



Ruislip  
High  
School

# RHS Parent Bulletin

Spring Term 2025-26 | Issue 10 13.02.2026

## RHS Values Champions:

### Top 5 Attendance:

- 7B - 96.7%
- 7D - 96.5%
- C66 - 96.5%
- 7C - 96.0%
- 7W - 95.7%

(attendance calculated until 13/02/2026)

## LRC Shout Out

A huge thank you to our LRC student helpers and Duke of Edinburgh volunteers for giving up their free time each week.

Your dedication is greatly appreciated.

**Mrs Austen - LRC Manager**

## Subject Shout Out - Computer Science

Congratulations to Ibukun in Year 9 for going above and beyond in every lesson, and to Thomas and Rico in Year 11 for their excellent PPE results.

Keep up the amazing work!

**Ms Poddar - Curriculum Leader of Computer Science**



## A message from Mr Davies:

As I wrote an update to parents just yesterday I will keep my introduction to this bulletin relatively short. The bulletin is yet again highlights how much takes place at Ruislip High School over a two week period and a particular highlight of this week for me was being involved in hosting our first Trust wide Languages week. From Languages themed cake making, to Salsa dancing I was delighted to see our students immerse themselves in the week. I would like to thank Ms Matias for organising such an ambitious week and our Year 10 language ambassadors who were such a credit to themselves and the school throughout the week.

Finally, I would like to wish the whole Ruislip High School community a restful half term break.

# Languages Week

From Monday 9th February to Friday 13th February, 2026 Ruislip High School celebrated its 6th annual Languages Week and its first ever Trust-wide Languages Week.

The week kicked off on Monday 9th February, 2026, with Year 9 enjoying a talk from Steve Eadon, a former coach for Arsenal Football Club. During his time at Arsenal, Steve managed the award-winning 'Arsenal Double Club' languages project, using football as a tool to inspire young people to learn new languages. During the talk, Eadon shared with students the importance of languages and how they can open doors in their future careers. Year 9 left the assembly inspired, having had the chance to listen to Eadon about his experiences.



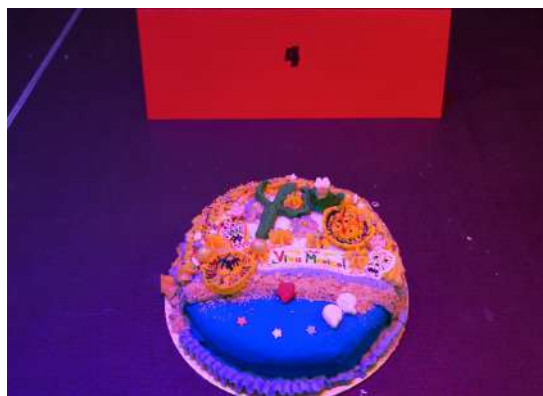
Daniel, Year 9 said: *"I found the Arsenal speaker very inspirational when he talked about his travels and how his languages helped him get his job. I am now considering talking Spanish for GCSE."*

Amaris, Year 9 said: *"Languages Week was really fun! I personally took part in the majority of events from the spanish movie, the play and the Languages breakfast. My highlight however would be the assembly by Steve Eadon as it was incredibly engaging. I was on the fence about picking Spanish for GCSE but now I'm going to for sure."*

After school, over 120 students signed up to watch Disney's Elio in either Spanish on Tuesday or Thursday after school in French! During both screenings, students tucked into free popcorn donated by CineWorld.

Luke, Year 8 *"The movie was very entertaining and the free popcorn was very good."*

On Wednesday 11th February, Ruislip High School led its first ever Trustwide Languages Week Event hosted by Ms Matias, Curriculum Leader of MFL. 40 students were in attendance from five out of the six Trust schools ranging from Year 5 to Year 7. These students were spoken to about the importance of learning languages by the Languages Ambassadors from both Ruislip High School and Vyners School. All students took part in a Kahoot quiz which tested them on lots of trivia ranging from odd laws, strange words and typical clothing worn all over the world. Vyners School triumphed and won the trophy for the quiz. This was followed by the VLT Languages Week Bake Off judging. Each school brought in their winning showstopper cake which showcased a particular country or language. Each school had a chance to judge the bakes alongside 3 members of VLT staff including the CEO of the Vanguard Learning Trust, Dr Lecky. All entries were very impressive but it was Ryefield Primary School who won the trophy for the winning bake and a £30 gift card was awarded to the baker herself who was in attendance. Vyners School came second and Ruislip High School in third place.



