

A photograph of the Ruislip High School building, a modern structure with a curved facade and large windows. The building is partially obscured by a semi-transparent blue banner. The sky is blue with some white clouds. The foreground shows a paved area and some greenery.

# Sixth Form Induction Day

# Life in the RHS Sixth Form

What does RHS Sixth Form life look like?



## Academic Excellence

Subject-specialist teachers, dedicated Learning Mentors, and a rigorous Super-Curriculum guide.



## Pastoral Care

Tailored mentoring systems and the "Success in the Sixth Form" tutorials to support your wellbeing.



## Extra-Curricular

Exciting trips (NYC, Geneva), RAG Week, and the fortnightly "Above & Beyond" clubs.



## Organization

Folder checks every half term and dedicated time for study timetable creation.

# Your RHS Sixth Form Block

## Your space to socialise, relax and eat:

The ground floor common room and cafe.

Your space for quiet, collaborative study: The first floor study room

Your space for silent, independent study: The second floor study room



# The Sixth Form Promise

## Our Vision for You

We see you as young adults. We will lead a year group that is hardworking, organised, and determined to succeed.

- ✔ We will not let you settle for second best.
- ✔ We will not let you drop your standards (Attendance, Punctuality).
- ✔ We will not let you become poor role models.
- ✔ We want you to lead the way.

# 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.

# Dress code examples





PART ONE




# Academic Excellence

Progress, Independence & Study Skills

# How is Sixth Form Different?

## Bridging the GCSE Gap

Transitioning from GCSE to A-Level requires a total shift in mindset. You are moving from a broad range of general topics to **\*\*THREE subjects\*\*** you have chosen for a deeper dive.

-  **More ownership:** You are responsible for your studies.
-  **Gaps in your day:** You will not have a lesson every period.
-  **Rigor:** Extended pieces of work and complex exams.



# Sixth Form Learning Mentors

## Support Professionals

Based in the Study Room, the Learning Mentors are here to guide your transition.

## How can they help you?

- ✓ **Academic Work:** Helping you bridge subject gaps.
- ✓ **Revision:** Planning timetables and effective techniques.
- ✓ **Time Management:** Managing your workload effectively.
- ✓ **Post-18:** Supporting university, job, and apprenticeship apps.
- ✓ **Super-curricular:** Organising Law/Medic initiatives, employer introductions

# E2 & E3: Your Professional Workspace

These rooms are university-style spaces available during free periods and after school until 4:00pm daily.

## E2: Quiet Study

A space for focused work with minimal, professional collaboration allowed.

**Important:** You will be timetabled for at least 2 hours a week. If underperforming, this will increase to 5 or 10 hours. **Socialising is for the Cafe only.**

## E3: Silent Study

Absolute silence for high-stakes independent work and revision.



# Helping Hand: "Plan My Week"

## Effective Time Management

On your timetable, you will have **\*\*15 periods of lessons\*\*** (5 per subject) and **\*\*10 un-timetabled hours\*\***.

Success at A-Level requires **5 hours of independent study per subject per week** - in addition to homework.



Use study periods to reduce evening workload.



Manage procrastination and reduce anxiety.

# Successful Student Qualities



## Growth Mindset

Accepting that frustration in the present is worthwhile for future success.



## Imagination

Able to think outside the box and challenge viewpoints in a constructive way.



## Curiosity

Asks questions, seeks out answers beyond the classroom, and is not afraid to make mistakes.



## Independence

Takes initiative and understands that they are responsible for their own education.

# RHS Reach & EPQ

## RHS Reach Pathway

For students with average GCSE Grade 7+. Aiming for Oxbridge and Russell Group universities.

- + Opportunity to take 4 A Levels.
- + Partnership with Merchant Taylor's & Harrow.
- + Masterclasses at Royal Institution & HE+.
- + Visits to Oxford/Cambridge

## EPQ

The Extended Project Qualification is an independent research task run by Mrs McLoughlin.

- ★ 5,000 word essay or artefact.
- ★ Develops critical academic research skills.
- ★ Highly valued by university admissions.

PART TWO

# Wellbeing & Professionalism

Supporting the Whole Person

# The Daily 5 Choices



## Stress Breaks

Take regular intervals to refresh.



## Sweat

15 mins aerobic exercise boosts brain power.



## Sleep

Adolescents need ~9 hours per night.



## Sunlight

Go outside and prioritize circadian health.






## Socialise

Prioritise people over screens.

