OAKS PARK HIGH SCHOOL

NEWSLETTER

Issue 003

Monday 19th October 2026



As part of their Induction, Year 12 explored London and made their way through several landmarks

#londonchallenge2026











Year 8 Football Update:
Thrillers, Debut Goals & A Hard-Fought Win!

It was a dramatic week for the Year 8 boys' football team, featuring late heartbreak, debut goals, and a well-deserved bounce-back victory.

Game 1: Beal (Home) – Lost 1–2 The boys controlled the early play but couldn't find the net, keeping it 0–0 at the break. Beal scored early in the second half after a mix-up, but we kept battling. In the final minute, Aaron—making his school debut—scored a beauty from 20 yards to draw us level! Pushing hard for a late win, we were caught on the counter in the dying seconds as Beal snatched a 2–1 victory. A cruel end, but incredible spirit shown.

Game 2: Forest School (Away) – Won 3–2 Determined to learn from Wednesday, the team flew out of the blocks on Friday. Paul set up Ismail for 1–0, Theo drove up from left-back to win a penalty (coolly converted by Aaron), and Adrian finished off another Paul assist to make it 3–0 at halftime. Facing a strong wind in the second half, Forest pulled two goals back, but a huge save from Alfie and a tireless midfield performance from Player of the Match Adrian secured a brilliant 3–2 win!

Next in Training: Shooting practice—sharpening up our finishing to make the most of all our chances!





Parents play a crucial role in encouraging and empowering their children to report hate crimes, by supporting them to understand that identity-based abuse is unacceptable and that they have the right to feel safe.

Validate their feelings

Assure your child that what they experienced is wrong, iliegal, and not their fault. Remind them that reporting can help them feel empowered and regain a sense of control.

Identify trusted adults

Encourage your child to identify at least two trusted adults (such as parents, family members, or school staff) whom they feel safe talking to about bullying or hostility.

Explain the "Why"

Help them understand that reporting not only protects them but also assists authorities and schools in identifying trends to prevent future harm to others.

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

Together we can make a difference.

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/

Student of the Month for September 2026

In line with OPHS reward strategy the following students have been nominated by their Pastoral Leader as student of the month for September 2026. Congratulation to you all.



Patricia
Year 7



Ana
Year 8



Shivai
Year 9



Vaishnavi
Year 10



Malachi
Year 11



Razvan
Year 12



Inaaya
Year 13



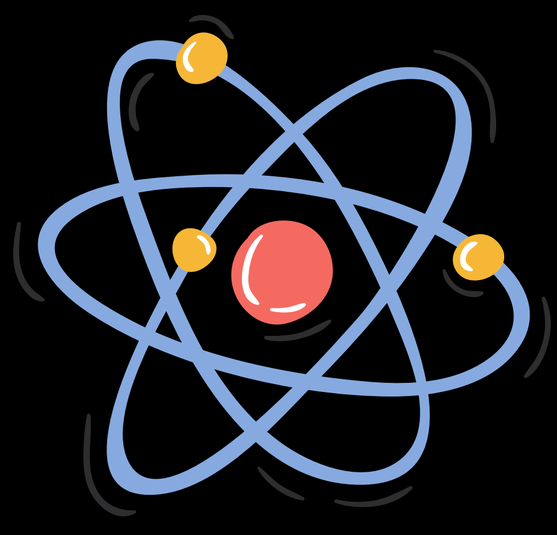














science
made
simple

Science made Simple.

At the end of September Years 7, 8 and 9 took part in interactive shows designed to spark curiosity, celebrate scientific achievements and inspire future careers in STEM.

Year 7 & 8 – Celebrating Women in STEM

Year 7 and 8 students enjoyed an inspiring science show celebrating six remarkable women in STEM. Through exciting demonstrations exploring light, gravity and volcanoes, students discovered the ground-breaking achievements of female scientists, engineers and inventors, inspiring them to explore future opportunities in STEM.

Year 9 – A Rough Guide to Engineering

Year 9 students explored how engineering shapes our world through an engaging, interactive show. From super-fast cars and earthquake-resistant buildings to cooking with mirrors, students discovered innovative applications of engineering and the exciting career opportunities available in STEM.

Year 8 Visit to War Memorial

As part of their studies on the First World War, our Year 8 History students visited the Ilford War Memorial this week to deepen their understanding of the impact of the conflict on the local community.



During the visit, students took time to reflect on the bravery and sacrifice of those from Ilford and the wider Redbridge area who served and lost their lives during the war. The visit provided a valuable opportunity to connect their classroom learning with local history and consider the lasting impact of the First World War on families and communities.

It was a meaningful experience that encouraged students to appreciate the importance of remembrance and the sacrifices made by previous generations.





Oaks Park Year 11 Boys Secure Thrilling 3–2 Victory Over Beal High School!

