OAKS PARK HIGH SCHOOL

NEWSLETTER

Issue 005

Monday 23rd November 2026

Jack Petchey Achievement Awards



A huge congratulations to our Jack Petchey Achievement Award winners, who were celebrated last week at the 2026 Jack Petchey Achievement Awards Presentation Evening for Redbridge Schools, held at Sir James Hawkey Hall.

The Jack Petchey Achievement Award recognises young people who make a positive difference to their school and wider community. Our students were nominated by their peers and staff in recognition of their outstanding contributions to school life, their commitment to others and the positive attitude they bring to our school community.

The awards celebrate young people who go above and beyond, demonstrating initiative, resilience, determination and a willingness to make a difference. Whether through supporting others, showing leadership, embracing opportunities or contributing to the life of the school, our winners embody the values that make Oaks Park such a special community.

It was wonderful to see our students receive recognition for their efforts and to celebrate their achievements alongside other schools across Redbridge. Their success is a reminder that achievement is not only measured through academic outcomes, but also through the character, kindness, enthusiasm and positive contributions young people make every day.

We are incredibly proud of each of our award winners and the example they set for others. They thoroughly deserve this recognition, and we hope they enjoyed a memorable evening celebrating their accomplishments.

OAKS PARK HIGH SCHOOL

Jack Petchey Foundation
Inspire • Motivate • Achieve

Body World : A fascinating journey into the human body!







Our Oaks Park students enjoyed an exciting visit to Body Worlds this Friday, exploring the incredible complexity of the human body and discovering more about how our organs, systems and structures work together.

The visit provided a fantastic opportunity to bring science to life beyond the classroom, encouraging students to deepen their understanding of human biology, ask questions and engage with scientific concepts in a truly unique setting.

It was a day filled with curiosity, discovery and meaningful learning, giving students the chance to connect their classroom knowledge with the world around them.

Another fantastic experience for our students as they continue to learn, explore and broaden their horizons!

Learning Together, Achieving Together.

VAPING AND E-CIGARETTES
THE FACTS

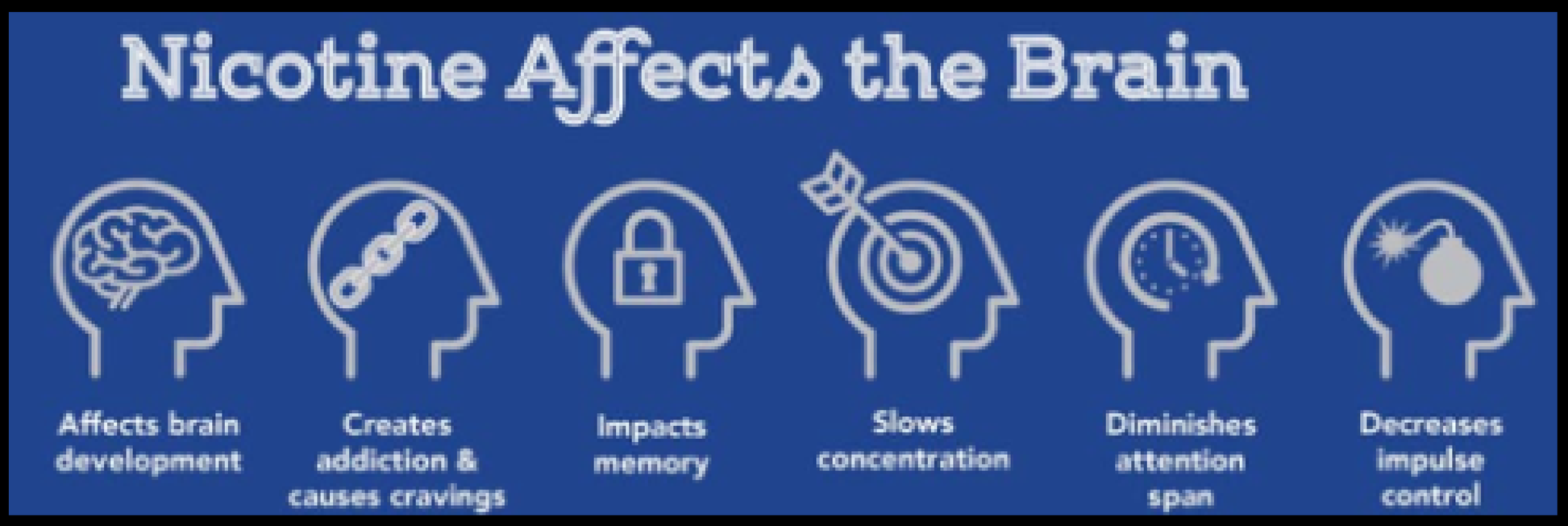




In the UK, it is illegal for anyone to sell nicotine products to someone who's under 18. It is also against the law for someone to buy nicotine products for someone who is under 18.

