



Ruislip
High
School

RHS Parent Bulletin

Autumn Term 2025-26 | Issue 1 12.09.2025

RHS Values Champions:

Top 5 Attendance:

- 7A - 100%
- 7F - 99.29%
- C62 - 99.13%
- 9W - 98.92%
- 7C - 98.57%

(attendance calculated until 11/09/2025)

HoY Shout Out:

Congratulations to Iyass in 7A and Abdurahman in 7W for both earning the highest number of Star Points so far this term!

This is a fantastic start to your time at RHS. Keep up the great work!

Ms Loizou - Head of Year 7

Subject Shout Out - Art

Congratulations to Bianca G in Year 11 and Rubie S in Year 10 who have both made a great start to the new school year. Keep up the excellent work!

Ms Hill-Curriculum Leader for Art, Craft and Design



A message from Mr Davies:

I am delighted to introduce the first parent bulletin of the academic year. This week's bulletin not only highlights the incredibly positive start to the year our students have made, but also the outstanding achievements from the summer. It has been a real pleasure to welcome our new Year 7 cohort into the school, and yesterday evening we were delighted to host our Success in the Sixth Form event. I was particularly struck by the lovely atmosphere at the event, and I don't think there is a better example of the collaborative culture we have here at Ruislip High School than when Mr Sills, Head of Sixth Form, congratulated the students on their GCSE results and there was a spontaneous outbreak of applause in the hall.

I would like to take this opportunity to thank parents/guardians for not dropping their children off on Sidmouth Drive, due to the congestion this can cause and issues we have had in previous years. I recognise that, as Year 7 students start secondary school, it can be an anxious time. However, I kindly ask parents/guardians not to wait for their children inside the school gates. School staff take their safeguarding responsibilities very seriously, and unless you are attending a meeting at the school, I ask that parents/guardians wait outside the school grounds.

In meetings with parents and students, I often acknowledge that at times, we are all capable of mistakes; however, I do like to keep these to a minimum and am embarrassed to have to contradict a message I sent out in last week's headteacher update to parents. Our published academic year calendar originally had Monday 1st December 2025 as an 'Occasional Day'. I had mistakenly believed that this date was wrongly scheduled and wrote to parents with this message last week. During discussions this week with colleagues in our Trust, it became clear that this day was indeed correctly scheduled for 1st December 2025. After reviewing the matter, I can confirm that this date should remain as an Occasional Day, and the school will be closed to students on that day. I appreciate that this contradiction in messaging may cause inconvenience, and sincerely apologise for the confusion this has caused.

Finally, I am delighted that so much of this bulletin focuses on student success, and some absolutely amazing experiences are evident. I am sure there will be many more positive articles over the course of the year, and I hope you enjoy reading it as much as I have.

Welcome to Ruislip High School

On Wednesday 3rd September, 2025 our new Year 7 cohort were welcomed into Ruislip High. As a school community, we want to ensure a smooth transition for them as we know that starting high school is a milestone for our students. The students enjoyed the school to themselves, getting to know their tutor group and settling in.

On Thursday it was straight into lessons, working out how to navigate the building and meeting their new teachers.

I asked some Year 7 students for their highlights of starting Ruislip High School which can be seen below.

Harvey 7W said: "The teachers are really nice and gave us a warm welcome"

Daisy S 7W said: "The older students have been helpful when we can't find our lessons"

Finally Lizzie 7W said: "I like the food!"



Reminder: Above & Beyond

Our fantastic Above & Beyond programme started on Monday this week, with students attending an array of clubs both before and after school.

As a school, we offer a broad range of clubs to our student community, from boxing to coding to choir. There truly is something for everyone to try! We believe that all students should attend at least one club a week, as this enables students to broaden their education beyond the classroom and develop a range of skills, such as their independence, curiosity and creativity.

Just a reminder that students can still join an Above and Beyond programme. You can sign your child up to an available club using Arbor or join a waiting list by emailing aandbclubs@ruisliphigh.org.uk. All parents have been given information about available clubs and the full timetable can be found on our website.

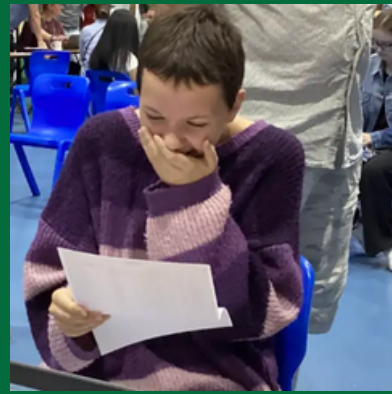
Thank you to all of the parents who have already signed their students up to our clubs.

