

Spring Term 2025-26 | Issue 9 30.01.2026

## RHS Values Champions:

### Top 5 Attendance:

- 7D - 96.8%
- 7B - 96.6%
- C66 - 96.5%
- 7C - 96.4%
- 7F - 96.0%

(attendance calculated until 29/01/2026)

### HoY Shout Out: Year 11

Sebastian C in 11D has kicked off the year with real determination. His work ethic has been outstanding, and the effort he's put in is clearly paying off. He's already earned an impressive number of star points, and it's great to see his hard work being recognised. Keep it up, Sebastian, you're setting the bar high!

**Mr Joseph - Head of Year 11**

### Subject Shout Out - Drama

Congratulations to Bruno C, Aaron L, Charlie HB and Jamie E in Year 11 for their 'can do' attitude for their Component 3 performance exam.

**Ms Pennell - Acting Curriculum Leader of Drama**



### A message from Mr Davies:

I wanted to start this week with an apology regarding some communication issues we have been having at the school. I have been made aware that a significant number of parents did not receive my update from 23rd January 2026 that we subsequently re-sent on Friday 30th. This was particularly disappointing given that the update launched our consultation on the school's new proposed mobile phone policy. I would like to thank those parents who have already now contributed to this consultation and encourage others to do the same. I also wanted to acknowledge that we have also identified problems with our communication regarding above and beyond clubs and having identified the issue, I am confident this will be resolved swiftly.

On a more positive note, I also wanted to thank those parents who joined last Tuesday's parent voice meeting which I thought was a productive and thought provoking meeting.

This week's bulletin once more highlights just how much happens over a fortnight at Ruislip High School. From hosting Trust wide events to trips across our Capital City, it has been an action packed two weeks. I would like to thank all the staff involved in running these extra curricular opportunities that I feel benefit the students and add so much additional value to the high quality teaching and learning that takes place at the school each and every day.

# French Play



On Monday 26th January Year 7, 8 and 9 French students got the opportunity to experience a play in French entitled 'RSVP'.

The play is set in a hall where Lea and Theo want to throw a big party literally the next day. There's just one problem, no booked venue, no food, no outfit, no invites sent, no theme and no real idea! So, with just hours to organise the perfect and very French party, chaos takes over. Also, to make it even more entertaining 6 students were plucked from the audiences to play characters in this play. Lea dreams of a Parisian vibe party whilst Theo wants a Marvel superhero one. There were big laughs, big drama, lots of French culture and participation.

The students thoroughly enjoyed the performance, with Karim, 9W saying: *"It was fun and exciting to be here and take part. The actors were great and jolly and overall the performance was nice."*

Zac in Year 7 added: *"It was very funny and I liked how they picked volunteers from the audience."*

*"It was really fun. Even though I could only understand some parts, the actors were clear with their tone and body language."* Leia, 7W.



# VLT Spelling Bee

Ruislip High School had the pleasure of welcoming the trust schools for the annual VLT Spelling Bee on Wednesday 21st January 2026. The students, a mix of Year 6 and 7, represented their schools and the trust with poise and confidence.

The afternoon began with a warm welcome from Ruislip's Headteacher, Mr Davies before the competition commenced with each team on the stage to take on the spelling challenge, focusing in particular on this year's theme of 'belonging'.

Students enthusiastically embraced the event. Reeya from 7F said: *"It was a really fun event; I had a great time overall."* Alan from 7F said: *"At first I was really worried but it turned out not to be really fun."*

Dr Lecky, the Trust CEO, joined the afternoon to congratulate all of the participants and to award Hermitage Primary School as team winners, Field End Junior School runners up and Sophie, also from Hermitage Primary, as the trust's individual spelling champion! Well done to Sophie and all the teams for their fantastic contribution to an amazing afternoon.



## REMINDER: Year 12 Parents' Evening

We would like to remind you that you are invited to the Year 12 Parents' Evening on Thursday 5<sup>th</sup> February 2026 from 4.30pm to 7.00pm.

This evening is an excellent opportunity to discuss your child's progress in their A-Levels/BTECs with their subject teachers.

A graphic element consisting of a yellow sticky note with a red pushpin at the top. The word 'REMINDER' is printed in bold, black, uppercase letters on the note.

# Year 12 guest speaker: Anjana Ahuja

Year 12 students recently welcomed Anjana Ahuja, award-winning science journalist and writer for the Financial Times, for a thought-provoking talk exploring careers in science communication, journalism and media. Alongside her journalism, Anjana works with the BBC, debates regularly at Oxford and Cambridge Unions, and serves as a trustee for Sense About Science. She holds a PhD in space physics from Imperial College London.

