



Ruislip
High
School

RHS Parent Bulletin

Autumn Term 2025-26 | Issue 2 26.09.2025

RHS Values Champions:

Top 5 Attendance:

- 7C - 99.1%
- 7F - 98.59%
- 7A - 98.01%
- 8A - 97.98%
- 7B - 97.69%

(attendance calculated until 25/09/2025)

HoY Shout Out:

A huge well done to Joshua H in 11W for an outstanding start to Year 11! Joshua has been working incredibly hard and has already collected a large number of Star Points this term.

Keep up the fantastic effort!

Ms Joseph - Head of Year 11

Subject Shout Out - History

The History Department is very pleased with how well our students are doing making the jump from Key Stage 3 to 4. A special shout out to Salma E, Phoebe M and Ella G for their outstanding effort!

Mr Warrington - Curriculum Leader for History



A message from Mr Davies:

On Thursday 25th September, the school hosted its annual Open Evening for families of students in Year 6, and, 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 am delighted that Ms Coltman has written a piece in this bulletin regarding this event, but I wanted to share with parents that I have been overwhelmed with 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.

Please could I emphasise the importance of all students attending school on time each and every day. This week has seen a slight rise in lateness to school and I am keen to eradicate this as swiftly as possible. I recognise that parents/guardians often have to leave the house before children leave for school but if I could just ask for a united front from home and school regarding the importance of punctuality for school and beyond.

A real highlight of last week was visiting the EPQ presentation marketplace, and I was struck by how much work the students had put into their extended projects. To do this, as well as focusing on their A-level and BTEC studies, is a real testament to their dedication to their studies. I, and the other staff who attended, were very impressed indeed.

Finally, I am delighted to see the work Mr Shelley and Mr Martin are doing with regard to rewards at the school. This work builds on feedback that has come from our students, who have renamed our 'reward wheels' as 'star points'.

I do hope you enjoy reading our latest bulletin, which again highlights just how much we have going on at the school, and how students, staff, and parents help make our community such a great and safe place for everyone.

Introducing Our New Student Rewards System - Star Points

We are excited to announce some big changes to our student rewards system at Ruislip High School. As a school, we have been working hard to create a new programme that better reflects our school values and provides more opportunities for students to be recognised for their hard work and positive contributions. This process included our student parliament, who named the new rewards system.



Our old system of 'Reward Wheels' is being replaced by a new set of 'Star Points'. This is directly linked to our school motto, 'From Grass Roots, to Reaching for the Sky', and is designed to celebrate students who are reaching for their potential.

The 'Green Card' system is also evolving into the new 'Community Card'. This name highlights our identity as a school "in and of the community". The Community Card rewards students for demonstrating positive citizenship and community spirit. We have also widened the ways students can earn points. In addition to earning points for great work in class, students who have no sanctions, are always on time, and have 100% attendance will now receive Star Points each week.

Students will have more ways than ever to spend their hard-earned points. The school's new stationery store will be open daily in the LRC from 8:00–8:30 am, where students can use their Star Points to purchase supplies. For our Key Stage 4 and 5 students, Star Points can now be used to contribute towards hoodies, prom tickets and yearbooks.

To further celebrate achievement, we are introducing a new badge system. Students who reach milestones of 100, 200, and 300 Star Points will be awarded Bronze, Silver, and Gold badges, respectively. We will also be introducing subject badges to recognise students who win subject awards, as well as badges for groups like the Student Parliament, to acknowledge their important contributions to the school.

We believe this new system will motivate students and provide a clear framework for recognising and celebrating their success. We look forward to seeing our students shine.

Sixth Form Guest Speaker: Danny Beales MP

On Wednesday 17th September 2025, we were delighted to host Danny Beales MP as our first guest speaker as part of this year's Year 12 Guest Speaker Programme.

Danny addressed all of our Year 12 cohort, as well as Year 13 Politics students. He began with a presentation about his work as a Member of Parliament, before taking some challenging and insightful questions from our students. We are very grateful to Danny for his time and for being so open and honest with our sixth formers.

