

RHS Values Champions:

Top 5 Attendance:

- **7B** - 96.45%
- **7F** - 96.31%
- **8A** - 95.87%
- **7A** - 95.78%
- **7D** - 95.39%

(attendance calculated until 08/05/2025)

HoY Shout Out:

A shout out goes to **Ellie M, 11W**, for her incredibly effort and positive attitude towards revision. Ellie is constantly striving to improve and I am sure her hard work will pay off in her exams.

Mr Sills - Head of Year 11

Subject Shout Out - Geography:

I would like to say a huge well done to **Hamza, 8W**, who puts in a consistent effort in all of his Geography lessons. He truly tries his best every lessons and his effort is helping him make great progress.

Mr Alison - Head of Humanities



A message from Mr Davies:

It has been another exceptionally busy week at the school with the bank holiday weekend meaning that in some instances five days worth of events were crammed into four days. I know many families will have spent the bank holiday weekend involved in commemoration events for the 80th anniversary of VE day. I was very proud of the students at the school on Thursday who observed the national 2 minute silence with faultless respect.

The summer examination season is now well underway and Thursday also saw our first whole cohort examination with the Year 10 Citizenship GCSE taking place. Again, our students' conduct was exemplary and I would like to wish the very best of luck to both our Year 11 and Year 13 cohorts over the coming weeks. Mr Sills, Head of Year 11, shared with me the wonderful thank you messages Year 11 students have written to their teachers this week and I know the staff have been genuinely moved by their sentiments.

I do hope parents/guardians enjoy reading just how much has gone on at the school over this very short half term and I wanted to also take the opportunity to thank the 'Friends of RHS' who do such an invaluable job in supporting the school, raising funds and supporting with an amazing selection of pre loved uniform. I am thoroughly looking forward to their annual quiz night that is due to take place on June 3rd and I look forward to seeing a strong turn-out of staff and students at this worthwhile community event.

The Battlefields Trip 2025



At the start of the Easter holidays, 50 of our Year 9 students took part in our annual trip to visit the historic Battlefields of World War One. The trip complements the students' studies of the conflict, which they study in History.

The trip began with the students and staff crossing by ferry to France, followed by four wonderful days visiting a number of historical and cultural sites - the sun shone throughout!

Throughout the trip, our students were guided by former Deputy Headteacher, Mr Rich, who expertly shared his knowledge with students, as they toured important historical sites in the area, such as the Tyne Cot Commonwealth Cemetery, Sunken Lane battlefield and the site of the 1914 Christmas Truce. Following this, students also had free time to explore the Belgian towns of Ypres and Poperinge - which included a stop at a brilliant Belgian chocolate shop.

On Sunday evening, the students took part in the Last Post Ceremony at the recently restored Menin Gate, where two of our students, Charna and Tegan, laid a wreath on behalf of RHS.

Jacob, Year 9, said: "The Battlefields Trip is a trip beyond belief. Taking us to so many places where people lost their lives, but also had gracious victories, meant the visits were both a great inspiration, mixed in with moments of sorrow. This was a life changing trip."

Salma, Year 9, commented: "The trip was an amazing experience. I learnt so many new things that I wouldn't have learnt if I hadn't been able to attend. Mr Rich, the teachers and the driver were amazing - even with Mr Sills' terrible music taste on the coach! Thanks to all of my teachers for taking us."

Our students' behaviour was exemplary throughout the trip and they did themselves and our school very proud. We look forward to offering this great opportunity to the current Year 8s next year.



Start of the Exam Season 2025

As we start the exam season, we want to wish all our Year 11 and Year 13 students the very best of luck with their GCSE, A Level, and BTEC exams. We know how much hard work and dedication has gone into reaching this point, and we are confident that all our students will rise to the challenge.

To support Year 11 students in their final preparations, although they are following their normal timetable as much as possible before May half term, we have ensured, where possible, there is a revision session ahead of each subject exam. These sessions are designed to help students consolidate their learning and boost their confidence before the exams begin.

A reminder that for our Year 13 students, their last tutor session will take place on Thursday 8th May, 2025 and their final day of lessons will take place on Friday 23rd May, 2025 - with full study leave beginning after May half term for Year 11 and Year 13.