# Fueling School Success

## Nutrition for Success

-  **Eat Breakfast:** Helps you focus and learn better.
-  **Stay Hydrated:** Water boosts energy and memory.
-  **Avoid Energy Drinks:** They mess with sleep and focus.

## Screen Time Management

Electronics suppress melatonin. Avoid screens 30 minutes before bed and 30 minutes after waking up.

# Who is there to support you?

## Academic Support

**Subject Teachers:** Specialist knowledge.

**Tutor:** Daily check-ins and workload monitoring.

**Learning Mentors:** Revision and study habits.

## Mental Health Support

**Safeguarding Team:** Dedicated wellbeing care.

**HOY & Assistant HOY:** Pastoral intervention.

**External Agencies:** Counsellors and mental health nurses.

"Zero tolerance policy on racism, sexism, homophobia, and transphobia. We are an inclusive community."

# Professional Communication

## Acting Like an RHS Student

Good communication helps maintain positive relationships and prepares you for the workplace.



Speak in a polite tone at all times.



Say 'good morning' in the corridor.



**Check your school email and Google Classroom daily.**



## Remaining Calm

Even if you disagree with something: remain calm and polite. Arguing back will result in higher level sanctions.

**Ask for help** from the Sixth Form Team if you have a concern.

# Scenario Discussions

Discuss these situations in your groups. What is the **professional** way to handle them?

**Scenario 1:** You've been set a detention for incomplete homework but you swear you did it. What do you do?

**Scenario 3:** Your friends spend the majority of their 'free' periods in the cafe chatting and relaxing, you want to get a high level apprenticeship at TFL after Y13. What do you do?

**Scenario 2:** You got a grade 8 in GCSE Maths but get 24% in your first A-Level maths test. What do you do?

**Scenario 4:** You want to study Psychology at uni, but have English and Psychology tests on the same day next week. What do you do?



PART THREE

# Above & Beyond

Enrichment, Clubs &  
Leadership

# Tutorial programme

All Sixth Form students will be expected to attend tutor time every day during tutor time, Monday until Thursday, every week, from 8.30-9.05am.

Mondays	Sixth Form Notices, Plan my Week booklet, Ted Talk
Tuesdays	Study Skills/Adulting/PHSE tutorials
Wednesdays	Wellbeing Wednesday activity
Thursdays	Assembly
Fridays	Autumn and Spring term: 1-1 Meetings / Above and Beyond Clubs Summer Term: Y12 'Future Friday' tutorials Y13 Independent study at home

# Above & Beyond Clubs

Developing your character and employability every fortnight on Fridays in the autumn and spring term.



## Some examples of A&B Clubs we've had in the past...



### Adv. Science

Research and discuss recent developments.



### Just Dance

Dance with friends to all your favourite songs



### Games Club

Scrabble, cards, backgammon, scrabble.



### Trivia Club

Blooket, Kahoot, wordle and more!



### Maths Club

Love of problem solving and Senior Challenge prep.

# Student Leadership Team

## Why Apply?



Build leadership, confidence, and interpersonal skills.



"Give something back" to the school.



Looks great on UCAS/Job applications.

## Positions Available

- Head & Deputy Head Student
- Sixth Form Ambassadors

*"As student leaders you are in the privileged position to support younger students in ways they will never forget." - Ms Coffey*

# Broadening Your Horizons

## Exciting Trips

Opportunities:

-  NYC, Poland, Greece, CERN.
-  Houses of Parliament & Downing St.
-  National Archives, British Library and trips to the theatre

## Guest Speakers

The "3Cs": Careers, Culture, or Current Affairs. Every fortnight in Period 5.

**Past speakers:** Danny Beales MP, Sir Keith Willett (NHS England), Anjana Ahuja (Science Journalist), David Dein MBE (Arsenal FC).



PART FOUR

# Post-18 & Finance

Preparing for Your Next Chapter

# Post-18 Routes

## University Degree

Research courses, check entry requirements, build evidence, and write your personal statement.

## Degree Apprenticeship

Work while gaining a full undergraduate degree. Paid by employer.

## Apprenticeship

Earning a wage while gaining specific skills.  
20% training/study time.

## Employment

Research interesting careers, progression routes, and prepare CV/Cover letters.

# Building Evidence

## Why evidence?

Uni and apprenticeship providers don't just want to hear interest - they want **proof**.



