

Ruislip High School NEWSLETTER

Spring 2019

STUDENTS DISCUSS THE ENVIRONMENT WITH LORD RANDALL OF UXBRIDGE



Lord Randall of Uxbridge with some of the Year 9 Geography students during his visit to Ruislip High School

Ruislip High welcomed Lord Randall of Uxbridge on Friday 1st March to speak to several groups of students. Lord Randall is an advisor to the government on environmental issues. He spoke to Year 8 and 9 geography classes about issues such as climate change, plastic waste, clothes recycling and air pollution. The Year 9 ambassador group delivered a presentation to Lord Randall on how Ruislip High is working to become more sustainable in recycling and composting food waste.

(story continued on page 3)

Also in this issue...

Year 7 and 8 students enjoy their annual festival

Year 12 students replicate the Knoll et al.'s (2015) study on the teenage brain. See page 14 for the results!

Plus much more!



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Lord Randall of Uxbridge speaking to students about environmental issues

Lord Randall also held a Q&A session with Year 12 and Year 9 citizenship students.

Skyla in 9C said, 'I was really pleased to hear from Lord Randall that at 10 Downing Street they seem to talk about the environment a lot. It was a pleasure to meet him and have him listen to our talk on making our school more eco-friendly. He had a broad knowledge about many areas, and he spoke passionately about the future of electric cars and discouraging the use of plastic straws.'

Aaron in 9D said, 'He was passionate about his work which was evident in his tone of voice. He shared his knowledge with us so that our generation can have more understanding about protecting our beautiful world.'

Ramez in 9A said, 'He was inspirational, a mix between logic and creativity, and he had a wide variety of facts and knowledge. He had a vision of his work, and by his comments we could see he is doing all he can to get the government to act on environmental issues.'

Molly in 9B said, 'Lord Randall was inspirational, his talk inspired me to become more involved in the environment too. Thank you for visiting our school.'

STEM TALK FOR YEAR 11 PHYSICISTS

On Monday 1st April, Emily Gould visited the Year 11 physics group. Emily is studying a maths and physics degree at Loughborough University. She is currently on a work placement with Rolls-Royce in Derby and took time out from her busy schedule to talk to the students about her experiences as a female scientist in a male-dominated sector of industry. She gave the students advice on which A-levels to choose, how to apply for university and what university life is really like.

She said of the students: 'They were so interested and asked so many good questions! I hope my talk has helped them to think about studying science, maths and engineering at university.'



Emily Gould with the Year 11 physics group during her visit.

Some comments from the students: 'That has helped me realise that I should take the subjects that I really enjoy.'

'It's really interesting that so many girls study maths at university, but so few study physics and engineering.'

HEADTEACHER'S NEWS

I was interviewed recently by Jess Hamer from the Institute of Physics (IOP) because of Ruislip High School's involvement in the Drayson Girls in Physics Project organised by the IOP between 2014 to 2016; this involved setting up a KS4 girls in physics group with one of its aims to increase the number of girls choosing A-level physics. As part of the project, the school was given an MX-radiation detector which the group used to measure radiation levels in soil samples from around the UK. The group also used it during the solar eclipse on Friday 20th March, 2015 to detect whether there were changes in radiation levels. As this was primary research, the students were invited to present their findings at a symposium at Queen Mary, University of London.

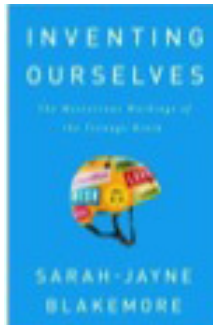
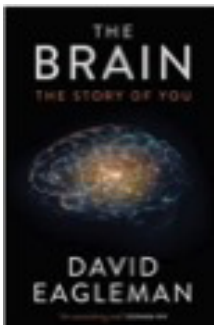


KS4 girls at a symposium at Queen Mary, University of London



Ruislip High School student, Michelle, listens to the presentations from the Institute of Physics (IOP)

I remember it vividly as I was so proud of our students' involvement in this project especially when they shared their experiences with Ruislip High School students in year assemblies. I am equally proud this academic year that our Year 12 psychology students have carried out research in terms of replicating published research by neuroscientists on risk-taking perception, looking at differences between adults and adolescents. A separate article has been written about this for the newsletter on page 14; I believe these are excellent examples of Ruislip High School's commitment to broadening students' horizons both in and out of the classroom; I know these experiences influence our students' future decisions.



There are two books I have read recently on neuroscience that I would recommend parents consider reading which are *The Brain* by David Eagleman and *Inventing Ourselves* by Sarah-Jayne Blakemore. I have recommended these books to numerous colleagues who have found them insightful on various levels. One of the most fascinating pieces of research is outlined in Blakemore's book in terms of risk-taking behaviour published by Gardner and Steinberg (2005). The research looked at the risks taken when participants play a virtual car game, firstly on their own and secondly with friends watching them. Figure 1 shows the results with risk-taking being measured by the number of crashes.

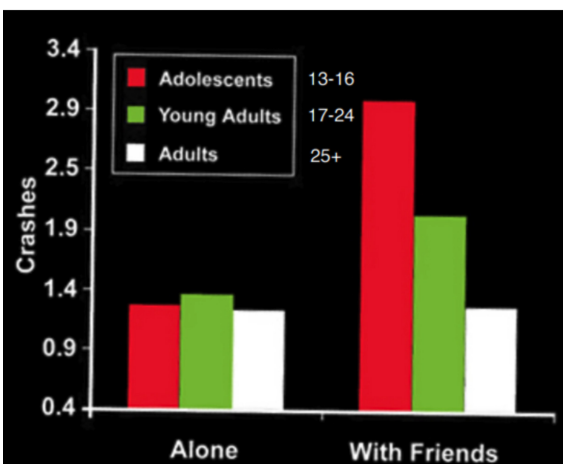


Figure 1: Results of risks taken when participants play a virtual car game, Gardner and Steinberg (2005)

I was fascinated with the results because it showed that the risk-taking behaviour of adolescents, young adults and adults was very similar when they did the challenge alone. The results, however, with friends were significantly different for adolescents and young adults; this was not the case for adults whose behaviour hardly changed. I am sharing this with parents so they can use this research with their children to discuss the importance of not allowing other teenagers to encourage them to take risks that could detrimentally affect their future lives; for example, we know the cost of car insurance is reflected in national accident figures for teenagers.

Safeguarding our students is one of our primary roles; I am confident that our recent assemblies with students reminded them of the importance of making their own decisions even though they may have a perception, at times, that their friends' opinions are more important than their own and even those of adults.

HEAD OF SCHOOL NEWS

It has been my pleasure this year to chair the newly formed Student Parliament. As part of the school's continued focus on student voice, each Head of Year selected one Year Team Council (YTC) member in the autumn of 2018 to represent the student body at the termly Student Parliament.



Mr Davies, Mrs Coltman and Mr Peacock take notes during a termly Student Parliament meeting

The purpose of the Student Parliament is to crystallise some of the key points from YTC meetings into implemented action points. After only two meetings, the Parliament has already secured new recycling bins for the school, as well as an even greater emphasis on support for students' mental health.

As Head of School I attend numerous meetings regarding the operational running of the school and I can honestly say that the way the students have thought through and presented ideas has been exceptionally mature. I would go as far as to say that the politicians in Westminster could learn a great deal from the way the Ruislip High School Student Parliament members have listened, presented their opinions, and discussed ways forward. I have been particularly impressed with the confidence exuded by the younger members of the Student Parliament as well as the leadership offered by the Sixth Form students.

I have made clear to the Student Parliament that the School Leadership Team will not always be able to provide the answers they want to hear, but we will always listen and the issues they raise will be discussed at Senior Leadership level and responses given in due course.

I believe a characteristic of an outstanding school is to have a strong student voice and through the YTC meetings and Student Parliament structure this is now in place at Ruislip High School. It is clear that the members of the Student Parliament take their role as representatives of the student body very seriously, and understand the strong community ethos we have as a school. I look forward to the challenging discussions ahead as the Student Parliament goes from strength to strength.

MUSIC NEWS

Mr Stent has started a new singing group that meet on a weekly basis to focus on improving vocal technique and performance presentation. The students have been selected on vocal ability and commitment with the intention of performing as solo acts at school events.

All of the students performed at the Year 7 and 8 Festival in March 2019. See below for some of their thoughts on performing at the festival and being part of the new singing group.

'It has helped me to build my confidence to perform in front of others, and focusing on the intention of the lyrics and the meaning of the song has definitely improved my delivery of the songs.' Libby (8S)

'The workshops have helped me to be more confident on stage and I really felt my improvement when I was on stage for the festival.' Emily (8F)

'The workshops have made performing easier because we focus on breathing and techniques we wouldn't normally look at in class.' Caelan (8A)

'Our weekly workshops have really helped me to focus on my breathing technique and delivering a range of dynamics in my voice.' Keira (8A)

'I really enjoy the workshops because they have helped me to improve my skill in performing.' Charlotte (8W)

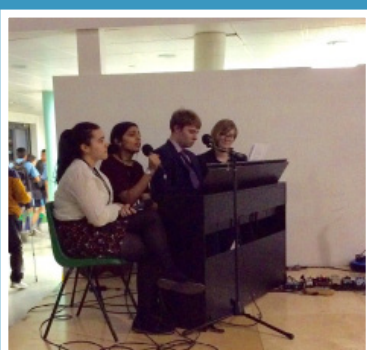
YEAR 7 AND 8 FESTIVAL

On Wednesday 20th March 2019, Ruislip High School held its annual Year 7 and 8 festival from 5:00-7:00pm. This community event, which involves students raising money for the school's charity by hosting their own tutor stall, had over 400 visitors. Following the success of the Trust's first Carol Concert in December 2018, students from Vyners and Ryefield were invited to perform in the school's atrium as part of the programme of solo and group singers. The audience enjoyed Ryefield's Year 3 to 6 choir perform a number of popular songs including 'A Million Dreams' from *The Greatest Showman* and 'Hallelujah' composed by Leonard Cohen. The Year 12 students from Vyners - Samuel, Jasmine, Amelia and Inderpreet - are all studying A-level music and it was their first public performance as a group of four.

