

## RHS Values Champions:

### Top 5 Attendance:

- 7B - 96.7%
- C66 - 96.7%
- 7D - 96.5%
- 7C - 96.2%
- 7W - 95.7%

(attendance calculated until  
05/03/2026)

## Netball Shout Out

A special mention to the Year 7 students who participated in the VLT Netball Competition.

All students were fantastic ambassadors for the school and should be very proud of their achievement.

## Ms Farrell - Head of Year 9 and Teacher of PE

## Subject Shout Out - HSC

Well done to all Year 10 HSC students on your commitment and excellent work effort when completing your Component 1 Life span development controlled assessment.

In particular, the following students who have worked extremely hard: Eina T, Nicole C and Chloe R.

## Ms McLoughlin - Curriculum Leader of Social Science



## A message from Mr Davies:

It was my pleasure this week to write to the parents of Year 6 students who, on Monday, were offered places in Year 7 at Ruislip High School for September 2026. Yet again, our school was heavily oversubscribed on first-choice places; it is a testament to Ruislip High School's popularity that the furthest place offered under the distance admissions criteria was under 1,000 metres from the school. As well as offering high-quality teaching and learning that leads to outstanding outcomes, I believe it is the sheer variety of opportunities available that makes us the school of choice for our community. This bulletin exemplifies just how much goes on at Ruislip High School in a typical two-week period.

On a less positive note, I wish to refer to the 'school wars' social media posts that many in our community will have seen. I would like to thank parents for the calm way you dealt with this irresponsible content, which I believe was designed to cause maximum anxiety. I am grateful to the police for providing a reassuring presence, although I have conveyed to them my concerns regarding some well-meaning, but ultimately unhelpful, communication distributed on social media. I would like to reiterate that the school will always communicate directly should there be any evidence of genuine concern. If parents have any fears, please always contact the school in the first instance.

Finally, I am conscious that a number of our families will be deeply affected by the ongoing events in the Middle East. For members of our community with family and friends living in the region, the situation will be all the more acute. I encourage families to contact the school if they are worried about the impact the conflict may be having on their child. We will, of course, do our best to offer support.

# World Book Week

Ruislip High School were excited to participate in a week of activities centred around reading to celebrate World Book Day.

On Monday 2nd March, Ruislip High was delighted to welcome local author Jennifer Rothwell to launch our World Book Week celebrations – and what a fantastic start it was.



Jennifer began the day by delivering an inspiring assembly to our Year 7 students, sharing her passion for reading and the magic of storytelling. She spoke about how books can transport us to new worlds, spark imagination, and give us the confidence to create stories of our own. Students were also introduced to her debut novel, *A Spark of Fire*, the first book in the Firelighters series – a thrilling tale of fantasy, courage and adventure that immediately captured their attention.

The excitement continued as Jennifer met with our Year 10 cohort for a dedicated author talk, where she explored the themes of her writing and the journey from initial idea to published novel. Later, she spent time with our Year 12 English students, offering a fascinating insight into her career path – from journalism to becoming a published author. She spoke candidly about the realities of the writing process, the challenges of drafting and editing, and the determination required to bring a book to life. Our budding writers asked thoughtful questions and gained valuable advice about pursuing their own creative ambitions.

In the afternoon, creativity truly took centre stage as Jennifer led a series of Creative Writing Workshops with Key Stage 3 students. Armed with imagination and enthusiasm, students began planning their own story adventures, experimenting with character, setting and plot. The sessions were filled with energy, ideas and the beginnings of many exciting new narratives.

It was a memorable and inspiring day that perfectly launched our World Book Week – reminding us all of the power of stories and the importance of reading for pleasure.

# World Book Week



The remainder of the week saw students participating in a library lesson in our Learning Resource Centre that involved students completing a 'scavenger hunt' activity to investigate what the library has to offer and how accessible our LRC makes reading to all of our students.

On Thursday 5th March, the school conducted a 'Follow the Story' where staff read a portion of a short story to students in their lessons, with the conclusion (with a twist!) of the story being revealed in the last lesson of the day. This ensures that all of our students are reading on World Book Day and staff enjoy leading discussions surrounding the story and getting to read it themselves!



