

Mr Peacock - Head of Sixth Form

Welcome to the RHS Sixth Form Induction Day!

Please listen for your name on the register so that we know who is here for the day. Please speak to me if your name is not on the register.

Fire arrangements

We are not expecting a fire drill.

If the fire alarm sounds, make your way to the MUGA and line up in the Year 11 area.

I will be leaving Ruislip High School after the results days this summer.

Your Head of Sixth Form from September will be Mr Sills.

Induction Day 2025

1. Life in the Sixth Form and our Sixth Form culture
 - Part One: Academic Excellence
 - Part Two: Outstanding Pastoral Care
 - Part Three: Super- and Extra-Curricular Opportunities
1. Transition to post-16: summer work and other practicalities

What does RHS Sixth Form life look like?

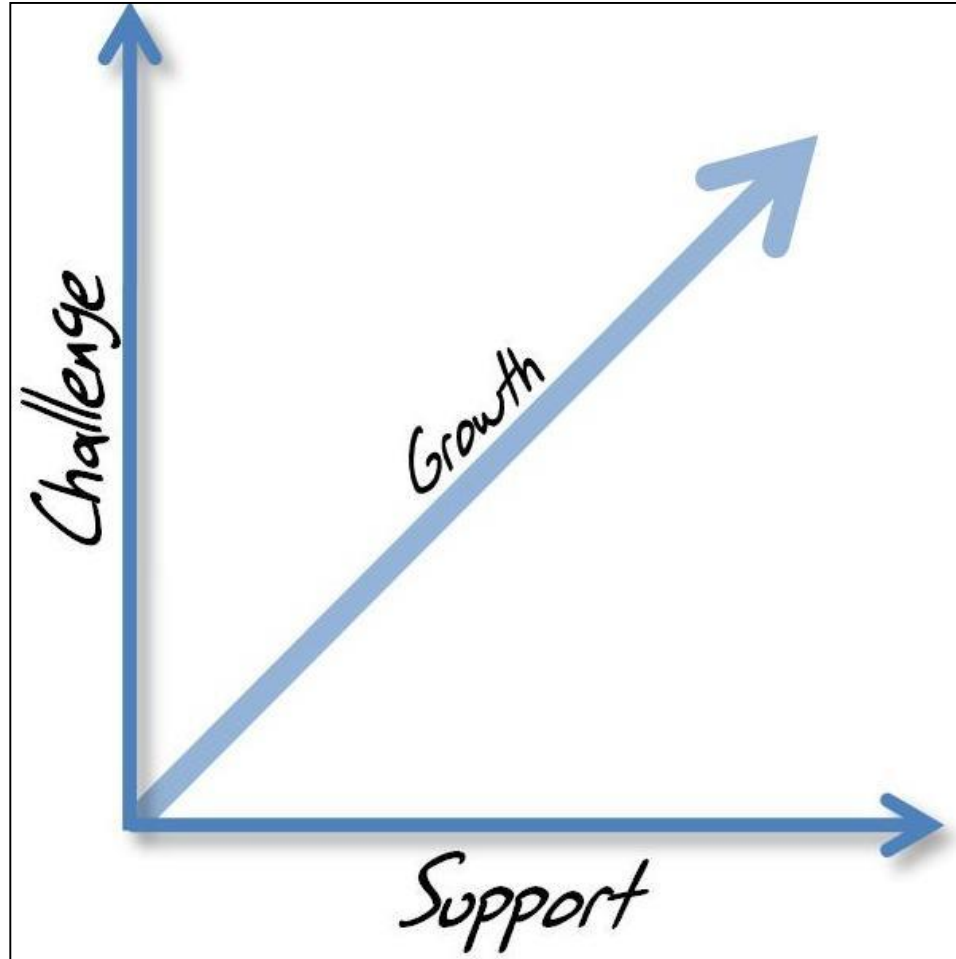
- Excellent subject-specialist teachers for all of your courses
- Folder checks every half term to keep you organised
- Dedicated Sixth Form Learning Mentors in order to help you with revision and study skills (based in the Study Room)
- A variety of different mentoring systems tailored to your needs
- Our Ruislip High Sixth Form Key Stage 5 super-curriculum guide
- Exciting trips and enrichment opportunities
- Success in the Sixth Form tutorials in tutor time
- Dedicated time in tutor time for creating study and revision timetables

**Academic
excellence**

**Outstanding
pastoral care**

**Extra-curricular
opportunities**

The Sixth Form Promise...





- We will not let you behave like children.
We know what fantastic adults you can develop into.



- We will not let you give up, settle for second best, or give anything less than your all.
We want you to achieve your potential.



- We will not let you drop your standards... attendance, punctuality, homework.
We want to prepare you for the future.

- We will not let you become poor role models.
We want you to lead the way.