Ahead of the session, students were invited to submit questions they had on topics including journalism, careers in science, and current scientific issues. These questions formed the basis of a fireside-style discussion, led by Mr Sills, who asked the students' questions and guided the conversation throughout the session.

Year 12s engagement continued beyond the session, with many students choosing to stay behind afterwards to ask further questions, continue discussions and network with the speaker. Overall, the event encouraged Year 12 students to reflect on their own interests, engage with complex ideas, and consider how science, media and public understanding intersect in the real world.



**FRIENDS**  
of Ruislip High School

## NEXT MEETING

**Come and be part of the team! We're meeting to discuss upcoming events and how we can support the school community.**

**When: Tuesday 3rd February 2026**  
**Time: 5:30pm - 6.15pm**

# Hillingdon Parent Carers Forum

## Hillingdon Parent Carers Forum

### SEND Family drop in

We invite you to join us as an opportunity to share your feedback and experiences as we offer advice and support.

For families with children with SEND aged 0-25 years



Colham Manor Children's Centre

9:00 am  
11:30 am

Term time only

Upcoming dates: 11<sup>th</sup> February  
11<sup>th</sup> March  
22nd April



## Why Try courses

Course

For residents of North-West London

### Why Try

A 6-week course for young people



For ages 12-16 with a diagnosis of ADHD

This 6-week course creates hands-on solutions for helping young people learn important life skills such as problem solving, managing emotions, motivation & resiliency, and more! The course will include fun games and activities and a chance to chat with members of our Youth Team.

**When:** February 9<sup>th</sup> – March 23<sup>rd</sup> (no session on the 16<sup>th</sup> Feb)  
4.30 – 6.30pm



**Where:** Youth Den, CAAS Centre, TV House, Field End Road, Eastcote, HA4 9XA

Contact blaise@adhdandautism.org for more info.

## Hillingdon Parent Carers Forum

### SEND Family drop in

We invite you to join us as an opportunity to share your feedback and experiences as we offer advice and support.

For families with children with SEND aged 0-25 years



South Ruislip Children's Centre

1pm-2pm  
First Tuesday of the month  
Term time only

Upcoming dates:  
3<sup>rd</sup> February  
3<sup>rd</sup> March



## Why Try courses

Course

For residents of North-West London

### Thriving and Neurodiversity:

### Empowerment Course for Young People



For young people with a diagnosis of, or on the diagnosis pathway for, ADHD or Autism

A 6-week course for all young people aged 12-15 to explore neurodiversity, identify strategies to support their wellbeing, and gain confidence in articulating their needs to better engage with their education and peers.

**When:** Monday 9<sup>th</sup> February – 23<sup>rd</sup> March (no session on 16<sup>th</sup> Feb)  
4:30 - 5:30pm

**Where:** Online via Zoom



If you would like your child to attend, please scan the code above and complete the online form, or email blaise@adhdandautism.org, who will send you the link.

# Northwest London Leadership Symposium

On Friday 23rd January, Head Student Amber M, alongside Deputy Head Students Ethan W and Pearl P, were invited to Northwood College for Girls to take part in the inaugural Northwest London Leadership Symposium. This event brought together student leaders from independent and state schools across Hillingdon.

The day kicked off with a welcome and introduction, followed by an engaging session titled "Leading from the Front, Back and Everywhere in Between: How to Lead Your Peers", which explored different leadership styles and the importance of collaboration and adaptability. This was followed by a networking break, giving Amber, Ethan and Pearl the chance to meet and share ideas with fellow student leaders from across the borough.



In the afternoon, the students attended a session on "Making an Impact and Tackling Issues Affecting Us" led by David Simmonds CBE MP, Conservative Member of Parliament for Ruislip, Northwood and Pinner. During this session, the students discussed a range of issues affecting young people today, including safe transport, antisocial behaviour, engaging young people in politics, and environmental concerns. Amber, Ethan and Pearl confidently shared their views and presented alongside student leaders from across the borough.

Pearl, Year 13 said: *"It was an amazing experience to be a part of, everything was really well organised and meeting all the other student leaders was such a pleasure."*



# Centre for ADHD & Autism Support



## An Autistic Perspective of Anxiety & OCD - with Dean Beadle

Online workshop for parents/carers of ADHD/autistic children and young people

Dear Professional,

We are delighted to announce that we are running an **ONLINE** workshop for parents/carers of ADHD and autistic children and young people in North West London.

