NEWSLETTER

8 May 2026

Dear Parents and Carers,

This week, we have been working closely with a student uniform group to explore a range of skirt and trouser options, placing student voice at the heart of the process of selecting options for the new policy. Students have been helping to source and order items to try on and review, and they will be making recommendations next week based on comfort, practicality and appearance. Thank you to the parents who took the opportunity to share final feedback on the proposed changes — this has been greatly valued. We are now aiming to finalise the updated uniform policy shortly, with clear guidance on approved styles and recommended places to purchase skirts shared with families by half term.

GCSE examinations began this week, and our students have approached this important period with maturity, focus and exemplary behaviour. We are proud of the calm and purposeful way they have conducted themselves, and we sincerely hope that their hard work, commitment and dedication are rewarded over the coming weeks. As a school, working in close partnership with families, we will continue to support our students throughout this demanding time and wish them every success as they complete their examinations.

Chichester House fundraising took place this week. Students and staff have worked incredibly hard to raise money and support their House. They should be proud of themselves.

The last day of this half-term is Friday 22nd May finishing at 3pm. Please note that all students are expected to be dressed in their full Park School uniform, it is not a non-uniform day. School returns on Monday 1st June, timetable week 1. Summer uniform will begin after half term, with students having the option of wearing the school PE kit or they can wear their normal uniform without blazers. A reminder that if students do not wear the correct PE kit they will be asked to change back into regular uniform.

Road Closures

As many of you will be aware, there are going to be some significant road closures along Bickington Road, running from Fremington Quay to Cedars Roundabout from 15th June until late August. In addition, there will also be temporary traffic lights along part of this route between 18 May and 8 June. We understand that this will cause some challenges for families and staff requiring some earlier starts to the morning. We will of course, be sympathetic in terms of sanctions for morning lates; however, please be aware, our registers are legal documents so we will need to record 'Late' marks even if it is for the traffic. We are still awaiting and chasing information regarding school transport routes and alterations – we will share these as soon as we have them. Hopefully, as has been the case previously when we have had significant road works in this area, the new 'flow' will settle over the first few days.

CJM Award - first winners awarded The CJM Award was set up at the start of the school year in memory of former teacher and Head of English, Caroline Mitchell. It seeks to allow students and staff at the school to nominate those who have displayed courage, resilience and positivity in the face of significant challenges. Following the initial nomination period and meeting of the awarding committee, it has been a pleasure for Ms Owen and Mr Bailey to meet with our first group of six successful nominees (including both students and staff members). Each received multiple nominations and were clearly deserving of the recognition and praise given by others. As well as receiving the award, they were also given the chance to select an experience of their choosing that will be covered by a fund provided by Caroline's widow, Paul.

The next round of nominations is now open. As before, students can submit their choices through the link on the student portal.

Attitude to Learning (AtL) Reward Event - 'Inflatables Day', 8th July. An invitation to this event will be awarded to all Year 7-10 students who have "been on the ATL board all year" through Summer 24-25, Autumn 25-26 and Spring 25-26 terms and have not received more than one AtL Grade C per term or received a single AtL Grade D. Those who have been successful will be invited along with the rest of their peers who have been successful to the top field where they will have access to assorted bouncy castles, assault courses, bungee runs, surf simulators and other awesome games as an acknowledgment for their brilliant attitude to learning. Those who have not been successful will remain in normal lessons.

Congratulations to **this week's GCSE maths revision raffle ticket winners**; Adrianis, Jasmine and Lauren! The next draw will be on 12th May!

Year 3 Park Primary schools Multi skills festival on 6th May, organised by Mrs Rogers included 256 Year 3 pupils who participated in a range of activities led by around 60 Year 7 Park School Sports Leaders. A busy day and a huge success!

Wishing you and your family a relaxing weekend.

Kind regards
Ms V Owen
Headteacher

SPECIAL EDUCATIONAL NEEDS AND DISABILITIES - SEND

Park SEND Team email: park.send@thsp.org.uk

Park SEND website page and newsletter link SEND - The Park Community School

Devon Information Service - https://devonias.org.uk/

North Devon Forum for Autistic Spectrum Conditions and ADHD https://www.ndfautism.co.uk/

SEND @ PARK

park.send@thsp.org.uk
01271 373131

Plan how you will recharge and spend your 'energy battery'.