Following this students took part in an hour long Salsa lesson taught by a Cuban dance instructor who taught the students some spanish for the steps, directions and body parts they needed to use. At the end of the session all students then danced to a full latin track and were thoroughly pleased with themselves. Whilst the younger students took part in the Salsa lesson the Languages Ambassadors from Ruislip High School and Vyners school took part in an hour's collaboration meeting where they worked together to decide how they would grow their roles and promote languages in the respective schools this year. All Ambassadors spoke highly about how productive the meeting was and all the ideas they came up with to put into fruition.



Leia and Ella, Year 7 said: *"We participated in the VLT Languages Week event. We enjoyed judging the cakes and doing the codebreaker but for us the highlight of the event was learning the salsa. Arriba, arriba!"*



On Thursday 12th February, the Year 9 Languages Breakfast was hosted by the Year 10 Language Ambassadors. The event was attended by 140 students and the event was a fantastic success. Students enjoyed an array of French and Spanish food, ranging from croissants to churros. In addition, students took part in a code breaking task using their language skills to try and win one of the three gift vouchers up for grabs.

Tommy, Year 9 said: *"I won the Languages Week Breakfast menu competition which was really nice and also the food was amazing."*

Ibrahim, Year 9 said: *"As a result of this breakfast, it really enhanced my opinion of languages and my self awareness about people's diversity and where they come from. The whole experience was a once in a lifetime one, not even about the food but the amount of effort that went into it."*

Dragos, Year 10 Languages Ambassador said *"Being able to express my opinion on languages to the younger years and hopefully encouraging them to take a language for GCSE. I'm extremely lucky that I was chosen as a Language Ambassador and that I was able to take part in some extraordinary events that took place during Languages Week including the Languages Breakfast and the VLT event. Both of these were incredible, especially seeing people that share the same passion for languages that I do. Finally, being able to go on stage and speak at the Language Breakfast was one of the highlights of my time at RHS because being able to persuade or help Year 9 students to pick a language for GCSE is so important to me because languages are helping me everyday."*



Throughout this week language themed activities were planned in lessons across the school, to demonstrate to all students the influence of languages across the curriculum.



# Year 11 GCSE Poetry Live trip

On the 29th January, 32 Year 11s embarked on an exciting trip into central London to attend the Poetry Live workshop, a highly acclaimed and very well-attended annual event aimed at GCSE students of poetry. We saw some of the country's best poets perform their work live, and explain the stories behind it all. Then, a Chief Examiner for AQA took us through some of his top tips for the exam, going carefully through a series of poems and responses and giving everyone a new insight into how to construct a successful response.

It was a real treat, with students gaining both exam tips and a real appreciation for the art form. We were also lucky enough to hear two 16 year olds read their winning poems from last year's poetry competition, one on how childhoods are stolen too soon, and one about snails! Maybe one of our students will stand on that stage next year. The day culminated in a passionate standing ovation for the legendary John Agard, who performed a song-like, interactive ending to his well-known poem, 'Checking Out Me History'. 2000 Year 11s, ours very much included, were uplifted and inspired by his final words: 'Language is power!' We left the theatre with a souvenir programme, a signed Imtiaz Dharker anthology for the teachers, smiles on our faces and the memory of a fabulous day!