The Year 12 Guest Speaker Programme will see experts and industry leaders run sessions throughout the year - our next speaker in November will be Sir Keith Willett, Professor of Orthopaedic Trauma Surgery at Oxford University and former director of NHS England.



Complicité Devising Workshop

On Thursday 18th September students taking A-Level and GCSE Drama were lucky enough to take part in a devising workshop with professional director Josie Dexter. Josie has worked extensively with Complicité on a variety of projects and collaborations for over ten years, and gave our students an enlightening and inspiring insight into what devising can be and how to create compelling theatre from scratch.

Students learned about the 'Seven Levels of Tension' as a way to create character, which was both challenging and fun - and particularly entertaining to identify which members of staff existed at which 'level of tension'! There was also a fascinating insight into the devising process for the Complicité show "A Disappearing Number" which culminated in students creating their own short piece and getting a chance to improve it after feedback too.

Mr Randall said *"We are so lucky to have had this experience and to have worked with such a successful and storied director. This isn't an opportunity a lot of students will have."*

Nicole in Year 11 said *"We loved being able to work with an industry professional. It was so exciting to have the chance to just work on something for the sake of it, not towards exams - it felt like really being an actor."*

The Ruislip High Drama Department is very grateful to Complicité and SLT for giving us the opportunity to take part in this event, and hopes to see more involvement with Complicité next year too.

Success in the Sixth Form Evenings

On Thursday 11th and Monday 15th September 2025 we welcomed our Year 12 and Year 13 students and their parents/guardians to two Success in the Sixth Form information evenings.

The events were both so well attended there was hardly a spare seat in our hall. The focus of the Year 12 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.

Monday 15th September was the Sixth Form talk for Year 13 students and their families. This event focused 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 at both evenings. The atmosphere at both events was overwhelmingly positive and I am very excited to see how both year groups progress academically and also contribute to the wider life of our sixth form community.

Copies of both presentations can be found on our website under Sixth Form - Success in the Sixth Form.



EPQ Presentation

We were thrilled to host our EPQ Presentation Marketplace on Wednesday 24th September, 2025. The event, held in the school's sixth form refreshment area, showcased the incredible work of our Year 13 students as they delivered their Extended Project Qualification (EPQ) presentations.

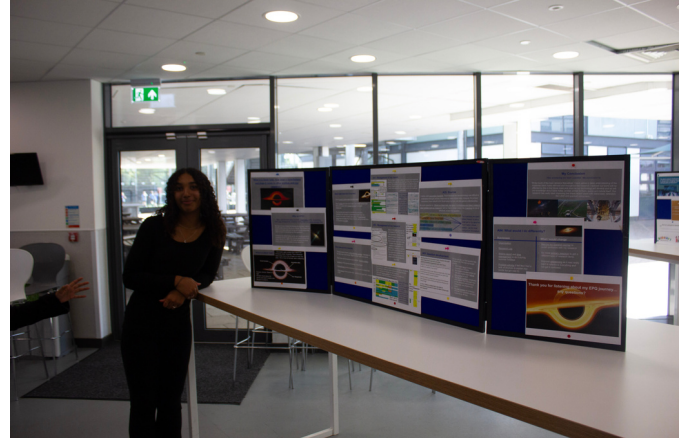
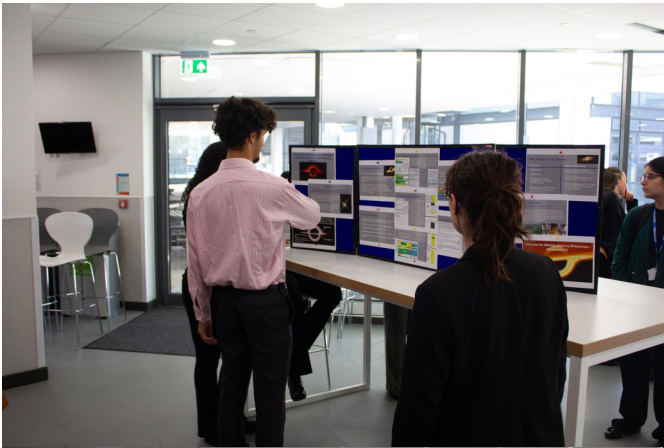
Led by Ms. McLoughlin, our school's EPQ Coordinator, students explored a range of personal interests and demonstrated their research and presentation skills. The atmosphere was vibrant, filled with enthusiasm as they shared their findings on a diverse range of topics, such as international relations, nuclear fusion, the diversity in F1, making of artefacts using sustainable materials, highlighting the students' creativity and critical thinking.

