

RHS Values Champions:

Top 5 Attendance:

- 7B - 96.4%
- 7D - 96.2%
- 7W - 96.0%
- C66 - 95.9%
- 7C - 95.8%

(attendance calculated until
21/05/2026)

HoY Shout Out - Year 12

As we approach the final stretch of the academic year, I wanted to share some vital updates regarding upcoming opportunities and milestones for our Year 12 students.

Please see page 3 for the full Year 12 update.

Ms Vora- Head of Year 12

Subject Shout Out - History

A shout out to Lola W, whose participation in revision sessions has been fantastic!

Elsie G and Misha M in 8D are History superstars! They always produce brilliant work, are consistently focused and incredibly respectful and kind members of the class.

Mr Warrington - Curriculum Leader of History



A message from Mr Davies:

The sun has certainly shone on the last day of this half term and I would like to thank all parents/guardians for their support in ensuring that although the school uniform was relaxed today, the students maintained our usual high standards of appearance. I have been concerned recently that school staff have had to spend significant amounts of time reinforcing our uniform expectations, particularly around ensuring that boys have their top buttons done up and that girls are wearing appropriate length school skirts. I have made clear to the students that our school expectations will not change and it is vital that all students wear the Ruislip High School uniform as it is intended, and with pride. I am pleased that Ms Coltman has outlined these expectations in her section below.

Where I make a slight allowance with regard to uniform is during the Year 11 celebration assembly where the students do take part in the now traditional shirt signing. Indeed, this year, some of the decorations that adorned the students' shirts (the ones they brought with them to school, not the ones they wore coming in) were magnificent. I strongly suspect that some parents and guardians were called upon to support these designs. In all seriousness, I felt the students conducted themselves superbly throughout the day and did what I always ask them to, and said goodbye in the right way. Of course, for the majority it is only a short goodbye as I know the vast majority of our Year 11 students return to the sixth form.

On the subject of sixth form, I am delighted to see so much about our flourishing sixth form community in this bulletin and I am constantly impressed at the way our post 16 students conduct themselves and act as role models to our main school cohort.

Finally, 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 1st June 2026.

Uniform expectations for the summer term

Ruislip High School has a strong reputation for students taking pride in their appearance and wearing their uniform correctly. This is something we value greatly and is achieved through the positive partnership between school and home. As we approach the final part of the summer term, I would like to take this opportunity to remind parents and guardians of our uniform expectations.

Please click [here](#) for our uniform booklet.

It is important that students wear the correct uniform and present themselves appropriately at all times, including keeping shirts tucked in and skirts worn at the correct length and not rolled. We would be grateful if parents and guardians could check their child's uniform before they leave home each morning where possible. If any items need replacing, for example due to growth or wear and tear, such as an outgrown skirt or a damaged shirt button, we kindly ask that these are addressed as soon as possible. Should you encounter any difficulties with this, please contact your child's Head of Year to discuss how we can support you.

Please click [here](#) for the Sixth Form dress code.

Should we experience particularly hot weather after half term, the school will contact you regarding any reasonable adjustments to uniform expectations where necessary.

Changes to break and lunch time for Year 9 and Year 10 students

After the half-term break, students in Year 9 will move to the second break and second lunch timetable, in order to enable all year groups to have more space during social times. The Year 9 start and end time will remain the same. Year 9 will move to the atrium and Year 10 will move to the restaurant area.

The Year 9 timetable from Monday 1st June 2026 will therefore run as follows:

Year 9	
Tutor	08:30
Period 1	09:05
Period 2	10:05
Break	11:05
Period 3	11:25
Period 4	12:25
Lunch	13:25
Period 5	14:00
Leave at	15:00

Year 12 update

As we approach the final stretch of the academic year, I wanted to share some vital updates regarding upcoming opportunities and milestones for our Year 12 students.

First and foremost, I want to express how incredibly proud I am of everything our students have achieved so far. Their transition into Post-16 study is a significant leap, and seeing their growth, resilience, and ambition has been a highlight of my year as Head of Year 12. I have every confidence that next year will be even better!