*Bianca: "The Poetry Live show was absolutely incredible! Seeing the poets themselves, hearing their verbal honest opinions about how they wrote their poems and what inspiration they took was utterly eye-opening. Learning the meaning behind the poems from the mouths of their authors opened a whole new perspective of writing and ideas I can explain and explore in my poetry essays. This has helped me understand the author's intentions and ideas massively, and will also encourage me to give writing poems a go."*

*Max: "The trip was a fantastic opportunity which brought to life the poems we have studied in school, allowing us to hear new ideas from the poets, which we can write about in our summer exams."*

*Lola: "The experience was one I'll never forget. I loved hearing how each author performed their poem and how they were inspired to write them, especially Daljit Nagra, Simon Armitage and Imtiaz Dharker."*

# Chemistry Olympiad

On Thursday 28th of January, thirteen of our sixth form chemistry students participated in this year's Chemistry Olympiad competition. Three Y13 students and ten from Y12.

This prestigious competition is run by the Royal Society of Chemistry and in the first round, consists of a 2 hour theory exam. The written paper is acknowledged to be exceptionally challenging as it routinely asks questions that are beyond any recognised A-level specification. Successful students who score above a certain number of marks can gain bronze, silver or gold award certificates.

Good luck to all those students that took part and we look forward to finding out how well our students have done when the grade boundaries and final results are released in several months time.



## Online Safety Parent Talk Tuesday 24<sup>th</sup> February 2026 6pm-7pm

We are pleased to welcome an expert speaker from the Breck Bednar Foundation, a nationally recognised organisation specialising in online safety and child protection. The session will help parents understand how to support and protect their children online, using a real-life case study to highlight warning signs, risks and practical steps. While the topic is serious, the talk is informative, accessible and empowering.

Tea and coffee will be available from 5.30pm, with a pre-loved uniform sale hosted by Friends of RHS. All attending parents will be entered into a raffle to win a £50 restaurant voucher.

Open to parents of all year groups. Please secure your place via the Google Form link [here](#). We hope you can join us for this important event.

The logo for the Breck Foundation, featuring the words "BRECK FOUNDATION" in a white, sans-serif font. The text is positioned on a white rectangular background that is slightly tilted, set against a solid red background.

# Year 11 theatre trip 'Ballet Shoes'

On Tuesday 3rd February, our Year 11 students attended a drama trip to the National Theatre to watch the stage production of Ballet Shoes. The group were an absolute credit to Ruislip High School from start to finish, demonstrating maturity, enthusiasm, and impeccable behaviour throughout the evening.

The performance was a hit with the students, who were fully engaged from the opening scene to the final curtain. A particular highlight was the lively finale, where the cast sang and danced — even some of the boys were clapping along and joining in with the energy of the moment.

The students represented RHS brilliantly, their positive attitude and respectful conduct made the experience enjoyable for staff and students alike. It was a pleasure to take such a fantastic group, and we were incredibly proud of how they conducted themselves.

A memorable evening of theatre, shared with a wonderful group of Year 11s.



## REMINDER: Year 9 Options Event Thursday 26<sup>th</sup> February 2026 4:30pm - 7:00pm

An opportunity to meet with subject staff and to find out more about the whole options process, including information about all available GCSE and vocational subjects.

Presentations by Mr Davies, Headteacher, at 5:15pm and 5:45pm providing important information about the options process, including how to submit your child's options choices, along with key dates and deadlines.

All subjects will provide information at their stalls in the main hall along with subject presentations throughout the evening.

A timetable of the evening can be found [here](#).





# SEND

*Family Support*



## PARENTS GROUP

A virtual support group for Parents caring for individuals with special educational needs & disabilities (SEND). Where you will be free to talk, ask questions, be advised on SEND related topics, or just have a chat with us and other Parents like you, about anything that has helped or can help you and your family throughout the SEND world

**Every second Tuesday starting at 6.30pm**  
**Lasts between 1 – 2 hours (during School term-times)**

**To book and read the guidance for the group go to:**  
**[www.sendfs.co.uk/parents-group](http://www.sendfs.co.uk/parents-group)**

For more information and dates of forthcoming SEND workshops, clubs, support groups & events go to: [www.sendfs.co.uk/events](http://www.sendfs.co.uk/events) & social media pages. You will receive an automated email with the booking confirmation and the next meeting link. If you can't see this email, please check your spam, junk email folders, and any other folders. If you still can't find it please contact us.