Dr Lecky said afterwards: *'It was a very uplifting evening where students from Years 3 to 12 across the Trust entertained us all and reminded us of the joy that music brings to all our lives.'*

Mr Murray, Assistant Headteacher, Ryefield, said: *'It was a great opportunity to showcase musical talent with a huge heap of camaraderie thrown in.'*

Student quotes



Year 12 students from Vyners perform as a group

Vyners

Samuel: *'I very much enjoyed playing tonight; it has been a great experience.'*

Jasmine: *'Performing today was a great opportunity to gain more experience as well as being great fun!'*

Amelia: *'Today was my first time performing in front of an audience; this new experience was a real adrenaline rush. I loved it!'*

Inderpreet: *'Today was an amazing experience. The crowd was great and I can't wait to perform again.'*

Ryefield

Oliwia: *'Thank you Mr Murray for teaching us the songs because I didn't know I could do it.'*

Amelia: *'It all went well on the night and we all had fun because there was pinatas and different stands and we really enjoyed singing. All the other schools were really good too.'*

Julia: *'It was really nice to meet the other schools and it was nice to sing along with them.'*

Daria: *'I really liked it at the concert. My favourite part was when the other schools were singing because their voices were nice. I also liked when we were singing.'*

Jasroop: *'I liked it when the Year 7 and 8s sang because they had so much talent and they sang songs that they knew and some people knew the songs.'*

Uma: *'My favourite song was 'Living on a Prayer' because it was like being a rock star.'*

Imogen: *'Singing solo was very nerve-wracking but enjoyable at the same time.'*

Dhiya: *'The festival truly was an enjoyable experience. Singing in front of a supportive crowd makes everything so much easier, especially when you're nervous.'*



Students from Ryefield's Year 3 to 6 choir perform several popular songs

Ruislip High

David - Year 7 pianist: *'It was a pleasure to play the piano at the Festival and I felt very proud.'*

Caelan - Year 8 vocalist: *'It was amazing to sing at the Festival for a second year running. The support from the audience was brilliant!'*

Charliegeorge (Year 8): *'I thought it was very good and I enjoyed all the activities like the sumo wrestling suit.'*

Connor (Year 7): *'It was really fun, everyone had a job but we still had time to go and enjoy ourselves with our friends.'*



Students from Ruislip High School enjoy the activities and proudly display their stalls at the Year 7 and 8 festival

French student visit



French students taking part in a lesson at Ruislip High School

On Wednesday 27th February, Ruislip High was very pleased to welcome fifty-five students from the school's French link school Lycée International Montebello. The students came in two groups and were split into pairs to visit lessons across the school. Students also spent break and lunch together, which gave them an opportunity to share and compare their experiences of secondary school in England and France.

The French students had a chance to listen to and speak English, and Ruislip High students got to practise their French. It was the perfect opportunity to see how language, including mime, pictures and many other methods can be used when communicating in another language. Even students who do not study French had a go!

The French students particularly enjoyed the opportunity to experience lessons they don't do in France, such as Cultural Studies, Drama and Travel and Tourism. Some students even had a chance to make clay sculptures in Art.

The school is always very pleased to welcome the staff and students from France and we look forward to seeing them again next year. It is not only an enjoyable sociable experience for all students involved, but an important opportunity for students to understand more about relations with people from other countries and cultures.



Students from Lycée International Montebello and Ruislip High School pose for a photo

Below are some quotes from both Ruislip High students and the French students:

'We learnt about school life in France, I enjoyed getting to know someone from a different country and trying out my French.' Emma (10A)

'It was a very different experience, I liked hearing their English and learning things that we don't learn in class.' Meadow (10D)

'Visiting the school was very interesting. I'm so impressed by their uniforms and method of work. This school is beautiful. Pupils were really nice and it was a good experience for me.' Lise from Lycée International Montebello

'Ruislip High School is a very good school. It is very big. I remember the colours of their logo are blue, green and dark blue. Students there were gentle, they smiled, they were glad to meet us. I liked the classes that we had there.' Fatoumata from Lycée International Montebello

LET'S THINK DAY AT RUISLIP HIGH SCHOOL

Ruislip High School held its first ever Let's Think Day on Wednesday 15th January 2019 as part of the school's Let's Think School accreditation. The school hosted eleven delegates who are involved in Let's Think, and/or are interested in the cognitive acceleration classroom methodology. Let's Think programmes involve problem-solving classroom activities geared to different ages which provide learners with interesting and puzzling challenges. Carefully orchestrated by trained teachers, students tackle the problems collectively, reach their own conclusions, and reflect on the thinking processes they used. As they progress through the graded problems they become more confident, both at solving the puzzles and at knowing how to resolve cognitive challenges with peers and/or their teacher.



As part of the day, the delegates were able to observe a Let's Think lesson in English, mathematics and science, taught by Ms Keenan, Ms Mullane and Dr Lecky respectively and reviewed each lesson by considering the classroom methodology. The feedback from the day was extremely positive. Leah Crawford, Let's Think English tutor stated: *'For me, the power of the day was seeing all three subjects. This supports advanced generalisation, seeing patterns and differences.'*

Laurie Smith, one of the Founders of Let's Think English, wrote afterwards: *'I found it inspirational to see Let's Think in operation in all three subjects and students and staff so totally engaged.'*

The Let's Think appeal was also appreciated by international delegates. Ningyu Yang, a Chinese science teacher studying at UCL, wrote: *'I talked to Dr. Lecky afterwards about the possibility of co-operation between your school and my school in China, especially in training teachers about Let's Think Lessons.'* This type of partnership resonates with Vanguard Learning Trust's mission statement regarding its commitment to highly effective teaching which encourages intellectual curiosity.



Year 7: Let's Think English lesson with Ms Keenan



Year 7: Let's Think science lesson with Dr Lecky



Year 7: Let's Think maths lesson with Ms Mullane

LET'S THINK SCIENCE GAMES

On Friday 29th March, twenty-three Year 7 students visited Ruislip Gardens for the morning. The students were finalists in the Year 7 Let's Think Science competition.

The design brief had been as follows:

A variable is 'something that can change' and its values are 'how it changes'. The challenge is to design and make a game that teaches Year 6 students about variables and their values.

The Year 6 students from Ruislip Gardens thoroughly enjoyed playing the games. It was wonderful to see how impressed the Year 6 students were with the standard of the games and how the Year 7 Ruislip High students were role models and ambassadors for the school.

The overall winners were announced at the Year 7 Celebration Assembly.

First place:

Alexia (7C)

Second place:

Georgia (7F)

Third place:

Annabelle (7F)



Dr Lecky demonstrates how a slinky falls at the Year 7 celebration assembly



The overall winners with their certificates and prizes



Year 6 students from Ruislip Gardens enjoy playing the board games created by Year 7 students from Ruislip High School



Ruislip High Students

'I really enjoyed watching the Year 6 students playing my game.' Emma V (7B)

'It was really great to see the enthusiasm of the Year 6 students.' Zoi (7A)

'It was really fun to work with the younger students and help them understand variables and their values.' Maika (7B)

'It was really nice to go back to my old primary school as part of this topic.' Alexia (7C)

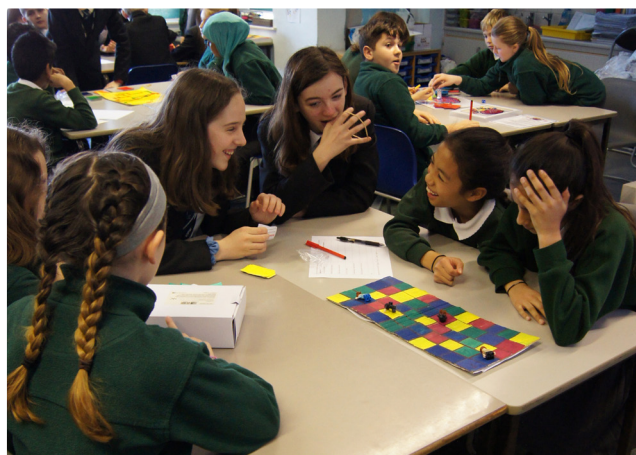
Ruislip Gardens Students

'The games were really fun and we all had a great time. We now understand variables and their values better.' Tia, Ella, Aidan and Nathan

'The board games were great and very creative.' Kimberly, Sara and Sophie

'The games were brilliant! Some of them should be sold in shops!' Emmy, Cassie, Kyran and Alyssa

'There was a lot of detail and effort put into the games. Some were a little bit challenging but we really enjoyed them!' Poppy, Chila, Halimah and Reece



Year 6 students from Ruislip Gardens enjoy playing the board games created by Year 7 students from Ruislip High School

SIXTH FORM NEWS

The Student Leadership Team 2018-2019:

On Thursday 8th March, we were delighted to announce the appointment of the new Student Leadership Team for the school.