Vaping contains nicotine, which is a highly ADDICTIVE drug. This means that your body and brain will start to feel uncomfortable without the drug, and it can make it harder to stop. People can become addicted even when they don't use it everyday.

Your brain keeps developing until the age of 25. Vaping and using nicotine as a teenager can harm the parts of the brain that control learning, mood, attention and impulse control.



Vaping when you are under 18 means you can't get hold of vapes legally. There will not be proper safety checks on illegal vapes or on places and people selling them. Vapes bought this way could be contaminated. People supplying vapes to young people could be trying to groom and exploit them.

Refillable vapes have been used for spiking by adding chemicals to the liquid that can have a range of harmful side effects, including not being able to move. Children and young people have been hospitalised after using vapes laced with unknown substances.

Parents & Carers

To help you have open conversations with your children about vaping, please click here.

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

Online Course

strengthening families strengthening communities

For parents and other adult carers; **group starting on Thursday 3 December at 7:00pm**

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**

Reassuring Families About the New 2027 School Food Standards

Important Update from Your School Catering Team

Dear Parents and Carers,

You may have recently seen news coverage regarding the Department for Education's upcoming changes to the GOV.UK School Food Standards, which are set to become mandatory in September 2027.



At Accent, our heritage is built on serving food that is as delicious and exciting as it is wholesome. We have always cooked our meals from scratch using fresh, seasonal, and locally sourced ingredients, so **we are incredibly proud to say that our lunchtime menus are already aligned with these new guidelines.**

We know that changes to school routines can raise practical questions. We want to reassure you that **our core priority remains keeping lunchtime varied, delicious, and nutritious for your children**. These national updates are not about taking away the joy of school lunches — they are simply bringing the rest of the country up to the high standards we already hold ourselves to.

What is changing nationally (and how we already compare)

The updated guidelines represent the first major refresh of school food in over a decade. The primary focus is on boosting fibre from wholegrains and pulses while easing back on added sugar. Here is how we are managing this transition smoothly:

1.



Fresh, Wholesome Ingredients: The new rules call for increased fruits, vegetables, pulses and whole grains. This is already our approach and you will see subtle changes to menus that add more nutritious pulses (like lentils or chickpeas) into our popular dishes and sauces to pack a nutritional punch, especially in to our vegetarian / vegan dishes.

2.



Healthier Cooking Methods: We rarely, if ever, deep-fry items so removing deep fat fryers from school kitchens entirely is nothing new for us; our talented chefs already bake, roast, or grill our foods to keep them incredibly tasty and satisfying.

3.



Balanced Treats: Sweetened baked goods and cakes will be limited across secondary schools. Our pastry chefs are already experts at this, crafting wonderful fruit-based desserts and reducing added sugars across our baking long before these guidelines were introduced.

4.



Total Transparency: Schools will be required to publish full menus online and appoint a dedicated school food governor. We welcome this transparency and will continue to make our full menus and allergen information readily available to our schools and parents / carers via school websites and at appropriate school events.

Rest Assured: The school favourites are here to stay

We understand that some children can be hesitant around dietary changes. Please be reassured that **your child's favourite meals are not disappearing**. Staples like pasta and pasta bakes, curries, jacket potatoes, and classic roast dinners will remain firmly on the menu. Our culinary development teams and on site catering team are now doing what they do best: refining our recipes behind the scenes to make sure these meals remain on the menu, meeting both the pupils' requirements and the new criteria.

Our Next Steps

These rules do not officially come into effect until September 2027, we have a brilliant window of time to refine our offerings even further. Over the coming terms, we will continue trialling small, innovative recipe updates and gathering direct feedback from the pupils both in the dining room and also via our student panels to ensure they love every single bite. We are fully committed to making lunchtime a relaxed, positive, and tasty experience for every child. If you have any specific concerns regarding your child's dietary requirements or allergies, please feel free to contact us directly or via the school office.

Thank you for trusting us to feed your children every day.

Ian Crabtree
Managing Director, Accent Catering

Inspiring the next generation

Accent

Word of the Week

Resilience
noun

Definition:
The ability to recover quickly from difficulties, setbacks or stress.
In a sentence:
“She showed remarkable resilience and kept going even after the project failed multiple times.”

