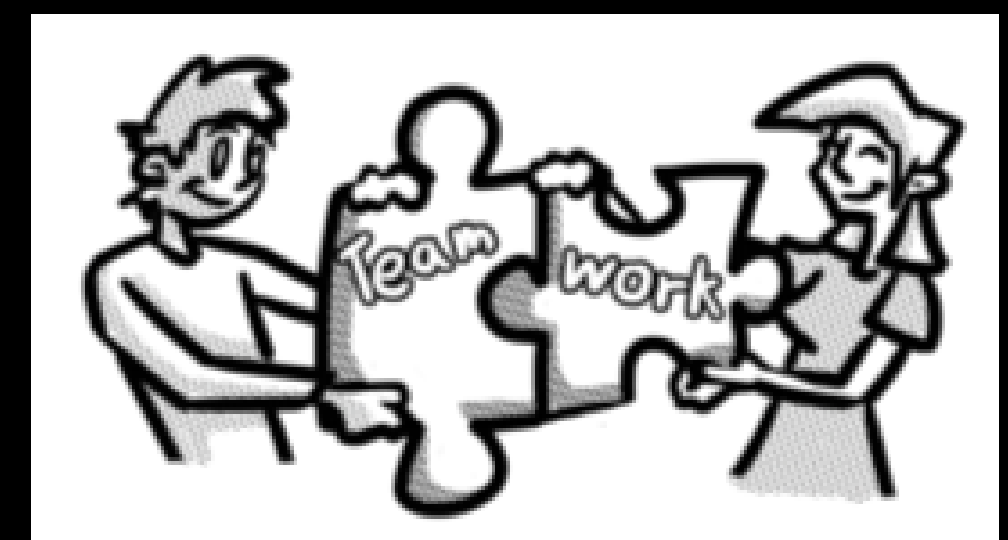
There are lots of ways parents can support students with their education at home. In each edition of the Oaks Park Newsletter we will try to provide some useful information to help you help them.



Last week StandUp! Education came in to deliver some powerful sessions to our students across different year groups. Lower school had a presentation about anti-bullying which explored this important topic with information about being an active bystander. Year 9 learnt about the importance of anti-discrimination with reference to antisemitism and anti-muslim hate. Upper school had a workshop about Media & Propaganda, giving essential knowledge in a world of increasing fake news and exposure to extreme content.

What can you do ?

- Model calling out discrimination
- Encourage them to report bullying and harassment
- Embrace inclusion and diversity
- Post with care on social media



Support in School

Students can talk to their form tutor, Pastoral Leader, Student Services/Sixth form, or any other trusted adult if they have any concerns they want to share.

Word of the Week

Punctilious

Adjective
Meaning: Showing extreme care about tiny details, rules, or formal manners

Example Sentence
Juliet was always **punctilious** about her table manners and social etiquette.

Quote of the Week

If you change the way you look at things, the things you look at change.

Dr. Wayne Dyer

Monday 5 th Oct	Tuesday 6 th Oct	Wednesday 7 th Oct	Thursday 8 th Oct	Friday 9 th Oct
Week 2 Y11 Art PPE BHM Launch Chigwell Leadership Conference	Week 2 Y11 Art PPE1	Week 2 Y11 PPE 1 Starts Social Mobility Foundation AssemblyY12	Week 2	Week 2
Monday 12 th Oct	Tuesday 13 th Oct	Wednesday 14 th Oct	Thursday 15 th Oct	Friday 16 th Oct
Week 1 Y12 London Challenge Chigwell Stardust Careers Talk 16:15	Week 1	Week 1 Musical Recital P5	Week 1	Week 1 Y11 PPE1 Ends



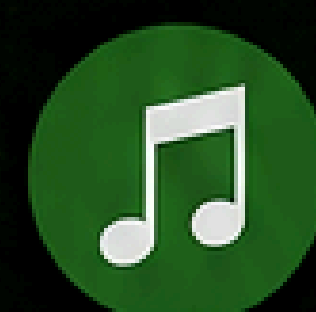
OAKS PARK HIGH SCHOOL
PRESENTS

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!**

Your School Nursing Service

Someone you know and can trust...