The calibre of applications was incredibly high this year; all who applied demonstrated their understanding of the school ethos clearly in their written applications, the interview process and during the student presentations to their fellow Year 12s. After this rigorous application process, Dr Lecky, Ms O'Neill, Ms Horton and Mr Peacock, selected the following team:



The Student Leadership Team 2018-2019

Head Student – Daniel (C66)
Deputy Head Student – Saraneyaa (C63)
Head of Year 7 – Katie (C62)
Head of Year 8 – Sowela (C63)
Head of Year 9 – Kayleigh (C61) and Aoibhin (C61)
Head of Year 10 – Pamela (C61)
Head of Year 11 – Muna (C64)

The new prefect team will be in charge of promoting the school ethos across their year group or key stage. They will have the responsibility of leading assemblies and events, supporting lower school students and running the Year Team Council (YTC) for their year group. We are sure they will be excellent role models for students across the school.

In addition, the following students took on posts of responsibility in the sixth form community, to promote a positive environment for all students.

Head of Events – Laura (C66) and Lucy (C66)
Head of Joining Students – Jamie (C67) and Eulyn (C64)
Head of Communications – Caitlin (C66) and Macey (C66)
Head of Volunteering – Alex (C66)
Head of Mentoring – Aidan (C61)

We would like to wish all of our new student leaders good luck and we are sure they will do an amazing job over the next year!

Of course, ushering in a new team means we had to say goodbye to our previous Student Leadership Team, led by Head Student Maya (C66). Ms Horton said: *'I want to take this opportunity to say thank you to the entire team. I have been so grateful for all of their hard work, enthusiasm and boundless energy. They have been an inspiration to their peers in the sixth form and role models to all of the younger students in the school. I cannot express enough how proud they have made me as their Head of Year; we will really miss them volunteering at our school events.'*

Mr Peacock, who leads the Sixth Form Leadership Team commented: *'2018-19 was truly a vintage year for student leadership. I have felt so privileged to work with such an organised, enthusiastic and dedicated group of students. They have made a very meaningful contribution to school life through their mentoring of younger students, presence around the school on duty and tireless volunteering at countless evening events. They leave a legacy of excellence, and they will be truly missed.'*

Post-18 Parent Information Evening

On Wednesday 13th March, Year 12 parents were invited in to hear about the support on offer for all sixth form students, as they begin to think about their life beyond our school. The talk consisted of information about UCAS, the university application process, apprenticeships and Year 12 experience.

Led by Ms O'Neill, Ms Horton and Mr Karimi, we hope that all who attended left with a sense of focus, as our Year 12 students begin to think about their final year at Ruislip High School.

Easter Egg Hunt – Wednesday 3rd April

Sixth Form students welcomed Year 7 on Wednesday 3rd April for the annual Ruislip High School Easter Egg Hunt! Teams of Year 7 students were led by a sixth form captain to hunt the grounds for hidden eggs left behind by that pesky Easter bunny. Prizes were awarded to the Year 7 team who demonstrated the best team work skills at the event. But of course, all students who took part went home with a basket full of delicious, chocolatey treats. We hope all the students involved had an egg-cellent time!

Coming Up!

Sixth Form Trip to New York – Saturday 6th April – Friday 12th April

Sixth form students are really looking forward to their Easter trip to New York and Washington DC, accompanied by Mr Hankin and Ms Hill. Highlights of the visit will include: a trip to the Top of the Rock, Ellis Island, the Statue of Liberty, NBC Studios, famous sites used for filming television shows and films in New York City, the Broadway show 'Waitress' and a visit to the National Mall in Washington, as well as a shopping trip to an American mall. The school trusts that this will be an enriching and enjoyable trip for the sixth form students who attend.

SIXTH FORM SPEAKERS

As part of the Sixth Form extra-curricular timetable at Ruislip High, Year 12 students hear from an external speaker every few weeks. The talks are based on the theme of '3Cs' – Careers, Culture and Current Affairs. The majority of talks take place during Period 5 on Wednesdays in the comfortable location of the drama studio.

This term the students have had talks from visitors including: Amanda Collier from Hillingdon Samaritans; Lynne Snowdon from Animal Aid; Matt Segal from Frederick's restaurant, Islington (organised via Speakers for Schools) (pictured); Keith Plummer from London Ambulance Service NHS Trust; and James Mwenda from Helping Rhinos.

This follows a successful autumn term programme where visitors included Sir Harold Walker, former British diplomat.



Matt Segal from Frederick's restaurant, Islington

Speaker, Matt Segal, told students, *'If someone is late for an interview without explaining in advance, I tell them to learn from this mistake and be on time for their next interview. I won't employ them. When applying for jobs or at interview, compliment the business you are applying to. Do your research and show your personality. In catering you learn skills that apply in most other jobs: teamwork, dealing with the public, the importance of detail, pressure, customer service - all these are transferable skills. My advice is to find something you like doing, then get someone to pay you for it. I can compare life to sport. In anything in life, if you're winning or drawing, keep going the same way. However, if you're losing you have to change tactics.'*

The school would love to hear from any parents or guardians who have suggestions for visitors who might be prepared to speak to the sixth formers next year. Please contact Mr Alison via office@ruisliphigh.com

THE TEENAGE BRAIN AND YEAR 12 STUDENTS' REPLICATION OF KNOLL ET AL.'S (2015) STUDY

Since October 2018, Year 12 psychology students have been conducting their own study on the effects of conformity on risk perception, in adolescents and adults. Their study is a replication of published research: Knoll et al. (2015). Year 7, 9 and 11 students were asked to be participants, with two tutor groups from each year group taking part. This involved participants completing a questionnaire, asking them to rate how risky they believed certain behaviours to be, on a scale of 1-10. Participants were then shown the apparent ratings given by other adolescents and adults. These ratings were, in fact, randomly generated numbers. Participants then completed the risk questionnaire a second time to see if they conformed to the apparent ratings of other adolescents or adults. In March, the students analysed their findings and were intrigued that their results were consistent with the published research of Knoll et al. (2015). The findings showed that adolescents are far more likely to conform to the perceived opinions of other adolescents than those of adults (teachers). In contrast, adults were less likely to change their opinions; however, when they did, they were likely to conform to the opinions of other adults rather than adolescents.

The differences in the workings of the adolescent and adult brains have been an area of particular interest for psychologists over the past decade and there have been many developments in our understanding of this area of psychology in recent years. Conformity and risk perception are of particular relevance for adolescents; therefore, the students' research has significant implications for the understanding of students - across all year groups in the school - regarding their decision making and risk-taking behaviours. As such, assemblies on the teenage brain were delivered to all year groups in the school, which included a summary of the findings and conclusions of the Year 12 students' study, as well as an overview of the latest research on the teenage brain.

Professor Sarah-Jayne Blakemore, who was one of the researchers in the original study, has emphasised the importance of sharing research on the adolescent brain with adolescents themselves, so that they can develop their understanding of their emotions and behaviour. Professor Blakemore was fascinated by the Year 12 students' replication of her team's research and has responded by saying: *'We are so impressed that the students replicated our experiment! It's really interesting to see the results of their study.'*

Similarly, Ms Leung – a researcher who was also involved in the original study – has congratulated the Year 12 students on their replication study by saying: *'Sarah has mentioned the amazing work that you and your students have done and I am very impressed with all the effort that went into replicating the study. I would be very happy to discuss the findings further if it is helpful.'*



Students listen to assemblies on the teenage brain delivered by Year 12 students, Mr Karimi and Dr Lecky

SOPHIE MURPHY VISITS RUISLIP HIGH SCHOOL



Sophie Murphy, ex-Ruislip High School (RHS) student who left in July 2014, visited RHS on Monday 25th February 2019 to speak to eighteen students in Years 11, 12 and 13 who have applied (Year 13) or are considering applying (Years 11 and 12) to read medicine at university.

Sophie spoke candidly to students about her progression from A Levels which led her to read biomedical science at Warwick University gaining the highest grade in her cohort through to being offered several places on the graduate medicine degree course (4 years rather than 5 or 6). Sophie is currently in her third year of a medicine degree.

Year 13 students also shared their experiences to date with the UKCAT exams which all students have to take before applying and the BMAT exam which is required by specific universities including Oxford and Cambridge.

All students provided feedback afterwards about what they had learned which included:

'Sophie opened up my eyes to the hard decisions and challenges doctors face.' Thiviya (Year 11)

'I've learnt that I do fit the criteria of being a doctor and it makes me excited for my future. It reminds me of what my life will be like and what I am working so hard for.' Tamara (Year 11)

'The experience has portrayed to me that medicine is not only about intelligence and grades but more about how you present yourself and how you interact with other people. It has also shown me that to do medicine you have to display skills and lessons that you have learnt throughout your life and during work experience.' Angath (Year 11)

'I have learnt about how important communication and strategic thinking is within medicine and how this can impact university interviews.' Ula (Year 12)

'I learned how valuable lab experience can be and the possible benefits of completing a research degree before a medical degree.' Charlotte (Year 13)

'I have an even better understanding of what the life of a medical student is like and the challenges they face.' Marya (Year 13)

We are delighted that Zoe, Charlotte and Marya, Year 13 students, have all received conditional offers to read medicine in September 2019.

Dr Lecky, Headteacher, said afterwards:

'I was really proud listening to Sophie's honest narrative about her determination and tenacity to become a doctor; it certainly resonates with our school's ambition to 'reach for the sky' and one of our own school values of perseverance. I know Sophie will make an excellent doctor as she has the skills and attributes to make a difference to others' lives. I believe she inspired another generation of Ruislip High students to apply for medicine.'



SCHOOL PRODUCTION 'SALT' SEES YOUTH TRY TO TAKE CONTROL

The school production of 'Salt' took place in the Dench drama studio on Wednesday 6th March and Thursday 7th March.

The play, by Dawn King, is about generations, choices and hope. Life is never plain sailing, but when a new government initiative comes into place offering young people the chance to train and learn skills overseas, droves of teens jump at the chance to secure their future. Once on board the transport ship, the promises of the glossy advert seem a far cry from what lies ahead.