Quote of the Week

I’ve felt vulnerable, doubted myself and needed someone to talk to. I’ve tried to keep up this macho image of “I don’t need anyone.” The truth is. I DO, everyone does.”

Jude Bellingham
Real Madrid & England Footballer



Weekly LMI Update: Business,Finance & Accounting

ExploringFutureCareers&RegionalPathways

Each week, we share Labor Market Information (LMI) to help parents and students explore regional job trends, skills in demand, and career pathways across London.



Sector Overview & Key Statistics

26% of London's workforce in this sector	**47,150** active London employers	**£42,131** average advertised salary

Figure1:Breakdownof Top Occupations & In-Demand Skills

Market Demands & Essential Skills

Top Occupations in Demand	Key Skills Employers Look For
• Accountants	• Communication
• Business Development Managers	• Planning & Management
• Human Resource Managers	• Problem Solving & Leadership
• Project Managers	• Detail Orientation
• Marketing Professionals	• Numeracy
• Solicitors & Lawyers	
• Sales Executives	
• Financial Managers / Directors	

Figure 2: Exploring interconnected pathways and skill networks



Why It Matters

Understanding key skills and job roles can help students tailor their subject choices, work experience, and post-16 or higher education applications to match growing employment sectors across London.

Take Next Steps Toward Your Future!

Discuss these insights with your school careers advisor or explore upcoming work experience opportunities to build your essential skills today.

SCHOOL DIARY DATES

Monday 23rd Nov	Tuesday 24th Nov	Wednesday 25th Nov	Thursday 26th Nov	Friday 27th Nov
Week 2 **Full Governors Meeting 17:00** **Y11 Maximising Success Workshops**	Week 2 **Y11 Music recital 16:00 to 17:00** 	**Week 2** **Y7 Kew Gardens**  **Y9&10 Netball v Wanstead**	**Week 2** **Y11 Parents Evening 13:45 -18:00** **Y13 Business Workshop** 	**Week 2** **Y11 to Royal Courts of Justice** **Y13 Personal Statement Workshop** **Societies Fair Y12** **Y8 Football v**

EARLY FINISH :
Thursday 26th November
Students will be dismissed in a staggered way as follows

- **Yr 7 & 8- 12.40pm**
- **Yr 9 & 10- 12.45pm**
- **Yr 11-12.50pm**

Sixth Formers will be dismissed at 12:10 pm

Monday 30th NOV	Tuesday 1st Dec	Wednesday 2nd Dec	Thursday 3rd Dec	Friday 4th Dec
Week 1 **Musical Rehearsals** **Chigwell 'Stardust' Careers talk 16:15**	**Week 1** **Musical Rehearsals**	**Week 1** **Musical Rehearsals** **Y13 Economics in action**	**Week 1** **Musical** 	**Week 1** **Musical**

