

Autumn Term 2024-25 | Issue 4 21.10.2024

RHS Values Champions:

Top 5 Attendance:

- **7D** - 98.28%
- **7S** - 98.06%
- **7C** - 97.59%
- **C62** - 97.41%
- **8A** - 97.24%

(attendance calculated until 18/10/2024)

SLT Shout Out:

Well done to **Lola W, Year 10**, for being an outstanding student. Her behaviour both inside the classroom and around school is admirable. She always does the right thing and should be proud of all she is achieving.

Mr Shelley - Assistant Headteacher

Subject Shout Out - Maths:

Nadine, Year 11, deserves special recognition for consistently excelling in her classwork and demonstrating remarkable dedication to her studies. She went above and beyond in her most recent assessment, truly knocking it out of the park with outstanding results. Her hard work and commitment to excellence continue to shine through in everything she does. Keep up the amazing effort, Nadine!

Mr Ladhani - Director of Maths



A message from Mr Davies:

As we reach the end of what has been another busy and successful half term at the school, I wanted to once again thank parents and guardians for the outstanding support shown to the school community. This week has seen a number of successful events hosted at the school and I was delighted to see so many Year 11 families at the 'preparing for success' evening on Tuesday. I am convinced that students thrive when home and school are in partnership and both the Year 11 evening and last night's Year 7 tutor evening demonstrated the strong partnership we have at Ruislip High School.

With the half-term break approaching, I would like to remind everyone of the importance of staying safe in the local community. We have had reports of unsafe behaviour in the local area and concerns about the behaviour of older youths in the Ruislip community. Here at the school, we work closely with the Metropolitan Police, and I am grateful to Sergeant Allyson Easton, who has provided the following advice to families about staying safe and avoiding street crime:

- Where possible students walk/travel in pairs or groups to and from school.
- Walk down main roads/routes that are well lit. Avoid going through parks, alleys or other unlit or poorly lit areas.
- Ensure they are alert to the environment around them, avoid wearing headphones or being distracted by mobile phones and other devices.
- Students should have a set route to and from school that is discussed with parents and carers.
- Parents and carers have a personal safety conversation with their children.
- If they are concerned about their safety please call the police.

Finally, I would like to wish the whole Ruislip High School community a restful half term. I suspect the next half term will be equally busy at the school, but have no doubt the whole community will work together to continue to make the school a great and safe place for all.

Year 7 Tutor Evening



Thank you to all of the parents and carers who attended our Year 7 Tutor Evening on Thursday 24th October, 2024. The event brought together parents and staff for a welcoming and engaging night at RHS.

Parents had the chance to explore various extracurricular opportunities through taster sessions led by a range of Above & Beyond clubs, such as board game club and badminton club. It was wonderful to see so many parents take the opportunity to sign their children up to an Above & Beyond club, as we believe taking part in clubs is an important part of our students' education.

Attendees also enjoyed refreshments while connecting with key staff members, including our Head of Year, Ms. Loizou, and SENDCo, Mrs. Ware. Their insights into school life and the support available for students were invaluable to parents

navigating this transition.

The Year 7 tutor team led informative sessions in their tutor classrooms, where they shared vital information about the school's expectations and wider school life at RHS. Finally, there was a pre-loved uniform sale, organised by the Friends of RHS, allowing families to stock up on affordable clothing while promoting sustainability.

Ms Loizou, Head of Year 7, said: "This is the first year we have run our Year 7 tutor evening in this format and I am really pleased with the change. I believe the evening gave us a chance to showcase what makes RHS a vibrant and supportive place for our students. I really hope the Year 7 parents found the event useful."

Overall, the Year 7 Tutor Evening supported our school's sense of community, helping families feel supported as they navigate the change from primary school to secondary school for their child. Thank you to everyone who participated and made the evening a success.