The cast included students from Years 9 and 10.

Leading roles were played by Liberty (Kassim), Hannah (Claudia), Sarita (Ade), Victoria (Rowan), Amelia (Morgan) and Rachel (Sal).

Director Ms Hart said, *'Mr Randall and I are so proud of the cast - they have worked so hard to prepare for the shows this week and they did such an amazing job! We are now so excited to prepare the show for a bigger stage for our performance at the Royal and Derngate Theatre on 1st April.'*

Cast member, Rachel, said, *'This was such a fun and enjoyable experience. I found it so interesting to find out about and understand my character more as the process went on. We are all really excited for the Northampton festival now!'*

The production is part of the National Theatre's Connections which is a competition that runs nationally with ten companies performing at the National Theatre.

Headteacher, Dr Lecky, said *'I left feeling a great sense of pride. I was gripped throughout and the acting made me forget I was watching our students. I enjoyed talking to Alex Thorpe, representative from the National Theatre, who met with the cast and staff directors afterwards to provide them with feedback before they perform in the National Theatre Connections Festival. He was really impressed with the performance and I am sure they will impress the audience when they perform in Northampton.'*

Writer Dawn King has said about her play, *'I was interested in the idea of young people being treated badly by the older generation, of their being "sold out". I was also drawn to the idea of a ship full of young people who are sailing away to find their futures and fortunes in a similar way to how young people have gone to sea or joined the army/navy for many centuries. I wanted to write about young people taking control, and finding their own path to their own future.'*



The cast of the school production of 'Salt'

YEAR 7 NEWS

Year 7 have had a fantastic spring term. They have shown their sense of community and unity as they worked together on events like the Ruislip High School Festival of Culture and World Book Day. They also demonstrated their learning skills and self-discipline through their first formal set of exams.

RHS Festival of Culture

Year 7 were so excited to take part in our annual festival of culture. During the planning stage, anticipation was high. Tutor teams worked so well together, buzzing with excitement as they shared ideas and brought them to fruition. Every tutor group chose a country to represent and celebrate. I know all tutor groups took their research seriously and they were all able to learn a lot about their chosen culture.

When the big night arrived our students couldn't have made the school any prouder. Year 7 proved themselves to be great ambassadors of the school. Each and every stall was a huge success and it was a joy to walk around sampling the different foods and exploring the different cultures.

Year 7 were also enthusiastic about taking part in the physical activities during the evening. There were many Year 7 students racing and diving on the bungee run, battling in the sumo ring and showing prowess on the gladiator event.

World Book Day

World Book Day is always a highlight in the RHS calendar. Students in Year 7 were invited to dress up as their favourite literary, film or comic book character to celebrate literature and reading. It was an amazing sight to see The Mad Hatter, Gangster Granny and Tweedle Dee and Tweedle Dum walking through the school - and that's just to name a few!

The students took part in a costume parade in a special World Book Day assembly and the best costumes were judged by Mr Davies, Ms Loizou, Ms Cooney and Ms Hunter.

Mrs Austen was thoroughly impressed with the students' efforts and was delighted when her tutor group won the best group award.

Year 7 Exams

Year 7 students sat their first formal exams at Ruislip High School. Their maturity was impressive and, despite feeling nervous, students did their best and this was reflected in the work that they produced.

Super Silver Cup

Year 7 have been battling to win the Super Silver Cup. Students are able to gain points for their tutor group based on attendance and reward wheels as well as bonus points for reading the school pledge in assembly. However, points can be lost based on the number of warnings that students receive. The results at the moment are top secret but there is fierce competition for the top spot! Winners will be announced in the celebration assembly.

English Super Curriculum

Over half term, fifteen students chose to take part in the English Super Curriculum. Students were challenged to read *A Monster Calls* by Patrick Ness and/or visit the Chinese Gallery at the Victoria and Albert Museum. The students who rose to the challenge will all receive a special prize from the English department in the celebration assembly.

Over the Easter break students have been challenged to read *Northern Lights* by Philip Pullman and/or visit a poetry event or the Imperial War Museum. It would be excellent to see more students getting involved and boosting their wider knowledge surrounding the curriculum.

Miss Loizou

Head of Year 7

YEAR 10 NEWS

As we approach the end of yet another successful term, it is an absolute pleasure to be able to write this newsletter.

I am currently in school with a large number of Year 10 students who will be taking on the challenge of the Duke of Edinburgh Silver Award this summer. After securing the highest ever pass rate the school has had in the Duke of Edinburgh Bronze Award, we have high hopes for the Silver Award. I think that the biggest hope is that the weather is more forgiving this year, the Bronze Award students were almost able to swim the expedition last year!

In addition, Year 10 are currently preparing for their exams. These will provide the first real look into what students might achieve at the end of Year 11. Students are all working hard and will hopefully be proud of everything that they achieve. I'd like to take this opportunity to thank all parents and carers for your continued support of your children. Their academic success is important and being supported from home as well as school will help them on their journey.

I had the absolute privilege of watching the dramatic production of 'Salt' earlier this month. 'Salt' is a theatre production that the school is entering into 'National Theatre Connections', a nationwide competition. With a small cast, the majority of which are in Year 10, they take the audience on a journey into a dystopian world by using extremely creative techniques. Compelling and exhilarating, I believe that this is the best school production I have seen in my time at Ruislip High.

Our successes in extra-curricular events doesn't end there! In March, Melina (10W) came second in the National Schools Judo Championships. Fighting internationally is just around the corner and we wish her every success in the future. In addition to this, a number of students have gone onto successes in the field of dance and theatre including, but not limited to, Cerys (10W), Louise (10S) and Victoria (10D). It is very exciting to see so many creative students within one year group. March was also great for the Year 10 students competing in the Panathlon. Yet again, our students have made it through to the next round of the competition and I look forward to writing about their future successes in the summer.

Year 10 had a brilliant Winter Reward Trip too, with the highest number of eligible students for the trip ever. Students went to the cinema and enjoyed a booked out screen to watch Mary Poppins. The Year 10 focus on learning is key as to why they keep breaking records for events such as the Reward Trip. I look forward to going on their final Summer Reward Trip with as many students as possible this July.

In keeping with their academia, Year 10 Parents' Evening was also a great success. With 95% of students and parents attending it meant that parents and carers could find out how their children are getting on and where more work needs to be done. It also gave the opportunity to celebrate the successes of students so far this year and encouragement for the year to come.

Finally, our term has ended with students looking at careers options. We have had a number of people come into school to speak to the students about careers, and it culminated in a careers day in late March. Students were given the opportunity to speak to employers, discover the different opportunities that might be available to them in the future, and consider where their education may get them. Haig (10B) described the day as *'fun and interesting.'*

I wish you all a pleasant holiday and look forward to an action packed summer term.

Mr Elsbey

Head of Year 10

YEAR 11 NEWS

2019 saw a very busy start for the Year 11 students, with a variety of projects and activities taking place.

Sixth Form Taster Day

At the start of January, the Year 11 students had a Sixth Form taster day, giving them the opportunity to experience a day in the life of a Ruislip High sixth-former. Students attended various lessons throughout the day and the feedback was very positive with many expressing the desire to stay on and continue studying at Ruislip High.

James Aidoo Guest Speaker:

Year 11 again took part in a series of motivational talks and workshops with guest speaker James Aidoo. The focus of the talks were on developing confidence, resilience and motivation. The day was extremely well received by all involved and Ruislip High School are hoping to get James back in again in the summer term to continue his inspirational work with Year 11.

PPEs Round 2

Students at Ruislip High School are now very used to sitting pre-public exams (PPEs), and none more than our Year 11 students. During their second round of PPEs, in preparation for their public exams in the summer term, Year 11 showed nothing but tremendous resilience during this time. Throughout the process the students were very mature, with many of them taking advantage of staying after school for additional catch up, revision and study club sessions.

Key dates for Year 11:

Monday 1st March 2019: Ruislip High School hosted a PPE results day for Year 11 students from 15:30 to 17:30. This was an excellent opportunity for students and parents/guardians to experience what it will actually be like on the day when Year 11 students collect their public exam results on August 22nd, 2019. There was an opportunity to talk to subject teachers and to receive advice from the sixth form team and careers advisor.

Thursday 27th June 2019: the long awaited Year 11 Prom takes place at Brunel University, an evening of Glitz and Glamour and the chance for students and staff to 'Dress to impress' and celebrate the end of another era at Ruislip High as a Year 11 student.

Thursday 22nd August: Year 11 GCSE Results day! The long anticipated envelope arrives and students are able to see their final GCSE results inside. It will be a time for many to celebrate, reflect and be rewarded for all the hard work and determination over the past year, with many being able to fulfil the next educational step chosen.

Mr Alexander

Head of Year 11

YEAR 8 NEWS

Another fantastic and busy term for our Year 8s! It seems that our students' resolution for the New Year was to raise their standard even higher!

We are getting praise from members of staff on a daily basis so, once again, we would like to express admiration for everything you are achieving with every passing day.

Here are just some of the things you and your parents/guardians should be very proud of.

Winter Reward Trip

Year 8 students joined other year groups in good numbers again for the Winter Reward Trip that took place at Cineworld in South Ruislip on 14th February. Students braved the harsh weather conditions to watch Mary Poppins and enjoy some nice treats! Needless to say, students had a lot of well-deserved fun. We were also very proud to say that Year 8 had the highest number of students eligible in school. This is evidence of how well the year group is doing.

Another reward trip will be organised in the summer term so if you want to enjoy a fun day outside school, keep your attendance high and your warnings low!

