

RHS Values Champions:

Top 5 Attendance:

- 7B - 96.5%
- C66 - 96.4%
- 7D - 96.4%
- 7C - 96.1%
- 7W - 95.8%

(attendance calculated until 19/03/2026)

HoY Shout Out - Year 10

Thank you to everyone who attended the Year 10 parents' evening. It was so pleasing to have such a high turnout and to see the continual support that the students in Year 10 have from parents/guardians as they work towards their GCSEs next year.

Mr Cahill - Head of Year 10

Subject Shout Out - Art

Our Art Department has been buzzing with creativity this term, with students across all year groups exploring a wide range of exciting techniques and materials.

Please see page 9 for more details.

Miss Hill - Curriculum Leader of Art, Craft & Design



A message from Mr Davies:

I have written a longer update to parents this week and as such will keep my opening remarks to the bulletin relatively brief. The school has once again been a hive of activity over the past two weeks, as this bulletin clearly demonstrates.

It was always the aspiration of the founders of the school to see Ruislip High School at the heart of the Ruislip Gardens community and with careers events, charitable work and wider participation, it is clear that vision is being realised.

I would also like to acknowledge the prestigious speakers we have visiting the school. David Dein, featured in the Bulletin, was one of the founders of the Premier League, and for our students to have an annual opportunity to listen to him speak and ask him questions is something we are very proud of at the school. The fact that David returns each year and recommends Ruislip High School to his considerable network of contacts is testament to the staff and students he meets on his visits.

Finally, I would like to end by wishing the whole RHS community a Happy Easter and I look forward to welcoming the students back to what I am sure will be another busy summer term at the school.

Careers Fair

Year 12 students recently had the opportunity to explore a wide range of future pathways at the Sixth Form Careers Fair. The event brought together universities, training providers, employers, and organisations, giving students valuable insight into the many options available after sixth form.

Throughout the fair, students were able to speak directly with representatives from universities including Brunel, Surrey, Oxford Brookes, Hertfordshire, Winchester, King's College London, SOAS, City St George's and many more. Representatives shared information about courses, student life, and the application process, helping students understand what studying at university might look like.

In addition to university options, the fair highlighted a variety of alternative routes such as apprenticeships, training programmes, and careers in industry. Organisations such as VINCI Construction, VGC Group, Danny Sullivan Group, Colas Rail and Byrne Bros spoke with students about career pathways within engineering and construction.



Students also had the chance to learn more about careers in the armed forces, with representatives from the British Army and the Royal Navy.

Other organisations included SP Jain London School of Management, UCFB - University Campus of Football Business, the London School of Journalism, and several employers and professionals who shared their personal career journeys and advice.

The event gave Year 12 students a valuable chance to ask questions, build connections, and begin thinking seriously about their next steps after sixth form. By speaking directly with experts from different industries and institutions, students were able to gain a clearer understanding of the many pathways available to them.

A big thank you goes to Ms Bonny for organising such a successful and informative event, and to all the guests who took the time to support and inspire our students.



Guest speaker: David Dein MBE

Students in the Year 11 PE class and the entire Year 12 cohort had the exciting opportunity to hear from football executive David Dein MBE.

Dein, best known as the former Vice-Chairman of Arsenal and a key figure in the creation of the Premier League, shared insights from his long and influential career in football. He spoke about the challenges he faced along the way, the risks involved in helping to create the Premier League, and the importance of perseverance and believing in your ideas.

Students gained a fascinating insight into the world of professional football and the leadership required behind the scenes. Dein also highlighted the importance of building strong relationships, working hard, and taking opportunities when they arise.

The talk finished with a Q&A session, where students asked questions about his career, the biggest obstacles he faced, and advice for young people considering careers in sport or business. It was an inspiring and memorable experience for everyone involved.



Childhood Immunisations



It's important that vaccines are given on time for the best protection, but if you or your child missed a vaccine, contact your GP to catch up. You can also contact Vaccination UK who provide all the school-aged immunisations in Hillingdon and surrounding boroughs. All school-aged immunisations are normally given in school. Vaccination UK also run catch-up clinics, you can book onto a catch-up clinic if you think your child may have missed having a vaccine in school.

