

## RHS Values Champions:

### Top 5 Attendance:

- 8B - 96.5%
- 7B - 96.4%
- 7D - 95.9%
- 7C - 95.5%
- 7W - 95.2%

(attendance calculated until 09/07/2026)

### Subject Shout Outs - English

Daniel G (8W) for writing a touching and poignant poem.

Mora K (8F) for producing outstanding work in all of her English lessons.

Kaia W (10F) and Zaynab D (10A) for achieving outstanding results in their English Speaking and Listening exam.

### Ms Duffy - Teacher of English

### Subject Shout Out - Citizenship

A big shout out to all Year 9 students for their mature and proactive approach to their active citizenship projects over the last half term.

From all staff in the Citizenship Department



## A message from Mr Davies:

The exceptionally high, sustained temperatures have clearly done nothing to slow the pace of events at RHS over the past couple of weeks, as is evident in this bulletin. A real highlight for me over the end-of-term period was attending the Key Stage 3 performance of 'The Wizard of Oz'. It was a real community evening with over 200 students, staff, and parents coming together to support our incredible young performers. We were all thoroughly entertained, and I have no doubt the performers themselves will grace the RHS stage for many years to come.

At the other end of the school, it was great to see the Sixth Form Leadership Team running a really successful RAG week. Although, 'sadly', my diary did not allow me to take part in the ever-popular 'sponge a teacher' event, it was an excellent week and a great cause for our students to support.

These two events feature prominently in this update, while it is also striking that the hot weather did not prevent our Year 10 students from embarking on an exciting enrichment trip to central London. There is all this and more to read in the pages of this bulletin, and I would like to recognise the commitment of the staff in ensuring these opportunities remained open to our students despite the challenging conditions over the past fortnight.

# RAG week

Raise and Give Week was another fantastic success this year, bringing together pupils and staff in support of ORCHYD, a registered local charity based in Ruislip that provides day trips and residential holidays for children with disabilities. Throughout the week, pupils from Years 7 to 10 enthusiastically took part in a range of fun fundraising activities, demonstrating generosity, teamwork, and a strong sense of community.

The highlight of the week was undoubtedly the ever-popular Sponge the Teacher event. With many members of staff volunteering to take part, pupils eagerly queued for the chance to soak their teachers, creating plenty of laughter and memorable moments. The event proved to be a real crowd pleaser while raising valuable funds for an incredibly worthwhile cause.



The week was organised by the Sixth Form Student Leadership Team, whose hard work and creativity ensured there was something for everyone to enjoy. Their leadership provided opportunities for pupils across the school to get involved and make a positive difference. Other popular activities included penalty shoot-outs, where pupils tested their football skills, and Match the Teacher to the Pet, which challenged everyone to identify staff members from photographs of their beloved pets.



Despite taking place during an exceptionally warm heatwave, pupils showed outstanding resilience and enthusiasm throughout the week. Their commitment to participating in events, supporting one another, and fundraising for charity was truly commendable. Staff also embraced the spirit of the week, joining in with activities and helping to create a fun and inclusive atmosphere.

Raise and Give Week was a wonderful example of the school community coming together to support a local charity that makes a real difference to the lives of children with disabilities. A huge thank you goes to everyone who organised, participated in, and supported the events. The generosity and community spirit shown throughout the week will have a lasting impact, and everyone involved should be incredibly proud of what was achieved.



# Year 12 Conservation Celebration Event

On Tuesday 30th June, Ruislip High School was delighted to host a Year 12 Biology Conservation Celebration in the EcoHub, bringing together students and members of the local conservation community to celebrate their learning and environmental action.

The event showcased the incredible artwork created by artist Molly Rolle, inspired by the Year 12 Biology students' visit to Spider Park in December 2025. All Year 12 Biology students attended to see the finished pieces and reflect on how science, nature and art can work together to raise awareness of local biodiversity and conservation.

We were also pleased to welcome a range of special guests, including the London Wildlife Officer, representatives from Let Go Outside and Learn, members of the Woodlarks and Waders community group, and volunteers from the Riverfly Monitoring Group. Their attendance highlighted the importance of community partnerships in protecting and celebrating our local natural environment, making the event a memorable and inspiring occasion for everyone involved.

LET'S GO  
OUTSIDE AND  
LEARN



## Safeguarding during the summer holidays



During the school holidays when the school is closed, should you have a concern that a child is in immediate danger, call 999. For other serious or urgent issues, contact Hillingdon children's services directly on 01895 556006.

Children and young people can contact Childline free and confidentially on 0800 1111.

Parents and carers can contact the NSPCC helpline on 0808 800 5000.