Youth Travel Ambassador

Ruislip Travel Ambassadors, liaising with the borough of Hillingdon, have been working on organising bike-ability training for forty students in Years 7 and 8. The training will take place during our first week back.

Students have also invited a theatre company to come and perform a play about road safety for the same year groups.

Their next project is to film a road safety spot in the summer term, so do not worry if you notice camera crews in front of the school, it will be our YTA team at work!

We would like to express our gratitude to the team, they are really trying hard to make our students and our community safer.

Well done and thank you YTA Team!

Festival of Cultural Integrity – 20th March

As promised in the previous newsletter, the Festival of Cultural Integrity has proven to be a fantastic event for students, family and staff. The amount of work that students have invested in the creation and running of their stalls deserves the utmost admiration. We started our cultural journey on the shores of the United States with 8F and travelled all the way to Australia with 8W, with little detours via Canada, Mexico and India.

The event was organised to support parents and families of stillborn and premature children.

Well done to all of you. Your attitude during the preparation of the event and throughout the evening made us all proud. We would like to give special recognition to 8A, who raised the most money in the whole school during the event.

But, given the purpose of the event, it would be cynical to make it about competition and money. What was truly beautiful that evening, was to see the whole community celebrating our differences but, perhaps more importantly, showing our unity in rallying together to support a noble cause. Thank you Year 8.

Sport News

Well done to all our athletes who keep on wearing our colours with pride and dignity. There is so much great news this term, but so little space, so we will only mention the boys' football team who have achieved so much this year.

Not only did they win the league, but they also got to the FA Cup final which took place on 27th March, against Bishop Ramsey.

Unfortunately, the other team was the stronger side this time and Bishop Ramsey won 5-3.

Mr Ladhani and I went to the game and, even though the result was not what we had hoped for, we were very proud of them. Not only did they play fantastic football but they also demonstrated fantastic sportsmanship. They conducted themselves well and showed so much respect for their jersey and their adversaries. We really could not wish for a better team to represent our year group.

Well done boys!

Miss Lucas

on behalf of the Year 8 Team

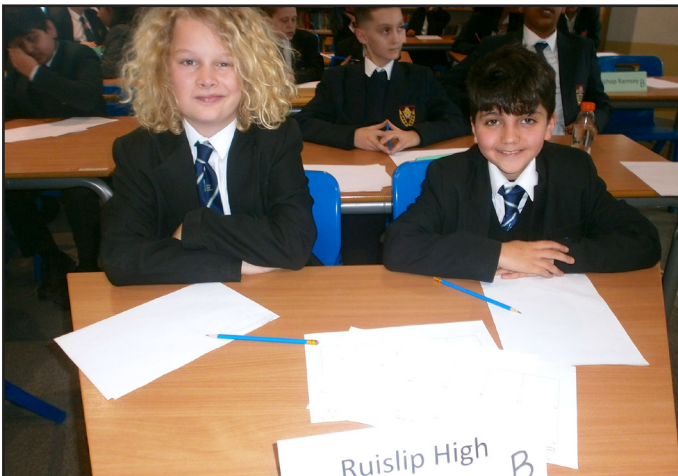
MATHS NEWS

Ruislip High Hosts Maths 24 Game

Several schools visited Ruislip High's learning resource centre on Wednesday 13th March for the latest round of the 24 game maths competition. Students are shown various combinations of numbers they have to manipulate to get 24 as the answer!

The schools taking part were: Ruislip High School; Bishopshalt School; Bishop Ramsey; Queensmead; Douay Martyrs; Guru Nanak Sikh Academy; Swakeleys; Harlington and Rosedale. The winning team was Bishopshalt School.

Organiser and host, Mr Agosta from Ruislip High, said '*What a fantastic evening for all involved. It was a pleasure to host such a wonderful event. Many thanks to Ms. Austen and our helpers from Years 8-10 for their reliability and effort. It was great to see so many young students excited about their numeracy skills. Congratulations to our competing students. Hopefully next year Ruislip High School can take home the gold medals.*'



Ruislip High students compete in the latest round of the 24 game maths competition

YEAR 9 NEWS

The spring term has been a busy one for Year 9 with a huge focus on GCSE Options and what the future holds. Students have been provided with lots of information about future careers and how their GCSE Options may help them achieve their aspirations.

This has been another really positive term for Year 9 and we still have a lot to look forward to in the summer term.

Here are just some of the things our year group should be very proud of:

Reward Trip

On 1st March, 52 out of the 76 Year 9 students who were eligible for the Winter Reward Trip attended a special screening of Mary Poppins at Cineworld, South Ruislip. The students snacked on popcorn and put their feet up for a well deserved break in recognition of all their efforts during the winter term. The students' walking journey was made slightly more difficult after a heavy snowfall but this certainly didn't dampen their spirits. The students were a credit to the year group and I am sure we will see many more of them on the Summer Reward Trip.

Battlefields Trip

During the spring half-term, 57 Year 9 students set off for the World War I Battlefields of France and Belgium. On day one, after arriving in Calais, students visited the sites of Newfoundland Park and Sunken Lake. On day two, the attention turned to the battlefields of Belgium. Students got to experience the real-life trenches of World War I at Sanctuary Wood and got to walk in the footsteps of the soldiers in these preserved trenches. Day two was capped off with the most moving part of the trip when Eve (9S) and Ronan (9S) laid a wreath on behalf of Ruislip High School at the Last Post Ceremony at the Menin Gate. Day 3 was a more relaxed day when students travelled to Paris to visit the Eiffel Tower. The two-hour queue did not dampen their spirits and the students were amazed at the views of Paris when they finally got to make their way up. The final day included visiting Wellington Quarry and Vimy Ridge trenches before setting sail back to Dover. The entire trip was an amazing and moving experience for both staff and students. Thanks to Ruislip High's ex-deputy headteacher, Mr Rich, for leading the trip and sharing his knowledge with the students, and also to Mr Alison, Mr Elsby, Ms Vora, Ms Hill and Ms Lucas for dedicating their time to support Year 9 on this trip.

'Salt' production

A number of Year 9 students have taken part in the National Theatre's Connections festival this term. This is an incredibly rare opportunity, as the National Theatre hand-picks the schools and theatre groups that apply to take part. 'Salt' was performed at school for two nights before the students travelled up to the prestigious Royal and Derngate Theatre in Northampton, for two days of performing, workshoping and watching other performances. This was a fascinating and precious insight into the world of both professional theatre and the life of a performer. Well done to Hannah (9F), Amy (9C), Rebecca (9B), Lucy (9D), Becky (9D) and Cody (9F) for all their performances and hard work. Thanks also to Miss Marsh for producing, facilitating and organising the show and trip, and to Miss Hart and Mr Randall for directing and taking the trip to Northampton. The students should all be incredibly proud of themselves. We wait with bated breath to see if we are through to the next round - performing at the National Theatre itself!

Options Evening

Year 9 Options Evening was an extremely informative and eye-opening experience for our students, which took place on Thursday 14th March. 99% of parent/guardians attended the evening and met with core subject teachers as well as visiting the department stations in the main hall. At each station they were given information about the subject and advice on the suitability of the choice for them. Students have now selected their GCSE Options and will receive further feedback regarding this in the summer term. Thanks to Ms Davison for organising the event and delivering the information talk to parent/guardians during the evening.

Citizenship PPE

Year 9 have coped amazingly well with the new exam procedures at Ruislip High School and have completed their first proper pre-public exam practice for their first GCSE in Citizenship on Friday 29th March. The attitude and behaviour of the students was of the highest level and they have proved that they are more than ready to jump into all their GCSEs in Year 10 and that the exam process will be a comfortable one for them.

More Exciting Times Ahead

The summer term has even more exciting events for Year 9. Year 9 are looking forward to the annual Activities Week which will include trips and physical activities. Many Year 9 students will also be eligible for the summer reward trip in July to celebrate their success over the spring and summer terms. The exams in early June will give us all a chance to show how hard we have worked this year. Sports Day is always a spectacular event, and should be an extra special occasion this year as it is, of course, Year 9's last year of competing.

We hope you all have an enjoyable, restful and deserved Easter break.

Mr Askin and Mr Randall

Head and Assistant Head of Year 9

CAREERS EVENT



Ruislip High students at the careers fair on Thursday 21st March

Ruislip High staged a careers week from 18th - 22nd March. The main event was a careers fair on the morning of Thursday 21st March, where numerous volunteers from across different sectors visited to talk to students across all year groups. Students in every year group from Year 7 to Year 11 had the opportunity to ask the variety of businesses and colleges questions about the different opportunities that would be available to them, how they could enter that market and the possible career paths.

Feedback from the students included:

7C - The stall holders were well organised, friendly and very informative. The freebies were great!

8A - Very friendly people who gave detailed explanations of their subjects and companies. Personalised information tailored to the needs of each individual (solicitors)

9F - The staff were really friendly and informative

10D - It was good that it wasn't a talk. Informative, they gave us a lot of information and answered any question we had. Free stationary.

LRC NEWS: HIGHLIGHTS

Special World Book day Edition



With spring approaching what a good time to reflect on what has already been a very busy period in the LRC.

One of the busiest and most exciting events for the LRC is World Book day. One day each year students in Year 7 are allowed to attend school dressed as a favourite book character and 2019 did not disappoint. A record number of Year 7 students arrived to school dressed in costumes, many of which were handmade.

This year's event was a little different as, due to exams, the location changed and it took place in the ground floor atrium of the school. What an event it was! So many students and staff participated and took to the stage to show off their creations, with many prizes being awarded on the day.