"Failure is an
opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude
determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try
new things"

"Failure is the
limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like
to be challenged"

"I can either do it,
or I can't"

"My potential is predetermined"

"When I'm frustrated,
I give up"

"Feedback and criticism
are personal"

"I stick to what I know"

What Makes a Successful Sixth Form Student: Growth Mindset

| FIXED MINDSET | | GROWTH MINDSET |
|--|------------|--|
| <ul style="list-style-type: none">• SOMETHING YOU'RE BORN WITH• FIXED | SKILLS | <ul style="list-style-type: none">• COME FROM HARD WORK.• CAN ALWAYS IMPROVE |
| <ul style="list-style-type: none">• SOMETHING TO AVOID• COULD REVEAL LACK OF SKILL• TEND TO GIVE UP EASILY | CHALLENGES | <ul style="list-style-type: none">• SHOULD BE EMBRACED• AN OPPORTUNITY TO GROW.• MORE PERSISTANT |
| <ul style="list-style-type: none">• UNNECESSARY• SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH | EFFORT | <ul style="list-style-type: none">• ESSENTIAL• A PATH TO MASTERY |
| <ul style="list-style-type: none">• GET DEFENSIVE• TAKE IT PERSONAL | FEEDBACK | <ul style="list-style-type: none">• USEFUL• SOMETHING TO LEARN FROM• IDENTIFY AREAS TO IMPROVE |
| <ul style="list-style-type: none">• BLAME OTHERS• GET DISCOURAGED | SETBACKS | <ul style="list-style-type: none">• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME. |



Part One:

Academic Excellence

measures

| A-level or equivalent grade | RHS results 2024 |
|-----------------------------|------------------|
| A*-A % | 21 |
| A*-B % | 53 |
| A*-C % | 75 |
| A*-E % | 99 |

Progress from KS4 to KS5 was higher in summer 2024 at Ruislip High than anywhere else in Hillingdon.

Learning at RHS Sixth Form

At the centre of the academic experience for students is the excellent teaching that is seen throughout the school.

Students are taught by dedicated and inspiring subject specialists.

They are additionally supported by specialised Learning Mentors to assist with the demands of sixth form study - an enhanced staffing model that is unique to Ruislip High School Sixth Form to ensure that every student has the one-to-one support they need to fulfil their potential.

“My teachers have always been willing to help and challenge me and others, while ensuring all learning is carried out in a safe, supportive environment.”

- Current Year 13 student

RHS Reach Pathway

Students who achieve an average of a grade 7 or higher at GCSE will be eligible for a place on the RHS Reach Pathway, which aims to stretch and challenge students to reach their full potential. Students on the RHS Reach Pathway will:

- Have the opportunity to take 4 A Levels.
- Receive personalised and one-to-one coaching for admissions tests, interviews and entry to Oxbridge and Russell Group universities, as well as extremely competitive courses like medicine, dentistry and veterinary science;
- Participate in our partnership with Merchant Taylor's School and Harrow School for support with their post-18 applications, including mock interviews and admissions tests for highly competitive courses;
- Have the opportunity to attend Russell Group University Masterclasses across the curriculum;
- Have the opportunity to attend Masterclasses at the Royal Institution for STEM subjects;
- Attend Oxbridge and Sutton Trust summer schools and shadowing schemes;
- Be eligible for a place on The Brilliant Club Scholars' Programme
- Have the opportunity to participate in the University of Cambridge HE+ scheme which offers stretch and challenge activities outside of the curriculum to prepare students for study at elite universities.

"I have been a governor at Ruislip High School since it opened in 2006. I am proud to be involved with a community school that has high expectations for all students."

**Cllr Eddie Lavery
Chair of the Governing Body**

The Extended Project Qualification (EPQ)

The EPQ at RHS is run by Mrs McLoughlin and will become available for Year 12 to start working on later in the Autumn Term. The EPQ:

- Is an independent research task
- Concludes with a 5000 word essay or artefact and 1000 essay and accompanying piece, along with a presentation.
- Is excellent for university and post-18 applications.

