

RHS Parent Bulletin

Autumn Term 2026-27 | Issue 1 25.09.2026

RHS Values Champions:

Top 5 Attendance:

- 8D – 99.8%
- 8B – 99.5%
- 7W – 99.4%
- 6J – 98.7%
- 7A – 98.5%

(attendance calculated until
24/09/2026)

HoY Shout Out: Year 8

Congratulations to Leia A in 8W
and Ella H in 8F for both earning
the highest number of star points
so far this term!

This is a fantastic start to the
term. Keep up the great work!

Mr Joseph - Head of Year 8

Subject Shout Out - Science

Congratulations to Colby H in
Year 9 who has made a great
start to the new school year.

Keep up the excellent work!

**Ms Modi - Curriculum Leader of
Science**



A message from Mr Davies:

I write this latest update following another hugely successful Year 6 Open Evening at the school yesterday evening. As ever, the students were an absolute credit to themselves and to the school. It was fantastic to see the number of students who volunteered to support curriculum areas, tour families around the school, and answer questions from prospective students and parents. I have been inundated today by positive messages from prospective parents, particularly praising the students who showed such warmth and enthusiasm for Ruislip High School. Over the coming weeks I will also be hosting tours around the school and I am sure the response will be equally positive.

I was particularly impressed with how many of our new Year 7 students attended yesterday's open evening and I have been so impressed with the start they have made to their Ruislip High School journey. I thoroughly enjoyed spending time with the Year group on the team building day last Friday and Ms Loizou's summer school article is also well worth a read.

As much as there is a lot to read in this bulletin regarding our younger students, I am delighted that there are also stories celebrating the achievement and success of the whole school community including Mr Hankin's update on the summer external examination results.

From coffee mornings at the school to conservation projects in South Africa, this bulletin shows just how much goes on at Ruislip High School and why I believe we truly are a school in, and for, our community. I do hope you enjoy reading the bulletin as much as I have and wish the whole Ruislip High School community a restful weekend when it arrives.

Welcome to Ruislip High School

On 1st September we welcomed over 100 Year 7 students to our annual Summer School. Over the course of the day, students took part in a range of activities, getting a taste of Ruislip High School. It was an opportunity to meet old friends as well as making some new ones too.

Activities included: Code breaking, Drama games, Coral Collages, Solving Mysteries - Creative Writing and Building Electrical Circuits. There was such a nice atmosphere around the school as sessions were taking place and I was very impressed with the conduct of our new cohort.

On 4th September, we welcomed the whole of Year 7 to their first official day at Ruislip High School. Messiah, Jaden and Rosie were the first students to enter. They said that they were feeling a bit nervous but also excited to get started.

We are embarking on our first ever Year 7 Team Building Day at Stubbers on 18th September. This is going to be a fantastic chance for students to have a day away from the classroom, getting to know each other better and to form more bonds and friendships within their tutor groups and the year group.

Year 7 have made an excellent first impression. At this time of the year, I tell them that they are tourists. They don't know their way around yet or the 'language' of the school. Lots of them also have very big back packs! But they will soon become one of the locals as they settle in to the next part of their educational journey. So far, this cohort is proving to be kind, hard working, polite and conscientious. All brilliant attributes to have. I wish them every success this year and beyond.



South Africa Trip July 2026

In the last two weeks of July, 32 students and 5 staff travelled to the Mankwe Wildlife Reserve in South Africa for what has become our biannual rhino conservation trip.

This was by far the largest group we have taken to Mankwe and, without doubt, it was the best. The students rolled their sleeves up and got stuck in from day one. They adapted to camp life so completely that Mr Gould thought he would have difficulty coaxing them back onto the plane to London!

Whilst there, all students took part in a range of activities that both go to help with the upkeep of the reserve but also add incredibly useful scientific data to help in the fight for conservation across Africa. What made this trip extra special was that our former head student, Alexia, who came on the trip in 2024, is now working as a volunteer on the reserve. A number of the students who came this time are also seriously thinking of following her example once their exams are over.



