

Spring Term 2024-25 | Issue 9 31.01.2025

RHS Values Champions:

Top 5 Attendance:

- **7B** - 97.67%
- **7F** - 96.68%
- **7A** - 96.57%
- **8A** - 96.46%
- **C62** - 96.36%

(attendance calculated until 30/01/2025)

HoY Shout Out:

Well done to **Emily K, Year 12**, for being a wonderful student mentor to students in the younger years. Thank you for being such an excellent role model to other students.

Mr Peacock - Head of Sixth Form

Subject Shout Out - Sociology:

Well done to **Shannon and Georgia, Year 13**, who have been able to use their A Level Geography knowledge and apply this to their A Level Sociology topics. They have even prepared a presentation, which they have shared with the class, to pass their knowledge on!

Ms McLoughlin - Head of Social Sciences



A message from Mr Davies:

The undoubted highlight of my week was spending Wednesday afternoon in London with Year 9 students who attended the Lion King trip. I could not have been more impressed with how the students conducted themselves both en route to the event and in the theatre itself. They were outstanding ambassadors for our school community and I feel slightly guilty that I enjoyed listening to the positive comments from passers-by, almost as much as the performance itself. It was also a pleasure to witness the relationship between the students and their form teachers and I would like to thank Mr Cahill and all the staff for the work that goes into creating our extended curriculum programme.

As parents/guardians will know, Ruislip High school is part of a wider family of schools in the Vanguard Learning Trust. It was great to welcome our Trust partners to the school last week for our annual Spelling Bee competition. It was a wonderful community event and I was so impressed with the unbelievable spelling skills of the students involved.

Finally, this week has seen assemblies delivered at the school to mark Holocaust Memorial day and this year, the 80th anniversary of the liberation of Auschwitz-Birkenau. Our assemblies not only focused on the importance of remembrance but also the theme for this year's memorial events 'for a better future'. I believe passionately that as a school community it is imperative we create a culture in which all our children have a sense of belonging, feel respected, and enjoy a connection with each other. We must remain united against hatred in any form, using lessons from the past to create a future where our children thrive and live out the values that enable peaceful communities to flourish.

VLT Spelling Bee

On Wednesday 22nd January, 2025, RHS hosted the sixth annual VLT Spelling Bee, which was attended by students from each of the Vanguard Learning Trust schools.

Led by Ms Rickards, E201 was filled up with audience members from all of the Trust schools - including several Ruislip High School Year 7 tutor groups - 'buzzing' to see their peers take to the stage.

Each team of four took turns to spell increasingly difficult words out loud, a feat of not only academic prowess, but also admirable confidence. Every participant excelled, achieving points for their teams and even spelling words such as 'gargantuan', 'tortoise' and 'distracted'. The rapid-fire round increased the tension even further, with a two minute timer ticking away, as the students scrambled to fit in as many correct spells as possible. Even Ms Rickards was struggling to keep up with the pace of the eager 10-year-old spellers!

It was anyone's game for most of the competition, but Oak Farm started to creep ahead in the final round. However, they were pipped at the post by Vyners, who put forward a worthy team of winners. Their victory was well deserved, and was helped along by star-speller Lisa, taking home the crown of 'Best Speller in the Trust', as well as 10 points for the Vyners' team. Two incredible Sixth Form volunteers assisted the organisers with the scoring, and general running of the event, and definitely deserve a shout out for their efforts. Dr Lecky, CEO of the Vanguard Learning Trust, and Mr Davies, Headteacher, who were both present at the awards ceremony, conveyed their pride for all the students involved.

Overall, the afternoon was a huge success, offering all the schools of the trust a fantastic opportunity to learn, collaborate with others and develop their confidence.



RHS Sixth Form Student Leadership Team: Applications

Year 12 students are invited to apply for a range of exciting leadership roles at Ruislip High School, by applying to be a member of our Sixth Form Student Leadership Team.

This is a fantastic opportunity to develop key skills; make a real impact in the school community; and represent their peers. We are looking for motivated and passionate individuals in Year 12 to take on the roles in various positions within the Student Leadership Team, such as Head of Mentoring and supporting different year groups in the school. In addition, this is also the opportunity for Year 12 students to apply for the role of Head Student.

If students are interested in becoming a voice for the student community, organising and supporting school events, as well as generally giving back to the RHS community, we encourage them to apply and take on this rewarding challenge!

Our outgoing Student Leaders wanted to share how much they valued the experience of being part of the team.

Hiruni, outgoing Head of Year 7, said: "I loved being a role model to younger students, I really enjoyed mentoring them at the start of their journeys at RHS."

Meanwhile, Ava, outgoing Head of Year 11, said: "I loved the chance to give back to a school, who have given me so much! I will value this time for a long while."

To apply, students should complete the application form available to them on the Year 12 Google Classroom. The deadline for applications is Friday 7th February, 2025.