What Makes a Successful Sixth Form Student: Curiosity

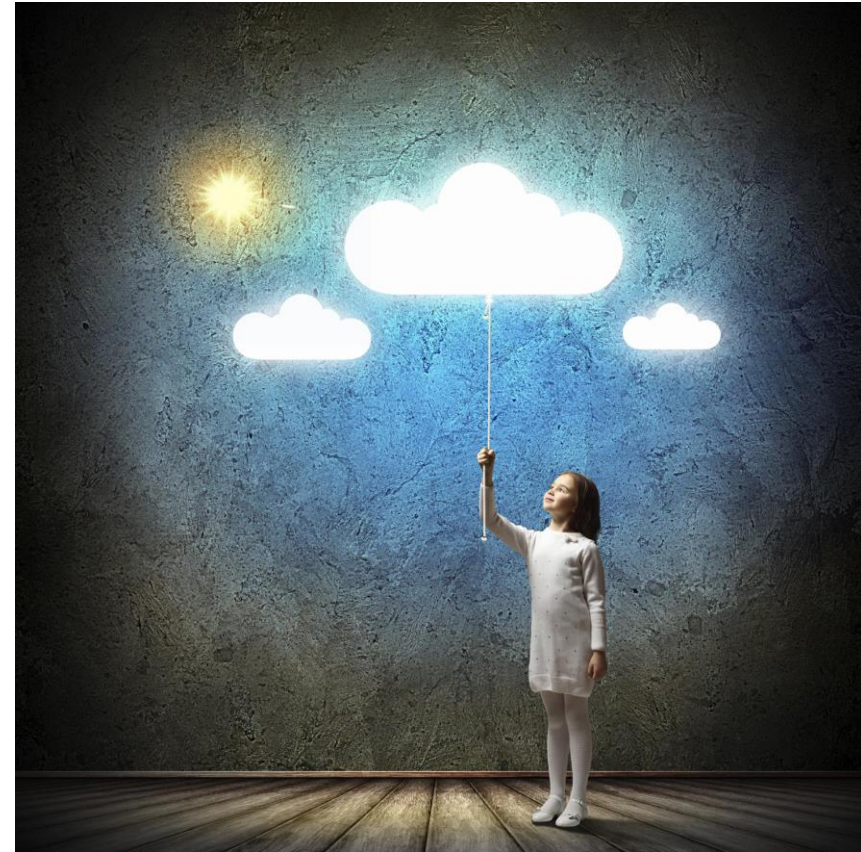
- What does a curious student look like?
 - ✓ Asks questions
 - ✓ Actively seeks out answers
 - will look beyond what they are told
 - ✓ Is not afraid to make mistakes.



What Makes a Successful Sixth Form Student: Imagination

What does an imaginative student look like?

- ✓ Able to think outside the box
- ✓ Will challenge the viewpoints of others in a constructive way
- ✓ Has vision



What Makes a Successful Sixth Form Student: Independent Learning

- An independent learner takes responsibility for their own learning.
- They are self-motivated and accept that frustration in the present is worthwhile to achieve future success.
- They are curious and they engage in what they're learning.
- They take initiative.
- They are good problem solvers but they also know when to seek help.
- **Ultimately, they understand that they are responsible for their own education. They take charge of their life and do not need a member of staff to put pressure on them to put more effort or time into their own achievements. They do this because of their own drive, passion and determination.**

But how do I become a curious, imaginative and independent learner?

Good habits are hard to break

“Motivation is what gets you started. Habit is what keeps you going.”

Get into good habits - starting now!

- That means good attendance, punctuality, homework, sleeping, eating and exercise habits.
- But we understand that everyone needs help when forming habits...

Helping hand #1: Plan My Week

This is an initiative designed to help you manage your time effectively, get enough work done and reduce procrastination and anxiety.



You will see from the Plan My Week example timetable below that this example student is making good use of their **study periods** to keep on top of things and free up time at other times of the week. **5 hours per subject per week of independent study - in addition to homework.**

Make sure you use your study periods well! The Sixth Form Learning Mentors are there to support and guide you daily with this. You are advised to spend them on homework and revision.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|-------------------|-------------------|-----------|----------|---------------------|----------------|---|
| Period 1 | Lesson | Lesson | Lesson | Geo Hwk | Lesson | | |
| Period 2 | Geo HWK | His HWK | Lesson | Geo Hwk | Lesson | | |
| Period 3 | Soc HWK | Lesson | Soc HWK | Lesson | Soc HWK | | |
| Period 4 | Break! | Lesson | Lesson | Lesson | Soc HWK | | |
| Period 5 | Geo Wider reading | His HWK | Lesson | Lesson | Break! | <u>Day off</u> | |
| 4-5pm | | | | | Friday evening off! | | Look over Geog, His and Soc notes - 1 hour each |
| 5-6pm | His Wider reading | Soc wider reading | | | | | |
| 6-7pm | | | His HWK | | | | |
| 7-8pm | | | | | | | |
| 8-9pm | | | | | | | |

Helping hand #2: To support you getting into good habits...

There will be rewards for:

- Outstanding attendance
- Subject attainment or effort
- Being student of the week



And also:

- Missing homework receives a “Study Referral”.
- Unauthorised absence, lateness or poor behaviour is sanctioned.

Helping hand #3: Sixth Form Above and Beyond

Sixth Form Above and Beyond clubs are a great way to enhance your knowledge about an area of interest and learning something new. These take place during tutor time on Fridays every fortnight. Some examples of the clubs being run this year are:

- Fantasy Football Club
- Future Skills and Wellbeing Club
- Advanced Science Club
- Current Affairs Club
- Sociological Imagination Club
- The Psychology of Mental Health
- Games Club

The clubs will run in the autumn and spring term. You will be able to choose a different club each term enabling you to experience two different ones every year. **Attendance to the clubs are mandatory** and failure to attend will result in sanctions.

What academic advice would our current Year 12s give to their former selves?

Make sure that your folders and notes are organised for each subject.

Make the most of sleep at the weekends!

Make the most of your free periods. Use them wisely to complete homework and revision, and enjoy yourself in Above & Beyond too!