## Blind Date with a Book



Finally, throughout the week saw multiple competitions running with a bookmark competition, 'The Reading Trail' hunt for what staff are currently reading, 'Blind Date with a Book' in our sixth form and various quizzes centred around books and reading, with some staff faces also being featured on a video, made by students of our sixth form.

World Book Week has been an incredibly successful and engaging week promoting a love of reading amongst our staff and students.

# Options Evening

On Thursday 26th February 2026, our Year 9 students and their families came together for an inspiring and action-packed Options Evening; what a fantastic turnout it was! The atmosphere was buzzing with excitement as students began looking ahead to the next chapter of their academic journey: Year 10.

Every GCSE and BTEC subject was proudly represented, with passionate teachers hosting vibrant information stalls. Families had the chance to ask questions, explore course content, and discover where different subjects could lead in the future. Each department also delivered two engaging presentations, offering a deeper dive into what students can expect and helping them make confident, informed choices about their pathways.

A particular highlight of the evening was an insightful online safety session led by Mr Noble, Deputy Headteacher. Mr Noble's 3 Ms; Model, Monitor and Mention gave practical advice and clear strategies for managing students' social media exposure to support their focus and wellbeing as they move into this important stage of their education.

The evening was a brilliant opportunity for students and parents to explore the wide range of subjects on offer and to feel excited about the possibilities ahead. Ms Farrell, Head of Year 9, would like to extend his sincere thanks to all Year 9 students and their families for their enthusiastic support and for making the evening such a success.

## Year 12 guest speaker: Bank of England

Year 12 students recently welcomed Jake Burchell, Bank Ambassador for the Bank of England, for an engaging and informative session on careers in economics and finance. Jake shared his own career journey and offered students insight into the role of the Bank of England, including how it helps manage inflation and supports the UK economy.

Students were invited to submit questions in advance on topics such as monetary policy, graduate schemes, and pathways into competitive financial careers. These questions formed the basis of a lively discussion, giving students the chance to engage directly with real-world economic issues.

Many students stayed after the session to continue the conversation and ask further questions.



# Sport Update

## Table Tennis

On the 13 February Earlings Fields High School held the West London Table Tennis Tournament. The competition was the Jack Petchey Individual Qualifier.

Haris A (7S), Oskar B (7C) and Max N (7C) were all selected to represent the school and all did well within the tournament.

Each tournament was broken down into a group stage then into quarter finals, semi finals and finals.

Both Haris and Max got into the quarter and semi finals whilst Oskar got to the final, eventually losing to a year 8 student. A fine effort from all three students.

Although being the runner up Oskar was selected to compete in the All London Competition in April. Good luck Oskar!



## Senior Football

Friday 27 February saw the Senior Football come together for a fixture against Northwood. Not having played together for a while and with a range of fitness levels the boys did well to compete in a 4-2 lost; both goals from Joseph B (C67).

Here is a report of the game from the captain Ryan R (C64)

"I think that it was a game of two halves. We started really well considering that this was the first time the boys were all playing together, the injuries of a couple of boys allowed Northwood to

be gifted a goal and our heads went down from then going three nil down at half time. The second half was similar to the end of the half however the boys came back and started challenging more for the ball and we grew into the game finishing the game off 4-2.

Overall the team looks promising and we are all looking forward to fixtures in the future."

## Year 9 netball tournament

Congratulations to our Year 9 netball team on achieving an outstanding 3rd place at the Hillingdon Borough Netball Tournament.

The team narrowly missed out on a place in the final after a closely contested match against St. Helens, who went on to win the tournament. The students demonstrated excellent teamwork, resilience and determination throughout the competition, finishing with an impressive record of six wins overall.



Team: Maddie D, Millie B, Mara A, Pelin B, Lois C, Ellie D, Alyssa L, Josie C, Arya S



## **Community Resilience Roadshow – You're Invited!**

Hillingdon Council is excited to announce our Community Resilience Roadshow, and we'd love for you join us!

**On: Saturday 9 May 2026**

**Time: 12:00 – 16:00**

**At: Hillingdon Fire Station**

This free family-friendly event brings together our local emergency responder partners to help residents learn how to stay safe, prepared, and resilient in an emergency—while having plenty of fun along the way!