Oaks Park's Year 11 boys' football team produced an excellent performance to secure a hard-fought 3–2 victory against Beal High School in an exciting and closely contested match.

Both teams showed great determination and quality throughout, making it an entertaining encounter from start to finish. Oaks Park demonstrated impressive teamwork, resilience and attacking ability to come away with a well-deserved win against strong opposition.

The goals came from **Jasiek, Patryk and Dario**, with each player making a vital contribution to the victory. Captain **Dario** also deserves praise for his leadership, helping to keep the team organised and motivated throughout a challenging match.

A special mention must go to goalkeeper **Manav**, who produced a series of outstanding saves at crucial moments. His excellent reactions and determination helped keep Oaks Park in the game when Beal threatened to score.

Without question , and having played the best match of his Oaks Park career, the man of the match award goes to Malachi who made countless vital blocks and interceptions, well timed tackles and distributed the ball brilliant from defense! Well done Malachi- keep up the fantastic work.
Overall, it was a fantastic team effort, with every player contributing to an important victory. The boys showed great character, battling hard until the final whistle and demonstrating the spirit and commitment expected of Oaks Park footballers.

Next up is a tough fixture against Forest Academy, where the boys will be hoping to build on this impressive result and continue their winning form.
Wish us luck!



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: ***Anti Slavery Week 2026***



We have been exploring Anti Slavery Week this week during form time, helping students understand modern slavery, human trafficking, and exploitation, as well as how to stay safe and recognise warning signs.

During form time, students discussed key warning signs to look out for regarding criminal exploitation:

- Acquiring unexplained cash or expensive items
- Carrying multiple burner phones
- Sudden unexplained absences from school or travelling to unusual out-of-area locations
- Isolating from usual friends

Students also examined signs of labour exploitation in local businesses, such as workers putting in exhausting hours for little or no pay, living on-site in poor conditions, being strictly controlled by managers, or appearing fearful and avoiding eye contact. In addition, Middle and Upper School students explored ethical consumerism, considering how unusually cheap goods, such as a £3 hoodie, may be made by workers overseas trapped in 14-hour workdays for pennies per hour.

What can you do ?

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

- **Discuss grooming tactics and peer pressure:** Remind your child to stay alert to early grooming tactics and resist peer pressure to hold, look after, or carry unknown items for others
- **Monitor warning signs:** Be mindful of changes in your child's behaviour, unexplained new possessions, or missing time
- **Promote ethical consumerism:** Talk to your child about ethical shopping and discuss who might be paying the real price when items are unusually cheap
- **Encourage reporting:** Reassure your child that if they ever feel unsafe or suspicious about a situation involving themselves or a friend, they can speak to you or approach a safe adult at school to report their concerns

Visit: www.antislavery.org for more information.





SCHOOL DIARY DATES

Monday 19th Oct	Tuesday 20th Oct	Wednesday 21st Oct	Thursday 22nd Oct	Friday 23rd Oct
Week 2 Y13 PPE1 Starts Take the lead Launch Y12	Week 2 8L War Memorial P4	Week 2 King Solomon High School Y11 Post 16 Event	Week 2 Careers Talk AI Software Engineering and construction mock InterviewsY12	Week 2

Monday 26th Oct to Friday	Monday 2nd Nov
Half Term Holiday	INSET Day School shut

Monday 2nd NOV	Tuesday 3rd NOV	Wednesday 4th NOV	Thursday 5th NOV	Friday 6th NOV
Week 1	Week 1	Week 1 Y13 PPE1 Ends	Week 1 Y11 Art Exhibition Y10/11 Music London Philharmonic Concert	Week 1 Middle School – Body World WTM English Alumni Deloitte Apprenticeship Talk Y12?13

Word of the Week

Collaborative
noun

Definition:
Working well with others.
In a sentence:
“The students launched a collaborative research project to study climate change.

