



Ruislip
High
School

RHS Parent Bulletin

Spring Term 2025-26 | Issue 8 19.01.2026

RHS Values Champions:

Top 5 Attendance:

- 7D - 96.9%
- 7C - 96.7%
- 7B - 96.6%
- C66 - 96.6%
- 7F - 96.1%

(attendance calculated until 16/01/2026)

HoY Shout Out: Year 7

Shoutout for Daisy S in 7W for consistently working hard in her lessons. Daisy always tries her best and has an incredible Keep It Positive score.

Ms Loizou - Head of Year 7

Subject Shout Out - Geography

The Geography Department dedicates this shout out to all the Year 7 Geography students who have recently completed their assessment on Map Skills and the British Isles. This assessment had a huge range of questions, worth a total of 70 marks!

Mr Alison - Director of Humanities



A message from Mr Davies:

As you will read in this bulletin, it has been an action-packed start to the Spring term. Alongside our continued focus on high-quality teaching and learning, the first two weeks of the calendar year have seen our commitment to extracurricular and enrichment activities shine through. The Year 9 theatre trip to see Starlight Express was another resounding success, while Mr Joseph accompanied a group of future basketball stars to an NBA clinic. Our students were coached by professional NBA players and truly did 'reach for the sky'.

We were also delighted to welcome a theatre group into school last week to provide our Year 8 and 9 Spanish students with the opportunity to experience a play in Spanish. As you can read in this bulletin, the feedback has been exceptionally positive; it is wonderful to see languages thriving at RHS. I am very grateful to Ms Matias for the high profile languages enjoy at the school, and we look forward to celebrating our Trust-wide Languages Week at the end of this half-term.

I would like to thank parents and guardians for their support in ensuring our students wear their uniform with pride. I have noticed a significant improvement in how smart the students look, which aligns perfectly with our emphasis on high expectations.

I am aware the weather has been particularly inclement over the past fortnight, but please could I ask parents and guardians, wherever possible, to encourage our students to walk to school. Sidmouth Drive can often get exceptionally busy at the start and end of the day, and the situation is exacerbated when cars pull into the staff car parks at the front or the rear of the school. I must ask parents not to do this; please be aware that you may be approached by duty staff to manage the congestion this causes.

Finally, on a more positive note, I would like to draw your attention to another strong sporting start to the year, with some excellent individual and team performances from our students.

I trust you will enjoy reading this latest bulletin and I wish the whole community an enjoyable week ahead.

Year 9 theatre trip - Starlight Express



Some of our Year 9 students enjoyed a fantastic afternoon at the Troubadour Theatre in Wembley, watching Starlight Express. The trip provided a valuable opportunity to extend their curriculum learning beyond the classroom and experience live musical theatre. Students were exceptionally well behaved throughout the visit and represented the school brilliantly. They thoroughly enjoyed the performance, particularly the music, staging and impressive roller-skating choreography, making the trip both educational and memorable for all involved.

The remaining Year 9 students will attend the same trip on Thursday 29th January, and we look forward to them enjoying an equally fun and enriching experience.



NWL Children and Family Services

North-West London Services

CAAS is delighted to announce that in partnership with North West London ICB, CAAS will deliver a range of services for families of a child or young person who has been diagnosed with ADHD or autism, or is on the waiting list for diagnosis.

Wherever parents are in their diagnosis journey, we're here to listen and advise at our range of drop-in support groups, and to offer reliable, evidence-based workshops to increase understanding of ADHD and autism.

After diagnosis, an individual meeting with our support workers will offer guidance in next steps, whilst young people can access lots of groups where they can meet peers and have fun.



Find us
@ADHDandAutism



The Centre for ADHD & Autism Support (CAAS), founded in 1996, supports, educates and empowers ADHD/Autistic individuals, their families, and the community.

Led and run by qualified staff with personal experience, and through talking and listening to ADHD/Autistic people, CAAS understands the issues facing service users and delivers effective support.

Last year we provided information, training, support groups and practical help to more than 9,000 residents of North West London, and over 18,000 appointments.

We also offer specialised professional training, courses, and workshops.



Charity Registration No. 1193799



Centre for ADHD
& Autism Support

NWL Children and Family Services 2025

<https://adhdandautism.org/>



enquiries@adhdandautism.org

Television House
269 Field End Road
Eastcote
HA4 9XA

Support for Parents/Carers

If your child has recently been diagnosed with ADHD or autism, their diagnosing clinician will refer you for an individualised appointment with us, to discuss what the diagnoses might mean for you, and tell you about the support that's available for you.



Drop-in Support Groups

We are delighted to offer a range of drop-in support groups, on different days and evenings, online or at our centre in Eastcote. Look out for new locations in inner London, coming soon.

Sleep

CAAS holds regular workshops offering insight into the importance of sleep, and strategies to support your child to have a restful night's sleep.

adhdandautism.org/parent-carer-young-people/

Services for Young People

We are thrilled to be able to offer lots of opportunities for young people aged 11-25, to find out more about their diagnosis, and meet people like them.