Year 12 University Trip

On Tuesday 22nd October, 2024, all of our Year 12 students had an exciting opportunity to visit either The University of Reading or the University of Hertfordshire. Both trips offered an insightful glimpse into university life and what it takes to succeed in higher education.

Both trips followed the same programme, with students attending engaging talks on how to prepare for university, with valuable advice on writing personal statements and exploring different degree options.

A highlight of the day was the campus tour of each university, led by current student ambassadors, who shared their personal experiences and gave students a real sense of what it's like to study at Hertfordshire. Walking around the modern facilities, including the library, accommodation, and student union, our students left feeling inspired.

Ethan, Year 12, said: "It was an interesting day. Getting to tour the campus and seeing the amazing facilities - particularly for Sport and Science - was great. I look forward to seeing other universities and exploring other post-18 options."

Ms Vora, Head of Year 12, said: "I am really pleased with how the students conducted themselves on the trip. They listened to the team at the university carefully and, as a result, gained lots of valuable advice."

These visits allowed students to ask questions, explore potential pathways, and gain a valuable insight into university life. The trip was an enriching experience that helped many of our Year 12s to start thinking about their future university choices with greater clarity. Thank you to the Sixth Form Team for running a successful and valuable trip.



RHS Safeguarding Week 2024

We are pleased to report that last week's Safeguarding Week was a tremendous success. The week underscored the essential role safeguarding plays in our school community, fostering awareness and empowering students to make informed choices about their safety and wellbeing.

The week began with impactful presentations from our Community Support Officer, PC Boyle, who addressed Year 7 students on critical topics such as anti-social behaviour and indecent images. This session provided a foundation for understanding the risks associated with how we conduct ourselves online. Following this, Year 8 participated in a presentation on malicious communications, learning about the potential dangers of online scams and peer pressure.

On Wednesday 16th October, 2024, our students engaged in "Your Life You Choose," an award-winning initiative that effectively deterred youth from crime. The day focused on the consequences of poor life choices and equipped students with the tools to make better decisions, emphasising the importance of personal responsibility.

Throughout the week, Trust Safeguarding Lead, Adam Walthaus, conducted hate crime workshops for various year groups, encouraging open discussions and promoting inclusivity. He also delivered assemblies to Year 11 on the theme of keeping safe in the real world. Year 10 students received important insights into the dangers of substance misuse through a presentation by the Hillingdon-based group 'Sorted', which highlighted the impact of using the Class B drug Weed can have.



This focused both on criminal consequences, but also the long-lasting physical effects the drug can have on a young person's body and mind.

Finally, on Friday, The Samaritans visited our school, sharing invaluable information about mental health support and how students can reach out for help when needed.

Thank you to Ms Stoodley, Pastoral Director, for leading the week. Every session was incredibly valuable in contributing towards the safe environment we are so proud of here at RHS.

HoY Update: Year 9 - Mr Cahill

It has been a busy and productive start to the school year for Year 9. Firstly, I would like to congratulate all the students who were tour guides for our annual Year 6 Opening Evening in September. Furthermore, the Year 9 ambassadors have been a real credit to themselves and the school, which has been evident through the vast number of compliments the school has received for the tours the Year 9 Ambassadors have conducted for prospective new parents and students that have taken place since the Open Evening event.

Year 9 is a crucial year in the students' academic journey at Ruislip High School, as this year they will make decisions about their subject options for GCSEs and BTEC qualifications, which they will begin studying in Year 10. I am delighted to share that Thursday 27th February, 2025, is when our Year 9 Options Evening will take place - please save the date! This is when students will start the process of choosing their GCSE subjects.

For now, at the end of a very long half term, I would like to wish all of Year 9 a restful October half term.

Save the Date: BINGO!

On Wednesday 27th November, 2024, the Friends of Ruislip High are holding a Bingo evening and you are all invited!

The event will take place from 5.30-7.30pm, ahead of the INSET days on Thursday 28th and Friday 29th November. It is a great opportunity to mix with fellow parents and staff. The cost is only £5 per person and you will be able to bring your own drinks/snacks. There will be top prizes to win, with multiple raffles happening over the course of the evening alongside rounds of bingo. This is an adult only event.