Year 11 History/Drama Theatre Trip



On Monday 20th and Tuesday 21st January, 2025, Year 11 students got the opportunity to watch a play, in a trip led jointly by the RHS Drama and History departments. Across the two nights, students watched performances of *The Lonely Londoners* at The Kiln Theatre, much to their delight.

The play, adapted from Sam Selvon's novel, explores the experiences of Caribbean immigrants during the Windrush era in post-war London. This exciting outing provided a unique chance for the GCSE History students attending the trip to deepen their understanding of the Windrush Generation, one of the topics covered on the GCSE History curriculum.

The play's powerful storytelling and engaging performances brought to life the struggles and triumphs of the characters, making it a valuable extension of their studies. For the GCSE Drama students, it was also an invaluable opportunity to witness a professional theatre production, enriching their knowledge of performance and technical sound and lighting techniques.

Students loved the dynamic portrayal of the characters and the thrilling set and lighting design in the show.

Laylah, Year 11, said: "The play was incredibly moving. I found so much of it really thought-provoking and powerful."

Overall, the trip was a memorable experience that brought history and drama together in an exciting and impactful way. Thank you to both departments for running this valuable trip.

RHS Superstars: The Hillingdon Chess Competition



We are delighted to share that on Saturday 18th January, 2025, one of our Year 7 students, Alexander, 7W, represented the school at the Hillingdon and Ealing Schools Chess competition (U12).

Despite tough competition, Alexander played his games calmly and confidently. Out of the six games, which he took part in, Alexander won three, lost two and drew one. This resulted in Alexander coming out of the event in joint 3rd place, which was his best ever achievement at the competition.

Congratulations to Alexander - we are very proud of your achievement!

Year 9 Trip Part 2: The Lion King



On Wednesday 29th January, 2025, the second group of Year 9 students headed into central London to enjoy a performance of *The Lion King*, the musical at The Lyceum Theatre.

Once again, the students' behaviour was excellent, which ensured the trip had a wonderful atmosphere throughout. Similarly, to the first wave of Year 9s who watched a performance of *The Lion King* earlier this month, students marvelled at the technical wizardry and stunning performances throughout the production.

We would like to say a huge thank you to all of the staff members who supported the trips, which enabled both to run smoothly. A particular thank you to Mr Cahill, Head of Year 9, who organised and led both days of the trip. Accompanying 210 students, over two trips, into central London is no mean feat - but we believe it is experiences like this that help to enrich our students' wider learning.

GCSE Music Recital



On Wednesday 29th January, 2025, our Year 11 Music students took part in a special GCSE Music Recital, providing them with an invaluable opportunity to perform in front of a live audience of staff and parents. This event was an essential part of their preparation for the upcoming practical exams, allowing them to gain confidence performing.

The students showcased a diverse range of musical skills, performing both solo and ensemble pieces across various genres. From classical to contemporary, each performance demonstrated the hard work and dedication of the Year 11 GCSE Music class. From 'To Russia, with Love' performed on the Clarinet by Dylan S, to 'Burning' by Sam Smith, performed by Mia, the musical selection on offer was a delight.

The recital was not only an opportunity for the performers to refine their exam pieces, but also for the audience to celebrate the progress these young musicians have made. The audience was thoroughly impressed by the students' musical performances, and the supportive atmosphere was a reminder of the importance of community in helping our students achieve their best.

Ms Nastou, Curriculum Leader for Music, said: "I am so proud of each and every one of my Year 11 class. Their commitment to excellence is always wonderful, but it has never been more apparent than during this evening - they were really keen to show off the results of their hard work!"

As the GCSE Music practical exams approach, we wish all of our Year 11 GCSE Music students the best of luck.

HoY Update: Year 9 - Mr Cahill

I just wanted to pass on a huge well done to all of the students in Year 9, who attended our two trips to see The Lion King this month. Their behaviour was excellent, showing what a credit to the school they are. Whilst school is primarily about lessons and learning, it can not be underestimated how vital these cultural capital experiences are in a student's development. It is a privilege as a Head of Year to get to experience such moments with our students; I hope they all enjoyed the trip!

I would also like to remind you about our upcoming Year 9 Options Evening on Thursday 27th February, 2025, from 4:30pm to 7:00pm. This important event will provide you with the opportunity to explore the GCSE and BTEC subjects available to your child as they prepare to make their choices for Year 10.

Our subject teachers and leadership team will be on hand to provide advice and guidance, helping you and your child make informed decisions about their academic future. All available subjects will have a subject stall at the event, with options subjects, such as Health & Social Care, Media Studies and Computer Science, conducting two 10 minute talks throughout the evening.

Ahead of the evening, if you would like to see the options available to your child during KS4, please head to the school website's curriculum section, where each option is outlined. This can be found [here](#).