It is far better to hear from the students themselves:

"It was the most unforgettable trip, being surrounded by amazing people from all over with countless stories was truly an incredible experience. Being able to learn about all the different species in the bush and how to identify them based on distinct features was definitely a favourite activity of mine and is something I will remember for the rest of my life." – Anastasia

"South Africa gave me 10 days that still do not feel real. I am grateful I got to see it, to feel that small in the best way, it was the sort of experience that rewires you and makes protecting this earth feel less like a duty and more like love. Some things cannot be translated into words but are carried with you for the rest of your life and Mankwe was one of them. I am already planning how to get back." – Eve

"Absolutely amazing and one of the greatest experiences of my life, the opportunity to see all the wildlife is truly once in a lifetime." – Max

"Genuinely trip of a lifetime, with lifelong memories. It's impossible to put into words how good it really is, but you just have to go, I certainly am soon!" – Ethan

"I left South Africa behind with a piece of my heart." – Avantika

And the final quote comes from Megan who is the coordinator for the Nkombi Volunteer Programme:

"This isn't just the best group of students you've brought from Ruislip High School, it is the best group we have ever had at Mankwe! "



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Above & Beyond Programme

Our vibrant Above & Beyond programme kicked off with fantastic energy this week, with students already diving into a rich selection of before- and after-school clubs.

We take immense pride in providing such a dynamic mix of activities—from boxing and cooking to choir—ensuring there is something to spark every student's passion. We encourage every child to join at least one club each week, giving them the chance to stretch their horizons beyond the classroom and build essential qualities like independence, curiosity, and creativity.



It is certainly not too late to get involved, as places remain available across several clubs. You can enroll your child directly through Arbor, or request a spot on a waiting list by emailing aandbclubs@ruisliphigh.org.uk. The complete schedule and further details are available on the school website.

A huge thank you to all the parents and carers who have already supported their children in signing up for this year's activities!

Service Families Coffee Morning

It is with great pride that we wish to share an invitation for an upcoming coffee morning at Ruislip High School.

We would like to invite the serving parents/guardians of any children who currently attend RHS to join us for an informal coffee morning to discuss support we can offer Service Children throughout the borough of Hillingdon and strengthen our community.

If there are any new families that have recently been posted to RAF Northolt whose children attend RHS, it is a great opportunity to join us and meet the pastoral team, staff from RAF Northolt's The Link, and our representatives from the Hillingdon Borough's Stronger Schools Officers for Service Children. We look forward to seeing you. Please click [here](#).



Year 6 Open Evening 2026

On Thursday 24th September 2026, Ruislip High School opened its doors to over 1,000 prospective students and their families for our annual Open Evening. The event offered a lively, inspiring glimpse into school life and showcased the rich academic and co-curricular opportunities available to our students.

Throughout the evening, visitors gathered in the hall for insightful presentations from both Mr Davies, Headteacher, and Eve, Head Student. Mr Davies welcomed families, outlining the school's core values, academic achievements, and dedication to nurturing well-rounded individuals. In her speech, Head Student Eve reflected on her transformative journey from Year 7 to Year 13, emphasising how the school's supportive teachers and inclusive community encouraged her to step outside her comfort zone and build lifelong friendships.

Departments across the school hosted hands-on activities to engage visiting families and provide prospective students a real taste of secondary school learning. Our student volunteers thoroughly enjoyed playing such an active role throughout the evening.

"It was my first time helping at Open Evening and I enjoyed meeting the families who may join us next year." Samantha, Year 11

"I really liked showing Y6 how the heart works and now I know what a real heart looks and feels like!" Harley, Year 7

"This is my third time helping at Open Evening and it was interesting to meet all the families and hear how they had different values in what they were looking for in a new school." Zuzanna, Year 11

"It was fun meeting all the new parents." Amy, Year 11

"I got the chance to explain colour chemistry to students and parents. I loved talking about the experiments as the time passed quickly and I learned lots of new science facts while having fun." Leo, Year 7

The evening was an overwhelming success, reflecting the pride, warmth, and high standards of our school community. We would like to thank all the staff and students whose hard work, enthusiasm, and dedication made the event so memorable.