Even Mr Davies, Head of School, got in on the action by being a judge, along with Miss Loizou, Head of Year 7, Miss Hunter, Miss Cooney (Family Liaison officers) and Miss Flynn, Head of the Learning Computer Centre, who all did an outstanding job of judging the costumes and the difficult task of choosing the winners.

This was one of the best World Books Day events at Ruislip High to date and definitely one to beat!



Ruislip High students dress up as their favourite book character for World Book Day 2019

24 Game Maths challenge in the LRC



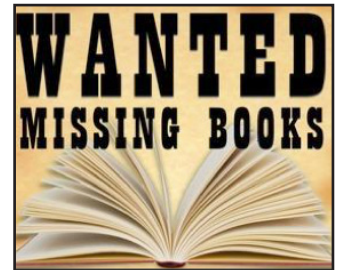
Another yearly event is the 24 Game challenge which takes place in the LRC every year, hosted by the Maths department.

There is always a buzz of excitement in the air as a number of local secondary schools gather in the LRC, with several teams of students all trying to win the title of '24 Game challenge winner', with prizes for 1st, 2nd and 3rd place.

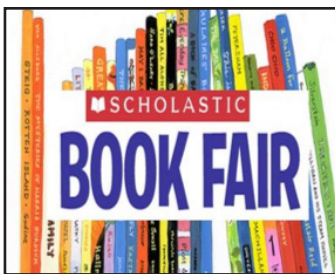
It was an amazing event and one enjoyed by all.

Missing Books

Although a large number of overdue books have been returned, there are still many past their return date, despite numerous reminders. It would be very much appreciated if all parents/guardians would have a look at home to see if there are any books belonging to the LRC, as the cost of replacing them is extremely high. If books are found, they should be returned to the LRC and placed in the return box.



Scholastics Book Fair



Following a hugely successful book fair last year, which resulted in the LRC being awarded with a number of free books, the LRC will be holding another book fair during week commencing: Monday 29th April – Friday 3rd May 2019. Students will have the opportunity to visit the book fair throughout the day, during their break and lunchtimes and after school.

Parents/guardians will have the opportunity to visit the book fair after school every day between 3:00pm and 4:00pm.

Don't miss out!!



For Hillingdon residents who own a Hillingdon First card, there are special discounts and privileges available and you are entitled to special rate parking at the shopping centre and parking meters in Hillingdon borough.

You can also get discount in many shops. It also acts as a library card and this allows Hillingdon residents to become a member of any of the seventeen libraries in Hillingdon, many of which have recently been refurbished and updated. All you need to do is show your card at the library of your choice and they will activate it so you can start borrowing books immediately, and use all the library facilities.

The LRC would like to wish everyone a fantastic Easter.

Mrs Austen
LRC Manager

GEOGRAPHY NEWS



Year 9 students with the new display in the Geography corridor

The Geography Department is pleased to be showing some amazing geographical places in this newsletter. A new display on the D2 corridor showcases several World Heritage Sites for students to discuss. It also has web links about the world's weirdest buildings and steepest roads! The display can be seen here with Luke, Ellis and Kyle from 9B.

The department is also excited to be marking ten years of residential geography field trips at Ruislip High. From Monday 1st to Wednesday 3rd July, the Year 10 GCSE Geography students will visit Swanage in Dorset. It's another big trip, with over 120 students taking part! This will be the tenth year in a row that this trip has taken place. Students will carry out two fieldwork investigations. For the physical geography study, students will compare the coastal management of Studland Bay to Swanage Bay. For the human geography study, students will investigate the land use of Swanage and how it links to tourism. As with previous years, the students will also visit sections of the Jurassic Coast World Heritage Site, including seeing Lulworth Cove and Durdle Door. We'll be staying at the Chatsworth Centre.

From Saturday 15th to Tuesday 18th June, the Year 12 A-level Geography class will be visiting the Norfolk coastline. Here they will plan their own inquiries into the extent to which the coastline is managed in a sustainable and integrated way. Key fieldwork locations will include Cromer, Bacton, Happisburgh and Sea Palling. Students will stay at Sheringham Youth Hostel and will be accompanied by Mr Alison and Mr Peacock.

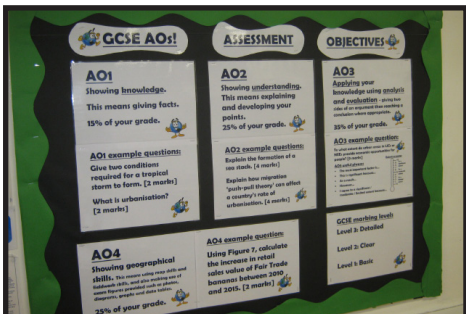
Year 13 A-Level Geography

The Year 13 Geographers have been working towards their two A-level exams: *Paper 1: Physical Geography* on Wednesday 22nd May, and *Paper 2: Human Geography* on Thursday 6th June. Both exams are a challenging 2 hours and 30 minutes. The department wishes all the students successful futures after seven years at Ruislip High.

Year 12 A-Level Geography

The Year 12 Geographers have been working their way through four units of the AQA A-level. Mr Peacock has taught 'Natural Hazards' and 'Coastal systems and landscapes', while Mr Alison has delivered 'Resource Security' and 'Changing Places'. Please see the summer term newsletter for lots of pictures from their field trip to Norfolk in June.

Year 11 GCSE Geography



The new display the department has made for all the classrooms on the GCSE assessment objectives.

Year 11 students have their three GCSE exams coming up: *Paper 1: Living with the Physical Environment* on Tuesday 21st May; *Paper 2: Challenges in the Human Environment* on Wednesday 5th June and *Paper 3: Geographical Applications* on Thursday 13th June.

All students have revision guides written by the department, called the revision 'Megabooks'. These contain full personal learning checklists (PLCs) for each topic. Good luck Year 11!

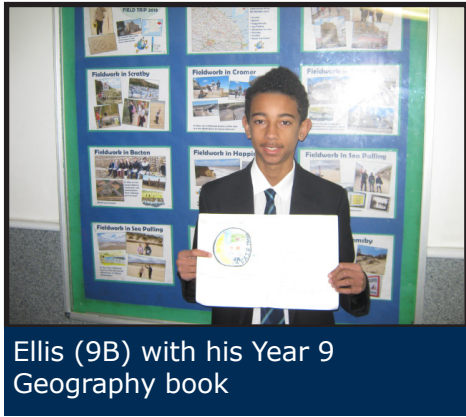
A key focus this year to help boost results further is to assist students to understand more about how their exams are marked.

Year 10 GCSE Geography

The department is looking forward to taking the Year 10 GCSE Geographers on a residential field trip to Swanage, Dorset, in July (see above). Over the course of this term, Year 10 have been working hard on the second and third of the Year 10 topics, 'The challenge of natural

hazards' and 'Living World'. In particular, students and teachers have enjoyed learning about a very interesting case study, Svalbard, the most northerly inhabited place on Earth!

Year 9 Geography



Ellis (9B) with his Year 9 Geography book

Firstly, Year 9 completed their study of South America by investigating the reasons behind deforestation in Amazonia. They also looked at the impact of tree felling on indigenous tribal groups. Year 9 students then moved on to study 'Globalisation and Earning a Living', followed by 'Superpower Geography'.

Ellis in 9B (pictured) was proud of his Year 9 Geography book.

Ellis said, 'This term in geography has been interesting as usual. In particular, with Mr Askin we have been thinking about which countries can challenge the USA as the world's superpower country.'

Year 8 Geography

Year 8 have studied the Geography of Japan as an example of a developed country. They have studied its history and unique culture, and examined why it has become such an economically successful country despite a shortage of flat land and available natural resources. Year 8 then moved on to study the world's changing population. Their tasks included drawing a graph to show the world's growing population, creating a population pyramid for the UK and studying China's one-child policy from 1979-2016. Following this, Year 8 students have been learning about the geography of energy, in particular learning the story of the USA's Hoover Dam.

Year 7 Geography

Year 7 have been learning about cold environments. They have learnt about the world's mountain ranges, glaciers and the conquest of Everest in 1953. They then studied the world's only continent with no permanent inhabitants, Antarctica. They learned about its wildlife, the 1911/12 race to the South Pole, and how the continent is being looked after today under the Antarctic Treaty. In the second topic of the term, 'Settlement', students have studied the history of Ruislip through looking at historical maps of the local area, and learned about how and why it has grown.

From the Geography Department:

Mr Alison, Mr Askin, Ms Mulqueaney, Mr Peacock

TRAVEL AND TOURISM NEWS

The Travel and Tourism department has been working hard on building on the success of last year's Year 13 students. Students have been developing their skills of independent learning and research apace.

Year 12

Students have been working towards Unit 3: The UK as a destination. They have been studying the different ways in which countryside, seaside and city destinations within the UK can attract a range of types of inbound and domestic tourist, as well as considering the different factors which affect tourist numbers in the UK.

Year 13

Students have been working hard to complete the final units of the course: Unit 4: Customer Service and Travel and Tourism and Unit 7: European Destinations. During this time, students have been exploring the skills required to deal with customer queries and complaints effectively in the travel industry. The department has been particularly impressed with Becky (form), Harry (form) and Klaudia (form), who are all ahead of schedule with their coursework and are on track to achieve a Distinction*, the highest grade possible.

Mr B Peacock and Ms A Mulqueaney

Curriculum Leaders (Travel & Tourism)

ENGLISH NEWS

Curious Incident

On Wednesday 3rd April, Year 9 students were lucky enough to attend the National Theatre's performance of *The Curious Incident of the Dog in the Night Time*.