We would be grateful if you could share the information with any families that you work with who may be interested in joining the workshop.

In this webinar, autistic speaker Dean Beadle will look at ways to prevent anxiety, as well as best ways to support autistic young people experiencing anxiety. He will then go on to look at OCD. Why is OCD more prevalent in the autistic community? What does it feel like? How can parents best support their children with OCD? This practical and interactive webinar will then finish by looking at the life enhancing power of autistic joy.

Please see the poster below with further information about the workshop and how to sign up. Please note that you will need to register with Eventbrite and ZOOM to attend.

Webinar

For residents of North-West London

# An Autistic Perspective of Anxiety and OCD

Speaker: Dean Beadle



For parents and carers of autistic young people

In this webinar, autistic speaker Dean Beadle will look at best ways to support autistic young people experiencing anxiety and discuss why OCD is more prevalent in the autistic community, as well as offer strategies and look at the life-enhancing power of autistic joy. Dean Beadle is an autistic speaker and writer who has spent over two decades delivering talks, conference keynotes and school inset sessions across the UK.

**When:** Wednesday 4<sup>th</sup> Feb 2026  
6:00 pm - 8:00 pm



**Where:** Online via Zoom

Scan the QR code to register. After registering, you will receive a confirmation email containing information about joining the webinar.

[www.adhdandautism.org](http://www.adhdandautism.org) | Charity Registration No. 1193759



Register for this workshop

# A-Level and GCSE Piano Masterclass with Ruifan Xuan

On Friday 23rd January 2026, the Music Department at Ruislip High School had the pleasure of hosting a very special A-Level and GCSE piano masterclass with internationally renowned pianist Ms Ruifan Xuan who is also the Artistic Director of the Kensington Young Artists' Series.

Ms Xuan began the session with a stunning performance which immediately captivated our students. Her expressive playing, confidence and musical depth were incredibly inspiring and set a high standard for the rest of the day.



Students from Years 11 to 13 then had the opportunity to perform pieces they had carefully prepared. Edward, Rahul and Kasia from Year 13, Dorian from Year 12, and Roman and Eleni from Year 11 all performed, showcasing a wide range of repertoire. Following each performance, Ms Xuan offered thoughtful and detailed feedback, sharing expert advice on interpretation, technique and musical expression. Her comments were both encouraging and insightful, giving students clear guidance on how to refine and develop their performances further.

The atmosphere throughout the masterclass was supportive and focused, and it was wonderful to see how engaged and motivated the students were. Experiences like this are invaluable in helping young musicians build confidence and gain a deeper understanding of what is required at higher levels of performance.

The day was a real success, and we are extremely grateful to Ms Xuan for taking the time to visit us despite her busy schedule and her upcoming recital at the Royal Albert Hall Elgar Room on Sunday 25 January. It was an inspiring and memorable experience for everyone involved.



**A-Level & GCSE Piano Masterclass**



**Ms Xuan performing at the Elgar Room,  
Royal Albert Hall**

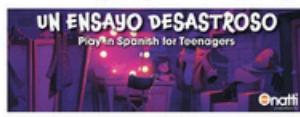


Our annual Languages Week begins on Monday 9th February.

We have a fantastic lineup of activities planned - see the full timetable below to see what's in store.

## Languages Week Timetable 2026

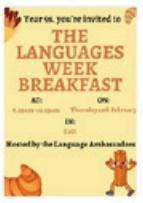
### Pre-Languages Week - Spanish and French Plays



Wednesday 14th January - Spanish Play 'Un Ensayo Desastroso' - Period 1 Main Hall  
(Students to attend from 8C, 8D, 8F, 8S, 9C, 9D, 9F and 9S)



Monday 26th January - French Play 'RSVP' - Period 5 in E201  
(Students to attend from 7A, 7B, 7W, 8A, 8B, 8W, 9A, 9B and 9W)

Monday 9th February*	Tuesday 10th February*	Wednesday 11th February*	Thursday 12th February*	Friday 13th February*
<p>Year 9 Assembly Steve Eadon</p> <p>(Ex-Arsenal FC) guest speaker talk</p> 	<p>3pm - Spanish Movie - 'Elio'</p> <p>Open to all Year 7-11 Spanish students. (Parental consent required)</p>  <p>The Great VLT Bake Off</p> <p>Cake entries showcasing languages are to be brought to the MFL Department by 10.02.26</p> 	<p>VLT Languages Week event</p> <p>10am-1pm in E201 Selected Year 7 students will attend and Languages Ambassadors.</p> 	<p>Year 9 Languages breakfast</p> <p>8.30am-10.05am E201 (Parental consent required)</p>  <p>3pm French Movie - 'Elio'</p> <p>Open to all Year 7-11 French students. (Parental consent required)</p> 	<p>*Cross-curricular lessons with language influences across all Key Stages will be taught throughout the week.</p>

If you would like to take part in the first ever VLT Bake Off please follow the instructions below.