The Jack Petchey Award Ceremony

Jack Petchey Speak Out Challenge



On Thursday 1st May, 2025, eight of our students, who were nominated for the Jack Petchey Award by their peers, were presented with their medallions by the Mayor of Hillingdon at the Jack Petchey awards ceremony, in an event attended by Ms Mckow, who leads Jack Petchey at RHS and Mr Tibbey, AHoY for Year 10.

The students were all also supported by their family members who cheered from the audience, as well as members of the community from the local area and other schools. Each of the students who received a medal are a true inspiration to the school community. As a reward for attaining the award, each of them are also the recipient of £300, which they are allowed to spend on something to enhance their learning and/or school experience at RHS.

Congratulations to all of the students who received the award. The nominations for the next six Jack Petchey winners will be opening very soon where even more students can be recognised for their inspiring achievements!



On Wednesday 2nd and Thursday 3rd April, 2025, some of our Year 10 students discovered their voices, with over 60 taking part in the transformative Jack Petchey 'Speak Out Challenge'.

The intensive, full-day workshop empowered students to channel their passions into compelling speeches. The morning session focused on mastering delivery techniques to craft persuasive arguments, and students embraced the challenge with enthusiasm. The afternoon saw a flurry of creativity, as students wrote and delivered speeches that captivated their peers.

Topics were incredibly varied and reflected their interests, from 'If you could change one thing about yourself, what would you change?' by Malakhi to 'Are Criminals Born or Made?' by Anaya. All students spoke with a confidence beyond their years.

Max, 10, said: "Taking part in the speaking challenge has been extremely valuable for not only developing our confidence when speaking in public, but also to help prepare us for the speaking element of GCSE English."

Beyond the positive student feedback, particularly regarding preparation for English Speaking Exams, the most significant outcome was the surge in confidence. Our students didn't just learn to speak; they learned to be heard.

KS3 STEM Workshops

Over the past two weeks at RHS, all of our students in Years 7, 8 and 9 have taken part in a robotics workshop run by Hyett Education. The leader from Hyett Education showed enthusiasm and expertise, which engaged the students and enabled them to make impressive progress with their building and coding skills.

For Year 7, this was the start of their robotics journey - they worked in teams to build LEGO robots, embellishing them with additional LEGO to create their own personalised machine, before learning to code an algorithm so that their robot could make its way around a course. Year 8, built on the skills developed last year, adding buttons and sensors to their robots enabling them to make sounds and respond to external factors such as colour or objects in their path. Some students used additional motors to add rotating decorations to their robots that could be started and stopped by their programming. Finally, Year 9 developed their robots even further to solve problems, such as moving barrels of radioactive waste, rescuing boats or moving rocks.

The creativity and problem-solving skills demonstrated by all year groups was impressive and it was fantastic to see the students working so well in teams and thoroughly enjoying the experience. Rael, 9W, said: "I've really enjoyed the workshop. It has been a good chance to use our creativity skills and it's been really fun."

Thank you to the Science Department for leading on organising the workshops; they have been a valuable way for students to learn beyond the classroom.



A Message from The Friends of Ruislip High



Easter Foodbank Collection

This was once again a huge success and we want to thank everyone for their very generous donations and support. We are now working with the Foodbank team at St Gregory The Great Church in South Ruislip. They directly support families in our immediate local area, regardless of faith or any other criteria, and they were extremely grateful for our donation. We will be organising another collection for the end of the summer term. The six week summer holidays can put a difficult financial burden on many families. More details to follow soon.

Easter Attendance Award prizes

We were delighted to once again provide prizes for one student in each year group (7-13), who achieved a high record of attendance before the Easter break. Each prize bag contained a gift voucher, stationery items, as well as lots of chocolate and other goodies. Well done to all the winners. We are delighted to announce that we will be supporting this initiative again at the end of the summer term.

Pre-loved uniform sales

This is a sustainable way of reusing uniforms, as well as helping those who cannot afford to purchase brand new items. We are always looking out for uniform items to sell, so if you have anything that is in good condition, which you think another student may be able to use, please hand it into the school office for the attention of the Friends team.



SAVE THE DATE!!



FRIENDS
of Ruislip High School
PRESENTS
Parents & Staff
QUIZ NIGHT

Are you ready for a night of trivia and fun? Join us for Quiz Night!