Focus on the Future

University of Sussex Visit (10th July)

To help students envision their next steps, we have organised a visit to the University of Sussex. This trip will provide a taste of campus life and help clarify the UCAS process as they begin to look toward their Year 13 applications.



Work Experience (8th June - 12th June)

Directly following the half-term break, students will embark on their work experience placements. This is a fantastic opportunity to gain valuable life skills and a real-world perspective on potential career paths. We encourage students to make the most of this week – it is often these experiences that make a personal statement or CV stand out.

A Final Note on PPEs (1st June - 5th June)

As we head into the PPE period starting 1st June, please join me in wishing the students the very best of luck. These exams are important for their A-Level or BTEC journey, but they are also a chance for students to showcase their hard work.

Thank you for your continued support. Please remind your children to take some well-deserved rest over the half-term break so they can return refreshed and ready to go!

Best of luck to all our students,

Miss Vora
Head of Year 12

Year 12 Oxbridge/medicine workshop

On Monday, 27th April, Deborah Streatfield visited Ruislip High School Sixth Form to deliver a series of workshops for Year 12 students intending to study medicine or dentistry at university, as well as those planning to apply to Oxford or Cambridge.

Deborah's workshop outlined the highly competitive application process and provided detailed advice on how students can make their applications stand out from their peers. She shared valuable insight into what admissions tutors are looking for and how applicants can best demonstrate their potential.



Students also benefited from a 1:1 session, during which their individual academic profiles and aspirations were reviewed in detail. Deborah provided tailored guidance on super-curricular activities, admissions tests, personal statements, and interview preparation, helping each student to identify clear and specific next steps to strengthen their applications.

The sessions were highly informative and extremely well received, leaving students with a clearer understanding of the expectations for highly competitive courses and practical strategies to maximise their chances of success.

The students left the day with a clear understanding of the steps they now need to take to give themselves the best possible chance of success.

Junior Borough Athletics

Students from Ruislip High School proudly represented the school at the recent Borough Athletics competition for Years 7 and 8, delivering some fantastic performances across a range of events.

Huge congratulations go to our Year 7 medal winners:

- Oskar B – Gold Medal in the 800m
- Theo W – Gold Medal in the 1500m
- Thomas B – Bronze Medal in High Jump
- Jana I – Double Gold Medalist in the 200m and Long Jump
- Avyanna H – Gold Medal in High Jump

Well done also to our successful Year 8 athletes:

- Joe M – Bronze Medal in the 300m
- Aiden S – Silver Medal in Shot Put
- Jacob GC – Bronze Medal in High Jump

The overall team performances were equally impressive. The Year 7 boys finished 7th overall, while the Year 7 girls achieved an outstanding 4th place overall. In an exceptional achievement, the Year 7 girls' team won more gold medals than any other school competing on the day.

The Year 8 boys also secured a strong 7th place finish overall, while the Year 8 girls finished just outside the top 10 after competing with determination and resilience throughout the event.

All students represented the school with great enthusiasm, determination and sportsmanship throughout the competition. Staff were extremely proud of the effort, resilience and support shown by every athlete, both on and off the track. Congratulations to everyone involved on a brilliant day of athletics success.



Year 12 Royal College of Psychiatrists trip



Students from Ruislip High School recently took part in an Access to Medicine course designed for prospective Year 12 students interested in healthcare careers.

As part of the programme, they learned more about the medical school application process from staff at Brunel Medical School, including what universities look for in applicants. Students also spoke with current medical students and a practising sychiatrist, who shared honest advice and personal experiences of studying and working in medicine.

A standout part of the course was the interactive diagnostic role-play sessions. Working through patient case studies, students practised discussing symptoms and identifying possible conditions, giving them a taste of the problem-solving involved in medical practice. The activities also helped build communication, teamwork and critical thinking skills. Professor Shafi Ahmed, a chief surgeon, was full of praise when he worked with the group on the OCSE role play.

Students said that the trip gave them an insight into 'the realities of studying medicine at university' as well as introducing them to doctors that are 'leading the NHS into the future'.

Support available for families during school holidays

We would like to make families aware of two important sources of support available through Hillingdon Council and the Department for Education.