BIG IDEAS DAY



Oct – Jan

Big Ideas Days



Development Sessions



March

Submission



Feedback

May

Regional Finals



Presentation Skills Training



July

National Final



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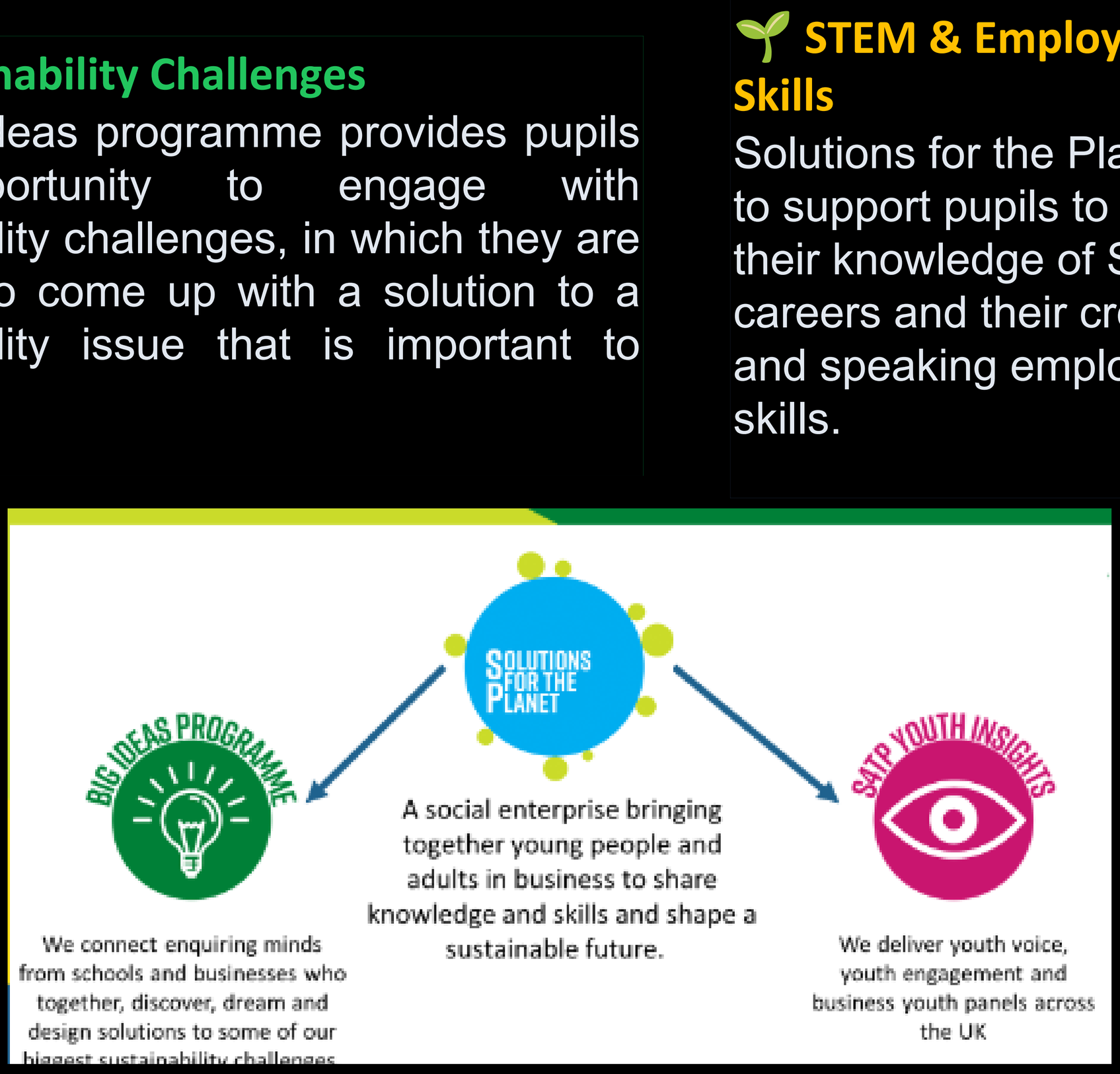
💡 Sustainability Challenges

The Big Ideas programme provides pupils the opportunity to engage with sustainability challenges, in which they are required to come up with a solution to a sustainability issue that is important to them.

🌱 STEM & Employability Skills

Solutions for the Planet aim to support pupils to develop their knowledge of STEM careers and their creativity and speaking employability skills.



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.

Parent Tips: **Inter Faith Week 2026**



During form time this week, students across Oaks Park High School have been exploring Inter Faith Week 2026. This national initiative provides a vital focal point for strengthening interfaith relations, increasing awareness of the diverse faith and belief communities across the UK, and highlighting the significant contributions made by religious and non-religious groups to their local neighbourhoods.

Our form time activities encourage students to engage in interfaith discussion and reflect on how we can build a safer, more united school and wider community rooted in mutual tolerance, compassion, and respect. This year's national theme, "Lighting the Way for a Shared Future," is a celebration of hope. Inspired by the universal symbolism of light found across various world faiths and traditions.

In form time, students discussed how interfaith dialogue offers a hopeful alternative towards a shared future where everyone belongs. At a time when division, online disinformation, antisemitism, anti-Muslim hatred, and other forms of prejudice cause many people to feel isolated or pressured to hide who they are, Inter Faith Week reinforces solidarity and inclusion. Through shared action and compassion, our school community stands together against hate and narrow definitions of belonging.

What can you do ?

Here are practical ways you can support your child and reinforce these important lessons at home:

Celebrate Local Diversity: Talk openly about the different cultures, traditions, and belief systems present in your local area, highlighting how shared values like kindness and fairness bring people together.

Stand Against Discrimination: Reiterate the importance of rejecting prejudice, antisemitism, anti-Muslim hatred, and online disinformation, encouraging your child to treat everyone with dignity regardless of their background.

Promote Inclusive Relationships: Encourage your child to build positive, respectful friendships with peers from diverse backgrounds and to stand up against bullying or exclusionary behaviour.





LYG NETWORK NEWS

AUTUMN 2026

Welcome to the autumn 2026 edition of London Youth Games' 'Network News'
Read on for information about programmes and opportunities for young Londoners
To include anything in future editions please contact info@londonyouthgames.org

LYG33 2027 IS OPEN FOR MEMBERSHIP APPLICATIONS



We're especially keen to hear from applicants from the following yet to be represented boroughs:

Brent, Bexley, Hammersmith & Fulham, Harrow, Hillingdon, Islington, Kingston, Lambeth, Lewisham, Richmond, Southwark & Wandsworth

Wearedelightedto announcethat applications are now open for new LYG33 Team Members for the 2027 season!