The jump between GCSE and A Level is hard- ask for help whenever you need it.

Keep on top of your work so you do not fall behind.



Part Two:

Outstanding Pastoral Care

What are we going to achieve?

You are all outstanding students. You are going to:

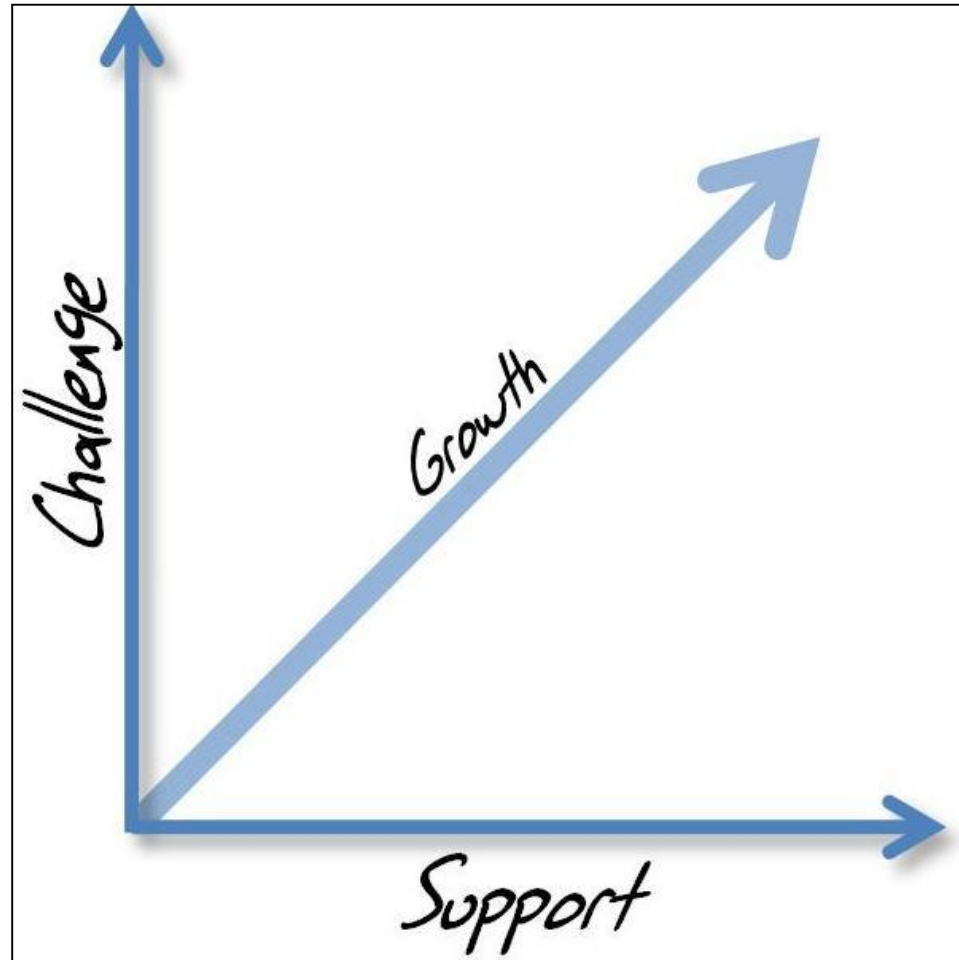
1. Work hard and achieve awesome results
2. Get involved in the wider life of the school and become well-rounded young adults
3. Develop into mature young adults who take responsibility, try hard and ask for help when they need it.

We will lead a year group that is:

- Hardworking, organised and determined to succeed.
- Feels comfortable and supported at school - my door is always open for a chat or an email.
- Driven towards preparing for your post-18 options, which I will be here to support with every step of the way.



The Sixth Form Promise...



How the school will support you

- Rewards for excellent attendance and character
- Attendance and punctuality mentoring and sanction systems
- Specialised mental health support and a dedicated tutorial programme to help with this
- Access to mentoring and support services
- Referrals to a range of mental health support services
- Your form tutor and Head of Year are always here to listen and help with any problems – as is any staff member
- Tutorials on key issues that affect your wellbeing
- Zero tolerance policy on racism, sexism, homophobia, transphobia etc: Ruislip High School Sixth Form is an inclusive community. Make sure you tell a member of staff if you hear of any racist, sexist or homophobic language or actions so that any such behaviour can be dealt with.

I will always be here to listen to you and to support you and your interests. To make that work, you have to try your hardest and ensure outstanding attendance.

Who is there to support you during your time in the Sixth Form?

Academic:

- Subject teachers
- Tutor
- Learning Mentors
- Assistant Head of Year
- Head of Year
- Head of Sixth Form

Mental health:

Safeguarding team

Tutor

Assistant Head of Year

Head of Year

Head of Sixth Form

*(Or ANY member of staff
you feel comfortable talking
to)*

Post-18 destinations

- **Last year, 100%** of our Year 13 cohort who applied to university were offered a place - *significantly higher than the national average of 87.1%.*
- 100% of Medical applicants were offered a place at Medical School.
- We have also supported students into apprenticeships with prestigious companies such as **Sky, the Royal Air Force and Transport for London.**

No matter what your ambition - Ruislip High School Sixth Form is the place to be to get you there.