If a child or young person is struggling with their mental health, they can text YM to 85258 for free, 24/7 crisis support. Parents and carers wanting advice can also contact the YoungMinds Parents Helpline on 0808 802 5544.

# Year 10 Students Enjoy a Fantastic Day of Culture and Teamwork at Granary Square

This week our Year 10 students enjoyed an exciting enrichment trip to Granary Square, where they explored one of London's most vibrant cultural destinations while taking part in a range of engaging activities.

Throughout the day, students experienced the lively atmosphere of Granary Square, discovering the local surroundings, enjoying the public spaces, and taking in the buzz of the area. One of the highlights was watching a cheeky bit of the Wimbledon tennis championships on the outdoor cinema, giving everyone the chance to relax together and soak up the excitement of one of Britain's most iconic sporting events.

Students also challenged themselves in an escape room experience, where teamwork, communication, and problem-solving were essential to success. Working together under pressure, each group demonstrated resilience, creativity, and determination as they solved puzzles and completed their challenges.

The trip provided an excellent opportunity for students to strengthen friendships, develop valuable life skills, and experience learning beyond the classroom. It also encouraged independence, confidence, and collaboration, helping students prepare for future education, employment, and everyday life. Days like these play an important role in building a positive school community and creating memorable shared experiences.



# Borough Cricket Tournament

It was fantastic to see Ruislip High School represent themselves so positively at the Borough Cricket Tournament. The competition was divided into two groups, with Ruislip drawn alongside Queensmead School and Bishop Ramsey School.

The students performed admirably in both matches, demonstrating excellent teamwork in their batting pairs, determination, and sportsmanship throughout the day. They secured an impressive victory in one game and were narrowly defeated by just four runs in the other. It was a strong performance from the team, who should be proud of the way they represented the school.



Niam P (9F), Shaunav BB (9S), Daniel H (9F), Luca H (9W), Verdansh S (9F), Sidney B (9F), Ali SI (8D), Antony C (8W), Coby M (9C), Alex H (9F) and Ethan H (9C)



On Wednesday 8th July, 2026, the RHS community was once again treated to a spectacular production from the Drama Department: *The Wizard of Oz*.

Led by Miss Garner, the cast for the performance was made up of students from our ever-popular KS3 Drama Club. Bringing the timeless story of Dorothy's journey through the magical Land of Central Oz to life, the production was packed with humour, energy and creativity, delighting the audience from the opening scene to the final bow.

Our feisty Dorothy led the adventure with confidence, determination and plenty of heart, guiding audiences through the twists and turns of Central Oz. Along the way, she was joined by an unforgettable cast of characters, including a Scarecrow determined to scare children away from their screens, a hilariously terrified Lion whose nerves won over the audience, and a Tin Man whose greatest ambition was not only to find a heart but also to perfect his breakdancing moves. The production also featured a memorable double act as Glinda, with both performers bringing warmth, charm and plenty of sparkle to the role. Toto stole the show in a unique and hilarious twist, appearing as an energetic Slinky Dog whose playful antics and love/hate relationship kept the audience laughing, while the Wicked Witch delivered a wonderfully weird and eccentric performance that was equal parts menacing and magnificent. The cast showcased an impressive range of theatrical skills, from engaging characterisation to energetic ensemble work, before the Munchkins girl band led the cast in a spectacular dance, dazzling the audience with their rainbow tutus and infectious energy.

Ms Pennell said, "*The KS3 Drama club's version of the Wizard of Oz was outstanding. It was a hilarious show with so many fantastic performances. The audience were highly entertained with lots of Ruislip based humour and a particular highlight was the non-flying monkeys!*"

Well done to all of the students who took part in the production. Your enthusiasm, talent and teamwork made *The Wizard of Oz* a magical evening full of laughter, imagination and memorable performances that everyone in the audience will remember for a long time to come.



## 10 Top Tips for Parents and Educators

# TECH-FREE SUMMER FOR TEENS

For many 11- to 16-year-olds, summer can quickly become screen heavy, especially when socialising, entertainment, and downtime all happen via their devices. Encouraging a tech-free summer isn't about banning technology altogether, but about helping young people rediscover friendship, creativity, independence, and the great outdoors. The NHS recommends that young people aged 5 to 18 aim for an average of at least 60 minutes of physical activity each day across the week.

### 1 BUILD OUTDOOR CHOICE

Teens are more likely to engage when they feel they have a level of control. Create a simple 'summer outdoors menu' with options such as cycling to a favourite café, playing rounders, visiting a skatepark, dog walking, photography walks, geocaching, or helping around the garden. Parents and educators can then ask young people to choose two or three activities each week that interest them.