Here's what students and staff had to say:

'It was a great experience to watch the Curious Incident of the Dog in the Night-time, it was very moving; it's a must watch!' Hamda (9A)

'I thought it was absolutely brilliant, perfectly executed and a brilliant experience. So glad I came.' Luke (9B)

'I highly enjoyed the show, particularly the creativity and organisation of the performance.' Lucy (9D)

'I found the Curious Incident of the Dog in the Night-time very enjoyable and intriguing. This was my first time watching a theatre production in the West End and I am very glad I made the decision to go.' Adon (9D)



Ruislip High students the National Theatre's performance of *The Curious Incident of the Dog in the Night Time*.

If you would like to see the production - <https://www.nationaltheatre.org.uk/shows/the-curious-incident-of-the-dog-in-the-night-time>



Staff dress up to celebrate World Book Day 2019

World Book Day!

The English department celebrated World Book Day by dressing as one of our favourite poems. We loved seeing our Year 7 students in their World Book Day outfits celebrating our favourite thing, reading, all day long.

BBC Radio Two 500 word short story competition

Students in Years 7 and 8 have been writing original 500 word stories in response to the BBC Radio Two short story competition. The 500 Words Final will broadcast live from Windsor Castle on BBC Radio Two's Zoe Ball Breakfast Show, on Friday 14th June. The winning entries in this national competition will be read live on the radio by a celebrity to an audience of up to 10 million listeners in June.

<https://www.bbc.co.uk/programmes/articles/50pnqLfDywb9CFxjNvth510/about-500-words>

Book of the Week

English teachers in each year group are sharing their favourite books in assembly each week to inspire students and recommend some cracking reads.

English Super Curriculum

We are continuing to challenge students to take the Super Curriculum challenge – and students are starting to win prizes! Check the digital signage and Show My Homework for details of the Easter Challenge. Students are encouraged to experience events outside the classroom which bring English to life and to read around the curriculum to extend their curiosity and knowledge further.

CURRICULUM NEWS - KEY STAGE 3

- **Year 7** students have been stretching their powers of rhetoric in our Famous Speeches unit.
- **Year 8** students have been exploring our capital city through the writing of authors such as Charles Dickens, Monica Ali and Zadie Smith in our London Through the Pages scheme
- **Year 9** students have been studying a range of dystopian fiction, from Orwell's Animal Farm and 1984 to more modern classics like The Hunger Games. They are also revising Of Mice and Men and starting to write about unseen texts for their GCSE-style summer exams.
- **Year 10** students have been getting to grips with their GCSEs and have now studied two of their Literature set texts: The Strange Case of Dr Jekyll and Mr Hyde by R.L. Stevenson and An Inspector Calls by J.B. Priestley. They have also honed their writing and analytical skills as they studied for paper one of the English Language exam. They have now sat their first two GCSE-style exams, one Literature and one Language paper: results will be given after Easter.
- **Year 11** students have now completed the course for both English Language and English Literature GCSE and are spending every lesson revising and practising the skills they need to succeed this summer.
- **Year 12** English Language students have been investigating how language is used to influence readers and have started to explore the topic of language change.
- **Year 12** English Literature students have now studied A Streetcar Named Desire for the drama exam, alongside three coursework texts, Tess of the D'Urbervilles, Atonement and A Room with A View. They have also started to practise close analysis of unseen prose texts in the 1880- 1910 period.
- **Year 13** English Language and English Literature students have now finished the course for the exam and students are busy revising.

Carnegie Medal Shadowing Project

The English faculty is starting a reading challenge in which students will shadow the Carnegie Greenaway book prize, reading and discussing the books on the list. The CILIP Carnegie and Kate Greenaway Medals are the UK's oldest and most prestigious children's book awards, recognising outstanding writing for young people. There are eight books shortlisted. Details will be on the digital signage or for further information see Ms Marsh.

The shortlisted books: <https://www.carnegiegreenaway.org.uk/carnegie-current-shortlist.php>

PE NEWS

Netball

Year 7 Netball Hillingdon League Results

- Tuesday 8th January 2019 vs Uxbridge High Won 9-0
- Monday 14th January 2019 vs St Helen's Lost 8-2
- Wednesday 6th February 2019 vs Northwood School Won 16-13

C-Mia (7W)	WD-Klea (7B)
GD-Ellie (7A)	GK-Freya (7A)
GA-Ava (7C)	GS-Cassie (7S)
WA-Abigail (7W)	Shannon (7B)

Year 7 Hillingdon Borough Netball Tournament Results

The Year 7 netball team performed superbly to place third in their pool of eight teams, only missing out on going through to the semi-finals by one point.

Game results

- Queensmead 6-0 Win
- Bishop Ramsey 5-0 Win
- Bishopshalt 2-2 Draw
- Oakwood 4-0 Win
- Vyners 6-2 Loss
- St Helen's 2-0 Loss
- Haydon 4-0 Win
- Northwood College 1-1 Draw

Year 9 Netball Hillingdon League Results

- Tuesday 8th January 2019 vs Uxbridge High Won 7-5
- Monday 14th January 2019 vs St Helen's Won 12-9
- Tuesday 29th January 2019 vs Bishop Ramsey Won 14-2 (Lady of the match Chloe, 9W)



Wednesday 20th March 2019 vs Swakeleys

Having placed in the top two, the Year 9 team went through to the pool semi-final against a strong Swakeleys squad. The team placed well, but unfortunately lost 16-3. (Lady of the match Hannah, 9F)

Yasmin (9W)	Sky (9W)
Hannah (9F)	Skylar (9c)
Cody (9F)	Chloe (9W)
Lottie (9F)	Keira (9W)

Year 9 Hillingdon Borough Netball Tournament Results

Tuesday 26th February 2019

The Year 9 netball team achieved the school's best ever result in the borough tournament placing fourth in a closely contested event.

Game results

- Haydon 5-4 win
- Vyners 5-5 Draw
- Swakeleys 1-3 loss
- St Helen's 5-0 win
- Queensmead 4-3 win



The Year 9 netball team

Semi-final

- Vyners 3-2 loss

For 3/4th position

- Northwood College 6-4 loss

Rugby



Ruislip High School at the West London Girls Rugby Festival.

On Wednesday 16th January, the following girls took part in the West London Girls Rugby Festival.

Eleanor (8S)	Daisy (8S)
Ruby (8B)	Freya (7A)
Jiya-Arya (8A)	Grace (8S)
Chloe (8B)	Caitlin (8A)

They played six matches against William Perkin, St Helen's, Twyford, Ealing Fields and a Trust team. They secured one win with some excellent tackles by Eleanor, Freya, Ruby and Caitlin and some great runs from Daisy, Arya, Grace and Chloe.

A special mention goes to Freya, who was confident and showed a real flare for rugby, especially being the only Year 7 player.

Year 8 Football Team

RHS Vs Douay - 3-0 - League - This was a fine performance against a very skillful side. Defence won this game as both attacks were on point. The boys are playing some really good football. Performances like this justify the plaudits that they are receiving.

Jesang (8S) x1, Kobe (8C) x1, James (8F) x1

RHS Vs Haydon - 12-1 - League - This was a one-sided affair but an important lesson learned by the RHS boys, one that Mr Rutter feels could be the most important, being humble. The boys were professional throughout and stuck to their gameplan, despite being presented with easier alternatives. This lesson has served them well in the bigger games when the going has got tough.

Jesang (8S) x3, Joshua (8F) x3, Jesse (8F) x2, Alfie x2, Kobe (8C) x1, Harry x1

RHS vs Bishop Ramsey 4-2 - League - The league decider - that is how the RHS boys viewed this game. It paid off as, despite going one down, the boys knew they had to get back into the game to secure the League via a win or draw. Captain James (8F) clawed his team back into the contest on the stroke of half time with a text book free kick; it's becoming his speciality now. Jesang (8S) put them to the sword with some fine physical presence, and Kobe (8C) rounded the victory with a close finish.

Jesang x 2, Kobe x 1, James x 1

RHS vs JFS - 4-0 - County Cup - This was a big semi-final cup game. The boys respected their opponents' quality before KO, with JFS beating top schools to make it this far. But RHS played with confidence and attacking flair that forced their opponents on the back foot from the first whistle.

Jesang (8S) x3, Kobe (8C) x1.

The Year 8 team has finished the term strongly with an impressive undefeated record in the league, a final in the league cup and a final in the county cup. The Year 8 team is working hard behind the scenes in training to make sure their preparations match their ambitions. There were notable performances from Jesang (8S) with nine goals in four games, and the Captain, James (8F), leading by example on and off the field.

PE NEWS

Year 7

Performance League	Venue	Result
UHS	Away	Drew 2-2
Vyners	Home	Won 5-1
Queensmead	Away	Lost 4-3
Bishopshalt	Home	Won 6-0
Bishop Ramsey	Home	Lost 6-1
Douay Martyrs	Home	Drew 1-1
Haydon	Home	Won 3-0

Squad: Will (C), Jamie, Luke, William Maxim, Freddie, Mustafa, Benjamin, Corey, Mason, Finley, Sirjan, George and Dylan.

It was a good start to their secondary school football careers for the Year 7 team. They were placed in the top division and showed their ability to compete against some of the top schools in the district. They ended the season in third place, just missing out on the final, but there were lots of positives to work on for next season.

Well done to all the students in Year 7 that represented Ruislip High School this year.

Year 9

Performance League	Venue	Result
Queensmead	Away	Won 4-1
Vyners	Home	Won 6-1
Bishopshalt	Home	Won 5-0
Bishop Ramsey	Home	Lost 8-1
Uxbridge High	Away	Lost 3-0
Douay	Home	Won 3-0

Squad: George (9B), Sonny (9W), Josh (9F), Alfie B (9C), Luca (9D), Billy (9W), Alfie G (9S), Liam (9C), Mateo (9C), Pharrell (9S), Akos (9S), Benjamin (9D) and Daniel (9F).

