

## RHS Values Champions:

### Top 5 Attendance:

- 7B - 96.3%
- 7D - 96.3%
- C66 - 96.2%
- 7W - 95.9%
- 7C - 95.7%

(attendance calculated until  
07/05/2026)

### HoY Shout Out - Year 8

Congratulations to Charlotte M-B for receiving 23 reward wheels last week.

An incredible effort, keep up the hard work!

### Mr Tibbey - Head of Year 8

### Subject Shout Out - Music

Congratulations to Rhys F in Year 10 for a fantastic start to GCSE music.

Keep up the good work and piano practise!

### Miss Nastou - Curriculum Leader of Music



## A message from Mr Davies:

It has been another exceptionally busy week at the school with the bank holiday weekend meaning that in some instances five days worth of events were crammed into four days. Although the examination season is now in full swing, it is wonderful to read about the outstanding extracurricular achievements of our students in this bulletin. I am particularly proud of our Under-16 girls' football team, who have become Borough Champions in two separate competitions, adding to the proud history of girls' football at the school.

In the week that the great Sir David Attenborough turned 100, we were delighted to welcome wildlife cinematographer Sophie Darlington to the school as part of the Year 12 guest speaker programme. The calibre of external speakers we have hosted this year has been incredibly impressive. As always, our students were outstanding ambassadors for the school, engaging in a fascinating Q&A session following Sophie's talk.

I am also pleased to share our latest 'Wake Up Wednesday' article. This week's feature focuses on supporting neurodiverse children in navigating the online world. I would also like to draw the attention of parents and guardians to the section of our website where all of these guides—which provide invaluable guidance on online safety—can be found. Please click [here](#) to access these resources.

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

# Equality Week Celebrated at RHS

Students and staff at Ruislip High School came together to celebrate the Vanguard Learning Trust's Equality Week during the week beginning Monday 20th April 2026.

This year's theme, "The Power of Language," encouraged students to reflect on the importance of communication, inclusion and respect within our diverse school community. Throughout the week, students took part in assemblies, tutorial activities and curriculum-based lessons designed to celebrate cultures from around the world and promote equality.

Key Stage 3 students enjoyed a range of activities across PE, Music, Food Technology and Art, exploring international traditions, music, food and artistic styles. Students demonstrated excellent engagement and enthusiasm throughout the week.



One of the highlights was Cultural Day on Wednesday 22nd April, when students were invited to wear clothing representing their culture or heritage. The school was filled with colour and celebration as students proudly shared and celebrated their backgrounds in a respectful and inclusive environment.





Year 8 students also participated in an inspiring Kathak dance workshop delivered by the Sujata Banerjee Dance Company. The workshop gave students the opportunity to experience a classical South Asian dance style and develop their understanding of cultural storytelling through movement and rhythm.



As part of the week, our Equality Committee student leaders visited Field End Junior School, where they delivered an impactful assembly to Year 5 and Year 6 pupils based on the theme "The Power of Language." The students spoke confidently about the importance of kindness, inclusion and the positive difference that kind words can make in everyday life. They were excellent ambassadors for the school and represented Ruislip High School with maturity and professionalism.

Equality Week was a fantastic success and reflected the values of inclusivity, respect and community that are at the heart of Ruislip High School. We would like to thank all students, staff and families for their support and participation in making the week such a positive and memorable experience.

*"We loved presenting to the Year 5 and 6 students about the power of language and kind words. The way they engaged and asked questions shows they understood the message. I wish we could come back to Field end school again to run similar sessions."* Ella, Year 7

*"The cultural day was the highlight for me. It opened up discussions about so many cultures which we are sometimes unaware of, which never gets discussed even if you are meeting your friends everyday. I am proud I could wear my Ukrainian traditional dress and share it with my friends."* Aria, Year 8

*"I loved the cultural art workshop. It gave me opportunities to be creative while exploring other cultures and ethnicities."* Kaiden, Year 9

# U16's Girls Football Success

## **Borough League Champions!**

The U16 Girls became Borough Champions after winning all four league games to progress to the league semi-final and ultimately face Douay Martyrs in the final.

Despite having only 12 players available due to injuries and illness, the girls were outstanding on the day. They worked brilliantly as a team, showed great determination, and played some excellent football throughout the match.

Ciara was a superstar playing up front and scored our opening goal. Just before half-time, Kaia added a second from a corner kick to give us a strong advantage going into the break.

In the second half, Douay proved to be strong opponents, but with around 10 minutes remaining, Ciara scored her second goal of the game. This was followed by a fantastic finish from Lily to secure an impressive 4-0 victory and crown the team Borough Champions.



