

RHS Parent Bulletin

Autumn Term 2026-27 | Issue 2 09.10.2026

RHS Values Champions:

Top 5 Attendance:

- 8D – 99.03%
- 7A – 98.26%
- 8B – 98.13%
- 7C – 97.94%
- 7S – 97.87%

(attendance calculated until 08/10/2026)

HoY Shout Out: Year 9

A huge congratulations to the new Year 9 Ambassadors. These students have demonstrated that they are brilliant role models for others and constantly display the Ruislip High School Values:

Mia M, Freya B, Charlotte M-B, Grace P, Pelin B, Isabella L, Isaac N, Luke P, Lily B, Anais F, Jesse F-M, Mora K, Sree C and Caitlin B.

Mr Tibbey – Head of Year 9

Subject Shout Out – Geography

The department congratulates Caitlin and Mason (9A) for their particularly neat and organised homework this week writing about the Trading Game.

Mr Alison – Curriculum Leader of Geography



A message from Mr Davies:

As usual, the bulletin exemplifies just how much has gone on at Ruislip High School over the past fortnight and the combination of sporting and academic success celebrated in these pages is once more typical of the vibrant Ruislip High School community. A real highlight of the last two weeks has been our hosting of the Hillingdon Panathlon at the school yesterday. Although I believe everyone was a winner in such an amazing event, it was a particular highlight that, after some initial confusion, the RHS team were crowned as the gold medal winners.

I often talk about Ruislip High School as a school that is in, and for, the community. We are very proud of our close affiliation with RAF Northolt and the fact that we have the most service children of any school in Hillingdon. I was delighted to call in at our recent service families coffee morning hosted at the school. I also wanted to draw parents' attention to our 'Friends of Ruislip High School' group who will be having their first meeting of the academic year on 3rd of November. I know the 'friends' would particularly welcome new members to their forum and there is a direct email address on the poster linked to this bulletin.

I would like to draw parents/guardians attention to the change of date for our Year 11 Preparing for Success evening. I do not like changing dates during the academic year, but I was conscious that we had a number of parents wanting to attend our event and a sixth form event at our Trust partner school. As much as I believe Ruislip High School is a seven year journey and I do believe that the school is the best place for the majority of our Year 11 students to transition to, I am always supportive of students making informed decisions having reviewed their options. In the future, we will ensure these dates don't clash, and for this year, I do hope the change of date outlined by Mr Shelley below helps. I would also emphasise the importance of attending the event at RHS, as we share essential revision strategies for the year ahead.

Finally, I would like to wish the whole community a restful weekend and hope you enjoy reading about everything going on in our vibrant school community.

Safeguarding Week

Safeguarding is at the heart of everything we do, and next week we are holding our annual Safeguarding Week.

Throughout the week we will be hosting a number of presentations and activities for our students.

Tuesday 13th October – Year 9
KISS – The sexual health and wellbeing programme

Wednesday 14th October – Year 7
Your Life You Choose – a multi agency crime prevention and education programme

Thursday 15th October – Year 8
Axis workshops – the crime prevention team and awareness around drug use

Friday 16th October – Year 10
SORTED – substance misuse



Important Update

Year 11 Preparing for Success Evening

Please note that our **Year 11 Preparing for Success Evening** has been rescheduled from Tuesday 20th October to **Thursday 22nd October (6:00 pm – 7:00 pm)**. We apologise for the short notice, but following feedback from parents wishing to attend another Trust Sixth Form open evening on the Tuesday, we have moved the date so no families miss out.

This is one of the most critical events of the academic year. It provides essential guidance on revision strategies, exam expectations, and key milestones to ensure your child achieves their full potential in Year 11.

We strongly encourage all Year 11 parents and carers to attend and look forward to seeing you there.



Panathlon

Ruislip High School hosted its fourth annual Panathlon event, bringing together students from across local mainstream and SEN schools for a day of inclusive sporting competition. This year marked a significant achievement for Ruislip High School, as our team secured 1st place overall to take home the gold medal for the first time in the four years we have run the event.



The day's success was driven by our new Year 10 GCSE PE students, who took responsibility for leading and officiating the competition. They managed the various stations—including Boccia, New Age Kurling, Field Athletics, and tennis activities—while offering clear guidance, support, and encouragement to all participating students from visiting schools. Visiting staff and competitors alike noted their professionalism and helpful approach throughout the event.



Panathlon

The Panathlon aims to build confidence, foster connections, and offer accessible opportunities through sport. Winning 1st place made the fourth year hosting particularly memorable, but the real highlight remained the strong participation and effort shown by every athlete involved.