Adults only - gather your team of 6 or join one of ours.

Watch out for ticket sales announcement soon.

RAFFLE SPONSORS NEEDED

Can your business sponsor our raffle with a prize donation?
We'll advertise your business & prize to our parents to thank you. FRHS is a registered charity fundraising to enrich student life and build community for students at Ruislip High School.
Email Friends at friendsofrhs@ruisliphigh.org.uk

Save The Date - Quiz Night - 3rd July 2025

Following the success of last year's quiz night, we are certain this will be an exciting event not to be missed. Tickets will be on sale shortly. We are also calling out to any businesses who would be willing to sponsor the event, by providing a prize for the event's raffle. Please get in touch with Friends directly at friendsofrhs@ruisliphigh.org.uk or via the school office at - office@ruisliphigh.org.uk

Would You Like to Join?

We are a small, friendly group of parents who work hard to try and raise funds for our students, and we are always looking for new members and new ideas. You can commit to as much or as little time as you can. If you would like to join us, please email us directly at friendsofrhs@ruisliphigh.org.uk and we will be in touch.

Very best wishes.

The Friends of Ruislip High Team

Trip to The British Library



On Wednesday 23 April, 2025, a group of thirty Year 9 students left Ruislip Gardens to venture into Central London for a visit to the British Library. The purpose of the trip was for students to hone their creative writing skills at the Write Here workshop run by the library.

The workshop began with an exploration of metaphors, similes and imagery focusing on the book, moving from the obvious to the more unusual, and encouraging students to conceive of the topic in new ways.

After this, they went on a treasure hunt of the library to gather ideas and inspiration for their own piece of creative writing about the library. The treasure hunt was led by a member of staff who guided the students on how to approach their journey round the library by evoking senses - inviting them to pay close attention to sounds and small details they could observe - and also prompting the exploration of extended metaphors to use in their writing.

After this, students went back to the workshop rooms to write up their pieces. One of the students who attended commented: "I liked the story writing part and exploring the treasure gallery; it was a really cool trip."

Mrs Sheikh, who accompanied the students to the British Library, said: "I loved hearing the extended metaphors that students came up with for conceiving of the library and books to do with ships, galaxies, portals and treasure chests. All demonstrate the limitless scope of literature to fire our imagination and provide sustenance as we journey through our lives. We were extremely proud of their excellent behaviour and literary flair."

STEM Talk at St. Helen's in Northwood

On Friday 4th April, 2025, a group of students from Years 10 to 13 had the privilege of attending an inspiring talk, led by Dr Dolby, Head of the Centre for Advanced Mathematics at St Helen's School. The session was aimed at female students who have shown the strong potential to pursue careers in STEM (Science, Technology, Engineering, and Mathematics).

Dr Dolby shared his personal journey across a range of careers, highlighting the key skills that helped him to succeed. He challenged the idea that talent is something you're born with, instead emphasising that those considered 'gifted' are often individuals who have put in significant time and effort to develop their abilities.



Dr Dolby encouraged students to recognise and build on their own unique strengths, explaining that these are what truly make someone employable. "Own what makes you special," he advised — a message that resonated strongly with the audience.

Dr Dolby also referenced the powerful film *Hidden Figures*, describing it as essential viewing for anyone interested in STEM. The film tells the true story of a group of Black women who overcame significant barriers to play a vital role at NASA. He used this example to illustrate how talent and determination can overcome prejudice and inequality.

The talk concluded with thoughtful advice: a fulfilling career is not necessarily the most lucrative one, but one in which you can 'do good'. Dr Dolby also shared compelling statistics, noting that individuals with higher qualifications in Mathematics tend to earn significantly more over their lifetimes — on average, 12.5% more for men and an impressive 23.9% more for women.

Jess, 11B, said: "I thought it was really good and quite informative. The statistics were quite informative about how girls tend to do really well in maths but don't tend to pursue it."

Meanwhile, Pearl, C62, commented: "Mind Blowingly good. It really opened my eyes for my options for my future and inspired me to explore more into the fields of mathematics and STEM."

The event left students feeling inspired, empowered, and more confident in their aspirations to make a difference in the world through STEM.