Holocaust Memorial Day Assemblies

The theme of this year's Holocaust Memorial Day was: 'For a Better Future'. In this week's assemblies, led by Mr Warrington, Curriculum Leader of History, we decided to focus not on the perpetrators of the Holocaust, but on the bystanders and upstanders found in this moment of history. Students learnt about a group of ordinary people in Denmark, who's brave upstanding action saved 99% of Denmark's Jewish population.

The assembly gave students a chance to reflect on why the word 'bystander' has been in use since 1534, yet the word 'upstander' was only entered into the dictionary in 2016 - even though there are plenty of examples of upstanders throughout history.



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PE News:

Indoor Athletics at Haydon High School

We would like to say a huge congratulations to some of our Year 8 students, who put in an outstanding performance at the Hillingdon Schools Indoor Athletics Competition on Thursday 23rd January, 2025.

Held at Haydon School, our teams - seven girls and six boys - shone at the event, in both track and field events. The girls' team placed 3rd overall, which was a fantastic achievement in a very competitive field. However, the RHS boys' team placed 1st - meaning they got to move on to the Hillingdon finals, held on Wednesday 29th January, 2025.

All of the students performed to a high calibre, however we would like to give special mentions to the following students who won their events: Luis J (shot putt), Vinnie MB (triple jump and 2 lap sprint), Sidney B (speed bounce), and Lucas H (2 lap sprint).

Well done to all of the students for taking part in the event. The students who took part are named below:

Girls' Team: Millie B (8S), Jess H (8F), Lois C (8D), Sophie W (8B), Hannah H (8S), Ellie D (8F), Alyssa L (8A) and Eva A (8A).

Boys' Team: Luis J (8S), Freddie W (8F), Sidney B (8F), Finley MW (8F), Luca H (8W) and Vinnie MB (8B).



Hillingdon Indoor Athletics Finals



We are thrilled to share that on Wednesday 29th January, 2025, our Boys' Athletics Team came first in the Hillingdon Borough Indoor Athletics Final.

Held at Swakeleys School, our Year 8 team performed excellently throughout each event they took part in. The majority of students in the team placed either 1st or 2nd in all of their events, ensuring that Ruislip High School came top of the table.

A huge well done to everyone on the team and thank you to the RHS PE Department for facilitating this opportunity for our students. The full table of events and results can be found on the right of this article.

Event	Student(s)	Position
Shot Putt	Luis J (8S) Freddie W (8F)	1st TBC
Speed Bounce	Sidney B (8F) Tommy M (8D)	1st 5th
Standing Long Jump	Finley MW (8F) Freddie W (8F)	1st TBC
Standing Triple Jump	Sidney B (8F) Vinnie MB (8B)	TBC 1st
Vertical Jump	Finley MW (8F) Luca H (8B)	1st TBC
4x1 Lap Relay	Luca H (8W), Sidney B (8F) Vinnie MB (8B), Tommy M (8D)	1st
4x2 Lap Relay	Freddie W (8F), Finley MW (8F), Sidney B (8F), Luca H (8W)	2nd
Two Lap Race	Finley MW (8F) Vinnie MB (8B)	1st 1st
Four Lap Race	Finley MW (8F) Luca H (8B)	1st 2nd
Six Lap Race	Freddie W (8F)	2nd
Eight Lap Paarlauf	Sidney B (8F) Vinnie MB (8B)	1st

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College

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Notices:

Key Dates:

Monday 3rd February 2025

Start of LGBTQ+ History Month

Thursday 6th February 2025

Year 13 Mock Results Day

Monday 10th February 2025

Start of Safer Internet Week

Wednesday 12th February

Year 12 Access Project Trip

Thursday 13th February

2025 4:30-7pm

Year 12 Parents' Evening

Friday 14th February 2025

Berlin Trip Departs

Friday 14th February 2025

End of Half Term

Letters Home

Update to Parents -

24/01/25

[Click here](#)

Year 12 Work Experience

Letter -

[Click here](#)

Other Opportunities
(not linked to the school)

Learn Hillingdon Cookery
Course for Men

[Click here](#)

Aim High Forum for Parents

[Click here](#)

FRIENDS
of Ruislip High School

As we approach the end of the school year, if you have any Ruislip High School uniform, which is still in a good, clean condition and you wish to donate it, please drop it off at our school office by the end of term.

Thank you in advance for your support. Our second hand uniform sales are always popular and vital to help us raise money, which will go towards supporting the school community.

All money raised from future uniform sales goes towards the 'Friends' Fund', which supports a range of student and school community projects.

**SCHOOL UNIFORM
DONATIONS NEEDED!**
for our secondhand uniform sale

Please drop at the school office

WE NEED:

Blazers, ties, shirts,
trousers, skirts, jumpers,
all branded PE items,
football boots,
PE trainers

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