Park SEND referral form

Please email park.send@thsp.org.uk with any concerns around your child.

Devon's information service for SEND

https://devonias.org.uk/

Welcome to another newsletter edition for SEND

Our Spotlight: Coping with 'Burnout'

Autism, other neurodiverse conditions and anxiety can cause burnout.

Burnout happens when ongoing demands and sensory, social, or emotional overload exceed capacity, and recovery requires reducing pressure and creating space for genuine rest and regulation rather than pushing through exhaustion. Here are five ways to help reduce burnout.

Five Ways to Support Recovery from Burnout

1. Reduce demands
Burnout eases when pressure drops. Pausing non-essential tasks, limiting social expectations, and simplifying routines can make a significant difference. Plan how you will use your 'battery'.

2. Prioritise real rest
Recovery needs more than sleep. Quiet, low-demand time — with no goals or interaction — helps the nervous system reset. Build this into their week. Try limiting screen time as well.

3. Support sensory needs
Lowering sensory load prevents overwhelm. Small adjustments like softer lighting, quieter spaces, or comfortable clothing can reduce daily strain.

4. Mask less where possible
Masking uses a huge amount of energy. Being authentic — stimming, communicating directly, or opting out socially — supports long-term wellbeing.

5. Lean on one trusted support
A single understanding person who offers practical help and acceptance can be far more valuable than multiple sources of advice.

ASC burnout recovery is not about pushing harder — it's about creating space to restore.

MENTAL HEALTH & WELLBEING AND ADVICE & SUPPORT FOR PARENTS/CARERS

Mental Health website page link Mental Health and Wellbeing

Advice and Support for Parents website page link Advice and Support for Parents

SAFEGUARDING AND ONLINE SAFETY ADVICE AND INFORMATION

Email: park.safeguarding@thsp.org.uk

Safeguarding website page link: Safeguarding and Online Safety

Safeguarding newsletter link: Safeguarding newsletter

SCHOOL CALENDAR AND UPCOMING ACTIVITIES/EVENTS/REMINDERS

Parent Calendar | Website | Facebook Page | Instagram

Term Dates

Date	Year/s	Name of Event/Activity	Information
15th May	All Years	**PSHEE topic next week**	Year 7 – I am unique (careers) Year 8 – Bullying

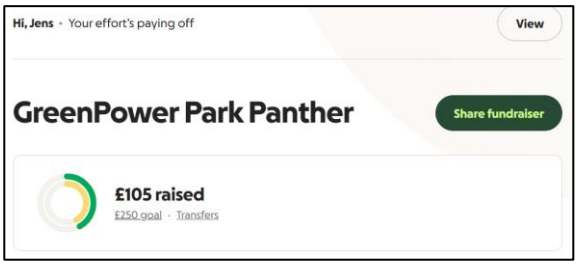
Date	Year/s	Name of Event/Activity	Information
			Year 9 – STI's Year 10 – Pornography Year 11 – Revision *Parents/carers have the right to withdraw their child from the non-statutory/non-science components of sex education within RSE. Requests for withdrawal should be put in writing and addressed to the headteacher, email: park.headteacher@thsp.org.uk*
7th May to 16th June	Year 11	**GCSE Exams**	
25th to 29th May	All years	**Half term**	
1st June	All years	**Return to school**	All years return on timetable week 1
2nd and 3rd June	TBC	**Year Group Sports Day**	
9th and 10th June	TBC	**Year Group Sports Day**	
18th June	All years	**Whole School Sports Day**	
18th to 2nd June	Year 10	**Year 10 Mocks**	
22nd June	Year 7	**Year 7 Parents' Evening**	
3rd July and 7th July	Year 10	**Art, Photography & Textile Mock**	
July	Year 7	**Awards Week Event**	By invitation, more information to follow
3rd July	Year 11	**Prom**	
8th July	Year 7 – 10	**Attitude to Learning (AtL) Reward Event - 'Inflatables Day'**	By Invitation to those students in Y7 – 10 as an acknowledgment for their brilliant attitude to learning. Fun on the top field with bouncy castles, assault courses, bungee runs, surf simulators and other awesome games!
14th to 17th July	Year 10	**Work Experience**	
16th to 17th July	Year 7, 8 and 9	**Enrichment Days**	
22nd July	All years	**Last day of term**	Non uniform day, finishing at 12:30pm

YEAR 11 – EXETER COLLEGE NEWSLETTER

Exeter College - Summer Term 2026 Newsletter

GREENPOWER PARK PANTHER

Thank you to those who supported our appeal with your donation! We are almost half-way there!!!!
If some more people feel they can chip in – it will make a huge difference! If you can, please donate here Donation link.



