

RHS Values Champions:

Top 5 Attendance:

- **C66** - 98.55%
- **8A** - 98.28%
- **C62** - 97.95%
- **7A** - 97.67%
- **C61** - 97.14%

(attendance calculated until 08/11/2024)

HoY Shout Out:

Shout-out to **Ara K** for starting this half term with excellence, Ara has truly set the bar high! Her dedication, hard work, and positive attitude have inspired everyone around her. Keep up the fantastic work, your passion for learning and growth is shining bright!

Mr Joseph - Head of Year 10

Subject Shout Out - MFL:

A huge well done to **Francesca**, Year 7, for wowing Ms Bisland with her Spanish knowledge in her recent assessment. It was incredibly confident and showed how hard she is working in class. Well done Francesca, keep up the excellent work!

Ms Matias - Curriculum Leader of MFL



A message from Mr Davies:

It has been another exceptionally successful week at the school, with our Sixth Form open evening being the highlight of the week for me. I was delighted to see so many Year 11 families there and would emphasise the point I made on the evening that this is their school and as long as students meet the entry criteria, they will have a place in our sixth form. I was also incredibly impressed with our student leaders who spoke at the event and are such a credit to both their families and the school.

I know that I have written previously about the importance of students behaving appropriately on public transport and I remain concerned at the number of students congregating at the bus stops in the immediate vicinity of the school at the end of the day. I would urge parents/guardians to discuss with your child whether it would be appropriate for your child to walk home, given that we know the vast majority of our community are so local.

I am delighted to see the Bingo event again being advertised in this week's bulletin and it would be great to see parents signing up on ParentPay, while I also understand that there are some very exciting raffle prizes to be won.

Finally, I do hope parents enjoy reading this bulletin, which is a great advert regarding just how much goes on at RHS in a two-week period. I know this will continue to be the case as we approach the festive season, and I would again add what a privilege it is to lead this school community.

Barcelona Trip 2024



From Thursday 24th October, 2024, a group of our Year 10 and Year 11 students set off on an exciting school trip, led by our MFL Department, to Barcelona - and what an adventure it was!

On the first day, the students headed straight from the airport to Tarragona to explore its ancient Roman ruins and charming old town. This was followed by a delicious dinner at a local tapas restaurant, where classics like ensaladilla rusa and patatas bravas were firm favourites.

The weather was kind as the group on their second day. Everyone visited El Poble Espanyol, a Spanish village showcasing the country's diverse architecture. A cable car ride took them to Montjuïc Castle for a scenic picnic lunch. In the afternoon, students had free time to explore Las Ramblas, and although a rainstorm prevented beach time, the day ended with fun in the hotel games room.



Unfortunately, on day three of the trip, the group had to adapt their plans, due to a weather warning. Despite this, the students adapted brilliantly and had a fantastic day. Mr. Sills and Mrs. Bisland ran a bilingual bingo session, with students winning prizes for line and full house victories. The afternoon saw them at PortAventura theme park, where our soggy students braved the rides, followed by some free time for shopping and football by the beach.

The final day on the trip brought more rain, but it didn't dampen the students' spirits. They took part in an Apprentice-style challenge, followed by a visit to the FC Barcelona Immersive Museum. After a whirlwind trip, students flew home with souvenirs and wonderful memories from their Barcelona adventure.

Lola, Year 10, said: "I had such a great time and the whole trip was so fun. I made lots of new friends and all the places we went to were amazing. I will never forget this trip - I'm not sure any other trip could top it!"

Thank you to all of the staff who accompanied the students in Barcelona - we are certain it was truly a trip to remember!



The VLT Environmental Sustainability Week 2024

The VLT Environmental Sustainability Week, held from Monday 11th November, 2024, was a huge success, with our school community coming together, alongside other students across the trust, to take part in a range of exciting challenges aimed at reducing our collective carbon footprints.

The week had three objectives:

- to understand the global commitment and response to climate change;
- to increase participation in the Trust-wide environmental sustainability week in particular reusing items to reduce our carbon footprint; and
- to reduce our carbon footprint.

The Headteacher, from each of the Trust schools, read a pledge for the week, which was recorded and played in each school. A copy of the video, featuring impressive drone footage of our students, can be found [here](#).

At RHS, the week saw the return of the 'How Low Can You Go?' challenge, which focused on the five Rs: Recycle, Reuse, Repurpose/Repair, Reduce, and Rethink. Throughout the week, students, staff and families took part in daily activities designed to promote sustainable practices and help lower our environmental impact. This included encouraging students to have a meat-free day (or week!), switching lights off when leaving a room and walking or cycling to school, where possible. All year groups and our staff got involved in the challenge, with valiant efforts across the board. As you can see from the results table below, it was the students in Year 10 who made the biggest difference in the week, with Year 8 coming in a close second place.