Your School Nursing Service can work both in and out of School to help provide or find you support about:

Keeping Healthy

Immunisations

Emotional Health

Weight Management

Sexual Health

Drugs and Alcohol

Smoking

We can also help make sure that young people with disabilities, long term illness, or other needs can receive extra support when they need it. If we can't provide the help ourselves, we will connect you with someone who can.

When and Where can I Access my School Nursing Service?

Confidential

We provide a confidential service. This means that you can discuss personal information in confidence. We will not discuss your personal information with anyone else without your permission. This includes parents and teachers. We would only pass on your information in order to protect you or someone else from serious harm. Whenever possible we would discuss this with you first.

Qualified

School Nurses or Specialist Community Public Health Nurses are qualified nurses or midwives with specific graduate level education, and work with a team to support you.

Non Judgemental

We are here to help, not to judge.

ROOM NUMBER: Small meeting room -

ALPHA (by student services).

DATES AND TIMES:

Thursday 24th SEPTEMBER 2026 at 1.15 - 2.00pm.

Friday 23rd OCTOBER 2026 at 1.15 - 2.00pm.

Thursday 19th NOVEMBER 2026 at 1.15 - 2.00pm.



Your School Photograph is Ready!

Vancols Photographers are pleased to confirm that the School Photographs are ready to view using the QR code on your proof card.

If you have already scanned the QR code on the Proof and registered you will receive an auto email notification.

If you have not done it yet, don't panic, you can still view by scanning the QR code on your Proof and following the instructions.

If by chance you have not received your Proof or it has been lost you can call Vancols Parent Line on 01206 273711, for class photos you will need the school number. For individual photographs you will need the pupil's admission number from the school database.

Regards

Vancols Photographers





Calling all Dancers.....

BARKING ABBEY SCHOOL
DANCE ACADEMY
OPEN EVENING

MONDAY 19TH OCTOBER 2026



Location: Barking Abbey School, Woodbridge Road Entrance

Gates open: 5pm

N.B presentations start at 5:30pm prompt, late entries will not be permitted.

To register your expression of interest, please complete the form below:

<https://bit.ly/4hFM0tf>



Please contact copeg@barkingabbeyschool.co.uk for any queries

Online
Course

strengthening families strengthening communities

For parents and other adult carers; group starting on Friday
16 October at 1:00pm

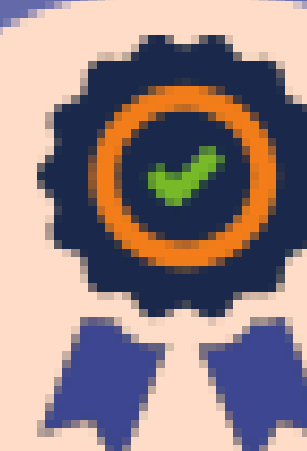
Want to get some new ideas to help
you be the best parent you can be?
Enhance your relationship with your children?
Learning at a time that suits you?



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

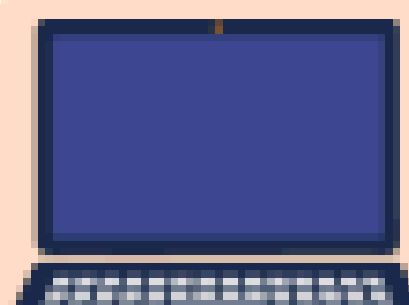
Online
Course

Stronger Relationships

For parents and other adult carers living together or apart; **group starting Tuesday 20 October at 1:00pm**



- 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 at: sfscparent@racefound.org.uk



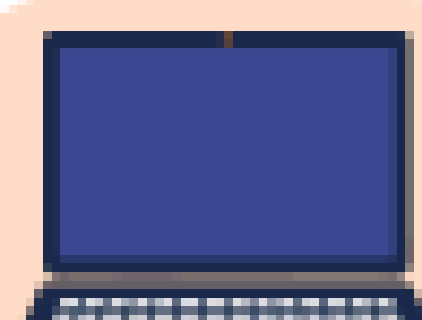
**strengthening
families**
strengthening
communities

Online Course

For parents and other adult carers living together or apart; **group for Parents of Year 5 Students only** starting **Wednesday 21 October at 1:00pm**



- 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

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strengthening families
strengthening communities