Students, parents, and staff will have the chance to explore real emergency vehicles and meet local responder partners, including Hillingdon Council, London Ambulance Service, London Fire Brigade, Metropolitan Police Service, Environment Agency, Affinity Water, British Red Cross, The Military, Hillingdon Federation of Community Associations.

Take part in hands-on activities that teach practical safety and preparedness skills, learn simple steps to stay safe at home, in school, and in the community and enjoy free food!

It's a fantastic opportunity for young people to learn about emergency services, ask questions, build confidence, and develop life-long preparedness habits.

**[Book your free tickets here](#)**

# HoY Update: Year 11

Over the past few weeks, our Year 11 students have shown an exceptional attitude towards their PPEs. Their maturity and focus have been evident not just in the exam hall, but in the way they have prepared for these assessments. Many students have been coming into school extra early to work with teachers, while others have stayed late on occasion to seek additional support. This level of commitment has been brilliant to see and speaks volumes about their determination to do well.

I have been genuinely impressed by how seriously they have taken this period. Their behaviour, effort and willingness to go the extra mile have made them a real credit to Ruislip High School. Watching them take ownership of their learning and support one another has been a highlight of the year so far. They should be incredibly proud of the way they have approached these PPEs, and I am equally proud of every one of them.

Mr Joseph  
Head of Year 11

## VLT Netball Competition

Year 7 students recently took part in the School Vanguard Learning Netball Competition and delivered an excellent performance across all of their games.

The Year 7 girls' team were outstanding throughout the tournament, remaining undefeated and winning the overall competition. They demonstrated excellent skills and teamwork throughout the competition, winning all four of their matches.

The mixed team also performed brilliantly, finishing as runners-up in the mixed competition. They won three of their four games and showed great effort and resilience across the event.

A special mention goes to the boys in the team, who were particularly impressive. For many of them, netball was a completely new sport, yet they adapted quickly, showed great enthusiasm, and contributed strongly to the team's success.

Overall, all students represented the school fantastically and should be very proud of their performances in the Vanguard Learning Competition.



# The Access Project - University of Southampton

On the 24th February, 15 of our Year 12 students who are part of The Access Project had the exciting opportunity to visit the University of Southampton, one of the UK's leading Russell Group universities.

The aim of the trip was simple but powerful: to give students first-hand experience of what it might feel like to study at a top research-intensive university and to raise aspirations as they begin thinking seriously about life beyond Sixth Form.

From the moment they arrived, students were immersed in university life. They explored the impressive campus facilities, including lecture theatres, study spaces and social areas, gaining a real sense of the independence and responsibility that comes with undergraduate study.

A particular highlight of the day was attending two live university lectures. Experiencing learning at this level allowed students to see the depth of thinking and academic curiosity expected at university. One lecture focused on natural history and explored the theory of evolution, challenging students to think critically about scientific evidence, historical discovery and how ideas develop over time. The second lecture gave students further insight into the style and pace of higher education teaching, helping them understand how university learning differs from school.

Beyond the lectures, students also received valuable guidance on how to begin preparing for their university applications. With UCAS applications launching later this academic year, the visit provided timely advice about:

- Choosing the right course and university
- Building strong personal statements
- Developing super-curricular interests
- Making the most of opportunities available through The Access Project
- 

For many students, visiting a Russell Group university transforms abstract ambition into something tangible and achievable. Seeing current undergraduates, walking through the campus, and sitting in lectures helps students to visualise themselves in that environment.

We are incredibly proud of how our students conducted themselves throughout the visit. They asked thoughtful questions, engaged confidently with academic content, and demonstrated the maturity and curiosity that will serve them well as they move towards their post-18 pathways.

Trips like this play a vital role in broadening horizons and reinforcing our belief that background should never limit ambition. We look forward to supporting these students as they begin drafting their applications in the summer term and continue their journey towards competitive university destinations.



# What Parents & Educators Need to Know about WHATSAPP



WhatsApp is a free messaging app owned by Meta, allowing users to send text and voice messages, share multimedia, make video calls, and chat in groups. With end-to-end encryption, only the sender and receiver can view messages. This may offer privacy, but it also comes with risks that parents and educators need to be aware of.