Mrs Cluskey and Mrs Horton
Above and Beyond Coordinators



Summer Exam Results

During the summer holidays, we were delighted to welcome back our Year 11 and Year 13 students for A Level and GCSE Results Day. It was a delight to see them receive the results that celebrate their incredible hard work and mark this significant milestone in their academic journey.



On 14th August 2025 we celebrated another year of exceptional A Level results, with students once again achieving highly and once again achieving highly and securing places at top universities, on competitive apprenticeships, and in exciting employment opportunities.

Mr Peacock, Head of Sixth Form, praised the students' efforts and the supportive ethos of the sixth form community: *"It has been an absolute pleasure to support this exceptional cohort through their A level journey. Their success today reflects not only their academic achievements, but also their growth as independent, resilient young adults. I am so proud of everything they have accomplished."*

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

*"I was stressed before I came into school,, but I am so grateful for all the support and looking forward to the future. "- Ethan, A*A*A**

"I got an A in Maths which I'm very proud of. I'm going to Bath University to study theoretical physics. All my teachers were a constant inspiration, and I'd like to thank Mr Hankin and Ms Jani in Maths. Mr Collins helped me especially to get me an A in chemistry so I'd like to thank him. " - Aidan, A*AA*

On the 21st August 2025 it was then time to celebrate this year's GCSE results day. This year's GCSE outcomes reflect the hard work of both students and staff, as well as the school's commitment to academic excellence.

- 82% of students achieved grades 9-4 in English and Mathematics
- 30% of all grades awarded were 9-7

"I feel happy and honestly relieved! I knew I put lots of effort into my revision and it really shows that Mr Davies is right - hard work equals success. I am really excited to study at RHS Sixth Form next year, doing maths, economics and biology. "

— Kishan, nine grade 8s

Mr Davies, Headteacher of Ruislip High School, expressed his pride in the achievements of the Class of 2025: *'We are immensely proud of our Year 11 students. Their achievements today are a testament to their hard work, the dedication of our staff, and the supportive partnership between school and home. These results reflect not just academic excellence, but the strength of character our students have shown throughout their secondary school journey.'*

With these fantastic results, many students will continue their education in the Ruislip High School Sixth Form, while others pursue apprenticeships or college courses. Whatever path they choose, we know they will go on to achieve great things.

Congratulations once again to the Class of 2025 - your future is bright, and we can't wait to see where it leads you!



A Strong Start to the Year: "8 to be Great" Attendance Challenge

We hope all our families enjoyed a restful and happy summer break. As the new academic year begins, we are delighted to welcome back our students and extend a special welcome to those joining the Ruislip High School community for the first time.

At Ruislip High School, we believe that a strong start sets the tone for a successful year. One of the most important contributors to student achievement is high attendance. Students who attend regularly are more engaged in lessons, build stronger relationships with peers and teachers, and give themselves the best opportunity to thrive academically and personally.

To encourage a positive and consistent start, we are launching the **"8 to be Great" Attendance Challenge**. All students who attend school every day from **Wednesday 3rd September to Friday 12th September 2025** will receive a special treat and be entered into a prize draw to win a **£50 restaurant gift card**—with one lucky winner in each year group.

THE ATTENDANCE CHALLENGE

8 TO BE GREAT

If you're in school every day for the first 8 days of term, you'll not only enjoy a delicious treat but also get a chance to win a **£50 restaurant gift card**!

One winner per year group!

100% ATTENDANCE

Strong start, strong year
Wednesday 3rd September to Friday 13th September 2025

*Stay on time & meet the rules to stay in the challenge

We hope this initiative motivates students to begin the year with enthusiasm, commitment, and determination. Your support in ensuring your child attends school every day is invaluable. Together, we can help our students build strong habits that will support them throughout the year ahead.



Panathlon Event - Thursday 18th September

The Panathlon Event for Key Stage 3 & 4 students will take place on Thursday, 18th September, at Ruislip High School. This marks the third consecutive year that we are proud to host this incredible sporting competition, with 8 students across year 7-10 representing RHS and our amazing sixth form students who will be helping to run this event.

The event aims to provide students from both special schools and mainstream schools with special educational needs and disabilities (SEND) an opportunity to participate in a range of activities that foster confidence, physical skill development, and social interaction.