## **U16's 7 aside Tournament**

The U16 Girls also became Borough 7-a-Side Champions following an outstanding unbeaten run throughout the tournament. The competition was played in a round-robin format, with every team facing each other, and Ruislip remained undefeated, winning every game.

The girls progressed confidently through to the semi-final, which they won to secure a place in the final against Queensmead. Once again, the team performed excellently on the day, playing with great teamwork, determination, and quality throughout the tournament.

They scored a number of fantastic goals, kept clean sheets across the competition, and finished by defeating Queensmead in the final to be crowned U16 Borough 7-a-Side Champions. Shout out to a goal scorer of the Tournament Emily F.



# Year 13 post-18 information and advice evening

On Monday 27<sup>th</sup> April, Mr Sills (Head of Sixth Form) and Mr Noble (Deputy Headteacher) spoke to a full hall of Year 13 students and their parents/guardians regarding the exciting next steps for Year 13, after they leave RHS.



With exams just around the corner, the evening provided essential information for the students regarding the completion of their UCAS journey, what happens on Results Day and what support is available during the exam period.

We were also delighted to be joined by Gaby from Royal Holloway University who gave an excellent talk about Student Finance and life at university.

The event was very well attended and provided a great opportunity for parents/guardians and students to have any questions they had answered.

## Year 12 guest speaker: Sophie Darlington

Year 12 students recently welcomed wildlife cinematographer Sophie Darlington for an inspiring guest talk about her career in natural history filmmaking. Sophie shared insights from her work on internationally acclaimed documentaries, including Planet Earth, Dynasties, and Our Planet, and spoke about the challenges and rewards of filming wildlife around the world.

Students enjoyed hearing about her experiences working in extreme environments and learning how storytelling through film can support wildlife conservation. At the end of the session, Ms Vora, Head of Year 12, led an engaging Q&A where students had the opportunity to ask Sophie about her career, filming experiences, and advice for the future.

We are very grateful to Sophie for taking the time to speak with our Year 12 cohort and provide such a fascinating insight into the world of wildlife cinematography.



# Year 7 Student Published in International Peace Project

Bath Spa University and two Ukrainian universities have collaborated to create an international event called 'I Vote for Peace', involving a conference, academic talks and the publication of a book of writing on the subject. They invited people from Ukraine and the UK of any age to submit a piece for this book, whether it be an essay, article, story or poem. Reeya T in Year 7 entered a beautifully poignant poem named 'Teddy Bear' about a child's loss in a conflict zone.

Her poem has now been published in both English and translated into Ukrainian, and she has received a certificate, as well as a letter from the Pro-Vice Chancellor of Bath Spa University advising her to continue writing. What an incredible achievement!

We certainly have a real talent in our midst; we are all excited to see where this may lead.



## Coming Up: Mental Health Awareness Week



The week commencing 11th May marks Mental Health Awareness Week. As a school, we recognise that mental health is just as important as physical wellbeing, and we remain committed to fostering a supportive and inclusive environment in which every student feels safe, valued, and heard.

Throughout the week, assemblies will focus on equipping students with practical strategies to manage their mental health and navigate academic pressures effectively. In addition, tutorial sessions will centre on the theme of resilience and self-care, encouraging students to reflect on their own wellbeing, build emotional awareness, and develop positive habits that support both their personal and academic growth.



# **Performing Arts Summer Workshops at the Compass Theatre - now taking bookings!**

Spend your summer holidays onstage at our popular musical theatre workshops for young people. Rehearse songs, drama scenes and dance routines from hit West End and Broadway musicals ready for two performances onstage on the Friday at 1:30 pm & 3 pm.

Workshops run 10am-4pm each day and each week features different musicals - perfect for those eager stars who want to join us at both workshop weeks!

5 day workshops (7-16yrs): 27-31 July / 17-21 Aug  
2 day workshops (4-6yrs): 30 & 31 July / 20 & 21 Aug

We can't wait for another summer of musical theatre creativity and your child's invited, so secure their place today.

**For more information, please contact Hillingdon Theatres  
Box Office ([boxoffice@hillington.gov.uk](mailto:boxoffice@hillington.gov.uk) / 01895 250615)  
or [book here.](#)**

# Notices:

## Key Dates:

Monday 11th May 2026  
Mental health awareness week  
A level exams start

Thursday 14th May 2026  
Year 12 Oxbridge/medics workshop

Monday 18th May 2026  
Year 12 Royal College of Psychiatrists trip

Wednesday 20th May 2026  
VLT cookery competition

Friday 22nd May 2026  
Year 11 Shirt Signing and Celebration Assembly  
Half term ends

## Letters home:

Year 12 Politics Trip to London  
[Click here](#)

A Level History Trip to London  
[Click here](#)

Year 11 Summer Term Arrangements  
[Click here](#)

Year 12 University of Sussex Trip  
[Click here](#)

# 10 Top Tips for Parents and Educators HELPING NEURODIVERGENT CHILDREN NAVIGATE THE ONLINE WORLD

Neurodivergent people tend to be early adopters of technology, and many influential innovators in this space are neurodivergent themselves. It's therefore likely that a neurodivergent child or young person may be drawn to the online world from an early age. This isn't a concern in itself, but understanding both the benefits and potential risks is essential. Here are ten key considerations to support safe and positive online experiences for neurodivergent children.