The Friends of Ruislip High School do a wonderful job supporting our school community and this is a fantastic opportunity to raise funds for the 'Friends Fund', which will help them fund their various school community projects.

Ticket details will be launched the first week back after half term. Don't miss out!



RHS Students Enjoy the ACS STEAM Trip

On Tuesday 15th October, 2024, a small group of year 8 students were selected to represent Ruislip High School at a STEAM day, held at Thorpe Park. The sun was shining and students fully enjoyed the STEAM activities on offer, as well as Thorpe Park's thrilling rides.

The event was put on by ACS International School and a wide range of partners from organisations such as Morrisons, the British Armed Forces and Surrey University. The students had a gamification postcard and needed to visit stalls and complete activities to gain stamps to give them access to the Thorpe Park rides.

One of the highlights of the day was our students were booked onto a CATS the Musical make-up and wigs workshop, where they learned to create make-up techniques to become a feline character. The students were so creative and their designs were very realistic.

Lucas said about the day, "I thoroughly enjoyed the trip to Thorpe Park and it definitely made my week."

Well done to all the students for their excellent attitudes and sense of adventure on a fantastic day out.



Drama: Theatre Trip to Stranger Things

On Wednesday 16th October, 2024, a group of Year 11-13 students were lucky enough to go and see "Stranger Things: The First Shadow" at the Phoenix Theatre. For the Year 11 students attending, watching the show was an opportunity to prepare for one of their GCSE examinations, where they will be expected to discuss and analyse a 'live' theatrical performance.

This was Mr Randall and Ms Pennell's second time taking students to watch the performance and once again they were delighted when the students were dazzled by the performances' impressive special effects, set and sound design.

The students were all buzzing after the performance, with all of them giving the show rave reviews. Katie, Year 12, said: "I loved it. It is honestly one of the best bits of theatre that you can go and watch in London right now. I highly recommend it!"

Meanwhile, Jess, Year 11, said: "What an exciting play to be able to watch and then write about in our GCSEs next year. I am so glad we've been to see it - there is so much to talk about!"

Thank you to the Drama Department for running another successful trip to the theatre.



Year 11: Preparing for Success

On Tuesday 22nd October, 2024, Year 11 parents were invited to attend a talk centred around 'Preparing for Success' this academic year. Led by Mr Noble, Deputy Head, and Mr Sills, Head of Year 11, the talk focused on supporting Year 11 students to ensure they are able to do their absolute best in their summer examinations.

The focus of the evening was parents/guardians and the school working as a team to make the forthcoming examinations an opportunity for great success.

A range of staff spoke at the evening, focusing on topics, such as: Setting the scene for success; what effective revision looks like; how to look after student wellbeing; and post-16 guidance.

The evening was an important event, to ensure that all who attended understood the key messages from school, which can be followed up at home, to ensure that the summer examinations are perceived as a great opportunity to demonstrate talents, rather than a source of anxiety.

Mr Sills, Head of Year 11, said: "It was excellent to see our assembly hall full on Tuesday night for the Year 11 'Preparing for Success' Evening. The evening was an opportunity to emphasise the importance of working together as parents/guardians and the school, to best support our students in what will be a challenging, but equally rewarding year. Thank you to everyone who attended."

Thank you to all of the parents, students and staff who attended the evening. The slides for the talk can be found [here](#).



PE News:

Netball Update

We are proud to report our Ruislip High School netball teams have started the season strong. Firstly, the Year 10 netball team enjoyed an impressive 11-2 win over Uxbridge High School, where Ava W (10B) and Ava D (10D) were the lead goal scorers.