HPV
The HPV vaccine helps protect against human papillomavirus (HPV). It's recommended for children aged 12 to 13 years old and people at higher risk from HPV. Normally given in year 8.

Td/IPV vaccine (3-in-1 teenage booster)
The Td/IPV vaccine (also called the 3-in-1 teenage booster) helps protect against tetanus, diphtheria and polio. It's recommended for children in school year 9.

MenACWY
The MenACWY vaccine helps protect against life-threatening illnesses like meningitis and sepsis. It's offered to teenagers in school but can be given up to the age of 25 if it's been missed. Normally given in year 9.

Meningitis can spread very quickly in places like universities and colleges. Make sure all your vaccinations are up to date before starting university or college, including the MenACWY vaccine and both doses of the MMR vaccine.

Speak with your GP if you think you or your child needs the MMR.

Vaccination UK

Website: [Vaccination UK | School Vaccinations & Newborn Vaccinations](https://www.vaccinationuk.co.uk)

Email: schools@vaccinationuk.co.uk

Tel: 01462 416 644

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A-Level Drama Trip to 'Broken Glass' at the Young Vic



On Tuesday 10th March the A Level Drama students went to see Arthur Miller's final play 'Broken Glass' performed at the Young Vic. When the play was first performed questions were raised about its structure and pace. Fortunately, this version was a thrilling theatrical experience for all.

The play lasted an intense two hours without an interval. 'Broken Glass' tells the story of Sylvia, a young woman, suddenly paralysed. Questions are raised by her husband and doctor whether the paralysis is all in her head or connected to her sudden obsession with Kristallnacht.

The students, without exception, loved the performance including its inventive staging and emotional range. They all left the theatre slightly shaken by the intensity of the performance but totally inspired.

Amber (Year 13) *"Broken Glass was such an intense and moving play. It was an amazing experience to share with our classmates as our final A Level Drama trip."*

James (Year 12) *" It was an empowering performance that made you feel as if you were being told the story through the characters' own eyes."*

Jess (Year 12) *"Broken Glass was such a captivating performance, the interpretation of this script was so well done! The set and design of the stage really immersed us into the show making the whole play just that much more moving. I am very grateful for the opportunity to have seen this show!"*

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.



JR NBA 3x3 Qualifying Tournament

Ruislip High School hosted an exciting JR NBA 3x3 qualifying tournament, bringing together teams from RHS, Douay, Rosedale, and Queensmead for a competitive evening of fast-paced basketball. RHS were represented by Hussien, Dragos, and Daniel, with Myles and Hugo stepping in as late but valuable additions to the squad.

RHS impressed throughout the pool stage, finishing top of the group after a series of strong performances including a tight 14–12 win over Queensmead. That set up a rematch in the final, where RHS battled hard but narrowly missed out, falling 21–17 in a spirited contest.

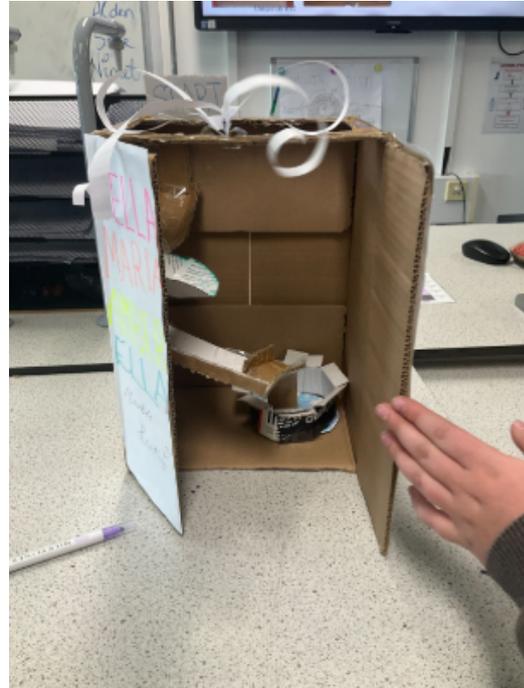
Despite the close loss, it was a fantastic evening filled with teamwork, determination, and great sportsmanship from all involved. The students represented their schools brilliantly and created a memorable event and a lovely afternoon.



