

6th June 2025

Dear Parents/Guardians

Re: SPORTS DAY – Tuesday 1st July 2025 at Hillingdon Athletics Track (Hillingdon Leisure Centre and Sports Complex)

The PE department is currently organising the Ruislip High School Sports Day, an important event in the school calendar. We will be holding the event on the **Hillingdon Athletics Track (HLCSC), Gating Way, Park Road, Uxbridge, UB8 1NR**. This will be a whole-school event for students in Year 7-10, with everybody participating and promises to be an exciting day for the school. Please read the details of the arrangements carefully with your child and contact me or your child's form tutor if there are any queries or questions.

All students will make their own way to and from the Hillingdon Athletics Track and should arrive by the normal school time of 8.30am. The **U1 bus** runs directly from **Ruislip Station** to the stop at **Hermitage Primary School** (Uxbridge). Students will then need to cross over and walk down Gating Way towards the Hillingdon Athletics Track. There will be a member of staff there to meet students and give further instructions as students arrive. The tube station nearest the Hillingdon Athletics Track is **Uxbridge Station, on the Metropolitan and Piccadilly lines**. This is approximately a 15 minute walk to the Hillingdon Athletics Track and, as there will not be a member of staff at the station, students should check the route beforehand and make their way to the track. On arrival at the track students should find their Head of Year who will direct them to tutors for registration.

There will be sports events throughout the day and students will be **dismissed from the track** at approximately 3:00pm to make their way home. As always when travelling unsupervised off the school premises, students are advised to travel with a friend, preferably in groups no larger than six. If for any reason your child is absent on Tuesday 1st July 2025, please log this on Arbor before 8.30am.

Please ensure your child has adequate sun cream, a hat, sunglasses, plenty of water, and a waterproof coat just in case it rains. All students will be expected to wear their **full RHS PE kit** of blue shorts, a blue polo-shirt with logo, green/blue football socks and appropriate footwear. Normal school uniform rules will apply regarding make-up and jewellery.

Students who receive free school meals will have a packed lunch organised for them. Otherwise, please ensure your child has a packed lunch as there will not be anywhere to purchase food on the day.

Please be aware, that this year parents and guardians will not be able to attend sports day to spectate.

Please impress on your child that we are all representing the school whilst out in the community and the highest standards of behaviour are expected. The school's positive behaviour policy applies both on and off the school site.

Form tutors will take current medical records with them on the day; please advise the school immediately if any pastoral information needs to be updated.



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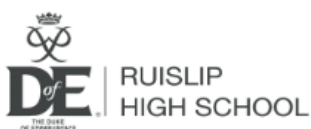
Headteacher: Gareth Davies BSc (Econ), MA

We are all looking forward to a rewarding and memorable day.

Yours sincerely

A handwritten signature in blue ink that reads "McGuigan".

Miss McGuigan
Curriculum Leader of PE



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