



Ruislip
High
School

RHS Parent Bulletin

Autumn Term 2025-26 | Issue 6 09.12.2025

RHS Values Champions:

Top 5 Attendance:

- C66 - 97.28%
- 7D - 97.24%
- 7C - 97.23%
- 7B - 96.84%
- 7W - 96.77%

(attendance calculated until 04/12/2025)

HoY Shout Out: Year 12

Congratulations to Nadine in C66 and Faria in C66 for both always helping during form time and supporting not only the students but members of staff.

Great work community ethos!

Ms Vora - Head of Year 12

Subject Shout Out - Science

Congratulations to Ella H in Year 7 who has made a great start at Ruislip High School. Ella is consistent in her enthusiasm for learning, contributions in lessons and always offers to help teachers when she can. Keep up the amazing work!

Ms Modi- Acting Director of Science



A message from Mr Davies:

As is clearly evident in this bulletin, there is no sign of things winding down for Christmas at Ruislip High School. Indeed, just the opposite as preparations for our big Christmas events are well underway. I am looking forward to attending our Winter Concert on Thursday 11th December and our school production of 'A Christmas Carol', which is due to take place on Tuesday 16th and Wednesday 17th December.

As well as being a school both in, and for, the community I am delighted that as a school we continue to foster a reputation as a centre of academic excellence. It is very pleasing to be able to share with parents the number of our Year 13 students who have interviews and offers from some of the most prestigious institutions in the land.

It is clear from the bulletin that the school continues to achieve sporting success and it is great to see the increased number of the Above & Beyond clubs and activities that are now live to book for the new year.

Finally, I would like to draw attention to the 'Friends of Ruislip High School' Christmas Raffle. With all proceeds going to support the school, it provides an excellent opportunity to win some excellent prizes whilst also supporting the school. I am also aware that we will be working with Hillingdon Foodbank again this year with all tutor groups being invited to design and decorate festive-themed donation boxes, which will be filled with essential food items for Hillingdon Foodbank. I hope this initiative will help spread some holiday cheer and ensure that local families in our community receive the support they require over the festive season.

Year 13 Oxbridge Interview Preparation

On Monday 24th November, a group of sixth formers attended an Oxford and Cambridge interview preparation session with guest speaker, Tim Griffiths. Mr Griffiths is Cambridge alumni and had a successful teaching career. He has a wealth of knowledge about the Oxbridge admissions process and has experience in interviewing prospective candidates. The session focused around the 'do's and don'ts' when being interviewed and Mr Griffiths delivered an engaging and useful overview of what the students should expect when being interviewed by academics from these world-leading institutions.

We are delighted that a number of our students have been successful in getting to the Oxbridge interview stage in a range of subjects including Maths, Music and Engineering, as well as two students applying for medicine.

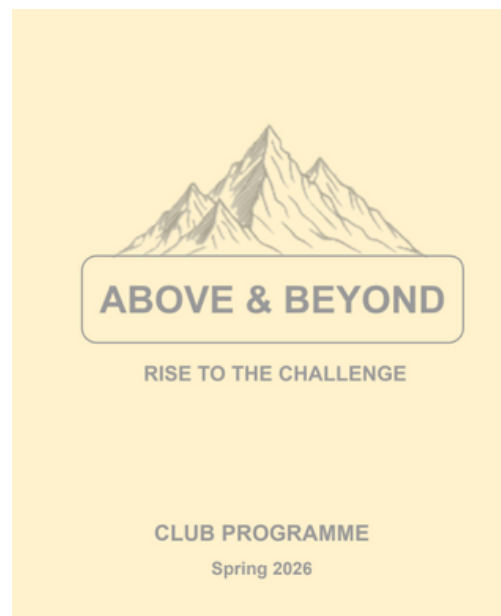
We wish them all the very best of luck with the interview process in December!



Above and Beyond Spring Programme

Our Above and Beyond Spring Programme is now available and bookings are open for all our clubs. We have added a number of new clubs this term including Debate Club, Film Club, Quiz Club and Girls Flag Football.

To see if spaces are still available, please check the Weekly Schedule section of the programme. Click [here](#).





Raffle Prizes Needed

Winter Raffle is coming soon

* Can you help us with a prize donation? *



If you have something that would make a great prize or could be used in a hamper we would be very grateful.

Items such as chocolates, biscuits, alcohol, candles, vouchers or electricals. Any contribution big or small could make a huge difference.

Please donate via the school office for the attention of the Friends team by Friday 12th December.

Thank you!

Ruislip High Student Shines at Parliament

Ruislip High School celebrated a significant achievement last week when Year 13 student Matthew B captivated some of the country's leading figures, MPs, and Lords during an All-Party Parliamentary Group (APPG) session on Skills and Careers held at the Palace of Westminster.