Post-18 destinations

Tutors will be meeting with students during the Autumn Term to get them started on thinking about and collecting evidence for their post-18 options. **You will receive 1:1 support with this throughout your time in the Sixth Form.**

To make a successful university or apprenticeship application, you need to have evidence of activities you have done during Year 12 (e.g. wider reading, Above & Beyond, online courses) that demonstrate your passion for what you want to do.

Mr Elsby's session later today will go into more detail about this.

A word of warning about part-time jobs...

While many of you will be keen to have a part time job, remember that you are enrolled full time at RHS.

Work hours should therefore not be scheduled during the school day (even if you have a study period - as these may be taken up with a study referral for a missed homework or StudySupport if you need extra support) **or before 5pm on a weekday.**

You are an RHS student first, and an employee second.

“Having work” is not an excuse for missing a detention.

The 16-19 bursary

The 16-19 bursary is designed to support with the costs of school related items (e.g. stationery, items for the school dress code). It is contingent on household income and strong attendance.

Application forms will be available online after GCSE results day.

Ms Vaghela's session later today will go into more detail about this.

You will have up to £150 to spend if eligible for the bursary.

The RHS Sixth Form Wing



Containing:

- The ground floor common room and cafe.
- The first floor quiet collaborative study room.
- The second floor silent study room.
- Most tutor rooms and some of your lessons.

Attendance

Strong attendance (95%+) is crucial in the Sixth Form:

- Lessons cover more content and the content is harder.
- Your attendance is stated in university, apprenticeship and job references.

We don't feel 100%, 100% of the time. You should only be off school if you are genuinely really unwell.

- 100% attendance is rewarded with prizes!
- Unauthorised absences (not logged on Arbor that morning) will incur an after school detention of increasing length the next day.

Unauthorised absence sanctions

If you are genuinely ill, a parent or guardian must log it on Arbor that morning. Unauthorised absence (including skipping tutorial), will be sanctioned as follows:

| | |
|------------------------|---|
| 1st and 2nd occasion | 45 minute HOY attendance catch up after school |
| 3rd occasion in a term | 1 hour HOY attendance awareness course after school |
| 4th occasion in a term | 1.5 hour attendance catch up after school |
| 5th occasion in a term | Continued 1.5 hour attendance catch up and parent meeting |

Attendance below 95%

If your attendance falls below 95% in a half term, it has a very negative impact on your ability to succeed. You will therefore have to register for five free periods (study support) until it goes back above 95%.

If it falls below 92% you will automatically be put on study plus and have to register for all your free periods.

Punctuality sanctions - refreshes every half term

Punctuality is also crucial. Missing the start of a lesson reduces your understanding of the lesson and is also rude. Lateness without a teacher's note is sanctioned as follows:

| | |
|--------------|---|
| 1st occasion | Tutor conversation |
| 2nd occasion | 15 minute tutor detention (tutor detention) & tutor phone call home |
| 3rd occasion | 30 minute AHOY detention after school |
| 4th occasion | 45 minute HOY detention after school & HOY phone call home |
| 5th occasion | 1 hour HOY detention after school & HOY meeting with parents/carers |
| 6th occasion | 1 day out of circulation with HOY |
| 7+ occasions | High level sanction decided by HOY |

No/poor quality homework

| | |
|---------------|--|
| 1st occasion | Study Club referral |
| 2nd occasion | Study Club referral & teacher phone call home |
| 3rd occasion | Study Club referral & meeting with teacher, curriculum leader and parents/guardians. |
| 4th occasion | Study Club referral & meeting with teacher, Head of Year and parents/guardians. |
| 5th+ occasion | Study Club referral & meeting with teacher, Head of Sixth Form and parents/guardians to discuss student's future at the sixth form |

The Super Six of getting the Sixth Form basics right



1. Go to all of your lessons on time
2. Complete all homework in depth and on time
3. Be polite to other students and staff
4. Try your best in all classes
5. Check your school email and google classroom on a daily basis
6. Get involved in extracurricular activities such as the Student Leadership Team and volunteering at events

Many of these pieces of advice take on even more importance in the Sixth Form.

Use your study periods well!