Summer Exam Results

Over the summer break, we welcomed back our Year 11 and Year 13 students for GCSE and A-level results day. We were delighted to celebrate their hard work and mark this major milestone in their education with them.

On Thursday 13th August we celebrated another year of exceptional A-level and Level 3 BTEC achievements, with Year 13 leavers securing places at top UK universities, degree apprenticeships, and competitive career pathways.

We are delighted to share the thoughts of some of our high-achieving students on results day:



"RHS has been the cornerstone of my life for the past seven years, so it's such a bittersweet ending. I'm going to miss the routine and the environment that all of the teachers have created within the school. I couldn't have accomplished everything I have without the support of my Learning Mentors and Heads of Year throughout Sixth Form" – Rahul, A*,A*,A*

Opening this envelope this morning was such a relief and a huge moment for me. I'm so grateful to the teaching staff here for always believing in me and pushing me to do my best. Securing an engineering apprenticeship is a dream come true, and I'm so excited to take this next step into the industry" – Eleni, C,C,C

Commenting on the cohort's achievements, Mr Sills, Head of Sixth Form, said:

"It has been an absolute privilege to support this brilliant cohort of young adults through their Sixth Form journey. Today's results are a testament not only to their academic dedication, but to their personal growth and strength of character. Whether moving on to Russell Group universities, high-level apprenticeships, or straight into the world of work, our students have shown what can be achieved through hard work. We are immensely proud of every single one of them and wish them every success in their next chapter."

On the 20th August the school congratulated the Year 11 cohort on their achievements, with students celebrating a range of excellent individual results:

"I'm so happy and relieved and over the moon with my results. I worked hard over the last couple of years and there were definitely times when it was stressful, so it feels amazing to see that work pay off. I'm really looking forward to starting sixth form at RHS and moving onto the next chapter" – Megan, four grade 9s, five grade 8s.

Headteacher, Mr Davies, said: "We are incredibly proud of our Year 11 students and the achievements they have secured. These results reflect not only their hard work and determination, but also the support of our dedicated staff and the encouragement of parents and carers."

Congratulations once again to the Class of 2026! Your future holds incredible potential, and we are excited to see all that you will accomplish.



CALLING ALL PARENTS/CARERS!

*HAVE YOU BEEN SUPPORTED BY SERVICES?
DO YOU WANT TO MAKE A DIFFERENCE BY SHAPING SUPPORT
SERVICES FOR FAMILIES?*



TOGETHER WE CAN

Children's social care are transforming to implement the national Family First Partnership reforms and we need your help!

Share your experiences, ideas and feedback to help shape services.



One-off phone call or



Join our Parent Consultation Group

Led by Helen Smith – Head of Service Social Care
Delivery Transformation Lead.

Email: hsmith@hillingdon.gov.uk



Call/Text: 07595 288063

Longford Trust visit

On Tuesday 8th September, our Sixth Form cohort were visited by the Longford Trust; a charitable organisation that raises awareness of criminal justice issues, pushes for necessary reforms and helps ex- and serving prisoners make the most of their rehabilitation and offers them the opportunity to complete their education while still serving their sentences behind bars by awarding annual scholarships to a number of ex- and serving prisoners to complete a university degree through the Open University.



Peter Stanford, Director of the Longford Trust and a renowned Journalist and prison reform advocate, spoke to our Sixth Formers about how he came to be involved with the Trust, what his role is within it, the challenges facing young people who find themselves on the wrong side of the law and what the Longford Trust offers these young people while in prison. He then introduced two people, Raheem and Beatrice, who had both experienced prison as young people but had been able to complete their university education with support and guidance from the Longford Trust.