If you would like to contact our support team email [support@sendfs.co.uk](mailto:support@sendfs.co.uk)

**Please note you don't have to be online to use ZOOM, you can also call in via mobile and landline.**



# Year 9 students explore Advanced Python Coding in STEM Workshop

On 5th February 2026 60 Year 9 students took part in an engaging STEM coding workshop, where they were introduced to both fundamental and more advanced concepts of Python programming. This workshop was run by a STEM Ambassador and software developer Sebastian Creighton, who works for the civil services.

During the session, students explored advanced coding ideas such as using variables and conditional statements, creating loops, and developing simple functions to solve complex problems. They applied these skills to practical challenges, testing and debugging their code while working collaboratively with their peers.

Noarii, 9A, said: *"I liked the creativity element and making my own game. Sir was very engaging and helpful in explaining the code to me patiently. I would love to do this again."*

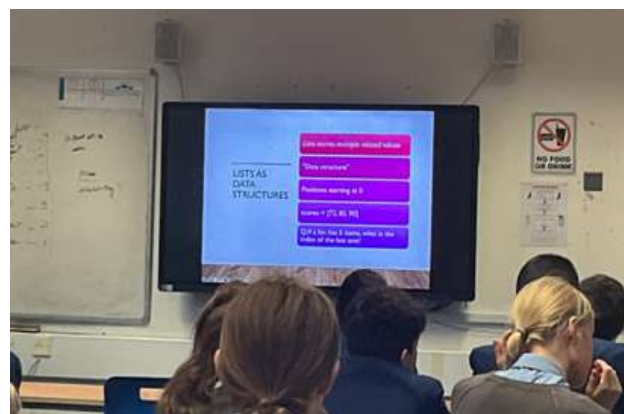
Karina, 9W, said: *"I enjoyed the workshop and the aspect of having a practical and theory section. It was fun and I hope to see more workshops like these."*

Shaunav, 9S, said: *"A very interesting and useful experience that will be imperative in a completely digital future."*

The workshop helped to develop students' logical thinking, resilience, and confidence in coding, while promoting interest in computer science and wider STEM pathways.

Mrs Poddar, Curriculum Leader of Computer Science, said: *"I was proud to see our students were exceptionally well behaved and highly engaged throughout the session. They approached the challenges with enthusiasm, worked collaboratively, and demonstrated excellent focus and resilience when tackling advanced Python coding tasks. Their positive attitude and willingness to learn made the workshop a real success."*

Well done to all Year 9 students for their excellent focus and enthusiasm throughout the session.





# HoY Update: Year 13 - Mr Elsby

Following on from a successful set of PPEs, I want to congratulate all of Year 13 for their incredible effort and success. Whilst there is more revision and work to do, we are in a great place right now and students need to continue to work hard to get the results that they need!

A new initiative, whereby students are now picking a peer each week to recognise for their hard work and attitude, has been a great success and I love that students get to reward each other for their hard work! Keep up the final big push!

Mr Elsby

## Year 11 and 12 Reach Pathway trip to St Anne's, University of Oxford

On Monday 9th February, students in the Reach Pathway from Years 11 and 12 visited St Anne's College at the University of Oxford. St Anne's is one of Oxford's largest colleges, with over 800 students.

Students received a talk on what Oxbridge admissions tutors look for in candidates, providing Year 11 students with guidance on how to effectively tailor their A-level subject choices to their future academic aspirations.



To help students understand how content is delivered at university level, they were able to choose between attending a talk on either a STEM or a humanities topic.



In keeping with Oxford tradition, students had lunch in the college dining hall.

Year 12 students then took part in a public speaking workshop, helping to develop the skills required for Oxbridge admissions interviews, while Year 11 students toured another college, Somerville, enabling them to gain a greater understanding of how the collegiate system works.

Ms Bonny would like to thank Mr Sills and Mr Elsby for giving up their time to support the trip.