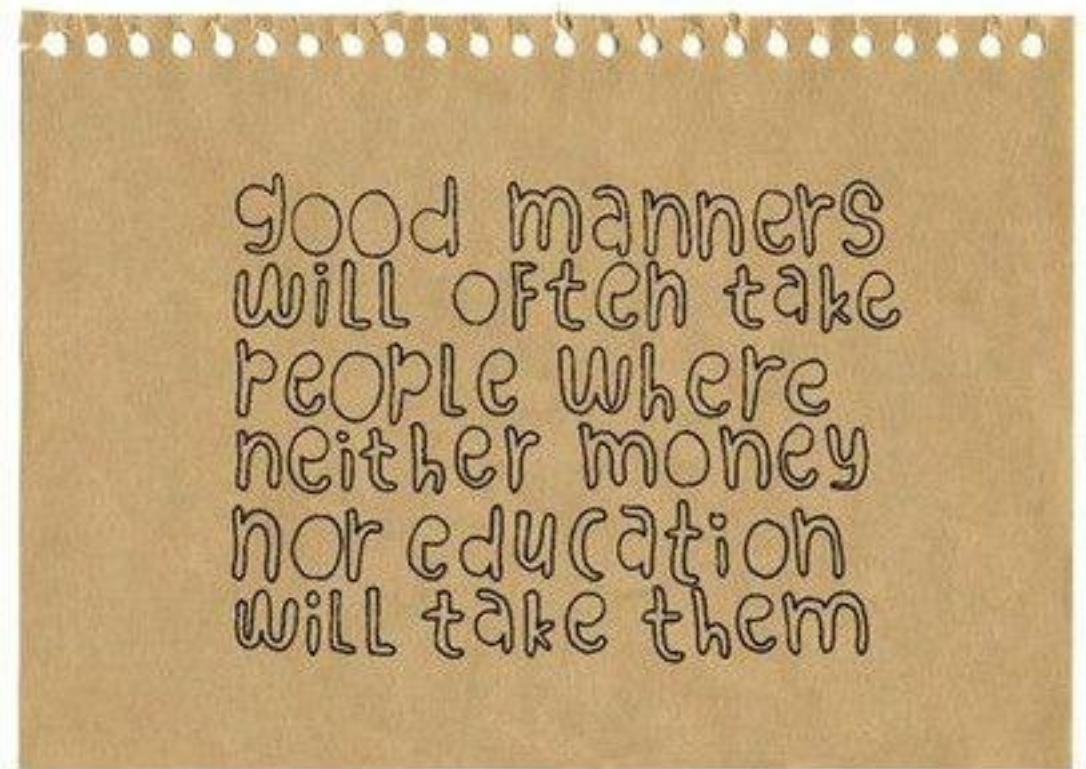
On your timetable, you will have:

- 15 periods of lessons (5 per subject per week)
- 2 StudySupport periods where you must be in the study room
- 8 “blank” periods that you should use to study - at school or at home
- Tutor time every morning from 8.30-9.05am - this is compulsory like all lessons

Students who abuse the privilege of study periods have them taken away from them.

Politeness gets you places!

This is true for all of us,
whatever our age!



**Look out for the student handbook on google
classroom!**



Part Three:

Super and extra-curricular
opportunities

The Key Stage 5 Super Curriculum

- The RHS KS5 Super Curriculum provides students with a range of suggested activities, enabling students to develop their knowledge in their subjects far beyond the basic requirements of the A Level specifications.
- These activities can take many forms including reading, watching videos online, listening to podcasts, attending lectures and visiting museums.
- Engagement in super-curricular activities is essential for students' post-18 applications, as well as enabling students to develop a love of learning in their A Level subjects.


Examples of KS5 Super Curriculum Pages

You will receive the full document in September!

AT HOME

Look at the following websites:
royalsociety.org – for podcasts, news and interviews with scientists about recent scientific developments.

bmj.com – The website of the British Medical Journal.



THE ROYAL SOCIETY

VISIT

Anaesthesia Heritage Centre.

Free


21 Portland Place
London
W1B 1PY




Biology

AT HOME

Visit The British Library website and research an author you are interested in. Complete a fact sheet on them.



English Literature



VISIT

Go to the theatre and watch a production of any play. If you are stuck for ideas, ask a teacher.

The Globe Theatre and The National Theatre both have discounted tickets for students.



Trips



- Past international Sixth Form trips: New York City, Washington DC, Poland, Greece and CERN in Geneva
- Ruislip High Sixth Form also qualified for the International Model United General Assembly held at the United Nations headquarters in New York City. We qualified in 2017-18 and again in 2019-2020 and again for 2023!
- Subject specific domestic trips include: the Houses of Parliament, the National Archives, Norfolk and the British Library.

International Model United General Assembly Sixth Form Trip to New York



Year 12 Houses of Parliament & Downing Street Trip



Enrichment opportunities

On top of our mandatory Above & Beyond clubs...

- Duke of Edinburgh Gold Award
- Leadership opportunities - **The Student Leadership Team,** coaching and mentoring younger students, We Are Leaders
- Community events - RAG Week, Christmas Community Event, Christmas Production, plus many more.
- Work experience programme
- Guest speaker programme
- Above and Beyond

Year 12 Guest Speaker Programme

A key element of our enrichment offer to all Year 12s.

Enriching and interesting presentations from experts and high achievers from a range of backgrounds. To inspire and broaden your horizons...

These sessions will take place during period 5, once a half term. Attendance at these sessions is compulsory and failure to attend will result in a sanction.

