

## RHS Values Champions:

### Top 5 Attendance:

- 7F - 96.18%
- 7B - 96.03%
- 8A - 95.86%
- 7A - 95.85%
- 7D - 95.40%

(attendance calculated until 21/05/2025)

## HoY Shout Out:

A shout out goes to everyone in Year 12 for their excellent attitudes, attendance and diligent approach to finding work experience. It is an honour to be your Head of Year.

**Ms Vora - Head of Year 12**

## Subject Shout Out - Media Studies:

I would like to say a huge well done to **Verity, Sophia R and Sienna** in Year 10 for their excellent pitch presentations for their Media Studies NEA units. They came up with very creative and thorough ideas.

**Ms Ohana - Curriculum Leader for Media Studies**



## A message from Mr Davies:

As we come to the end of another action-packed half term at the school, I have again been reflecting on just how much goes on in a comparatively short period of time at RHS. The academic achievement over recent years clearly shows how Ruislip High School deserves its reputation as a centre for academic excellence, but what I think is most striking from this bulletin is just how much extra-curricular activity goes on at the school. The list of trips and visits taking place in the summer term is again ambitious and represents our commitment to utilising the resources that are on our doorstep here in West London. I would also like to acknowledge the considerable sporting success that is being achieved by students from our school and thank both parents/guardians and the RHS PE department for the support to match the dedication of the students themselves.

I am also very proud of Ruislip High School's role in the community and I am delighted that the Friends of Ruislip High School are planning to host another fundraising community event. The scheduled quiz night that is due to take place on 3rd July 2025, should be a great evening and I look forward to seeing staff, parents and governors come together to raise money for the school.

Finally, I would like to add to Mr Sills' comments further down this bulletin and commend Year 11 for the way they conducted themselves at the celebration assembly earlier today. It was a lovely event and the way staff spoke about the year group was genuinely moving and they are a group of young people who are clearly a credit to the school and their parents. We should all be rightly very proud of them.

I would like to wish all of the Ruislip High community a restful half term and I look forward to welcoming the students back on Monday 2nd June 2025.

# The Hillingdon Borough Athletics Final 2025



On Wednesday 7th May, 2025, Ruislip High School sent a strong team to the 2025 Borough Athletics. Students from Years 9 and 10 represented our school across both track and field events.

## Year 9

With Year 9 experiencing the competition for the first time, both of the boys and girls teams gave strong performances during each of their events.

Within the team relays, the Year 9s showed great determination and spirit, narrowly missing out on a win. The Year 9s ended up winning a range of medals,

with an extremely impressive gold from Hussein I (9A) who won it for his a whopping 1.68m jump, in the Long Jump event. Hussein even showed respect towards his competitors, as he cheered on his final opponent when he made the jump.

Oscar W (9F), who represents the school across a number of sports beyond athletics, scored a respectable bronze in the Triple Jump, with a distance of 9.67m. Bethany S (9B) won the bronze in the Girls' Triple Jump in a highly competitive display.

## Year 10

For their second year representing Ruislip High School in Senior Athletics, both of our teams did exceptionally well, with the boys coming in at 3rd overall.

Emma M (10B) produced an amazing 1500m run. Emma stayed with the group leaders for the majority of the race, but by three quarters round the fourth lap, Emma was in the clear for a straight finish at 5.39. Meanwhile, Ava W (10B) dominated in her performance for the 300m, and ended up taking gold. Before the race there were some nerves, but Ava believed in the plan she had prepared and it paid off magnificently. Finally in the Relay event, the girls team of Imani E-B (10D) , Dani K (10F), Ava W (10B) and Holly M (10S) came 3rd to take the bronze.

In the boys' events, Charlie R (10D) kicked things off with a stunning gold in the 800m event. Matthew H (10D) also dominated in the 200m Sprint, winning gold. On the field, defending champion Callum M (10B) returned in the Discus and successfully defended his title to win gold at a distance of 29.89m. Whilst Harley B (10C) came 3rd in the High Jump to secure bronze with a jump of 1.45 meters.

Every pupil was a credit to the school on the day and performed impeccably - well done to all of the students who took part in the competition. You are all true athletes!

## **Year 9 Team:**

Hussein I, Ashaz S, Oscar W, Dragos T, Ibrahim H, Charlie C, Jamie M-S, Eric R, Alicia G, Kaia W, Lily C, Charna B, Anya R, Anna D, Chloe S and Eira G.