Matthew, who was invited to represent young people, displayed remarkable maturity and eloquence, earning high praise from top political and business figures.

Though Matthew was initially told he would not need to prepare a formal speech, he was asked to address the entire chamber. Drawing on insights previously discussed with Ms. Bonny, Matthew delivered a powerful, spontaneous address.

Speaking openly and honestly about his personal journey through careers education and how it has helped him overcome various challenges, Matthew was quickly invited to sit with the official panel to take questions.

Mr Shelley who was present at the event said, *"Matthew spoke eloquently about his journey through his career's education and the issues that this has helped him to overcome. He looked completely at home in Parliament. MP Danny Beales even passed us in the chamber and stopped to speak with Matthew."*

Matthew's performance was met with immediate and overwhelming acclaim. Katherine Horler, Head of Careers England, later emailed the school, stating: *"Matthew was excellent, very well prepared and articulated his points really well, he did a brilliant job."*



A Credit to Ruislip High

Matthew himself was quick to share the recognition, acknowledging that Ms Bonny, and Careers Advisor, Kalpna, have played a significant role in his development.

Matthew's success serves as a brilliant example of the positive outcomes driven by Ruislip High School's comprehensive and well-considered careers programme, which continues to provide students with the skills and confidence necessary to navigate their future careers.

We are incredibly proud of Matthew and look forward to watching his bright future unfold.





Over 90% of the food distributed by foodbanks in The Trussell Trust network is donated by the public – that's why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three day supply of food.



Ruislip High – Hillingdon Foodbank Collection

Food is being collected between: **Monday 8th December and Wednesday 17th December**
Please bring **non-perishable** items into school for this collection.

The foodbank are in urgent need of the following items:

- | | | |
|-------------|----------------|---------------------|
| • Tea | • Squash | • Tinned soup |
| • Coffee | • Tinned Fruit | • Pasta/Pasta sauce |
| • Chickpeas | • Shower Gel | • Long-life milk |
| • Tuna | • Toothpaste | • Cereal |
| • Biscuits | • Rice | • Nappies |

PE News

Watford Girls Football Tournament

On Tuesday 18th November some of Year 7 and 8 girls travelled to the Watford FC Training Ground to take part in an exciting football tournament. They played six matches in total, showing fantastic teamwork, determination, and improvement throughout the day.

Alongside the tournament, the girls also took part in an FA workshop focused on promoting women's participation in football. The session was inspiring and encouraged the players to think about how they can continue to grow the women's game in school and beyond.

A highlight of the day was meeting Harry the Hornet, who brought plenty of smiles and energy to the event.

Year 7 and team: Emma M (8S), Ella B (8W) , Maiara S (8C), Filomena K (7B), Daisy S (7W), Anna R (8S), Darcie S (7A), Myah P (7C), Emilia C H (7D)



Boccia Tournament

A group of students proudly represented Ruislip High School at a Borough Boccia tournament. Boccia is a precision ball sport, similar to bowls, designed to test accuracy, control, and tactical decision-making. It is an inclusive game that requires concentration, teamwork, and thoughtful strategy.

Our students showcased fantastic teamwork and exceptional skill throughout the competition. They communicated well, planned their shots carefully, and adapted their tactics in each round. Their determination and effort paid off as they finished the tournament as bronze medallists, a brilliant achievement that reflects both their hard work and sportsmanship.

Students who competed: Christopher M (Year 10) ,Salman M (Year 10), Iyas B (Year 7), Busra O (Year 8), Fatema M (Year 7), Aadesh (Year 7)





CHRISTMAS
RAFFLE
2025

1ST PRIZE

£100

JOHN LEWIS VOUCHER

2ND PRIZE - 8" HD AMAZON FIRE TABLET

3RD PRIZE - M&S XMAS TREAT HAMPER

Prizes including Hot Pod yoga classes, Willows Farm Tickets, Christmas gift sets and more
Raffle to be pulled last week of term

FRIENDS
of Ruislip High School

TICKETS £1 - AVAILABLE ON PARENT PAY NOW

The RHS Music Department presents: Winter Concert

THE RHS MUSIC DEPARTMENT
IS INVITING YOU TO OUR

Winter Concert

THURSDAY
11 DECEMBER 2025
05:30 PM

Tickets are free!
Book via your form tutor!

You are all invited to attend this year's Winter Concert on the 11th of December from 5.30pm in E201. There will be seasonal performances from our concert band and choirs as well as solo performances from our GCSE and A-Level musicians for you to enjoy! We encourage you all to have a little sing-along with us as we bring another year to close!

It would be great to see you all there!

Tickets are free and you can book via the QR code below:



The RHS Drama Department presents: A Christmas Carol

A CHRISTMAS CAROL

SHOULD AN OLD ACQUAINTANCE
BE FORGOTTEN?