### 2 PREPARE THE KIT

Small barriers can stop teenagers going outside, especially if they feel uncomfortable, too hot, or unprepared. Keep a grab bag with sun cream, water, snacks, plasters, a cap, period products, and a lightweight waterproof. During hot weather, plan shade, water breaks, and calmer activities, as vigorous exercise is not advised on very hot days.

### 3 TRY MICRO-ADVENTURES

Outdoor activities don't need to be expensive or complicated. A micro-adventure could be as simple as watching the sunrise, walking to a local viewpoint, making breakfast outside, visiting a new green space, or planning a bus journey to a nearby nature trail. Encourage teens to plan the route, snacks, and timings themselves to help build their independence.

### 4 LINK TO REAL INTERESTS

A young person who dislikes sport may still enjoy being outside if the activity connects with something they already care about. Link outdoor time to music, art, animals, fashion, cooking, photography, or social interaction. Ideas include sketching in a park, making a nature playlist, filming a wildlife vlog script, or designing posters for a community garden.

### 5 CREATE SOCIAL PULL

For many teenagers, friends are the strongest motivator in various areas of life. Parents can invite one or two friends on walks, picnics, or garden games, while schools can promote lunchtime leagues, outdoor clubs, or summer meet-ups linked to existing interests. Make these activities feel social rather than supervised, with adults nearby for safety but not dominating the experience.

### 6 MAKE TRAVEL ACTIVE

Active travel is a practical way to build outdoor time into everyday routines. Encourage young people to walk, cycle, or scoot short journeys where it's safe to do so, such as to school, the library, a friend's house, or a sports club. Educators could run a summer 'active miles' challenge, with pupils logging their journeys completed on foot or by pedal.

### 7 USE PHONE-FREE CHALLENGES

Rather than simply saying, "Put your phone away", turn time spent offline into a shared challenge. Try a two-hour, phone-free park visit, a family evening walk, or a tutor-group challenge where pupils track their screen-free outdoor hours and share what they've been doing. You could all agree to keep devices in a box, bag, or classroom drawer, and allow for check-in time afterwards.

### 8 OFFER REAL RESPONSIBILITY

Teens often respond well when outdoor activities feel purposeful. Give them the responsibility for setting up a garden get-together, planning a picnic budget, leading a warm-up routine, mapping a walking route, or organising outdoor equipment. Schools could ask pupils to design an outdoor wellbeing trail, manage a sports rota, or support younger pupils during activity sessions.

### 9 REPLACE, DON'T REMOVE

If screens are taken away without an appealing alternative, young people may see outdoor time as a punishment. Replace gaming sessions with football drills, dance practice, basketball shots, treasure hunts, or card games outside. Replace screen scrolling with a 'boredom box' containing items like chalk, a frisbee, skipping ropes, playing cards, seed packets, or a disposable-style camera.

### 10 CELEBRATE SMALL WINS

Not every teenager will suddenly love the outdoors, so recognise their gradual progress. Celebrate a 20-minute walk, an hour at the park, a phone-free picnic lunch, or choosing to cycle instead of being driven around. Parents and educators can use praise, certificates, group displays, or simple shared reflection to show that outdoor effort matters.

### Meet Our Expert

The National College provides expert-led training and resources to support schools, trusts and education settings worldwide. Its guidance helps parents and educators understand the issues affecting children and young people today, covering topics such as safeguarding, wellbeing, digital safety, and healthy development.

See full reference list on our website

[@wake\\_up\\_weds](https://www.wake_up_weds.com)

[/www.thenationalcollege.com](https://www.thenationalcollege.com)

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#WakeUpWednesday

The National College

# Notices:

## Key Dates:

Monday 13th July 2026

Year 10 Spanish speaking PPE

Year 7 celebration assembly

PE awards evening

Tuesday 14th July 2026

Year 8 Tower of

London/Natural History

Museum trip

Year 10 celebration assembly

Wednesday 15th July 2026

Year 8 Tower of

London/Natural History

Museum trip

Year 9 celebration assembly

Thursday 16th July 2026

Year 10 French speaking PPE

Year 8 celebration assembly

Friday 17th July 2026

Year 12 celebration assembly

Term ends

## Letters home:

Year 13 results day.

Update to parents - 3<sup>rd</sup> July 2026

PE shorts

## Last day of term: Friday 17th July 2026

Wishing every one of our families a wonderful, safe and relaxing summer holiday.

Thank you for your continued support throughout the year, and we look forward to welcoming everyone back in September!