# GANGS, GROOMING AND EXPLOITATION

Join local officers and partner services for an information evening for parents and carers. [Learn how to spot the early signs of child criminal exploitation and grooming and the support available.](#)

**DATE**  
Wednesday 4th March 2026

**TIME**  
7.00pm - 9.00pm

**PLACE**  
Online - please scan the QR code below to register

**TIPS**

**SUPPORT**

**GUIDANCE**

**ADVICE**

[www.met.police.uk](http://www.met.police.uk)





# Year 11 Art trip to the Tate Modern

Year 11 art students recently embarked on an inspiring trip to the Tate Modern, immersing themselves in a world of contemporary creativity that will undoubtedly shape their work for the months ahead. Exploring the vast Turbine Hall and diverse gallery spaces, students encountered bold installations, thought-provoking conceptual pieces, and striking works by internationally renowned artists. Seeing such a wide range of techniques, materials, and ideas in person encouraged them to think more ambitiously about their own projects, particularly as they begin developing ideas for their externally set task.

Despite persistent rain, the group also embraced the opportunity to view London's iconic landmarks. Walking along the Thames, they admired the magnificent dome of St Paul's Cathedral and caught sight of the towering The Shard rising through the grey.

The trip proved both creatively energising and memorable, strengthening their confidence and inspiring fresh ideas for their artistic journeys ahead.



# World Book Week

We are thrilled to announce that World Book Week is returning to Ruislip High School! From Monday 2nd March, we'll be transforming the school into a hub of literary celebration.

Reading is at the heart of everything we do, and this week is all about discovering new worlds, sharing our favourite stories, and – most importantly – having fun. We have a packed schedule of activities designed for every type of reader.

## World Book Week at Ruislip High School

Because Ruislip High School, especially the LRC love to promote reading, we're taking our celebrations even further this year. Instead of marking just **World Book Day**, we're excited to launch a full **World Book Week**!

### Monday 2nd – Friday 6th March

Throughout the week, there will be a range of activities, challenges, and competitions for students across KS3, KS4, and KS5. Each competition offers the chance to win prizes — and the more you take part, the more chances you have to win.



So get involved, try as many competitions as you can, and most importantly...

Happy Reading!

Mrs Austen, LRC Manager

### Grand Prize Draw:

For **every competition you enter**, your name will be added to our prize draw.

At the end of the week, one name will be picked at random to win a **Big Prize**

**MAKE ME A  
WINNER**

## All School Competition : Design Your Dream Book


Ever wished you could find a book that's *exactly* what you want — full of twists, drama, mystery, adventure, romance, or something totally

Your task:

new? Tips:

1. **Design a book cover** – be as creative as you like (hand-drawn or digital).
2. **Give your book a title** – something original and eye-catching.
3. **Write a blurb** – this goes on the back cover and should hook your reader.
4. **Email your entry to Mrs Austen at:**  
[lrc@ruisliphigh.org.uk](mailto:lrc@ruisliphigh.org.uk)

- Think about genre: fantasy, thriller, dystopia, comedy, horror, romance, etc.
- Make your cover stand out with colour, typography, and imagery.
- Your blurb should tease the story, not tell the whole plot.
- Be bold, be creative, and design a book *you* would want to read!

 **Prizes:** The most imaginative and well-designed books across KS3, KS4, and KS5 will receive prizes and be entered into the **World Book Week grand prize draw**.

**Entries need to be either emailed or given to Mrs Austen in the LRC in by Friday 27th February, entries will be judged by our Guest Author during World Book Week !!**



## 10 Top Tips for Parents and Educators

# SUPPORTING SAFE USE OF AI

Artificial Intelligence (AI) is increasingly woven into young people's digital lives. It can offer some educational benefits and day-to-day assistance; however, it also raises concerns about misinformation, privacy, fairness, and safety. This guide provides parents and educators with practical strategies to support young people to navigate AI tools responsibly, and to use them safely and with discernment.

### 1 DEMYSTIFY WHAT AI REALLY IS

Children encounter AI in most online places, including games, streaming platforms, and school tools. Explain that AI uses patterns from past data to make decisions, but it doesn't think or feel like humans. Use age-appropriate examples, like how recommendations on YouTube or Netflix work, to build understanding and prevent false beliefs about AI being all-knowing or alive.