Crisis and Resilience Fund

The Government's Crisis and Resilience Fund has been created to provide targeted support to residents experiencing financial hardship.

In line with national guidance, this scheme does not provide universal holiday meal vouchers. Instead, support is offered through an individual application process, allowing families to share information about their personal circumstances. This helps ensure assistance is directed to those who need it most.

Families who feel they may benefit from this support are encouraged to apply directly. For further information or queries, please contact:

CrisisandResilience@Hillingdon.gov.uk

Holiday Activities and Food (HAF) Programme

We would also like to remind families about the Holiday Activities and Food (HAF) programme, available to children from Reception to Year 11 who receive benefits-related free school meals.

The programme runs during the Easter, summer and winter holidays and offers a range of fun and enriching activities, alongside healthy meals for children and young people.

The HAF programme is funded by the Department for Education.

Further information about eligibility and how to apply can be found here: [Does my child qualify? | Information for parents \(HAF\) | Hillingdon Council](#)



What Parents & Educators Need to Know about YOUTUBE

WHAT ARE THE RISKS?

Almost anyone with an internet connection knows about YouTube. The Google-owned platform allows users to upload and share videos globally, making it a readily accessible resource with free content on almost any topic. However, with over 20 million videos uploaded each day, not all material is suitable for younger audiences.

INAPPROPRIATE CONTENT



YouTube is free and can be accessed across multiple device types, even without an account. While some videos are marked as 'age restricted', this relies on uploader honesty and automated moderation, meaning children and young people may still encounter unsuitable content if these measures aren't taken.

TRENDS AND CHALLENGES

Popular trends and challenges can be entertaining and widely shared. While many are harmless, some can be risky or harmful if copied. For example, the 'salt and ice challenge' has caused injuries when imitated.

EXPOSURE TO EXTREME CONTENT

The platform's algorithm often promotes content that attracts high engagement, which can sometimes include videos containing extreme viewpoints, misinformation, or risky behaviour. As children and young people watch more of this content, similar videos are likely to be recommended by YouTube's algorithm, therefore reinforcing the exposure.

CONNECTING WITH STRANGERS

YouTube includes social features such as comments and direct messaging. This means young users can interact with people they don't know, potentially exposing them to inappropriate language, cyberbullying, or unwanted contact. Young content creators may be especially vulnerable.

SUGGESTED CONTENT

YouTube recommends videos based on what a user has previously watched. While this can enhance the experience, it may also encourage binge-watching and excessive screen time, particularly when Autoplay is enabled. Without an account, users are shown trending videos, which are not always age appropriate.

SHORT-FORM CONTENT IMPACT

YouTube Shorts – short, fast-paced videos – are designed for continuous viewing. This style of content can be highly engaging but may also contribute to increased screen time and difficulties with maintaining focus over longer periods.

Advice for Parents & Educators

CONSIDER YOUTUBE KIDS

YouTube Kids can help reduce young users' exposure to unsuitable content by filtering videos into age groups, such as preschool, younger, and older children. However, as moderation is automated, it should be used alongside active supervision.

USE PARENTAL CONTROLS

Google Family Link allows adults to filter content, monitor usage, and manage younger users' screen time. Supervised Accounts offer a gradual step up from YouTube Kids, enabling children to explore the platform with appropriate safeguards.

CHECK PRIVACY SETTINGS

If a child in your care uploads content, consider setting videos to Private or Unlisted so they are only shared with trusted viewers. Disabling comments can also help reduce unwanted interaction from strangers.

WATCH TOGETHER

Spending time watching YouTube with the children and young people in your care can help you understand what they enjoy and guide your conversations about content. Tools like Downtime in Family Link can also help limit unsupervised viewing.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for publications including Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



See full reference list on our website

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Notices:

Key Dates:

Monday 1st June 2026
Half term begins

Tuesday 2nd June 2026
Friends of RHS meeting

Monday 8th June 2026
Carers week
Year 12 work experience week
Sixth form professional learning

Letters home:

Year 7 Trip to London
Click [here](#)

Year 10 Geography Field Trips
Click [here](#)

Battlefields Trip Launch 2027
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 1st June 2026.