Meanwhile, the Year 8 team also shone after having the perfect start; the team won at home to Queensmead High School 25-4, where Lois C (8D) and Ellie D (8F) were the lead goal scorers. All students performed incredibly well and were impeccable with how they represented the school. The full team list for each year group is below:

Year 10:

Freya M, Eva E, Taylor M, Emma M, Ava W (Captain), Ava D, Elena S, Imani E, Dulcie H, Danni K

Year 8:

Lois C, Ellie D, Millie B, Mara A, Alyssa L, Harper M, Maddie D, Josie C



Year 7 Football Team wins 9-0 Against Queensmead

We are thrilled to report that the RHS Year 7 football team have had a successful result in their first football fixture of the year against Queensmead. There was a big squad for the match, so much so that there were multiple substitutions in the game, to ensure that every player got a chance to play for at least 20 minutes during the game. This was important to give everyone a chance as the group begins to learn their strengths and weaknesses as a team.

RHS put in a dominant display from start to finish, with Amari leading by example and being crowned player of the match, thanks to his excellent performance.

Team captain Antony C led the team brilliantly and scored a hat-trick for his efforts. The team's phenomenal 9 goals were then finished off with Joseph B also scoring a hat-trick; Eduardo A grabbing himself two goals, with some fine finishing; and Leo also got himself on the scoresheet with one goal.

Throughout the match, there were plenty of strong performances across the pitch and we are certain that as the team continues to gel in training, Year 7 will see further success in future games.

The Year 7 Boys' Football Team:

Aiden S 7C, Harry J 7W, Alfie L 7D, Jordan B 7S, Ollie K 7S, Ollie H 7S, Freddie H 7B, James E 7F, Eduardo A 7B, Antony C 7W, Leo E 7S, Joseph B 7W, Ben H 7D, Colby H 7W, Conor W 7C, Amari P 7A



Jack Petchey Award Winner Donates Prize to Netball

On behalf of the netball team and PE department we would like to send a thank you to Bethany S (9B) who was one of the recipients of the Jack Petchey Foundation award for her outstanding efforts and contributions to the school.

Bethany has used her grant to supply each netball team with brand new uniforms and game balls, which are much appreciated as the team begins the new season.



What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

U: Suitable for all ages

PG: For children aged 8 and above; this content shouldn't unsettle them

12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

15: Suitable only for 15-year-olds and above

18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

WHAT ARE THE RISKS?

STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

Advice for Parents & Educators

WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them: this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

Meet Our Expert

John Insley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/horror-films-and-age-ratings>

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Notices:

Key Dates:

Monday 4th November
2024

First day of half term

Tuesday 5th November 2024

Years 11-12 Trip to
Cambridge University

Thursday 7th November
2024 4:30pm-7:30pm

Year 13 Parents' Evening

w/b Monday 11th
November 2024

The VLT Environmental
Sustainability Week

Tuesday 12th November
2024

Year 10 Drama Trip

Wednesday 13th November
2024 4:30-7:00pm

Sixth Form Open Evening

Letters Home

Update to Parents -

18/10/24

[Click here](#)

Sixth Form Open Evening
letter -

[Click here](#)

Year 11 London Trip Letter

[Click here](#)

Year 11 PPE Revision

Resources

[Click here](#)

Year 10 PPE Revision

Resources

[Click here](#)

Year 10 Notice - UK Bebras Challenge

We are excited to inform you that our Year 10 students will be participating in the UK Bebras Challenge, which begins the week of Monday 14th November, 2024. The Bebras Challenge is an annual international competition that introduces computational thinking and problem-solving skills in a fun, engaging way.

The challenge is open to students of all abilities, and it encourages them to think creatively and logically through a series of interactive tasks and puzzles. These tasks are designed to help students develop critical skills in computer science, which are increasingly important in today's digital world.

Your child will be participating during their computing lessons that week. There is no preparation required for the challenge, but if your child would like to explore practice tasks, they are available online at the [UK Bebras website](#).

We encourage you to support your child in taking part in this fantastic opportunity to build their computational thinking skills!