Confirmed speakers for next academic year...

Year 12 Guest Speaker Programme



In September...

Danny Beales MP -
Member of Parliament
for Uxbridge and South
Ruislip

In November...

Sir Keith Willett
(Professor of Orthopaedic
Trauma Surgery at Oxford,
Former director at NHS
England)



In January...

Anjana Ahuja
Physicist and award
winning science journalist
for *The Times*

In March...

David Dein MBE
Former Vice Chairman of
Arsenal FC and founder
of the Premier League



The RHS Sixth Form Dress Code

All students should wear one of the following combinations:

- A formal shirt with a suit/smart jacket/smart chino style trousers
- A smart blazer with formal trousers/skirt and; a shirt/blouse or plain top (with sleeves which cover the shoulders and upper arm)

with

- dark coloured, formal footwear

A smart blazer or suit jacket must be worn when walking around the school and on arrival to school, as well as for assemblies and other formal occasions.

- Skirts/dresses should be knee-length without slits and should not be tight or clingy.
- If a jumper is worn then it should be plain, and should fit under a smart jacket/suit.
- Outdoor coats must be removed in the school building.
- No hoodies, sweatshirts, jeans, casual t-shirts, leggings, Ugg-style boots or trainers are permitted.
- A lanyard must be visible at all times.

Uniform examples



Uniform examples



The RHS Sixth Form Dress Code

- Hair must not be dyed an unnatural colour, including but not limited to shades of blue, green, pink, red, purple, orange, etc.
 - Facial piercings are allowed but must be discreet. It is strongly advised that before getting any new facial piercings, students check with their Head of Year about whether these are appropriate.
 - For practical lessons in Drama or Sport, students will change before the lesson into their Drama or Sport kit. For the Drama kit, students must bring in black trousers that they will be able to move around comfortably in, a black T-shirt or black long-sleeved top, and comfortable shoes that allow for movement. For Sport, students must bring in suitable sportswear. Students will then change back after the lesson is finished. If students have Drama or Sport as their first lesson, they must still arrive at school wearing the dress code, and change into their kit at school.
 - For Art lessons, students will be provided with an apron to protect their formal clothing. They should also bring a large, old shirt that can be put over their formal clothing to protect.
-
- Should students not adhere to the dress code, they will receive a yellow card or can be out of circulation with their Head of Year to address the issue.

Back to Mr Peacock for some practicalities...

Practicalities

Assuming your enrol on results day, our first day will be on **Wednesday 3rd September.**

Please make sure you are ready to attend on this day, adhering to the **Sixth Form dress code.**

Keep checking google classroom for information in August about the start of term. Once we start, check your google classroom and school email at least once per day.

Your summer work

Inbox (3) - lhorton@ruisliphigh.co.uk | Ruislip High School - Calendar - | Ruislip High School - From grass - | Summer work 2023 - Google Drive - | print screen how - Google Search - | +

ruisliphigh.com/sixth-form/

Ruislip High School

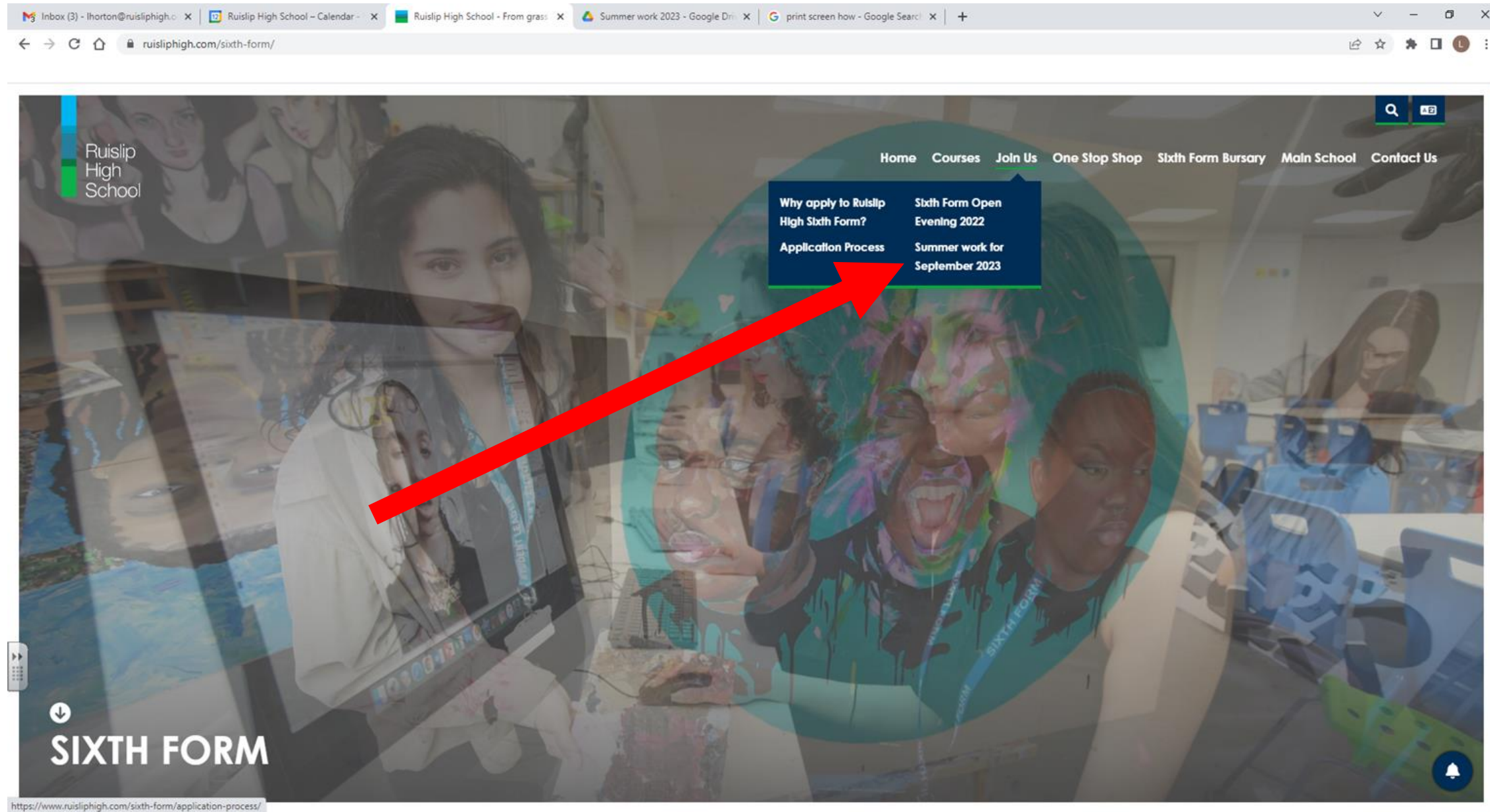
Home Courses **Join Us** One Stop Shop Sixth Form Bursary Main School Contact Us