### 1 TREAT ONLINE LIKE THE REAL WORLD

You wouldn't allow a child to cross a road without guidance – you'd hold their hand, use a pedestrian crossing, and model safe behaviour. In the same way, a neurodivergent child's first experiences online should be supported by an adult who can guide and explain safe and responsible digital behaviour to them from the outset.

### 2 MODEL RESPONSIBLE USE

Children learn from what they see. Show all children, regardless of neurotype, what responsible internet use looks like. Reflect on your own use of social media and AI. Consider how often you use them and your own understanding of these platforms. Talk openly about when and why you use these tools, helping all children develop a balanced and informed approach.

### 3 KNOW YOUR LIMITS

Current government guidance suggests no solo screen use below the age of two, with a maximum of one hour per day for two- to five-year-olds. Screen time can support communication and connection when shared with an adult. However, passive watching can affect neurodivergent children's attention and language skills. Focus on the type of content they watch, encouraging slower-paced and meaningful material rather than fast-paced, overstimulating content.

### 4 CONSIDER AGES AND STAGES

For older children and teenagers, agreed limits are important. Screen time can be beneficial, but it should form part of a balanced lifestyle. Neurodivergent children may find online communication easier than real-world conversation, supporting their social interaction. However, it shouldn't be their only option. Encourage a range of activities, including creative play, physical exercise, and opportunities for real-world connections.

### 5 KEEP CONVERSATIONS OPEN

Discussions about online safety should begin early and continue as children grow. However, neurodivergent children may worry about getting things wrong or being misunderstood, meaning these kinds of conversations should feel open and fair, rather than like a lecture. If a child encounters a problem – such as a scam or inappropriate content – they need to feel able to speak to a trusted adult without fear of judgement or embarrassment.

### 6 BUILD YOUR KNOWLEDGE

You aren't expected to be an expert, but it's important to stay informed about the platforms, games, or apps neurodivergent children use in order to provide practical support. Social media platforms have age limits, and many apps and games offer parental settings that can control access. Schools and families should work together to understand these tools, helping neurodivergent children use them safely while keeping up to date with new features and changes.

### 7 SET CLEAR BOUNDARIES

Children and young people often know more about current technology than adults, meaning it's important to recognise that controls may be bypassed. Clear, predictable boundaries should be used, based on trust and consistency. Involving children in discussions that affect them helps them feel heard. This is particularly important for neurodivergent children, who may respond strongly to perceived unfairness.

### 8 UNDERSTAND AI CONTENT

The internet now includes large amounts of AI-generated content, including images, videos, and stories. These can be difficult to identify. Children should be encouraged to question what they see and check the information using trusted sources. Neurodivergent children may interpret content literally, meaning adult guidance is important in helping them recognise what's real and reliable – and what isn't.

### 9 EXPLAIN AI LIMITATIONS

AI isn't the same as a search engine. It generates responses based on prompts and patterns, and its accuracy depends on how it's used. Sometimes, it produces incorrect or unrealistic information, known as 'hallucinations'. Both adults and children need to understand this and learn how to check information carefully using reliable and trusted sources.

### 10 CLARIFY AI RELATIONSHIPS

AI can feel conversational and personal, but it's not capable of real relationships. It learns from patterns in user input rather than human understanding. Some neurodivergent children may experience a sense of connection with AI chatbots, particularly if they find social situations challenging. It's therefore important to explain that these are simulated conversations and aren't a substitute for real, human relationships.

## Meet Our Expert

Catrina Lovell is a neurodivergent former SENCO and Advisory Teacher who works with nurseries, schools, colleges, and businesses to improve inclusion for neurodivergent people. She is the Founder and Director of Neuroteachers and the author of "The Other 29 – How Supporting Your Neurodivergent Learner Can Improve Teaching and Learning for the Whole Class".



See full reference list on our website

[@wake\\_up\\_weds](#)

[www.thenationalcollege](http://www.thenationalcollege)

[@wake.up.wednesday](#)

[@wake.up.weds](#)

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# Save the Date: Friends of RHS Bingo Night

Thursday 2<sup>nd</sup> July at 7pm

Parent are invited to join us for a Bingo Night, including pizza, BYO and a summer raffle!

Tickets coming soon on Parentpay