Raheem explained how he has now completed his Masters in Aerospace Engineering after spending most of his time in prison with no access to the internet while trying to study for his degree. He expanded on that by telling everyone how difficult this was for him to then make friendships once he was allowed to attend lectures in person. Beatrice is in the last year of her degree course in Criminology and aspires to work in the Probation Service after graduating. She explained how one wrong move changed the course of her life in ways she never imagined and how it has been a real challenge to reintegrate now she can attend lectures in person. Her lecturers are themselves reformed prisoners and have helped her come to terms with this in a very positive and affirming way.

Overall, the talk was very well received by our students and they asked extremely pertinent and, at times, very insightful questions of the speaking panel at the end.

At the end of the presentation, our students were offered the opportunity to create the artwork for an event that the Longford Trust is facilitating in November in London and also the opportunity to attend the event in a support function as 'meet and greet' ambassadors for the Trust. More details on this can be obtained from Mrs Moore, Sixth Form Administrator and Future Pathways Coordinator.



Year 7 visit Stubbers Adventure Park

Year 7 had their first trip with Ruislip High School on 18th September 2026. Almost the whole cohort took part in a day out at Stubbers Adventure Park in Upminster.

Despite an early start at 6:30am, students were excited and raring to go. They were treated to double decker coaches which only added to their excitement. Students were in small groups made up of members of their tutor groups so that they could spend the day getting to know each other outside of the classroom.

When we arrived at Stubbers, it wasn't long before students were getting stuck into the activities. Students experienced a range of adventurous pursuits including abseiling, dirt boarding, crate stacking, team challenges, archery, high ropes, axe throwing and more.



I know that there were some students who were nervous to take part in some of the more challenging activities like the high ropes course but all students showed incredible resilience and bravery to give things a go or cheer others on. Rumour has it that even the Headteacher, Mr Davies, was seen on the top of the high ropes course!

Students enjoyed lunch together in their group huts before taking advantage of the huge adventure park on site at Stubbers. It really was incredible to see the year group enjoying each other's company and being able to explore the equipment and have fun together.



Speaking to students, they were all very positive about the trip and they said the following:

Fredrick 7W: "I liked the archery because I liked practicing my aim."

Grace 7A: "It was a wonderful place for a wonderful adventure."

Melissa 7B: "It helped me to try new things."

Blake 7W: "It was fun and lots of activities to do. My favourite was archery combat because I liked having a bit of competition."

Frankie 7W: "Even if I am scared of heights I am not scared of overcoming them!"

Arbion 7W: "I would go again!"

Throughout the whole trip, students displayed exemplary behaviour and they were excellent representatives of Ruislip High School. I know that this day has helped students make new friends, try new things and get to know members of staff too.

What Parents & Educators Need to Know about CHARACTER.AI

Character.AI is an entertainment platform where users create and chat with AI-powered characters. These chatbots can act like existing favourite characters from movies or books, or like friends, mentors, or even romantic partners, responding in an emotional, personality engaging way. Although this can encourage creativity, it can also make a generated conversation feel like a genuine relationship, which is concerning if it takes the place of human relationships.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

AI replies are generated in real time rather than chosen from a fully checked script. Even with safety filters on, conversations can still move into sexual, violent, discriminatory, or self-harm material. These AI characters are often made by users, so a familiar name or child-friendly description does not guarantee that every response from the character will be suitable for a young person.

BLURRED BOUNDARIES

Characters on Character.AI can use the language of friendship, love, and empathy without ever feeling anything. Vulnerable young people may struggle to separate this simulation from genuine understanding. Romantic role-play or a character that demands attention, loyalty, or secrecy could also risk distorting young people's expectations around consent, disagreement, and the give-and-take involved in healthy human relationships.

UNRELIABLE ADVICE

Characters, like other chatbot platforms, are at risk of inventing facts or giving inappropriate advice while sounding completely confident. Characters may also echo a young person's assumptions instead of questioning them. This can become particularly risky when users rely on a character for guidance about health, mental wellbeing, relationships, money, or personal safety instead of checking with a credible source or trusted adult.