Students and staff came together to celebrate the hard work and dedication of the EPQ cohort, making the event a wonderfully collaborative and supportive environment.

Kyran, Year 13, who completed their project on how the inclusivity of Formula 1 told us: "Completing the EPQ has been a challenge - but I have really enjoyed it. I have always loved F1 racing. Completing the EPQ gave me the chance to explore a subject passion of mine - and choose the area of sport to focus on. We learn lots about diversity at school, so this gave me the opportunity to research a more contemporary issues in the sport I love"

Soham, Year 13, who chose to complete their EPQ on the future of nuclear fusion in the 21st Century, said: "I think the EPQ is such a good opportunity! It has helped me when applying for university, as it has given me so many skills and I have developed a deeper understanding of this topic area - which links to what I hope to study next year."

Thank you to everyone who attended and supported our students. We hope the students feel suitably proud of their achievement in completing their exciting and challenging independent projects.



Panathlon Event - Thursday 18th September

Ruislip High School proudly hosted its third Panathlon event, and it was yet another huge success! The event welcomed seven mainstream and SEN schools, with each school bringing between 5 to 8 students to take part in a fun-filled day of inclusive sporting competition.



A huge highlight of the day was the incredible work of our Sixth Form students, who took on the responsibility of running the entire event. From setting up and officiating to supporting competitors and ensuring everything ran smoothly, they were absolutely amazing throughout. Their maturity, enthusiasm, and leadership were recognised by all and played a huge part in the day's success.

The atmosphere was fantastic from start to finish. There was a lovely sense of teamwork and community, with students working together, encouraging one another, and showing brilliant sportsmanship. It was a truly inclusive environment where everyone felt valued and able to shine. Competitors took part in a range of accessible and engaging activities, including:

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

The students competing from Ruislip High School were truly inspirational, their effort, determination, and joy throughout the day made us incredibly proud. They embodied the spirit of the Panathlon and reminded us all of the power of inclusive sport. Students who competed: Christopher M (Year 10), Salman M (Year 10), Mason S (Year 7), Iyas B (Year 7), Busra O (Year 8), Fatema M (Year 7), Reyaansh S (Year 7).

Christopher, Year 10 said, "The panathlon was so fun, I congratulated everyone who participated and I really can't wait for the next one. I loved getting my medal, it made me so happy.

We're already looking forward to welcoming everyone back for next year's event!

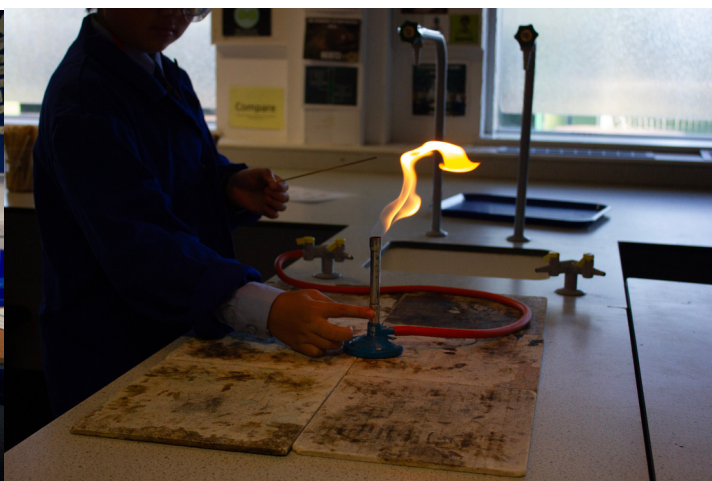


Year 6 Open Evening 2025

On Thursday 25th September 2025, we opened our doors to over 1,000 prospective students and their families for our annual Open Evening. The event was a true celebration of our vibrant learning community, providing visitors a glimpse into the dynamic life at RHS.