Well done to our Winning team and also our Year 10 leaders!

Miss Farrell said, "All students involved in the event were a real credit to Ruislip High School, and I am so happy to finally add the Gold Medal to our collection".



Service Families Coffee Morning

On Tuesday 29th September our school community gathered for our second Service Children's family coffee morning. The event provided an invaluable opportunity for service families to connect, share experiences, and build supportive networks within our school environment.

We were privileged to welcome several key local representatives dedicated to supporting service families: Hannah Dent and Bernard Boyle, Borough Service Children's Officers, who offered expert guidance on local authority support and resources; Velma Simeon, Family Support Worker, who shared insights into emotional and pastoral support available for military families; and Edlynn Zakers, Community Development Officer for RAF Northolt, who highlighted community initiatives, events, and outreach programs.

Events like these play a vital role in ensuring our service children and their families feel fully integrated, understood, and supported throughout their educational journey.

We extend our sincere thanks to all parents, carers, and guest speakers who attended. We look forward to hosting future events to continue fostering these important connections.



Jack Petchey's "SPEAK OUT" Challenge!

This week, 50 of our Year 10 students took on the Jack Petchey "Speak Out" Challenge—and absolute credit to them, they brought incredible energy to every single session! Split across two action-packed workshops on Tuesday 6th October and Thursday 8th October, 25 students each day stepped up, took the mic, and delivered some truly unforgettable moments.

Far from a standard classroom lesson, these workshops pushed our Year 10s right out of their comfort zones. From energetic vocal warm-ups to impromptu speaking drills, the room was buzzing from start to finish. The best part? Students were given complete freedom to speak about the issues that matter most to them. Whether diving into mental health awareness, environmental action, or personal life lessons, they didn't hold back. It was fantastic to see them turn their genuine passions and lived experiences into powerful, persuasive speeches.

The sheer growth in confidence over just a few hours was incredible to watch. Students who started the day quiet or nervous ended up standing tall, speaking with real conviction, and captivating the room. By the end of the workshops, every single participant delivered a full two-minute speech live to their peers.

To top off two brilliant days, the stakes were high: 6 standout speakers from across the two sessions have qualified for the prestigious Regional Final, where they'll represent Ruislip High School on the big stage!



AGM

FRIENDS

of Ruislip High School

Come to our Annual General Meeting
Elect new committee members
Help us help the Students of Ruislip High



DATE

Tue 3rd Nov 2026



TIME

5:30 - 6:30pm

We will be electing
Chairperson, Treasurer, Secretary & others
nominations welcome on the day



LOCATION

Ruislip High School



ANY QUESTIONS? EMAIL US.

friendsofrhs@ruisliphigh.org.uk

Year 7 Footballers Take Centre Stage



Team: Blake H (7W), Harley B (7B), Luke R (7W), Charlie H-W (7A), Preston A (7F), Jonas M (7D), Oliver W (7A), Harry M (7F), Dylan T (7C), Joshua S (7F), Jacob W (7F), Dylan O (7B) and Kevin L (7B)

The Year 7 football team made a fantastic start to their RHS playing careers as they won in the National Cup second-round match.

A superb hat-trick from Charlie H-W (7A) and goals from Harley B (7B), Preston A (7F), Jonas M (7D), and Luke R (7W) saw Ruislip run out as dominant winners.

The whole squad played their part, and with other players impressing in training, competition in this talented year group is exceptionally good.

Attention now turns to the borough league and county cup fixtures until the National third-round tie is announced.

What Parents & Educators Need to Know about WHAT'S REAL ONLINE

WHAT ARE THE RISKS?

AI-GENERATED CONTENT

Artificial intelligence can now create realistic images, audio, video, and text in a very short time. Online, children may encounter fabricated news clips, AI 'influencers', fake screenshots, or entirely invented events without ever realising they are fake. The real challenge is that this content often looks polished and convincing. Parents and educators need to help children understand that professional-looking content is not automatically reliable and that all digital material should be questioned before it is trusted or shared.

DEEPFAKES LOOK CONVINCING

'Deepfakes' use AI to alter or create images and videos that appear to show a real person doing or saying something that never happened. They are sometimes used to spread false information, embarrass someone, or target people through bullying and image-based abuse. Even when others know the content is fake, the emotional and reputational impact can still be significant – and, in some cases, potentially life threatening. Deepfakes therefore need to be treated as both a digital literacy and safeguarding concern.