### 2 TALK ABOUT RISKS OF MISINFORMATION

AI can create convincing false information, including deepfake videos, photos, and fake 'facts'. Encourage children to think critically about what they see and read. Teach them to double-check information using reliable sources, to look at images and videos carefully, and to ask an adult if something doesn't seem right.

### 3 DISCUSS DATA AND PRIVACY

Explain that AI systems learn by analysing lots of data, sometimes including personal information. Help young people to be mindful of what they share online and why protecting personal data matters. Model good habits like reading app permissions together or reviewing what's collected by voice assistants like Alexa or Siri.

### 4 ENCOURAGE CREATIVE USE OF AI

Support children, when using AI tools, to explore ideas, make art, or build projects. This fosters confidence, imagination, and independent thinking. When children use AI creatively, rather than just passively consuming it, they are more likely to stay engaged and make thoughtful choices.

### 5 USE AGE-APPROPRIATE AI TOOLS

Not all AI platforms are suitable for children. Choose tools designed for education or creativity, with clear safety policies. Review terms of use and privacy settings, and help children use them in age-appropriate ways. For example, some chatbot tools mimic conversation but should only be used with guidance and boundaries in place.

### 6 USE AI TOGETHER

Exploring AI tools together can help adults understand how they work and spot potential issues. Try co-writing a story with an AI writing assistant or experimenting with an AI art tool. This encourages curiosity, helps you stay informed about the latest AI tools, and allows you to reinforce safe and respectful use while modelling critical thinking.

### 7 SET BOUNDARIES FOR AI USE

Establish when, where, and how AI tools can be used, just as you would with any digital technology. For example, you might agree not to use AI tools to complete school assignments without permission, or to avoid unsupervised use of voice assistants. Consistent boundaries help manage overuse and misuse.

### 8 WATCH FOR OVERRELIANCE

Some AI tools, like homework help apps, may be tempting shortcuts. Encourage children to use AI to support their thinking, not replace it. Celebrate effort and process over perfect answers. Reinforce that mistakes are part of learning and that relying too heavily on AI can limit real understanding.

### 9 TEACH DIGITAL ETHICS AND LITERACY

Help children explore how AI works, where it might be biased, and why ethical thinking matters. Building digital literacy alongside ethical awareness ensures children engage with AI critically, not just conveniently. Help young people to understand that not all people use AI for legitimate purposes; some use it for malicious reasons. Encourage questions about fairness, representation, and who benefits from certain tools; talk about algorithms, echo chambers, and the impact of automation on daily life.

### 10 STAY CURIOUS AND INVOLVED

AI is developing rapidly, and staying informed helps you support the young people in your care. Follow trusted sources for updates and keep the conversation going. If a child brings up a new AI trend or tool, take the opportunity to learn about it together. Showing interest builds trust and strengthens digital resilience.

### Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

#WakeUpWednesday

The National College

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@wake.up.weds

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# Notices:

## Key Dates:

Tuesday 24th February 2026

Year 12 University of

Southampton trip

Year 7 Breck assembly

Breck parents' session

Wednesday 25th February 2026

Year 12 Guest speaker: Bank of England

Thursday 26th February 2026

Year 9 textiles workshops

Year 9 Options Evening

Monday 2nd March 2026

Year 11 core PPEs

Wednesday 4th March 2026

Sixth form interviews

Thursday 5th March 2026

World book day

Letters home:

KS4 Options Evening

Click [here](#)

Breck Bednar Foundation

Parent Guest Speaker Event

Click [here](#)

Year 7 Residential Trip

Click [here](#)

Year 13 Leavers Ball

Click [here](#)

Year 10 Parents' Evening

Click [here](#)

Year 11 Yearbook

Click [here](#)

Update to parents 12th February 2026

Click [here](#)

We hope everyone in our school community has a wonderful break.

We look forward to welcoming you back to school on Monday 23rd February 2026.