Guided by our own students, families toured the school and attended presentations by our Headteacher, Mr Davies and Head Student, Amber. The evening was a fantastic showcase of our students' talent and dedication, with hands-on activities in every department:

- The MFL Department played interactive games in the target language
- The Art, Craft and Design faculty created poly-tile prints, textiles fusion and designed trainers in graphics
- In PE students showcased their talent in competitive pickleball and badminton matches
- The Drama Department explored the use of ventriloquism to help nervous prospective students gain confidence when asking questions about the high school journey
- Meanwhile the English Department hosted an activity room where students created detailed gothic characters, settings and descriptive passages.

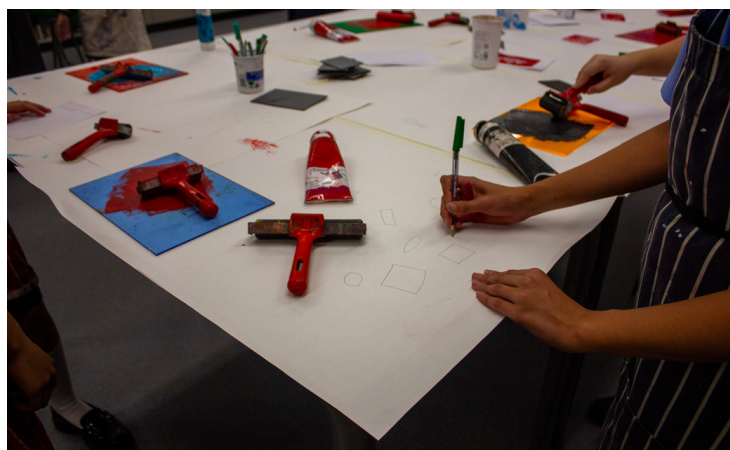


The event was a clear success, with our students thoroughly enjoying themselves.

One Year 8 student said, "It was great representing my school at the open evening, showing everyone what we can do. Playing pickleball and badminton with the visitors made the night fun and memorable."

Cara, Year 10, said, "I really enjoyed showing my GCSE coursework that I have completed so far."

Our thanks go out to all the staff and students who made Open Evening 2025 a resounding success.



What Parents & Educators Need to Know about YOUTH VIOLENCE

UNDERSTANDING YOUTH VIOLENCE

Youth violence affects one in four children in the UK, but it doesn't have to. When parents, carers, and educators understand the risks, they're better placed to support young people. The right support, mentoring, therapy, and guidance can help young people affected by violence to feel safe, manage conflict, and make positive choices.

WHY DO YOUNG PEOPLE COMMIT SERIOUS VIOLENCE?

A recent study surveyed over 10,000 young people affected by violence, asking why serious violence occurs among their peers, such as an assault involving a weapon or sexual violence. The most common reasons given were due to a personal characteristic of the victim (e.g., race, religion, sexuality, gender, a gang or school rivalry, and being provoked). While not all young people face these issues, many lack the emotional regulation skills needed to manage provocation.

WHAT ARE SIGNS A YOUNG PERSON IS AT RISK?

Children and young people often express that something is wrong through behaviour rather than words. Be alert to signs such as sudden mood changes, secrecy around friendships, excessive phone use, unexplained strong, unexplained injuries, fear of school, aggression, going missing, or substance use. They may also be associating with older peers. These behaviours can indicate underlying issues that can lead to violence.