A highlight of the week was on Tuesday 12th November, 2024, a group of Year 7 students took part in a community litter pick, led by Alex Sim from the Hillingdon Community Litter Pickers Association. The students thoroughly involved cleaning up areas around the school, such as Jim O'Neill Walk. The team collected an impressive 14 bags of rubbish in just one hour, making a tangible impact on the local area.

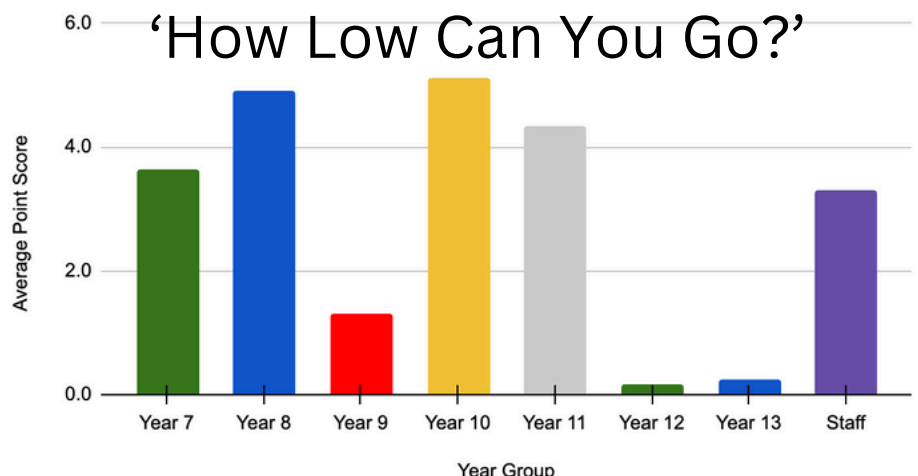
In addition, there was a slogan and picture competition, where students submitted creative artwork to reflect the Trust's commitment to environmental sustainability. The winning entries will be featured in a special edition of our newsletter at the end of the autumn term, showcasing the best of the week's activities.

Mr Gould, Assistant Headteacher, who led the week at RHS said: "We are really pleased that all of our students made such a brilliant effort to think more carefully throughout the week about their carbon footprints. It was also wonderful to see so many of them engaging in community projects and events related to sustainability. Well done everyone!"

We are proud of the collective efforts made by our school community to reduce our carbon footprints, and we thank everyone who participated in one of the many activities on offer.



Ruislip High Year Group Averages 'How Low Can You Go?'



Sixth Form Fundraiser for Mankwe Wildlife Reserve



At the end of August 2024, Sixth Form students had the opportunity to go on a residential trip to South Africa, to visit the [Mankwe Wildlife Reserve](#).

This family run reserve is located around Pilanesberg, where you will find many different species, such as impala, warthog and giraffe. However, the main focus of the reserve is to protect the Southern White Rhinos who live on the reserve's lands. As students, we were extremely lucky to meet these rhinos, alongside the amazing team at the reserve. During this trip, we took part in lots of activities and really got stuck in. We collected data in mammal transects; worked on a giraffe ID project; and rhino monitoring - just to name a few things! It was an incredible experience that really inspired all of us.

Sadly, the Southern White Rhino is seriously endangered due to poaching, and it was heartbreaking to see the effects poaching has on the family and community at Mankwe. To help prevent poaching, the team at Mankwe have a dedicated Rhino Protection Unit (RPU) who work day and night patrolling the reserve on foot with their RPU dogs. Each member of the team has his own dog and, throughout the trip, we were completely struck by the bond between dog and owner.

As the threat of poaching has not disappeared and as some of the dogs will be retiring soon after all their hard work, the RPU is looking to expand their efforts. So, as a Sixth Form, we have decided we wish to raise money for the next generation of dogs. Our target is to raise £2000, so that new kennels can be built for the next generation of RPU puppies.

Within the RHS Sixth Form Student Leadership Team, we have delivered assemblies to all the year groups at school for the past week, educating them on the amazing work being carried out at Mankwe, as well as the dangers facing the rhino population. During these assemblies, we let all students know about our 'Guess the Rhino Name' competition, which students could enter for £1, to help raise money for the reservation.

However, this has been just the start. As a Sixth Form, we have set up a [GoFundMe](#) to give anyone who would like to support us the chance to help us reach our charity goal. We are already a third of the way to £2000 - but we still need donations to help us reach the full amount. If you are able to donate any amount towards our fundraiser, that would be incredible and we would really appreciate it. The work they do at Mankwe is truly inspiring and we would love to say we have been successful in supporting our global community, as well as our local one.

Thank you!
Alexia, Year 13
Head Student



Year 11: An Inspector Calls Performance

On Monday 11th November, 2024, Year 11 were fortunate enough to watch a performance of An Inspector Calls, alongside a GCSE English Literature workshop.