Courses

WhyTry is a lively 6-week course designed to support young people in all areas of their lives. **Thriving and Neurodiversity** is designed to help young people explore their differences and to learn to see the positives in ADHD/autism.

Social Groups for ADHD/Autistic Teens

CAAS offers many groups for ADHD and autistic children and young people. Meet likeminded friends in our **Film Group** and **Girls' Group**, test your general knowledge with **Online Quiz Group**, show your artistic side in **Creative Club Plus**, and explore growing up in **Thinking About Adulthood**.

adhdandautism.org/services/youth/

Understanding the Diagnoses

What is ADHD/autism?

Our **Understanding Autism** and **Understanding ADHD** seven-week webinar courses focus on increasing parents' understanding of their ADHD/autistic child/teenager and consider how best to support them to thrive.

Specialist Workshops

Every month we'll be offering a detailed look at how ADHD and Autism interact with other challenges that children and young people might face. For example, take a deep dive into school avoidance, restrictive eating, or anxiety, and the particular implications they might have for an ADHD or autistic young person.



Scan for more info:



Year 8/9 spanish play

On Wednesday 14th January Year 8 and 9 Spanish students got the opportunity to experience a play in Spanish entitled 'Un Ensayo Desastroso' which means 'A Disastrous audition'. Normally these plays take part during Languages Week but unfortunately this touring theatre company will not be in London for Languages Week which will take place during 9-13th February 2026.



The play is set in a small town theatre in Spain where auditions are taking place for the new production of Romeo and Juliet. The Ruislip High School student audience were encouraged to take part and five students were selected to audition for different roles, deliver lines and make sound effects in Spanish. The play was wildly funny, full of theatrical meltdowns and moments of unexpected brilliance.

Niam from 9F and Maddie from 9S who played Romeo and Juliet respectively were especially spectacular.

"I really enjoyed being part of the performance by playing Juliet and overall it was a very fun experience." Maddie 9S

"The play was very fun and interactive. They were speaking in Spanish very clearly making sure the audience knew what was happening." Parshva 9D

"The Spanish play was brilliant. The actors were amazing and the audience participation was fantastic. It was so funny and I was laughing for most of it." Millie 9S



Basketball trip

A group of Ruislip High students had the incredible opportunity to take part in an exclusive Jr. NBA basketball clinic as part of the London Games, an experience that will stay with them for a lifetime.



The clinic offered far more than a typical training session. Students were coached and mentored by actual NBA professional coaching staff, giving them a rare chance to learn from some of the best basketball minds in the world. From skill-building drills to team-based challenges, every moment was designed to inspire, motivate, and elevate their understanding of the game.

For many of our young athletes, stepping onto the court under the guidance of NBA professionals was a dream come true. The energy, encouragement, and expertise on display created an atmosphere that was both electric and deeply empowering.



This activation wasn't just about basketball, it was about confidence, aspiration, and showing our students what's possible when opportunity meets hard work. Ruislip High is proud of every student who represented the school with enthusiasm, respect, and a willingness to learn.

A huge thank you to the Jr. NBA and the NBA London Games organisers for opening the door to such a transformative experience for our young people. Moments like these help shape futures.



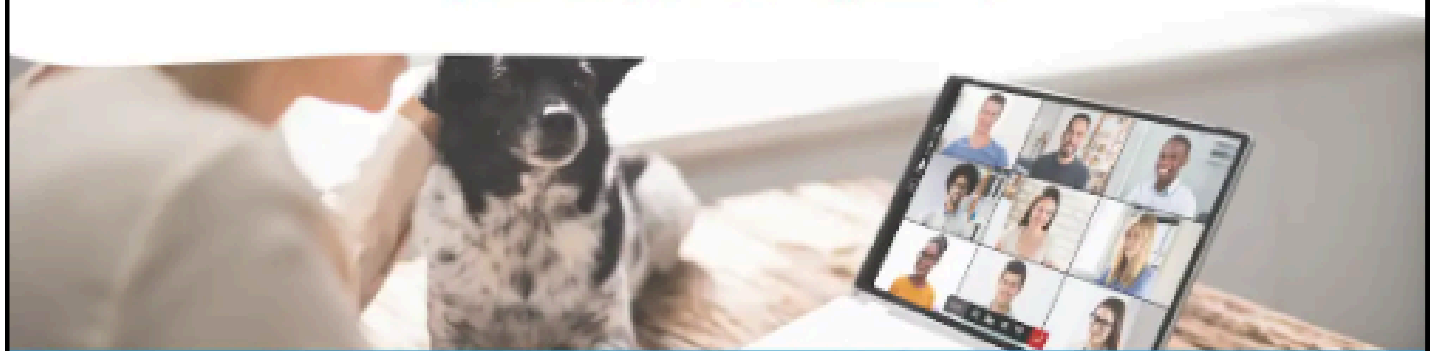
Understanding the Diagnosis - ADHD and Autism

7-week course

For residents of North-West London

Understanding the Diagnosis

For parents of ADHD or autistic children
(pre- or post- diagnosis)



A Free 7-Week Webinar Series for Parents and Carers

Join our free, seven-week series of webinars, designed to help parents and carers deepen their understanding of their child, whether they are on a waiting list for diagnosis, or been diagnosed, with ADHD or autism. Led by professionals with lived experience, each session includes key information, practical strategies and valuable insights that support you to help your child or young person thrive.