The Panathlon Xtend competition will feature a maximum of 8 teams, with participants engaging in various activities designed to promote physical activity, teamwork, and a sense of belonging. Some of the exciting events include:

- Field Athletics
- Volley Ball
- Boccia Blast
- New Age Kurling
- Ten Pin Topple
- Harlem Hoops



This competition provides a valuable opportunity to engage students, promote inclusivity, and address inequalities within the sporting community. We are excited to welcome everyone to this inspiring and meaningful event.

HoY Update: Year 8 - Mr Tibbey

Welcome back Year 8!

It has been a fantastic start to the academic year, and I feel incredibly proud to be writing my first newsletter as the new Head of Year 8 at Ruislip High School.

The enthusiasm and positive attitude shown by the year group have been nothing short of exceptional. In just the first week back, Year 8 students have collectively earned over 1600 star points— a remarkable achievement that speaks volumes about their commitment and engagement with school life. Staff across the school have been full of praise, commenting on how mature and focused the year group have returned. I have been most impressed by the kindness shown by students with helping new year 7's which highlights just how much progress they made in year 8. The strong start they have made is no surprise and I look forward to what will be a great year.

Year 6 Open Evening 2025

Our Open Evening will be taking place on Thursday 25th September, from 4:30pm-7:30pm. This is a very important event for the school, as we open our doors for potential prospective students and their families.

A highlight of the evening is the outstanding way our current students represent the school — whether by supporting subject areas or acting as tour guides. If your child is selected to take part in the Open Evening, you will receive a message via Arbor requesting your permission for them to participate.

Please ensure that you complete the permission request by Thursday 18th September, as unfortunately, students without confirmed permission will not be able to attend.



YEAR 6 OPEN EVENING 2025 THURSDAY 25TH SEPTEMBER 4:30PM - 7:30PM

THE EVENING WILL FEATURE:

- ✓ Three separate presentations delivered by Mr Davies, Headteacher, at 4.45pm, 5.35pm and 6.30pm. Tickets will be available on the evening on a first-come, first-served basis.
- ✓ An opportunity to tour the school and speak to students and staff.



We look forward to you attending our Open Evening.

www.ruisliphigh.com

Success in the Sixth Form evenings

On Thursday 11th September, 2025, we welcomed our Year 12 students and their parents/guardians to a Success in the Sixth Form information evening.

The event was so well attended there was hardly a spare seat in our hall. The focus of the evening was to give an overview of the sixth form journey and to encourage some of the habits students in the sixth form are expected to adopt, such as independence, resilience and determination. Ms Vora, Head of Year 12, spoke about the support systems we have in place at RHS which allow our sixth formers to succeed.

Just a reminder that on Monday 15th September, there will be another Sixth Form talk for Year 13 students and their families. This event will focus on the year ahead, especially with university and apprenticeship applications, and how the students can maximise the support of the school to achieve success.



Mr Sills, Head of Sixth Form, said: "I was delighted to speak to our new Year 12 cohort, and their parents and guardians. The atmosphere was overwhelmingly positive and I am very excited to see how this year group progress academically but also contribute to the wider life of our sixth form community. I described our sixth form as 'thriving, inclusive and happy' and Year 12 have made a great start to their A Level and BTEC studies.'

FREE Parent Seminar Series from ACS Partnerships

ACS Partnerships, in collaboration with ACS Hillingdon's DSL are running a 'Parent Seminar Series'. This series will offer four, FREE, sessions, hosted by Psychoanalytic Child and Adolescent Psychotherapist, Alice Allen and qualified Youth Mental Health First Aid Instructor, Dick More. Each session will delve into a relevant and important topic relating to today's young people. We are sharing this with our parent community, however those of you who are parents of teenagers may also be interested.

Please see leaflet attached [here](#) which contains links to register for each session, as well as further details below of each session.

10 Top Tips for Parents and Educators RECOGNISING & MANAGING STRESS

According to recent studies, over 80% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Holway Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

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Notices:

Key Dates:

Monday 15th September

2025 5.15-7pm

Success in Year 13 evening

Monday 22nd September

2025 5-6pm

Duke of Edinburgh bronze information evening

Thursday 25th September

2025 4.30-7.30pm

Year 6 open evening

Friday 26th September 2025

Late start to school (school starts at 11.25am)

Letters Home

Update to Parents -5th

September 2025

[Click here](#)

Success in Year 13

Information Evening

[Click here](#)

Attendance Challenge

[Click here](#)

Sixth Form - Permission to leave the site

[Click here](#)

Reminder: DofE Bronze Information Evening



Just a reminder that the Duke of Edinburgh Bronze Award Information Evening for parents and students who are interested in taking part in the award scheme will take place on Monday 22nd September 2025 at 5pm at Ruislip High School.