Please ensure your bakes contain no nuts and are brought in with a list of ingredients and the student's name and tutor group so we can identify the potential winner.

All cakes are to be brought to A210 on Tuesday 10th February.

Happy Baking!



1. Create a **showstopper** cake to showcase the **selected language or country** of your choice
2. **All VLT showstopper** entries are **due for 10th February** and the winner to be selected.
3. The **winning** entry from **each VLT** school to be brought to Ruislip High School on **11th February** for judging



# THE NATIONAL COLLEGE

Roblox is hugely popular with children, offering millions of user-created games and social experiences. This #WakeUpWednesday guide explains how the platform differs from traditional video games, and why its scale, self-rating system and automated moderation can expose young users to inappropriate content or unsafe interactions.

Aimed at parents and educators, the guide explores concerns including online communication, in-game spending and compulsive play. It also shares practical advice on parental controls, limiting chat and encouraging open conversations, helping adults support children to enjoy Roblox more safely and responsibly.

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](http://nationalcollege.com).

## What Parents & Educators Need to Know about

# ROBLOX

Roblox is an online platform where users can play and create games known as 'experiences' made by other users. Roblox has a large UK audience. ITV News has reported that millions of people in Britain use the platform regularly, with children forming a significant proportion of its users. The sheer scale of it makes it extremely difficult to moderate effectively, creating risks for unsupervised children.

### WHAT ARE THE RISKS?

#### A PLATFORM RATHER THAN A GAME

Roblox differs from traditional video games in that it hosts millions of user-created experiences rather than a fixed set of developer-produced content. Each experience is curated by its creator rather than independently age-rated or censored, as is the case with PEGI-rated games. With millions of user-created experiences, moderation is largely automated which means that inappropriate content may reach younger players and have a harmful effect.

#### MATURE CONTENT

With much of Roblox's moderation automated through AI and creators self-certifying suitability, inappropriate content frequently appears on the platform. Some experiences may include content intended for older players. While Roblox has tools to restrict access based on age settings, these systems are not always perfect. Younger players are likely to encounter content you may deem unsuitable.

#### IN-GAME SPENDING

Roblox is free to play, but many experiences and creators include optional purchases using Robux, the platform's virtual currency, to get advantages in games. This business model is common across online games, but reporting has highlighted cases where children have spent large amounts of money unintentionally or without understanding the real-world cost.

#### USE PARENTAL CONTROLS

Roblox's parental controls provide an important starting point. Linking a child's account to an adult account allows parents to apply spending controls, limit communication features, and review recent activity. Regular supervision, use of parental controls, and conversations with children about what they see online can help reduce the risk of exposure to inappropriate content.

#### CONSIDER LIMITING OR DISABLING CHAT

Although Roblox is introducingighter age-based chat restrictions, some parents and educators may prefer to disable chat entirely for younger children. Children can still play games while communicating with friends they know through other supervised platforms.

#### Meet Our Expert

Alan Martin is a technology journalist who has written for publications including *Wired*, *TechRadar*, *The Telegraph*, *The Evening Standard*, *The Guardian* and *The New Statesman*.

See full reference list on our website

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d [@wake.up.weds](https://www.snapchat.com/add/wake.up.weds)

# Notices:

## Key Dates:

**Monday 2nd February 2026**

LGBTQ+ history month

Year 11 music exams

**Tuesday 3rd February 2026**

Friends of RHS meeting

Year 11 theatre trip

**Thursday 5th February 2026**

Year 9 Computer coding workshop

Year 12 parents' evening

**Friday 6th February 2026**

Year 11/13 Art trip to Tate Modern

**Monday 9<sup>th</sup> February 2026**

Languages Week

Year 11/12 Reach pathway trip to St Anne's, Oxford

**Tuesday 10th February 2026**

Safer internet day

Year 9 teenage booster vaccinations

**Friday 13th February 2026**

Half term ends

## Letters home:

**Year 12 Parents' Evening**  
[Click here](#)

**Update to parents - 23rd January 2026**  
[Click here](#)

**GCSE PE Practical assessments**  
[Click here](#)

**Year 11 Parent/Guardian Survey**  
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