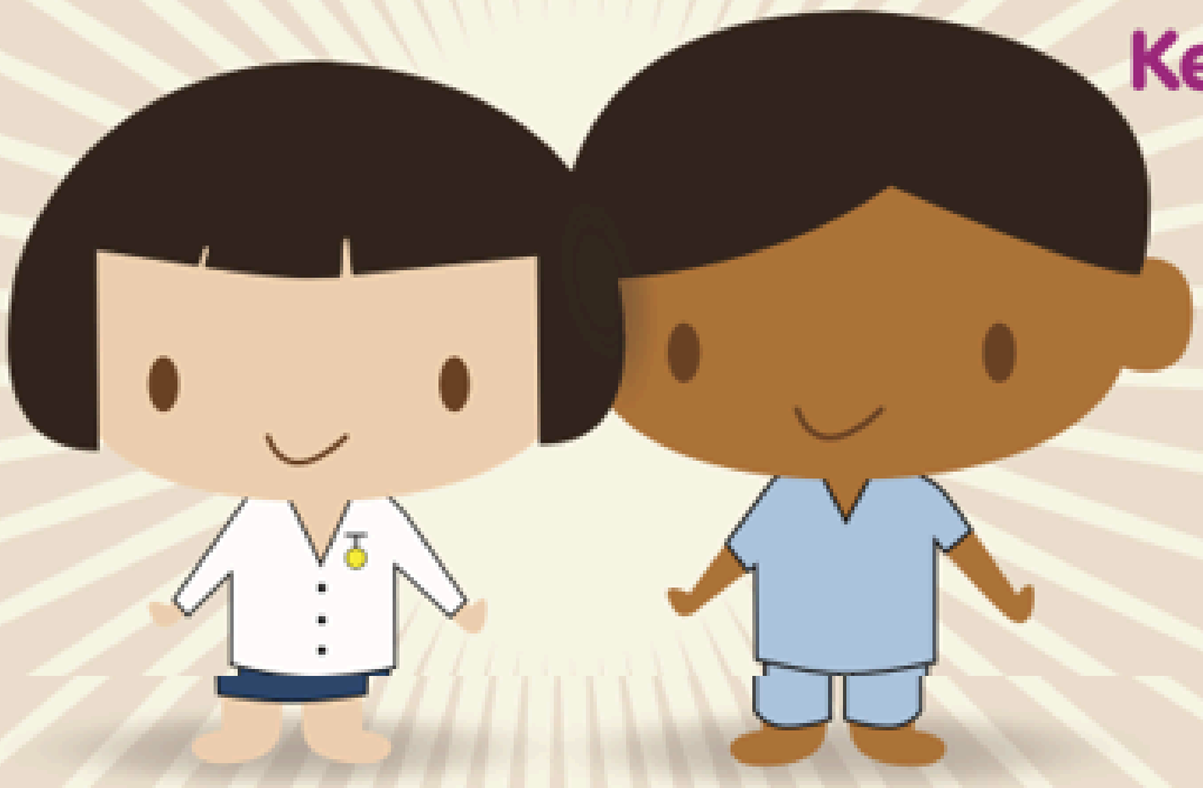
Quote of the Week

“I always just thought if you see somebody without a smile, give ‘em yours.”

Dolly Parton
Singer & actress
19.1.46—25.8.26

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.

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.

When and Where can I Access my School Nursing Service?

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.

London Borough of
Redbridge

Family Resource Service

REDBRIDGE PARENTING PROGRAMMES

Family Help FrontDoor

Supporting parents, strengthening families

Free parenting programmes with practical ideas and support to help you feel more confident and build positive relationships with your child



Parenting can be incredibly rewarding, but it also comes with moments that feel overwhelming, uncertain or exhausting. Whether you're navigating the early years, supporting a child with additional needs, or facing the challenges that come with growing independence, you don't have to do it alone. Our parenting programmes bring families together to learn, share and build confidence in a supportive community, helping you feel reassured and better equipped for the journey ahead.

What we offer

- Our sessionsbuild on what you are already doing well and give you simple strategies to make daily life calmer and more positive for you and your child.
- Our friendly, non-judgemental groups are facilitated by accredited parenting practitioners, providing a space where we learn together.
- We provide a range of evidence-based parenting programmes to meet the differing needs of your family.

  - Are you a new parent of an under 2 year old in need of guidance?
  - Are you struggling with your preschool child's behaviour?
  - Does your child have additional needs or disability with behaviours that you find challenging?
  - Do you need support with your teenager's behaviour and/or emotional needs?

- Our courses are free and available both online and in person at a variety of venues in Redbridge.

What are the benefits

- Ways to connect through play, praise and quality time.
- Clear, calm boundaries and routines that fit your family.
- Tools to support children's anxiety, feelings and resilience.
- Positive approaches to communication and cooperation.
- Support for those key transitions of getting ready for school or the move to adolescence.
- Importance of self-care, with ideas for looking after yourself as a parent or carer.





Who can attend

- Parents and carersof children aged 0–17 years who live in Redbridge.
- You can refer yourself or be referred by a professional.

What our parents say



“The course gave us practical tools that really work with our teenager. Family meetings and role-modelling have made a big difference. The space felt safe and supportive.”



“I now have a good bedtime routine for my daughters. They sleep better, and I learnt about tantrums and how to manage them better. Life feels calmer, I wished the course was longer!”



“Facilitators created a safe, non-judgemental space where we could share honestly. Hearing other parents’ experiences helped me feel less self-critical, we’re all learning together.”

How to join

Provide us with a description of your current difficulties, we will then contact you to discuss further and agree on the most suitable programme to meet your needs.

Scan the QR code or visit the Redbridge Children and Young People's Portal.

Online referral

Redbridge Portal for Children and Young People, select '**Parenting Programme Referral'.**

www.redbridge.gov.uk