FALSE INFORMATION SPREADS

Misinformation is false or misleading information shared without necessarily intending harm, while disinformation is deliberately created to deceive others. Both types can spread quickly through social media, messaging apps, and video platforms. Their popularity, repetition, and confident presentation can make these false claims feel true. Children may also be more likely to trust content shared by friends, influencers, or familiar accounts, making source-checking and verification essential parts of developing their digital literacy.

VOICES CAN BE CLONED

AI tools can copy someone's voice using only a short audio sample. A child may receive a call or voice note that appears to come from a parent, friend, teacher, or trusted adult, but the audio is not genuine. These messages can be used to create panic, request money, obtain information, or pressure a child into secrecy. Hearing a familiar voice is no longer enough to confirm someone's identity, especially when a message is urgent or unusual.

ACCOUNTS MAY BE FAKE

Not every online profile represents the person it claims to be. Fake accounts may impersonate another pupil, a teacher, a family member, or someone connected to the school. They can be used for acts such as bullying, scams, grooming, or manipulation. A convincing photograph, username, or message history does not prove that an account is genuine. Children should be cautious when someone asks for their or someone else's personal information, images, passwords, money, or access to private conversations.

ALGORITHMS INFLUENCE REALITY

Many online platforms, such as social media, are shaped by algorithms that recommend content based on what users view, like, search for, and share. This means children do not see a neutral or balanced version of the world. They may repeatedly encounter similar opinions, misleading claims, or increasingly extreme content. Over time, this repetition can make an opinion feel more common or credible than it really is, because the child may never see this opinion opposed or countered.

Advice for Parents & Educators

PAUSE, CHECK, COMPARE

Teach children not to accept content as true simply because it looks professional, sounds confident, or has been widely shared. Encourage them to pause, identify the original source, check the date, and compare the claim with another reliable source. Ask questions such as: Who created this? What evidence is provided? Could anything have been altered? What is the real motive? Regular, age-appropriate practice helps children develop the critical thinking needed to navigate their online worlds.

VERIFY ANOTHER WAY

A familiar face, voice, or account is no longer enough to confirm someone's identity. If a message is unusual, urgent, or asks for secrecy, money, personal information, or immediate action, children should verify it through a separate route. They should be encouraged to call the person directly using a known number, speak to them face to face, or check with another trusted adult. Families can also agree a private 'code' phrase to help them authenticate genuine emergency messages from each other. This should be something random, non-personal, and known only to the family.

KEEP TALKING OPENLY

Create regular, non-judgemental conversations about what children see, hear, and experience online. Make sure you use parental controls where appropriate and understand each platform's age restrictions. Asking children about new platforms, influencers, unusual messages, or content they are unsure about can help open up valuable conversations. Avoid immediately blaming the child or removing their device, as this may discourage them from disclosing their concerns in the future.

SAVE, REPORT, SUPPORT

When fake content, impersonation, or manipulation targets a child, take it seriously, even if the material is fabricated. Save relevant messages, usernames, links, and screenshots without sharing the content any further. Report it through the platform, follow safeguarding procedures, and escalate concerns involving threats, grooming, sexual content, coercion, or extortion. Remind children that creating or sharing this content, even as a so-called 'joke', can have serious consequences for them and others, and may be difficult to remove once shared online.

Meet Our Expert

Phillippa Wraithmell is an educator, author and digital transformation specialist with expertise in digital safeguarding, online safety, AI in education and whole-school digital strategy. She is the Founder and CEO of Edruption and works with schools, organisations and policymakers to help create safer, more ethical and more effective digital learning environments for children and young people.



See full reference list on our website

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Notices:

Key Dates:

Monday 12th October 2026
Safeguarding week

Tuesday 13th October 2026
Year 11 London history trip

Wednesday 14th October 2026
Flu vaccinations
Year 7 - Bayeux Tapestry
VLT maths challenge

Thursday 15th October 2026
UCAS deadline for Oxford, Cambridge and medicine
Year 11 London history trip
Flu vaccinations
Year 7 tutor evening

Monday 19th October 2026
Year 11 Composition Music Day

Wednesday 21st October 2026
Year 13 database workshop

Thursday 22nd October 2026
PSHE/RSE Policy parent consultation - rescheduled

Friday 23rd October 2026
Barcelona trip leaves
Half term ends

Letters home:

[Black History Month](#)

[Invitation to rescheduled PSHE/RSE Policy Consultation Group](#)

[Year 7 Meet the Tutor Evening](#)

[CHANGE OF DATE - Year 11 'Preparing for Success' Evening](#)

Reminders:

Year 7 Meet the Tutor Evening
Thursday 15th October 2026

Year 11 'Preparing for Success' Evening
Thursday 22nd October 2026

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