ATTENDANCE AND PUNCTUALITY

Please find a link to the Attendance Policy.

Please **report your child absent** by emailing: park.attendance@thsp.org.uk

FREE webinar on Emotionally Based School Avoidance: FREE WEBINAR School Avoidance.

Useful resource on EBSA: EBSA: Essential Guide for Parents | School Anxiety Support

We understand that unexpected circumstances and illness can sometimes impact attendance. However, we would greatly appreciate your support in ensuring your child attends school regularly.

- Talk to your child about the importance of attendance and the impact it can have on the results.
- Discuss their options and courses for next year
- If your child is experiencing difficulties that are impacting their attendance, please contact us. We are here to support you and your child in overcoming any challenges.

PARK ONLINE LEARNING

Often it is difficult for a child to come back into school after a period of absence due to missing lessons. Although we wouldn't expect someone to be working while they are unwell, we often get asked "How can my child catch up?". Our English, Maths and Science teams have put together this Remote Catch Up Curriculum to support students if they are absent. There is a page for each subject which then splits into Year groups: the lessons follow the same units and topics as the students are being taught in lessons - not as good as a real lesson but a great way to catch back up if your child has been absent. We hope you

find it helpful.

CAREERS

View all Harbour Schools Partnership career opportunities click here.

FOOD AT PARK AND FREE SCHOOL MEAL ENTITLEMENT INFORMATION

Information about our **food service at Park** - Food - The Park Community School.

Apply for Free School Meals through the Devon Citizens Portal. This is the quickest and easiest way to apply and will result in you getting an instant decision. Alternatively, call the Education Helpline on: 0345 155 1019.

RAISING FUNDS FOR PARK – SCHOOL LOTTERY AND EASY FUNDRAISING

Did you know we have a **School Lottery**? You can join our weekly lottery from £1 per week and it's an easy way to support our school and help raise funds - 40% of ticket sales come back to us. There is a guaranteed winner each week. It's so easy to sign up and start supporting our school today - just click here Support The Park Community School when you play Your School Lottery.

STUDENT RAISING FUNDS FOR UGANDA TRIP

IZZY CARR'S VIRTUAL RAFFLE

Hi! I'm going to Kira farm in Uganda. Kira Farm is a local community which teaches young Ugandans skills to help them start a business or get a job. Donate to my cause to help transform more young lives!

£1 for 1 entry, £5 for 7 entries or £10 for 15 entries
To purchase tickets please use the QR code below:

HTTPS://WWW.CROWDFUNDER.CO.UK/P/QR/7NPRA3QL?UTM_CAMPAIGN=SHAREMODAL&UTM_MEDIUM=REFERRAL&UTM_SOURCE=SHORTLINK

Prizes to win:

Venn valley vineyard wine tour for two
Pure and Skin and beauty manicure voucher
Combe martin wildlife park voucher
Velator quay cafe family pass x2
Banbury makeover
M&S gin
£15 Boho beauty voucher
Quince honey farm voucher for two
Air Extreme voucher for two
Hockings voucher
Sarah Bentley Footcare Voucher
Homemade salted caramel choclate cake

LINK FOR LIVE FACEBOOK DRAW ON FRIDAY 15TH MAY AT 7PM
HTTPS://FB.ME/27JVS01EJVVPY9L

COMMUNITY NOTICES

LANDKEY YOUTH FUNDRAISER
FOOTBALL FUN DAY!
FREE ENTRY! LOTS OF FUN GAMES!
SATURDAY 20TH JUNE 2026
10-4PM
LANDKEY MILLENNIUM GREEN
FOOTBALL PITCH
FUN FOR THE WHOLE FAMILY!
HELP US BUILD A BRIGHTER FUTURE FOR OUR LOCAL KIDS!
Organised by Landkey Youth FC
Call: 07787423014

Turn cherished *school memories* into something you can hug *forever*

Our handmade Memory Bears are lovingly created using your child's old school uniform — transforming treasured moments into a keepsake that lasts a lifetime.