YOU WILL NEED TO REGISTER VIA ZOOM & EVENTBRITE. Please keep an eye on your email inbox when you have registered with Evenbrite for a link to register on Zoom.

When: Starts late Jan, dates vary depending on diagnosis, please see QR code

Where: Online via Zoom



Scan the QR code or contact enquiries@adhdandautism.org for more info.

www.adhdandautism.org | Charity Registration No. 1193799



@ADHDandAutism



PE News

South of England Indoor Championships

Year 7 student, Jana, had a fantastic set of results. Firstly securing 2nd place overall in the Long Jump with a massive leap of 4.29m, and also reaching the final of the 60m sprint with an impressive time of 8.64 seconds. Congratulations on an amazing competition!



Year 9 and 10 Girls' Football vs Douay Martyrs

The Year 9 and 10 girls secured a strong 3-0 win in tough conditions, with the weather making play difficult throughout. Despite this, the girls showed real quality, especially in the second half, moving the ball well and playing some excellent football. Defensively they were solid from start to finish, with our goalkeeper barely challenged at all. A well-deserved win and a very complete team performance.

Goal scorers: Xenia G, Lily C and an own goal.

Year 7 Girls' Netball

The Year 7 girls' netball team put in a fantastic performance to secure a well-earned 5-3 victory against Bishopshalt. The match was closely contested throughout, with strong teamwork and determination on display from the whole squad.

Isla M, Daisy S, Ella H, Aanya S, Lizzy T, Zara H, Shae B, Georgie L, Jai NY.

Year 11 Boys' Football - County Cup vs Haydon - Lost 3-4

In what was their final appearance representing Ruislip High in the County Cup, the Year 11 boys' football team delivered a strong performance. In a close contest, Ruislip took the lead through Harrison SJP who was a constant threat to Haydon who managed to equalise before the break, Ruislip regained the momentum in the second half thanks to a brilliant looping strike from Ronnie O.

Haydon surged ahead with two more quick goals, but Ruislip refused to back down. Captain, Charlie S ignited hopes of a comeback with a sensational "screamer" from the edge of the area. Despite a relentless final push, Haydon held on to see out the win.

Though the cup run has ended, the boys should be immensely proud of a performance that perfectly embodied the school's core values.

Squad: Oscar W, Charlie S, Ronnie O, Callum M, Alfie D, Matthew H, Harrison SJP, Kai M, Jamie H, Jack K, Oliver S, Kallum J, Harley B.

Year 12 guest speaker - James Peterson

Year 12 students recently had the opportunity to attend an inspiring and thought-provoking talk delivered by guest speaker James Peterson, a mental health advocate and speaker.

James spoke openly and honestly about mental health, drawing on real-life experiences to explore topics such as resilience, self-worth, managing pressure, and the importance of asking for help. His approach was engaging and relatable, creating a safe space for students to reflect on their own wellbeing and experiences.

The talk encouraged students to challenge common misconceptions around mental health and reinforced the message that struggling does not mean failing. Many students found the session impactful, particularly James's emphasis on small, practical steps that can make a big difference to mental wellbeing.

Overall, the session was extremely well received and provided Year 12 with valuable insight, reassurance, and strategies that they can carry forward both in and out of school. It was a powerful reminder of the importance of prioritising mental health and supporting one another.



Important Notice: Final Disposal of Confiscated Items

Please be advised that all prohibited items, such as, makeup and aerosols, confiscated at our knife arch screening are held for a limited time only.

If not collected, any items currently in storage will be permanently disposed of at the end of this week.

Thank you for your cooperation.

Parent Webinars with GT Scholars



***Help Your Teen Develop a Growth Mindset:
Discover the #1 Tool to Empower Your Teen
& Set Them Up for Success***



FREE Parent Webinar January 2026

Date: Tue 20th Jan 2026

Time: 7:30 - 8:45pm (UK time)

Sign up to join us LIVE or get
access to the replay:

gtscholars.org/parent-webinar



What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

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, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

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Notices:

Key Dates:

Wednesday 21st January
2026 VLT Spelling Bee

Thursday 22nd January 2026

Year 12 guest speaker:
Anjana Ahuja

Year 11 parents' evening

Friday 23rd January 2026

KS5 student leadership
applications deadline
Sixth form applications
deadline

Monday 26th January 2026

Year 13 PPE celebration
breakfast
Years 7/8/9 French play

Tuesday 27th January 2026

Parent voice meeting

Wednesday 28th January
2026

Year 11 music recital

Thursday 29th January 2026

Year 9 theatre trip
Year 12 Sorted assembly
Year 11 GCSE Poetry live trip

Letters Home

Year 11 Parents' Evening -
Click [here](#)

Year 12 Work Experience
Week - click [here](#)

Languages Week breakfast -
click [here](#)

Languages Week movie
event - click [here](#)

Parents
Evening

YEAR 11

THURSDAY 22ND
JANUARY 2026,
4.30PM - 7.00PM.