Why apply to Ruislip High Sixth Form?
Application Process

Sixth Form Open Evening 2022
Summer work for September 2023

SIXTH FORM

https://www.ruisliphigh.com/sixth-form/application-process/



Practicalities

- Textbook deposit - pay on ParentPay once you have enrolled on 21st August.
- Home-School agreement & IT acceptable use - sign the google form once you have enrolled on 21st
- What will happen on results day and how to enrol (21st August 2025) - including remaining ID card photos!
- Summer work must be completed and brought in on the first day in September, which is **8.15am on Wednesday 3rd September.**
- What to wear...

GCSE results day

Thursday 21st August

- You will have an appointment to collect your results that morning (you will be told the time) - it'll be between 8.30-10am
- You will meet with a teacher to formally enrol into the Sixth Form.
- **Make sure you come to school to enrol.**

External students: Come to enrol at 11am-12pm

Queries over the summer

Send me a google classroom message or email

sixthformadmissions@ruisliphigh.org.uk



You will get a summary sheet of reminders later today to take home

An electronic version with all of the links will be sent out following induction day.

You are in safe hands!

- *"Preparation for UCAS is of an exceptionally high quality and students appreciate the excellent support they receive."*
- *"An inspirational sixth form mentor underpins the sixth form strategy by ensuring that students fully understand the part they play in achieving their academic potential."*
- *"Students appreciate the calm and focused climate for learning."*
- *"The good range of enrichment opportunities provided by the school are popular with the students."*
- *"There is a strong commitment from the sixth form year team to ensure that students get the most out of their sixth form experience."*
- *"Sixth form students enjoy the benefits of being in mixed tutor groups of Y12/13 students."*
- *"The PSHE programme for form time is well organised and the range of content covered is of a high order."*

Quotations from Lesley Leak, School Improvement Consultant, on her review of Ruislip High School Sixth Form

You are in safe hands!

“My daughter has embraced her time at RHS Sixth Form and has blossomed into a confident, assertive and independent young woman. Thank you to all the teachers who have helped guide and support her along the way. She has loved studying her chosen subjects and I am grateful for the care, kindness and respect she has been given. She will miss you all and the safe, friendly and nurturing environment of RHS.”

- Parent of a current Year 13 student

“RHS offers an amazing sixth form with supportive staff. I have loved my time here and I am so sad to leave. I wouldn't have gone to sixth form anywhere else.”

- Current Year 13 student

What do I do next?

You will go to six 25 minute sessions. Rooms and timings will be on the timetable given to you in your first session. After your last session finishes at 3pm you may go home.

Lunch is at 1.25-2pm. You can eat in the sixth form cafe area, or in the E2 study room (middle floor) if there is no space in the cafe. Please ensure all litter goes in the bin. **You cannot leave the site this lunch time.**

You can use your mobile phones at lunch time but only in the sixth form block. There are toilets on both floors of the sixth form block.

Have a brilliant
summer - and see
you at enrolment!



Ruislip
High School
Sixth Form