Sixth Form Bowling Trip

On Tuesday 1st April, 2025, 85 of our Sixth Form students headed to Tenpin Acton, bowling lanes, for an afternoon of well deserved fun. This trip, the first of its kind for the Sixth Form, was organised by Ms Vora in direct response to student feedback for more celebratory trips, proving the value of Student Voice within the student community.

After the Year 12s impressive start to Sixth Form and the Year 13s hard work in preparation for their upcoming exams, the students truly deserved to be celebrated. It was wonderful to see them having fun as a student community - whilst embracing their competitive sides to find out who would be the top scorer in their two bowling games.

The students behaved impeccably throughout the trip. Their enthusiasm, sportsmanship, and positive energy made the trip an absolute success. Ms Vora and the staff were delighted to see students enjoying themselves, whilst representing the school with maturity.

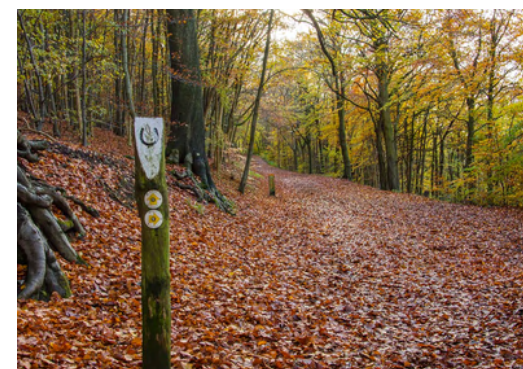
Ethan, Year 12, said: "We had a great laugh! It was really fun to have the chance to go on a trip, which focused on us spending time with our friends and relaxing after all our hard work."

Giselle, Year 13, said: "I had such a good time. It was lovely to have this downtime with so many students, most of whom I've been with since Year 7."

Thank you to Ms Vora for organising the trip and for all of the staff who accompanied the students. We are certain this will be the first of many future Sixth Form reward trips.



DofE Silver Pre-Expedition Weekend



On Saturday 3rd May, 2025, seventeen of our Year 10 students taking part in Silver Duke of Edinburgh, departed from the school to take part in their pre-assessed expedition weekend.

Taking place in Wendover Woods, the weekend trip required students to demonstrate their independence and resilience. On expeditions students are expected to be completely self-sufficient, carrying a large backpack, planning their routes and meals and working as a team. Before heading out on the trip, all Duke of Edinburgh students had already taken part in a training session to ensure they were fully prepared for the adventure. Once the students reached their camp, they had to set up their tents and prepare their own dinner - pasta. The second day saw the students completing another four-hour hike, before another night sleeping under the stars.

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Masato, Year 10, said: "It was fun. I really enjoyed the walks and it was great to spend time with my friends, completing something challenging."

Ms Vora, who attended the trip with the students, said: "All of the students were in excellent spirits - they behaved very well and supported each other throughout the expedition. They also showed they are RHS students through and through, as after they had set up their camp, they sat down to dinner - testing each other and revising ahead of their GCSE Citizenship exams! I'm so proud of them."

The students will complete their assessed expedition weekend for the Silver Award at the end of June.

10 Top Tips for Parents and Educators

FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

9 RECOGNISE EFFORTS REGULARLY

Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/fostering-a-sense-of-belonging

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Coming Up: Mental Health Awareness Week



The week beginning 12th May marks Mental Health Awareness Week. As a school, we believe that mental health is just as important as physical health, and we are dedicated to creating a supportive environment where every student feels safe, valued, and heard.

During the week, assemblies will focus on helping students develop healthy ways to cope with academic pressures, while tutorial sessions will centre around the theme of belonging—encouraging students to reflect on how they can contribute to and benefit from our school community.

Notices:

Key Dates:

Monday 12th May 2025
Beginning of Mental Health Awareness Week

Friday 23rd May 2025
End of half term

Saturday 24th May 2025
Bronze DofE pre-assessed expedition

Monday 2nd June 2025
Start of half term

Monday 2nd June 2025
Start of Year 12 PPE Week

Letters Home

Update to Parents - 28/03/25
[Click here](#)

Update to Parents - 04/04/25
[Click here](#)

Year 7 Summer Trip Letter - [Click here](#)

Year 13 Final Arrangements Letter - [Click here](#)

Other Opportunities (not linked to the school)

All-Ability Bees Soccer Schools - May Half Term
[Click here](#)