Handmade WITH LOVE

Perfect for:

- School leavers
- Graduation gifts
- Preserving special memories
- A unique, meaningful present

Each bear is carefully crafted with attention to detail, featuring elements of the original uniform so every piece is truly one-of-a-kind.

PRICE:
£45–£50

To order or enquire:
summerolly@hotmail.co.uk

Part of the purchase price of this product will go towards raising funds for Park School.

NEWTON TRACEY CRICKET CLUB

NEWTON TRACEY JUNIOR CRICKET

JOIN THE TEAM!

NEW PLAYERS WELCOME
No experience necessary
and equipment provided.

STARTING:
WEDNESDAY 6TH MAY 2026 5:30 PM

LOCATION:
NEWTON TRACEY CRICKET CLUB

ALL STARS CRICKET

5:30 PM – 6:30 PM • ALLSTARS
AGES 5–8

6:00 PM – 7:00 PM • OTHERS
AGES 9–14

MAY – EARLY AUG
Weather and numbers
determine last 3 weeks

CONTACT:
Tim Fryer
07772125555

DEVON CRICKET

Ferdinand Collective

MAY HALF TERM FOOTBALL IS HERE!

FUN & FRIENDSHIPS | DEVELOP YOUR GAME | ALL ABILITIES WELCOME

EARLY BIRD PRICES UNTIL 15 MAY

A HUGE WEEK OF FUN, FOOTBALL & FRIENDS
ACROSS MULTIPLE VENUES – SOMETHING FOR EVERYONE!

BOYS & GIRLS 5–14 YEARS ALL ABILITIES WELCOME!

TARKA LEISURE CENTRE (3G PITCH)

- TUE 26 | WED 27 | THU 28 MAY
- 9:00AM – 4:00PM
- £22.50 PER DAY
- EARLY BIRD UNTIL 15 MAY

BOOK ALL 3 DAYS FOR JUST £60

GIRLS ONLY SESSION

- TUESDAY 26 MAY
- 10:00AM – 1:00PM
- £12.50
- EARLY BIRD UNTIL 15 MAY

FINISHING SCHOOL

SMALL GROUP – MAX 6 PLAYERS

- TUESDAY 26 MAY
- TARKA LEISURE CENTRE
- £20 10am - 12pm

Come and score TONS of goals! Work on all types of finishing – techniques, distances & scenarios with Coach Faz & Andy.

MAXIMUM 6 PLAYERS = MAXIMUM TOUCHES & GOALS!

1:1 SESSIONS WITH COACH FARREN

HOURLY FROM 9AM – 3PM

- TARKA 3G
- TUESDAY 26 MAY

Personalised coaching to take your game to the next level!

WORLD CUP EVENT @ TARKA U6 – U12

- FRIDAY 29 MAY
- 10:00AM – 1:00PM
- FREE FOR HUBS+ & ACADEMY PLAYERS
- £5 FOR EVERYONE ELSE

Represent your country, compete, and have FUN!

THE KINGSLEY SCHOOL (3G PITCH)

- WED 27 & THU 28 MAY
- 10:00AM – 3:00PM
- £17.50
- EARLY BIRD UNTIL 15 MAY

BOOK BOTH DAYS FOR JUST £30

GIRLS ONLY SESSION

- WEDNESDAY 27 MAY
- THE KINGSLEY SCHOOL 3G
- £12.50
- EARLY BIRD UNTIL 15 MAY

1:1 SESSIONS WITH COACH FARREN

HOURLY FROM 9AM – 3PM

- KINGSLEY 3G
- WEDNESDAY 27 MAY

Personalised coaching to take your game to the next level!

ILFRACOMBE ACADEMY (3G PITCH)

- TUESDAY 26 MAY
- 10:00AM – 2:00PM
- £15

BRAND NEW!

GREAT TORRINGTON SCHOOL

NEW

- WEDNESDAY 27 MAY
- 10:00AM – 2:00PM
- £15

COMPETITIONS | MATCHES | TOURNAMENTS | CHALLENGES & SO MUCH MORE!

LIMITED SPACES ACROSS ALL SESSIONS!

BOOK NOW TO SECURE YOUR PLACE!

devon.ferdinandcollective.com

SCAN HERE TO BOOK!