The performance, delivered by the Central Youth Theatre, gave students the opportunity to watch scenes from J.B. Priestley's 1945 play, after studying the script in lessons. After watching key scenes, the students were asked questions about the message of the play and this required Year 11 to think about the key themes Priestley was communicating to his audience during the mid-20th Century and today.

The morning was incredibly worthwhile and helped Year 11 revise and prepare for their upcoming GCSE English Literature PPE in December, as well as for their Summer 2025 examination in the subject.

Thank you to Central Youth Theatre for bringing the text to life for our students, giving them a chance to see the play in action. Thank you to Ms Bhudia, Director of English, for organising such a worthwhile event for our students.



RHS visits Copper Box Arena

On Friday 25th October, 2024, Ruislip High School students had an unforgettable trip to the iconic Copper Box Arena in London, where they witnessed an exciting Super League basketball game between the London Lions and the Surrey Scorchers.

The game promised action from the start, as the Lions aimed to defend their home turf, with their roster featuring some of the league's most dynamic players. The Surrey Scorchers, however, were determined to give them a tough contest, bringing both skill and energy to the court.

The first quarter saw the Lions establish a strong lead, utilising fast-break opportunities and sharp shooting from the perimeter. The Scorchers fought back in the second quarter, closing the gap with some impressive offensive plays and teamwork, showing why they're a respected team in the league. By halftime, the game was competitive, with both sides displaying remarkable athleticism and skill.

The second half saw the Lions ramp up their defence, making it difficult for the Scorchers to penetrate the paint. Ruislip High students cheered passionately as the Lions' standout players delivered crucial three-pointers and blocked shots. With a relentless offence and disciplined defence, the London Lions eventually took control of the game, securing a decisive victory.

The experience was thrilling for the students, many of whom were inspired by the professional skills on display. It was a memorable day at the Copper Box Arena and Ruislip High's visit highlighted the excitement and community spirit of British basketball. The students left buzzing, eager for the chance to see another game and perhaps to emulate their heroes on the court in the future!



RHS Friends Event: BINGO!

In a couple of weeks, 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 tickets can now be purchased via ParentPay. We would like to remind you that this is an adults only event and guests can bring their own snacks and drinks to the event.

Alongside bingo, there will also be a raffle draw with some incredible prizes:

1st prize - £100 Amazon voucher

2nd prize - Football plaque signed by Manchester City and England midfielder, Jack Grealish

Other prizes include: Afternoon Tea for 2 at Browns, a voucher for The Granero Lounge, and a voucher for Kate's Waffle Cabin.

Raffle tickets are £1 each and can be purchased on ParentPay.

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.

FRIENDS
of Ruislip High School

BINGO NIGHT

Join us for Bingo Night and experience the thrill of winning big while having a blast with friends!
Over 18's only. Snacks available, BYO Drinks.

RAFFLE TO WIN PRIZE WORTH £100

WEDNESDAY,
27 NOVEMBER

5.30-7.30 PM

RUISLIP HIGH
SCHOOL

Buy tickets now!!

Bingo tickets £5 - Raffle tickets £1
For sale on Parent Pay Now!

Year 10 Drama Theatre Trip

On Tuesday 12th November, 2024, the RHS Drama Department led a trip for the Year 10 GCSE Drama class to watch a performance of *A Tupperware of Ashes* at the National Theatre, London.

A vivid and heart-breaking family drama, *A Tupperware Of Ashes* followed the story of Queenie, a strong matriarchal character who receives a diagnosis of Alzheimer's Disease - and the devastating consequences it has on her and her family. Written by Tanika Gupta and starring Meera Syal, the show was emotional and our students watched with maturity throughout.

In addition to the gripping narrative, the sound and lighting design, alongside set design, were also incredibly creative and were used in a way that conveyed Queenie's memory loss and eventual dementia in a visceral way. Despite the tough subject matter, it was an excellent performance for GCSE Drama students to watch, to see lots of the techniques they study used in action.

Jonatan, Year 10, said: "It was honestly the best thing I have ever seen at the theatre. Lots of the technical moments were so clever and I was left wondering how they pulled parts of the performance off."

Thank you to the Drama Department for organising a trip to such a thought-provoking play.



Sixth Form Open Evening 2024

On Wednesday 13th November, 2024, Ruislip High Sixth Form opened its doors to prospective students and their parents. The event, attended by Year 11 students - both currently studying at RHS and external students - was a fantastic opportunity for them to find out about the range of BTEC and A Level options available in our state-of-the-art Sixth Form.

The event was buzzing, with students and their parents eager to see each of the subject stalls on offer, as well as attending an informative talk led by Mr Davies, Headteacher, Mr Peacock, Head of Sixth Form, and representatives from the Student Leadership Team. The talk shared all of the highlights of Sixth Form life, including sharing information about the wider curriculum and the excellent residential on offer at the Sixth Form. The slides from the talk can be found [here](#).