Science Spectacular

Science Week

To celebrate British Science Week (6th-15th March) students in KS3 have been doing a variety of activities in their science lessons. Year 7 have completed two lessons on forensics and engineered a marble run, year 8 built spaghetti bridges and year 9 enjoyed learning about extreme environments. The students have also been busy at home making a poster to enter this year's science week competition.



VLT Science Challenge

Ruislip High returned triumphant winners in the annual science challenge held at Hermitage primary school. Our pupils had to study the periodic table and go through three rounds of quizzes, with the final round being tasked by Dr Lecky. Ruislip and Vyners were in the tie break and Ayden P was quickest to answer correctly, sealing the victory overall.

Give a huge congratulations to our 6 RHS representatives

Poyraz A (7D), Leia A (7W), Aahid A (7A), Isabelle F-S (7F), Natalie M (7D) and Ayden P (7S).



Visit to 10 Downing Street: Celebrating Community & Grassroots Sport

I had the amazing opportunity to visit 10 Downing Street for a special event recognising the power of community and grassroots sport. It was an evening appreciation for everyone who gives their time, energy, and passion to keep grassroots sport alive from volunteers and coaches and organisers.

During the event, the Prime Minister spoke about the immense value that grassroots sport brings to communities. He highlighted how these local programmes shape confidence, belonging, and opportunity, and he emphasised the importance of the people who make it all possible. It was clear that the heart of grassroots sport isn't the facilities or the funding, it's the individuals who show up, week after week, to create spaces where people can grow.

For me, being there was just a reminder of why I do what I do in the community every summer. This visit was a thank you to everyone who plays a part, big or small, in building stronger, healthier, more connected communities through sport.

Julius Joseph MBE
Head of Year 11



Art Department Shout Out - continued

Our Art Department has been buzzing with creativity this term, with students across all year groups exploring a wide range of exciting techniques and materials.

Year 7 students have been developing their skills through a variety of creative endeavours. They are currently working on colourful "crisp packet" cushions, learning how to utilise print-making skills and construct eye-catching designs. Alongside this, they have completed beautifully textured clay fish, demonstrating a growing understanding of form and surface detail. Their bold and imaginative idiom posters have also added a splash of colour to the department, showcasing both creativity and literacy links.

In Year 8, students are building confidence with textiles and mixed media. They have recently begun using sewing machines, experimenting with freehand stitching to create animal themed tote bags. At the same time, their urban landscape projects are taking shape, featuring bold, graphic compositions inspired by graffiti styles, full of energy and individuality.

Year 9 students continue to make excellent progress as they refine more advanced skills. They have completed intricate woven seascapes in textiles, demonstrating patience and attention to detail. In addition, they are producing dynamic action-adventure posters, rising to the challenge of learning Photoshop while also developing their ability to draw faces with increasing accuracy and confidence.

We are also delighted that many of our students have entered a national art competition, with the exciting opportunity for selected work to be exhibited at the Royal Academy this summer. This is a fantastic opportunity and a testament to the creativity and dedication of our amazing students.

THRIVE TOGETHER



Thrive provides early help support for children, young people and families, using a shared needs-led approach that brings everyone together to help improve mental wellbeing.

Supporting children, young
people, families and
professionals
thrivehillingdon.co.uk





A WakeUpWednesday guide exploring how viral trends and violent content on social media can influence young people's safety, wellbeing and behaviour.

Notices:

Key Dates:

Monday 23rd March 2026

Year 10 PPEs

Year 12 UCAS Exhibition trip

Tuesday 24th March 2026

Friends of RHS meeting

Friday 27th March 2026

Year 9 Battlefields trip leaves

Term ends

Monday 13th April 2026

Term begins

Wednesday 15th April 2026

Year 12 guest speaker: Hilary McGrady

Thursday 16th April 2026

Year 8 parents' evening

Letters home:

Year 13 Post-18 Information Evening

[Click here](#)

Final Arrangements for the Battlefields Trip

[Click here](#)

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

WHAT ARE THE RISKS?

ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glamorise gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

Advice for Parents & Educators

STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as reportharmfulcontent.com.

TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via childline.org.uk.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.



See full reference list on our website

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