Wider Reading



MOOCs (FutureLearn)



Work Experience



Essay Competitions






EPQ Title



# The RHS Post-16 Bursary

Category	Eligibility	Coverage
Vulnerable	Care leavers, Asylum Seekers, UC/PIP recipients.	Up to £150 automatically.
Standard	Household income below <b>£31,500</b> .	Revision guides, travel, dress code clothing.

-  Contingent on strong attendance (95%+).
-  Applications will open in September with a link on the website.
-  Clothing stores: H&M, M&S, Next, Zara.

Please discuss this with Ms Vora if you think you may be eligible. We want to support you.



PART FIVE

# Practical Readiness

Uniform, Attendance &  
Attendance

# Attendance & Punctuality

## The 95% Barrier

Attendance is stated in university, apprenticeship, and job references. We aim for 100%.

**Below 95%:** Mandatory Register for 5 free periods (Study Support).

**Below 92%:** Study Plus - Register for ALL free periods.

## Sanctions

### Unauthorised absence:

- Stage 1 (first absence) 45-minute detention with Head of Year
- Stage 2 (second absence): 1 hour detention after school with Head of Year and Head of Year call home
- Stage 3 (third absence) and upwards: Recurring 1 hour detentions and a parent/guardian meeting with Head of Year
- Stage 4 (four or more absences): High level sanction decided by Head of Year

This stage system refreshes at the start of each new term.

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## Sanctions

### Punctuality (late to lessons)

- 1st occasion: Tutor conversation
- 2nd occasion: 15 minute tutor detention & tutor phone call home
- 3rd occasion: 30 minute Assistant Head of Year detention after school
- 4th occasion: 45 minute Head of Year detention after school & Head of Year phone call home
- 5th occasion: 1 hour Head of Year detention after school & Head of Year meeting with
- parents/carers
- 6+ occasions: High level sanction decided by Head of Year

This stage system starts anew every half term.

# Mobile phones

- Mobile phones, headphones and music players should not be visible, or used in any area of the school except for the following areas; inside the sixth form study rooms on E2 and E3, and inside the sixth form cafe.
- Staff may also occasionally give explicit permission to use them as part of a lesson. If phones or headphones are seen in any other part of the school, then a yellow card will be issued. Repeated use outside of the specific areas previously mentioned will result in confiscation for that day.
- Remember that the younger students are not allowed phones in the main school at all, therefore there must be no phone or headphone usage in the E block corridors especially as some younger students have lessons here occasionally.

# Yellow cards

- The Sixth Form would like its students to be superb ambassadors and role models for the rest of the school. Any behaviour that contravenes the Sixth Form policy will be challenged and sanctioned. For e.g. breaches of the dress code, littering, incorrect use of phones.
- If your behaviour falls below our expectations students will be issued with a yellow card. Sanctions for receiving yellow card(s) are outlined below. Yellowcard sanctions will reset each week.
  - 1 yellow card: 15 tutor detention
  - 2 yellow cards: 30 minute Assistant Head of Year detention
  - 3 yellow cards: 60 minute Head of Year detention
  - 4+:- internal suspension

Any instances of behaviour that contravene Sixth Form policies can also be dealt with on a case-by-case basis and sanctioned according to their severity.

# Homework & Part-Time Jobs

## Study Referrals

Missing or poor quality homework results in a "Study Referral." This must be sat after school in the study room to complete the work.

## Part-Time Jobs







You are an RHS student first, and an employee second. **"Having work" is not an excuse for missing school or sanctions. We recommend a max of 8 hrs part time work per week.**

Work must not be scheduled before 5pm on a weekday.

## The Super Six basics:

1. Go to lessons on time |
2. Complete homework in depth |
3. Be polite |
4. Try your best |
5. Check email/Classroom daily |
6. Get involved!

# Summer Shopping List

-  Lever arch folders
-  Folder dividers & Plastic wallets.
-  A4 lined paper (hole punched).
-  Green pens (for self-assessment).
-  Flashcards & Post-it notes.
-  Small whiteboard & pens.

**Maths Students:** Check exactly which calculator you need with the department before buying - exam rules are strict!

## *The Sixth Form Student Handbook*

**A must read for all sixth form students,  
before September.**

This can be found on the Year 11 Google Classroom and the sixth form website.

All students are expected to read the handbook carefully. It contains important information about expectations, attendance, dress code, study periods, enrichment, key procedures, support available and everything you need to know about being a Sixth Form student.

Please ensure you have read and understood the handbook and refer back to it throughout the year.



# Sixth Form Student Handbook

2026/2027



# Any Questions?

Talk with the person next to you and think of any questions you'd like answered