## **Year 10 Team:**

Veer B, Matthew H, Callum M, Charlie R, Kallum J, Harley B, Alfie D, Charlie S, Danni K, Kacie F, Ava W, Dulcie H, Freya M, Emma M, Holly M, Emily F, Taylor M and Nancy T.

# RHS Superstars: U13 National Football Champions

Ruislip High School would like to say a huge congratulations to two of our Year 8 students, Ethan and Daniel, who played starring roles as their football team, Street 2 Pro, were crowned U13 National Champions in the Junior Premier League — one of the country's most prestigious youth competitions.

The tournament featured 64 top teams from across the UK, with the grand final held at the Doncaster Rovers Stadium on Saturday 10th May, 2025. Rising to the occasion, Ethan, Daniel and their teammates delivered a stunning 4-0 win over Preston City. It was a momentous day, filled with excitement, pride and celebration. Their families described it as an unforgettable experience.

Well done to both students - you should both be very proud of yourselves.





# An Invitation to Buckingham Palace

We are proud to share that Ms Hunter, our Duke of Edinburgh (DofE) Coordinator, was recently invited to Buckingham Palace in recognition of her outstanding commitment to the DofE programme at Ruislip High School. Ms Hunter has led the programme for the past ten years, playing a vital role in supporting students' personal development.

The DofE programme provides valuable opportunities for students to build confidence, learn new skills, and contribute to their communities. Many of our students who are involved in the programme speak highly of how it has helped them develop skills for life, but also to shape their own identity and form a sense of community with other students going through the same process.

On attending the occasion, Ms Hunter said: "I was honoured to be invited to Buckingham Palace in recognition of my role as Duke of Edinburgh Coordinator for Ruislip High School. I really believe it helps to make a positive impact on young people's lives - and enhances their CV for future employment or university applications."

We are incredibly grateful for Ms Hunter's dedication to the DofE programme at all levels. Her work continues to enrich the school community and make a lasting difference in the lives of our students.



## The VLT Cooking Competition 2025

On Wednesday 7th May, 2025, three talented Year 7 students – Isona, Nixie and Aria – represented Ruislip High School in the annual VLT Cooking Competition, going head-to-head with over 15 budding chefs from across the Vanguard Learning Trust.

The competition was fierce, with creativity, skill and presentation on full display. All three of our students made the school proud with their outstanding dishes, professionalism and focus throughout the event.

Nixie cooked right up to the final second, presenting a stunning dish, complete with freshly baked bread. Aria impressed the judging panel so much with her unique flavours and technique that she earned bonus VLT points and high praise. Isona wowed everyone with her striking blue noodles and perfectly poached egg, securing a well-deserved 3rd place overall!

We are incredibly proud of these students and their fantastic achievements. A huge well done to Isona, Nixie and Aria – future Master Chefs in the making.



## Year 7 PGL Trip 2025

Over 100 Year 7 students will be attending PGL this weekend.

We hope that all of the students and staff have a fun experience and we look forward to sharing all the good news from the trip after half term.



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# Year 11 - End of the Year Assembly



On Friday 23rd May, 2025, Ruislip High School held a heartfelt Leavers' Assembly to celebrate and say goodbye to our Year 11 students as they marked the end of their time in the lower school at Ruislip High School.

The assembly, led by Mr Sills, Head of Year 11, was a tribute to the students' five-year journey at RHS. Students entered the assembly with a nostalgic slideshow playing, featuring photographs from their very first RHS school photo, taken in Year 7. This resulted in plenty of smiles (and some cringing) from both students and staff.

One of the highlights was a video montage of teachers sharing personal messages and memories - with the History Department surprising everyone with their musical prowess in a stunning rendition of ABBA's 'Super Trouper' (with the lyrics remixed especially for Year 11). Mr Davies, Headteacher, also addressed the year group, praising their resilience, achievements, and contributions to the school community. He wished them all the very best for their upcoming exams and future endeavours.

After the assembly, students headed outside to take part in the much-loved Ruislip High School tradition of shirt signing. The shirt designs were fantastic (courtesy of inspiration from TikTok and Pinterest) and there was a really positive atmosphere, as the students enjoyed an ice cream in the sunshine - the perfect end to the celebration.

We are incredibly proud of our Year 11s, as they finish their summer examinations and look towards their next step in life. We are also delighted that the majority of them have decided to continue that journey with us in September at Ruislip High School's Sixth Form.