The students who supported the event were a credit to the school, with the Year 12s and 13s who volunteered passionately sharing what they love about being a member of the Sixth Form and advocating for individual subjects.

Mr Peacock, Head of Sixth Form, said: "We were delighted to welcome so many of our Year 11 students, and over 60 external students, to the Sixth Form Open Evening. There was a wonderful atmosphere around the evening as students explored the different subject stalls and attended the talks, and we look forward to seeing the students' applications to the Sixth Form!"

Thank you to all of the staff and students who supported the running of the evening. Just a reminder that applications to the Sixth Form are open now and students should apply via [Applicaa](#).



PE News:

Girls' Football

During the week beginning Monday 11th November, 2024, some of our Year 9 and Year 10 girls represented Ruislip High School in two football fixtures.

The first game was in the third round of the English School Football association cup, where the girls played Orleans Park School. The girls battled hard throughout the game and were victorious winning 3-1, with goals scored by Xenia G and Bethany S.

In the second game of the week, the team played their first U16's league game against Vyners High School. The girls put in an amazing performance, dominating the game with a convincing 7-1 win. Everyone that played in the game played a crucial role in the goals scored, helping us to bring home a victory! During the match the seven goals were scored by Michaela H, Jodie C, Bethany S, Kaia W and Danni K - well done!



Boccia Competition



This week some of our students took part in a Boccia competition at Pield Heath. Boccia has roots in ancient Greece and Egypt and is thought to be one of the first games played by mankind. The sport was originally designed for people with Cerebral Palsy but is now played by people with a wide range of disabilities. Nowadays over 50 countries play Boccia, making it the fastest growing disability sport in the world. The game is played from a seated position, players propel balls to land as close as possible to a white marker ball, known as the Jack. Two sides compete as individuals, pairs or as a team of three over a set number of ends (4 for individuals and pairs, and 6 for teams).

At the Pield Heath competition, the students from RHS played seven different games, all of which were really competitive. Students won four games, lost two and drew one, resulting in 4th place overall.

Well done to all students involved!

A Level Physics: Space Day

On Tuesday 5th November, 2024, the Year 12 A Level Physics students had an amazing day, led by Robin Mobbs from the National Space Academy. In a jam-packed set of sessions, the students learned about orbits; how to become an astronaut (and a space lawyer!); conducted experiments on how the human body reacts to the vacuum of space; and finished the day building and launching their own rockets.

The students thoroughly enjoyed the experience. Soham, Year 12, said: "The day was very informative and fascinating. It taught me about new concepts and fundamental rules in physics, as well as how they apply to astrophysics."

Krzysztof, Year 12, commented: "I am happy that I had the opportunity to meet such a great man today and I hope to meet him once again later in my life. I found the workshops today inspirational."

Mr Gould, who supported the day, was impressed with all the contributions of our students, as they threw themselves into the day's activities.



What Parents & Carers Need to Know about

TIKTOK

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-synching and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

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CENSORED

EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-synching and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become 'TikTok famous'. While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

ADDICTIVE NATURE

Like all social media platforms, TikTok can be extremely addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next means it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

The default setting for all under 16s' accounts is 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

USE RESTRICTED MODE

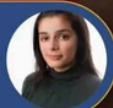
In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



SOURCES: www.tiktok.com

www.nationalonlinesafety.com [@natonlineafety](https://twitter.com/natonlineafety) [/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety) [@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

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Notices: Key Dates:

Wednesday 20th November 2024

GCSE Music Trip

Thursday 21st November 2024 6:00pm-7:30pm
Presentation Evening

Monday 25th November 2024

Year 10 Theatre Trip

Wednesday 27th November 2024 5:30pm-7:30pm
Friends of RHS Bingo Event

Thursday 28th and Friday 29th November 2024
INSET Days

Letters Home

Update to Parents - 11/11/24
[Click here](#)

Year 8 Paris Trip Final Information letter -
[Click here](#)

Year 11 Yearbook Letter
[Click here](#)

Staff Vacancies in the Vanguard Learning Trust
[Click here](#)

Other Opportunities (not linked to the school)

Ruislip Gardens Primary School Winter Fair Flyer
[Click here](#)

Family Lives Online Parenting Courses
[Click here](#)

RHS Winter Concert Tickets

You are all warmly invited to join us for this year's Winter Concert on Wednesday 11th December at 5:30pm. Our student performers have been working incredibly hard, and we can't wait to share the results with you!

The evening will feature festive performances by our school band and choirs, along with solo pieces from our very first group of A-Level musicians—promising to raise the bar even higher. We also encourage you to join in with a fun sing-along as we celebrate the season and close out another amazing year.

Tickets are free! Simply reserve your spot through the link [here](#). We look forward to seeing you there!



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