Please help us find passionate 14–21-year-olds to represent their borough and be the voice of young people across London.

YOUNG PEOPLE WHO ARE PART OF LYG33 WILL;
· Represent the voice of young Londoners and shape the future of London Youth Games in an area they are passionate about.
· Achieve an accredited award to build their CV.
· Develop confidence and capability achieve their future ambitions.
· Get access to exclusive experiences and opportunities.
· Meet new people and broaden their network.
Applications close at 11:59 pm on 11th October.
For more information, including how to apply, please see our website here.
If you have any questions, please email Rebbeca Williams

Expressions of interest for Inclusion Inspire Festival at Sutcliffe Park Sports Centre, SE9, on Wednesday 2nd December 2026

LYG x CHAOTIC COMMUNITY

LYG are excited to share an additional Inclusion Inspire Festival, creating opportunities for schools to attend a pan-disability multi-sports festival designed specifically for young people with SEND and their friends.

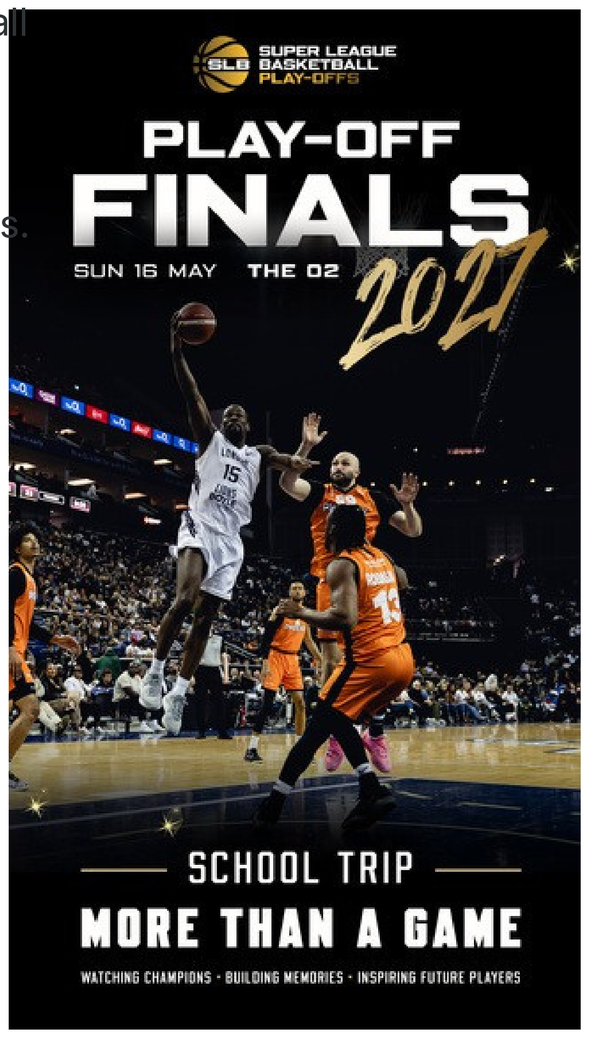
Groups from Years 5-11 are welcome.
Spaces will be allocated, on a first come, first served basis.

Tosign up follow thislink

BRING THE PE NATIONAL CURRICULUM TO LIFE AT THE O2

TheSuper League Basketball Play-offFinalsreturn toThe O2,London on Sunday16 May 2027,bringing together the very best men's and women's teams in British basketball for the biggest event in the basketball calendar.

The Play-off Finals attract thousands of students, schools, clubs and fans from across the UK to witness the culmination of the Super League Basketball season, in one of the country's most iconic sporting venues.



For schools, the event provides an exciting educational experience that supports the aims of the PE National Curriculum, helping students develop a greater understanding of performance, tactics, teamwork and sporting values through live elite sport.

EXCLUSIVE SCHOOL OFFER

- Tickets from just £20 per student
- Free organiser tickets for accompanying staff
- Flexible provisional booking options available
- School rewards including free Molten basketballs and kit
- Perfect for PE groups, sports teams, reward trips and enrichment programmes

SECURE YOUR GROUP SEATS – PROVISIONALLY BOOK NOW

For further information on the event, including our highlight video visit: www.superleaguebasketballm.co.uk/2027playoffs