## Mental Health Awareness Week



During the week beginning the 12<sup>th</sup> May, our school community took part in Mental Health Awareness Week, recognising the vital importance of supporting our own mental and emotional wellbeing.

Throughout the week, students participated in a range of activities designed to promote resilience and self-awareness. Assemblies focused on helping students explore healthy ways to cope with academic pressures, while tutorial sessions centered around the theme of belonging. These sessions encouraged students to reflect on the part they play within our school community and how they can support themselves and those around them.

Ms Coltman, Deputy Headteacher, said: "Supporting our students' mental health is not a one week event at Ruislip High School - it is a year-round priority. Mental Health Awareness Week provides a valuable opportunity to highlight key issues and open meaningful conversations with our students."

## Deaf Awareness Week



Recently, students across the school took part in a special tutor time to celebrate Deaf Awareness Week and learn more about the importance of inclusive communication. Students watched an engaging YouTube video introducing key British Sign Language (BSL) signs, focusing on school subjects and words linked to education.

To make learning fun and memorable, tutors organised a mini competition to see who could recall and demonstrate the most signs correctly. The friendly rivalry sparked great enthusiasm, and many students showed a real talent for signing.

Members of 8W shared their thoughts: "It was really interesting to see how little we could do to be that much more helpful to those who have impaired hearing. Learning BSL was fun!"

We are proud of how our students embraced this opportunity, showing respect and unity amongst their peers.



# Enrichment Opportunities Next Half Term



As RHS enters into its final half term of the academic year on Monday 2nd June, 2025, we wanted to make you aware of some of the exciting trips taking place. Next half term's schedule is packed with enriching trips, which will bring learning to life for our students across Ruislip High School. From historical landmarks to hands-on fieldwork, these experiences will support classroom learning, whilst giving students the opportunity to explore beyond the school gates.

Some of these exciting opportunities are listed below (please note additional trips and opportunities may also be running, which have not been mentioned in the below information).

## **Friday 20th June 2025 – Year 10 Natural History Museum and Science Museum Trip**

Students will explore two of London's most iconic museums, deepening their understanding of science topics and natural history through engaging exhibits and interactive displays.



## **Monday 23rd June 2025 – Year 10 GCSE Geography Field Studies Trip to Hengistbury Head**

This practical fieldwork trip allows students to investigate coastal processes and management, supporting key elements of their GCSE Geography course.

## **Wednesday 25th June 2025 – Year 7 London Trip: Westminster Abbey and National Portrait Gallery**

Year 7 students will enjoy a cultural and historical tour, exploring the rich heritage of Westminster Abbey and viewing iconic artworks at the National Portrait Gallery.

## **Tuesday 1st July 2025 – Sports Day**

A highlight of the summer term, Sports Day promises fun, competition, and house spirit as students take part in a variety of athletic events.

## **Wednesday 2nd July 2025 – Year 12 Sociology Trip to the Old Bailey**

Year 12 students will gain real-world insight into the justice system with a visit to London's Central Criminal Court, complementing their sociology studies.

## **Friday 11th July 2025 – Year 10 GCSE Media Studies Photography Trip**

This trip gives Media Studies students the opportunity to take original photographs for their coursework, with a focus on composition, lighting, and creative themes.

## **Wednesday 16th & Thursday 17th July 2025 – Year 8 Tower of London & Natural History Museum Trip**

Split over two days, this exciting trip will take students back in time at the Tower of London, followed by a day of scientific exploration at the Natural History Museum.



We are certain that the above trips are sure to be approached with enthusiasm by all of the students involved, and will make for memorable moments to cherish as we enter the final half term for this academic year!







# Notices:

## Key Dates:

Monday 2<sup>nd</sup> June 2025

Start of half term

Monday 2<sup>nd</sup> June 2025

Start of Year 12 PPE Week

Monday 2<sup>nd</sup> June 2025

Start of Careers Month

Saturday 7<sup>th</sup> June 2025

DofE Bronze Assessed Expedition

Monday 9<sup>th</sup> June 2025

Start of Year 12 Work Experience Week

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Year 10 Summer Trip Letter- [Click here](#)

Year 10 and 12 Drama Trip Letter

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Year 12 University Trip Letter

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**Other Opportunities (not linked to the school)**

All-Ability Bees Soccer Schools - May Half Term

[Click here](#)



We hope everyone in our school community has a wonderful May Half Term. We look forward to welcoming you back to school on Monday 2<sup>nd</sup> June 2025.