ONLINE INFLUENCES

Social media plays a powerful role in normalising and escalating violence. Platforms like TikTok and Snapchat can expose young people to harmful content, often shaped by algorithms. Many see violent material that distorts reality, leading to fear and desensitisation. A recent study found 75% had seen real-world violence online, and 65% felt less safe in their communities. Alarmingly, 33% said it made them more likely to carry a weapon. Online conflict can often spill into real life, with serious and sometimes tragic consequences.

Opportunity

Community

Wellbeing

Respect

UNCERTAINTY

CONFLICT

FEAR

WHEN IS VIOLENCE MORE LIKELY TO HAPPEN?

For children and young people in England and Wales, the hours between 4 pm and 8 pm – just after school – carry a particularly high risk for serious violence. This can stem from conflicts that escalate during the school day, online arguments, or simply moving through unfamiliar areas on the way home. Understanding this risk helps us support safer travel and routines. Our recent report found that over one in three young people don't feel safe in the area they live in, and 10% don't feel safe walking the streets.

WHY MIGHT A YOUNG PERSON CARRY A WEAPON?

Young people may carry weapons due to fear, threats, peer pressure, or a false sense of protection. Many young people tell us they feel unsafe and carry weapons 'just in case', while others may be influenced by social media, peers, or criminal activity. Some don't realise it's illegal or may believe it earns respect.

WHERE IS VIOLENCE MORE LIKELY TO HAPPEN?

Violence often happens in certain places. Busy areas like transport hubs carry risk simply because lots of people gather there. Other hotspots, like places linked to drug activity, attract those more likely to be involved in violence. Some areas become risky due to poor supervision, such as under-resourced public spaces. Understanding where violence tends to occur helps us guide young people safely through their communities and advocate for better support and safer spaces.

Advice for Parents & Educators

TALKING TO CHILDREN ABOUT STAYING SAFE

Choose a safe moment for the conversation, emotionally and physically. If a child is upset or angry, help them settle before discussing serious topics. Listen actively without judgement, even if what they share is difficult. Avoid interrupting and offer advice when the time feels right. If you're worried, you're not alone; support is available.

AVOID CONFLICT & MANAGE ESCALATIONS

Encourage young people to consider the 'Safe T's' – Trust instincts, Take a breath, and Talk to a trusted adult. When triggered or provoked, they may react from their 'survival brain', unable to think clearly about the consequences. Taking a breath helps calm, and helps them access their 'thinking brain'. Remind them that moments pass, and seeking support from trusted adults builds resilience and safer decision-making.

HELP CHILDREN UNDERSTAND CONSEQUENCES

Young people can be searched by police or teachers if suspected of carrying a weapon. If found with a knife, they could face arrest and criminal proceedings. A conviction can result in a criminal record. Even being present during a violent assault, encouraging it, filming, or sharing footage can lead to prosecution. Open and honest conversations can help children understand these risks and make safer choices.

REPORT INFORMATION

We all have a role in preventing violence. If a child shares concerns, you can act. For educators, it's important to follow your school's safeguarding procedures. Other adults can report anonymously through Fearless or Crimestoppers, and speak with other parents, the school, or local police through 101. If someone is in immediate danger, always call 999. These steps help protect children and the wider community.

Meet Our Expert

The Ben Kinsella Trust is a UK anti-knife crime charity educating young people through immersive workshops, awareness campaigns, and community resources. Visit: benkinsella.org.uk



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/youth-violence>

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Notices:

Key Dates:

Tuesday 30th September

2025 6pm-7pm

Parent Voice meeting (in person)

Tuesday 7th October 2025

Year 8/9 STEAM trip to Thorpe Park

Letters Home

PE kit letter

[Click here](#)

KS4 GCSE PE/BTEC Sport Kit

[Click here](#)

Update to parents - 19th

September 2025

[Click here](#)

Barcelona Trip 2026

[Click here](#)

Coming Up: VLT Maths Challenge

The annual VLT Maths Challenge will be held on Wednesday 15th October 2025 where students from across the Vanguard Learning Trust will gather at Ruislip High School to compete in a variety of mathematics-based activities, testing their problem-solving skills and quick thinking as they race against the clock.



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