## WHAT ARE THE RISKS?

### GROUP CHAT PRESSURES

Group chats enable multiple users to message in the same space, but this can also make it easier for young people to feel excluded or overwhelmed. Negative comments can escalate quickly, and young people may feel pressure to respond or stay engaged even when the conversation is uncomfortable or upsetting.

### SCAMS TARGETING YOUNG USERS

Scammers are increasingly using WhatsApp to trick users into sharing personal information. Common scams include fraudsters posing as family members in an emergency or tricking users into revealing security codes. These can lead to identity theft or access to private conversations.

### DISAPPEARING AND HIDDEN MESSAGES

WhatsApp offers features like disappearing messages and 'Chat Lock', which can give users a false sense of security. While intended to protect privacy, they can be used by young users to hide inappropriate conversations or content, making it harder for adults to spot potential issues.

### EXPOSURE THROUGH CHANNELS

'Channels' are an optional feature that allows users to follow updates from public figures or organisations; however, there is no way to block this feature or filter its content by age. Young users may encounter adult or distressing content, including misinformation and harmful ideologies.

### UNWANTED CONTACT AND LOCATION SHARING

WhatsApp users can share their live location, and if not managed carefully, this can allow others – even those in mutual groups – to track someone's whereabouts. Also, without the right privacy settings, young users may be contacted by strangers.

### COMMERCIAL AND AI CONTENT

WhatsApp now includes ads in the 'Updates' feed and has introduced an AI assistant – Meta AI – across the app, which cannot be removed. These additions raise concerns about targeting, privacy, AI use, and the type of content children and young people might interact with.

## Advice for Parents & Educators

### REVIEW PRIVACY SETTINGS TOGETHER

Help young users check who can see their profile photo, status, and location. Activate the 'Silence Unknown Callers' setting and set group chat invitations to 'My Contacts' or 'My Contacts Except...' for added safety.

### TEACH HOW TO SPOT SCAMS

Encourage caution around unusual and unexpected messages, especially if they involve money or codes. Help young users understand the signs of scams and what to do if they receive a suspicious message. Enable two-step verification to add an extra layer of protection.

### BE OPEN ABOUT HIDDEN CHATS

Discuss why children and young people might use features like disappearing messages or 'Chat Lock'. Encourage them to share if something made them uncomfortable, even if the messages are gone. Let them know that privacy should not mean secrecy.

### TALK ABOUT ADVERTISING AND AI

Explain that WhatsApp now includes ads and AI tools. Discuss the difference between genuine and sponsored content, and the potential for AI to share inaccurate or age-inappropriate responses. Encourage young users to think critically before trusting or interacting with these features.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



# Notices:

## Key Dates:

Monday 9<sup>th</sup> March 2026  
Year 12 guest speaker: David Dein  
Year 9 Battlefields trip parent meeting

## Tuesday 10<sup>th</sup> March 2026

Year 11/12/13 drama trip  
Parent Voice meeting (remote)

## Thursday 12<sup>th</sup> March 2026

Careers fair  
Year 10 parents' evening

## Monday 16<sup>th</sup> March 2026

Neurodiversity celebration week

## Tuesday 17<sup>th</sup> March 2026

Game 24

## Wednesday 18<sup>th</sup> March 2026

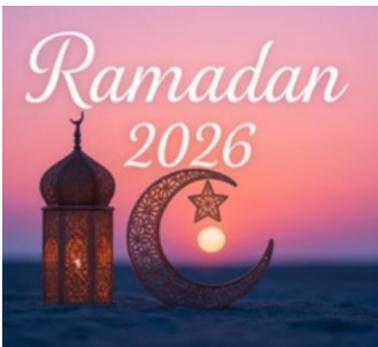
VLT science challenge

## Letters home:

Year 13 UCAS update  
Click [here](#)

Year 11 Making the Grade and Intervention Sessions  
Click [here](#)

Year 13 Post-18 Information Evening  
Click [here](#)



From 18th February to the 19th March many members of our RHS community will be observing Ramadan. As a result, we are mindful that many of our students will be fasting during this period.

We would like to remind our families that our multi-faith room is available for students during lunch times.