EMOTIONAL DEPENDENCY

Character.AI chatbots can appear endlessly attentive, supportive, and affectionate, which is one of the hallmarks of the generative AI models that such companions are built on. A young person may start turning to a character chatbot whenever they feel lonely or upset and believe that it understands them better than the humans in their life. This can become more concerning when chatting starts to replace sleep, schoolwork, hobbies and friendships.

PRIVACY CONCERNS

Character.AI chats may feel private, especially when a bot sounds personal and caring, but they take place on a company's online systems. Users could intentionally or unintentionally reveal their name, school, location, routines, images, or intimate concerns. Character.AI says some data may be retained to improve its services and AI models, so young people should never treat a chatbot like a confidential diary.

UNHEALTHY ENGAGEMENT

Be aware of warning signs such as secret accounts, bypassing age restrictions, hiding phone use from adults, chatting late at night, distress when access to the platform or character stops, withdrawal from other people, falling interest in school, or believing the character is conscious. Increased use may also signal that the young person is already lonely, anxious, or seeking help.

Advice for Parents & Educators

KEEP CONVERSATIONS OPEN

Ask what the young person enjoys about Character.AI and invite them to show you how the platform and their favourite characters work. Useful questions include, "Has it ever said something that felt wrong?" and "How can you tell it doesn't have feelings?" Avoid shaming them for using platforms like Character.AI or making them feel there is something wrong with them for doing so.

PAUSE, CHECK AND ASK

Teach young people to pause before accepting an answer from characters on Character.AI. Encourage them to check important claims against a trustworthy source and ask a safe adult when the issue matters. Never use a character as the sole source of medical, mental health, legal, financial, or safeguarding advice. Remind them not to share passwords, contact details, school information, live locations, or private images.

CHECK AGE, SETTINGS & LIMITS

Character.AI's minimum age is 16 in the UK, but open-ended companion chat is restricted to adults aged 18 or over. Users aged 16 to 17 receive a different experience built around guided 'Stories' and other creative or social features. Check their current settings, never help or encourage a young person to give a false age, and apply the same safety rules to other chatbot apps.

NOTICE AND RESPOND

Take action if chats involve sexual content, threats, coercion, abuse, self-harm or danger. Save relevant evidence, report the character and follow the setting's safeguarding procedures; educators should involve the designated safeguarding lead. If anyone is in immediate danger, contact emergency services. Childline is available on 0800 1111 and the NSPCC Helpline on 0800 800 5000.

Meet Our Expert

Darren Cavan is an educator with almost 19 years' experience across teaching, school leadership, and governance. He works internationally, supporting schools and colleges with AI leadership and governance, as well as teaching the key fundamentals of AI use and safety to educators at The National College.



See full reference list on our website

[@wake_up_weds](https://twitter.com/wake_up_weds)

www.thenationalcollege.com

[@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday)

[@wake.up.weds](https://www.youtube.com/channel/UCwkeupweds)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.09.2025

Notices:

Key Dates:

Tuesday 29th September 2026

Service family coffee morning
Parent voice meeting

Thursday 1st October 2026

D of E Year 9 parents' meeting

Friday 2nd October 2026

London Lions basketball trip to the Copperbox

Tuesday 6th October 2026

Year 10 Jack Petchey speak out challenge
Year 11/13 drama trip to the Globe Theatre

Thursday 8th October 2026

Panathlon event
Year 10 Jack Petchey speak out challenge

Friday 9th October 2026

Year 12 guest speaker: Bill Ribbons

Letters home:

[Uniform information](#)

[Head of Year 12 Welcome](#)

[Head of Year 13 Welcome](#)

[KS4 GCSE PE/BTEC Sport kit](#)

[Update to parents - 11th September 2026](#)

[Barcelona trip](#)

[Year 11 Preparing for Success](#)

Save the Date

Year 11 Preparing for Success

Tuesday 20th October 2026

An essential evening providing valuable information to help support and guide your child in preparation for their GCSEs.

More details will follow.

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