



The Weekly Times
Issue 85



PARK VALUES

Empower

"A journey of a thousand miles begins with a single step." – Lao Tzu

JOKE OF THE WEEK

Why do bees have sticky hair?

Because they use honeycombs!!

Word of the Week

Word: Curious

Definition: You are interested and want to know more

Word: Euphoric

Definition: You are really, really happy and excited



Monday 11th May 2026

Mental Health Awareness Week is celebrated across the UK from 11–17 May 2026. The week is organised each year to raise awareness about mental wellbeing and encourage people to support one another. You might find that school life can sometimes feel stressful because of exams, homework, friendships, and social media pressures. Looking after mental health is just as important as taking care of physical health.

This special week reminds everyone that speaking about feelings and asking for help are signs of strength. Simple activities such as exercising, spending time outdoors, listening to music, or talking with friends can improve wellbeing and reduce stress. Staff at school (teachers, TAs the pastoral team and the clinical team), as well as family members are also there to offer support when needed.

By showing kindness, understanding, and respect, we can help create a positive school environment where everyone feels included and supported. Mental Health Awareness Week encourages us to look after ourselves and each other, while reminding every student that they are never alone.

WEEKLY CALENDAR

Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
	1pm GCSE Biology Exam	Group A2 – Hill End	9:20am GCSE Maths Exam	

Mental Health Support		
	Mental Health Charity	Mind.org.uk Call 0300 102 1234
	Support for Children	www.childline.org.uk Call 0800 1111
	Emotional Wellbeing – text service	Text SHOUT to 85258 www.giveusashout.org
	Talk to Frank – Honest information and support about drugs	www.talktofrank.com 0300 123 6600
	Help with bullying	www.nationalbullyinghelpline.co.uk 0300 323 0169

EXAMS

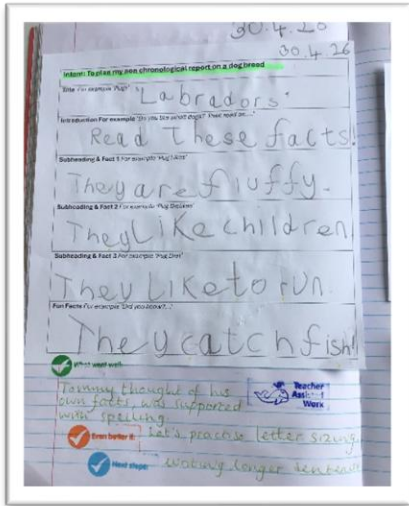
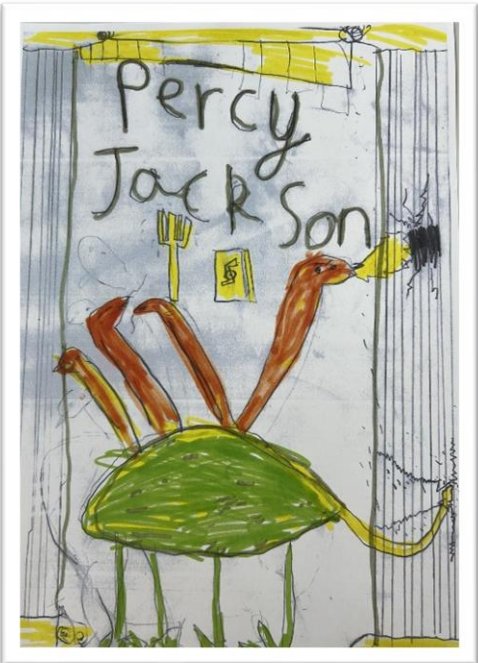
To all our students beginning their GCSE exams this week — believe in yourselves and everything you have worked for. These exams are just one part of your journey, and you are far more capable than you realise.

Be proud of how far you've come already. Walk into each exam with confidence, take one question at a time, and know that all of the staff at Park Staff believe in you!

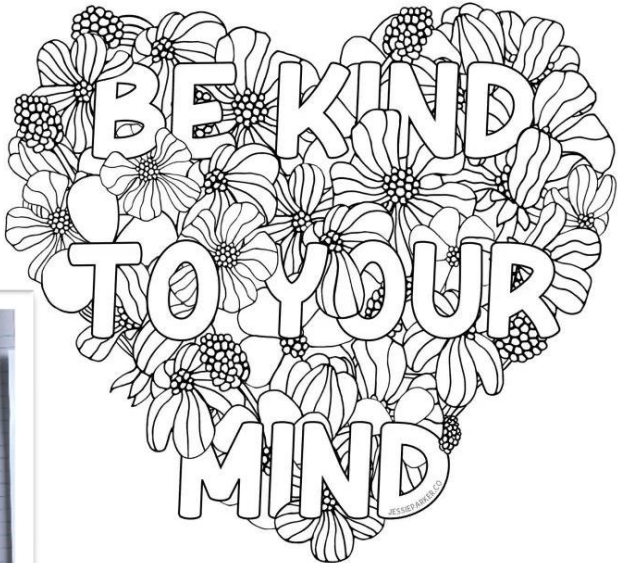
Please note: No ball games will be allowed during exams.



Rowan produced a wonderful Percy Jackson design in his English lesson.



Tommy in Group 1, has been planning his non chronological report on dogs, using a boxed-up plan to structure his ideas.



The brain doesn't stop developing until age 25