TUESDAY 16TH &
WEDNESDAY 17TH DECEMBER
6PM - E201

Only 40 tickets left for Weds!

FOLLOW US:  @RUISLIP_HIGH_OFFICIAL  @RUISLIPHIGH



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10 Top Tips for Parents and Educators

ELECTRICAL SAFETY AND DEVICES

Electrical safety is a vital topic for parents and educators, especially with the growing use of devices like smartphones, laptops, and power banks. Electrical fires are a major risk and are the cause of many deaths and injuries each year. There are reportedly nearly 20,000 accidental fires of electrical origin each year in the UK. This guide offers practical advice to help families and schools prevent electrical hazards, and promote safety when using everyday devices.

1 CHECK FOR OVERHEATING

Devices such as laptops, tablets, and smartphones can overheat if used for long periods or when charging. Ensure that children don't use devices on soft surfaces like beds or sofas, which can block ventilation. If a device becomes unusually hot, turn it off and unplug it. Overheating can lead to fire hazards if left unchecked.

2 INSTALL RESIDUAL CURRENT DEVICES

Ensure that homes and schools are equipped with Residual Current Devices (RCDs). These devices cut off the power if an electrical fault occurs, preventing electric shocks and reducing the risk of fires. RCDs should be tested regularly to ensure they are working properly. More information about RCDs is available from Electrical Safety First.

3 AVOID OVERLOADING SOCKETS

Plugging too many devices into one socket can overload the electrical system and cause a fire. In schools and homes, ensure extension leads are not overloaded and never 'daisy chain' multiple extension cords together. Educate children on the dangers of connecting too many devices to a single outlet.

4 POWER BANKS: SAFE USE

Power banks are a handy way to charge devices, but they can also pose a risk if misused. Ensure power banks are of high quality and comply with UK safety standards. Teach children never to leave power banks charging unattended, and to avoid placing them under pillows or bedding where they may overheat.

5 REGULAR DEVICE INSPECTIONS

Regularly check devices for signs of wear and tear. Frayed charging cables, cracked device casings, or devices that are slow to charge may indicate electrical problems. If any issues are noticed, stop using the device until it can be repaired or replaced by a qualified technician. This proactive approach helps prevent fires caused by faulty devices.

6 UNPLUG DEVICES WHEN NOT IN USE

Encourage children and pupils to unplug devices when not in use, particularly overnight. Devices left plugged in unnecessarily can overheat or become fire hazards, especially if left charging unattended for long periods. Simple habits like unplugging can prevent serious incidents.

7 USE GENUINE CHARGERS

Always use chargers supplied by the manufacturer or from a reputable retailer. Faulty or counterfeit chargers can cause devices to overheat, short-circuit, or even catch fire. Teach children the importance of avoiding poor-quality chargers, and regularly inspect charging cables for signs of wear or damage. More tips on safe charging can be found at Electrical Safety First.

8 WATER & ELECTRICITY DON'T MIX

Teach children that water and electricity are a dangerous combination. Devices should never be used near sinks, bathtubs, or swimming pools. Parents and educators should ensure that any electrical appliances near water sources have proper waterproof casings and are plugged into RCD-protected outlets.

9 KEEP DEVICES VENTILATED

Devices need proper ventilation to avoid overheating. Avoid stacking items on top of plugged-in devices like laptops or gaming consoles, and make sure there is enough space around devices to allow for airflow. Proper ventilation helps prevent dangerous heat build-up, reducing the risk of fires.

10 SUPERVISE YOUNG CHILDREN

Younger children may not understand the dangers of electricity, so it's important to supervise them when they are using devices. Keep electrical cords out of reach and always remind children never to put objects into electrical outlets.

Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings as well as many other industries to help them maintain a safe working environment.



#WakeUpWednesday

The National College

See full reference list on our website

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Notices:

Key Dates:

Wednesday 10th December 2025

VLT Christmas concert

Thursday 11th December 2025

Year 12/13 English Brunel University lecture

Thursday 11th December 2025

Sixth Form community event

Thursday 11th December 2025

Winter concert

Tuesday 16th and Wednesday 17th December 2025

A Christmas Carol performance

Wednesday 17th December 2025

Christmas dinner

Thursday 18th December 2025

Year 11 London trip

Friday 19th December 2025

Terms ends

Letters Home

Berlin Trip - February 2027

Click [here](#)

Save the Date - 18th December 2025

Year 11 at Ruislip High are heading into central London to take a ride on the London Eye and have a cruise along the River Thames.

We're all excited and looking forward to sharing this special day together filled with laughter, memories and breathtaking views over the city.

Mr Joseph
Head of Year 11