This was a much improved season for the Year 9 football teams. There were plenty of goals scored throughout the season which showed their ability to play in the top league. The boys got to the last sixteen of the Middlesex Cup, losing 3-2 in the game versus St Gregory College.

The focus for next season will be to avoid letting games get away from them and ensure they are working hard whether they are in a winning or losing position.

Well done to all the students in Year 9 that represented Ruislip High School this year.

Year 10

Performance League	Venue	Result
Vyners	Away	Won 7-3
Bishopshalt	Away	Won 3-0
Bishop Ramsey	Home	Lost 5-1
Queensmead	Home	Lost 2-1
Haydon	Away	Won 3-0
Douay	Home	Lost 5-1

Squad: Amit (10C), Tom (10B), Toby (10A), Callum (10C), Jack (10F), Oliver (10C), Gene (10F), Luis (10F), Adam (10A), Hekmat (10C), Haydn (10C), Oliver (10F), Joshua (10B), Archie (10W), Ryan (10C), Henry (10S) and Daniel (10A).

This was a well balanced season for the Year 10 football team, with three wins and three losses in the league. The team needs to focus on staying in the game and not letting their heads drop after going behind by a goal or two.

Well done to all the students in Year 10 that represented Ruislip High School this year.

Year 11

Squad: Joe, Jacob, Warsame, Will, Aaron, Tom, James, Matt, Kyle, Brandonne, Myles and Dan.

The Year 11 team has had a successful season. With more of their time being focused on exams, the Year 11 team drew one game against Oakwood in the league.

However, in the Middlesex Cup they have showed their willingness to work for one another and desire to succeed by getting through to the semi-finals. They beat Richard Challoner, JFS and Chiswick in the previous round. The semi-final fixture will be played on Monday 25th March against Queens Park.

Year 7 Rugby



The Year 7 rugby team

On Friday 15th March, William Q, Owen, Harry D, Ethan, Morgan, Harry C, Luke, William L, Liiban and Connor represented Ruislip High in a rugby festival.

The boys were excellent throughout the tournament, playing some good rugby.

They were passing the ball and receiving the ball on the move, rucking, showing good technique in their tackle and being brave running forwards, aiming to break the defensive line of the other schools.

The boys played against William Perkin, Douay, Oakwood, Haydon and Uxbridge High, winning four games and losing one. There were tries from Harry C (2), Harry D (2), Luke F(2), William L (4), Ethan and William Q throughout the tournament.

Well done to all the students in Year 7 that represented the Year 7 rugby team.

Staff vs Students Cup

Table Tennis

After 31 games of table tennis played it was the staff that was victorious in the first competitive staff vs students match.

Staff 1 - 0 Students



Volleyball

After four matches, it ended three games to one for the staff.

Staff 2 - 0 Students



Badminton

After twenty-one games of badminton it finished 31 to 4 for the staff.

Staff 3 - 0 Students

Hillingdon Cross Country

On Thursday 24th January, Ruislip High School students competed in the Hillington Cross Country.



STUDENTS INSPIRED BY CAMBRIDGE UNIVERSITY TALK

On Wednesday 20th March, Ruislip High played host to Will Fenwick (Schools Liaison Officer at Robinson College, Cambridge) and Eddie Honein (an RHS alumnus currently in his second year reading natural sciences at the University of Cambridge). They gave talks to groups of Year 10, 11 and 12 students about what studying at Cambridge is like and how to make a successful application.

It was a real bonus for the school that over 70 students were able to hear the advice of Eddie, who is one of a number of students in recent years to make a successful transition from Ruislip High to Oxbridge.

The school would like to thank Mr Fenwick, as well as Mr Peacock from Ruislip High, for organising this opportunity.

HISTORY NEWS

Battlefields experience for Year 9 students

The annual Year 9 Battlefields trip took place over February half term, from Sunday 17th to Wednesday 20th February. This trip has taken place every year since 2009.

Fifty-seven students visited the following key sites associated with World War I: Talbot House in Poperinge; The Arras tunnels; Tyne Cot cemetery; Lijssenthoek cemetery; Langemark cemetery; Essex farm cemetery; the Thiepval Memorial; the Vimy Ridge trenches; Newfoundland Park; the 'Sunken Lane' no-mans' land area and the Sanctuary Wood trenches.

Students also enjoyed a day trip to Paris where they went up the Eiffel Tower and walked along the Champs-Élysées.

Students attended the Last Post ceremony at the Menin Gate in Ypres, where Ronan and Eve, both 9S, laid a wreath.

On the last day, students had a minute's silence at the Ring of Remembrance at Notre Dame de Lorette. Students were accompanied by Mr Askin, Mr Alison, Ms Hill, Mr Elsby, Ms Lucas and Ms Vora.

Jawad (9F) said: *'This was a unique experience and the best school trip I've ever been on. We discovered all about trench warfare and how awful it must have been. Seeing all the cemeteries and memorials to the fallen has given me a different view on life.'*

Ali (9A) said: *'Ending the trip at the Ring of Remembrance was emotional. It was an incredible piece of architecture and an amazing place to stand as we remembered all those involved in the war.'*



Ruislip High students during their Year 9 Battlefields trip

PANATHLON NEWS



Ruislip High students representing team Hillingdon at this year's Panathlon competition

On 17th January 2019, seven of our students took part this year's Panathlon competition. The first heat was held at Featherstone High School. We competed alongside other Hillingdon schools against schools from Hounslow, Richmond and Ealing.

Kavindu (10D), Satya (10C), Reece (Year 10) and Katy (8B), Lily-Mai (8F), Tommy (8F) and Storme (8F) all took part in team and individual sports as well as relays.

Kavindu and Katy won Gold medals for the power chair slalom. Katy also took part in the manual wheelchair slalom for which she received a Silver.

Lily-Mai won Gold for beanbag throwing and Satya won Gold for new-age curling.

Reece, Tommy and Storme won Gold for polybat and Reece won Silver for the javelin.

The climax of the day was the exciting relay races in which students of all abilities took part. Katy was astonishing as she took part in three different categories of race: powerchair, self-propelled and running. Tommy, Reece and Storme ran incredibly fast to collect points which led our team to first place. Overall, the Ruislip High students helped the Hillingdon team win this year's first heat and they went on to represent Hillingdon in the West London Championship at St Mary's University on 25th March 2019.

Kavindu, Satya, Katy, Lily-Mai, Tommy and Storme were joined by Nikolaos (7F) from Year 7.

Again the students all took part in events such as polybat, new-age curling, wheelchair slalom, beanbag throwing and athletic events and all received medals.

Kavindu and Katy won Gold for powerchair slalom and Katy won bronze for manual wheelchair slalom.

Nikolaos and Satya won Bronze for new-age curling,

Lily-Mai won Silver for beanbag throwing.

Tommy and Storme were runners up in the polybat.

As before, the races at the end were intense and our students gave it their all to try and gain points, with Katy doing the triple again!

The competition was tough in this round and we came third overall.

The Panathlon is a great opportunity for students with disabilities to participate in sport and our students thoroughly enjoy taking part each year. They are a credit to the school as they show great sportsmanship throughout.

More information about Panathlon can be found on: <http://panathlon.com/>

Student quotes:

Kavindu said: *'It was great.'*

Lily-Mai said: *'I enjoyed the beanbags.'*

Storme said: *'I love the Panathlon, it's epic!'*

SIXTH FORM NEUROSCIENCE TALK

On Wednesday 23rd January 2019, Sixth Form students attended a special extended assembly on neuroscience given by Jeremy Dudman-Jones.

Mr Dudman-Jones is the Assistant Headteacher at Greenford High School and is also a council member of Learnus, a community of researchers and educators dedicated to promoting neuroscience in schools - both in terms of research and evidence - in order to impact students' learning.



The talk focused on many aspects of neuroscience, with a particular emphasis on areas that are linked to the teenage brain. Mr Dudman-Jones explained sleep patterns in adolescents; he highlighted the differences in the circadian rhythms of adolescents, compared to adults, showing the impact of delayed melatonin secretion in the former group. The talk also gave students an introduction to neurochemistry with a detailed analysis of neurotransmitters and the effect they have on behaviour and emotions.

Undoubtedly, the students' highlight of the presentation was Mr Dudman-Jones' explanation of brain plasticity in terms of the way the human brain can create, strengthen and weaken neural connections, every time an individual learns something new (or forgets something they have not thought about for a while!). This section of the talk identified the important links between neural plasticity, memory and revision strategies, and enabled students to assess their revision strategies from a neural perspective.

The Sixth Form students thoroughly enjoyed the talk and they all came away from it having learnt something new about neuroscience.

Sagal in Year 13 (C61) said: 'It was really interesting to learn about how the brain works and how that links to memory and revision techniques for exams.'

Isha in Year 13 (C61) said: 'I thought this experience taught us a lot about how the brain works and the importance of brain plasticity in everyday life.'

SUMMER TERM DATES

Tuesday 23rd April - Thursday 18th July, 2019

- **Tuesday 23rd April, 2019: Summer term begins**
- **Tuesday 23rd April - Friday 26th April, 2019: Year 12 assessments (pre-public examinations)**
- **Monday 6th May, 2019: Bank holiday**
- **Wednesday 8th May, 2019: Year 8 Parents' evening, 2:30pm–7pm (school finishes at 1:30pm except Year 11 and Year 13 – finish at 2:35pm)**
- **Friday 24th May, 2019: Last day of half term**
- **Monday 3rd June, 2019: Half term begins**
- **Monday 17th June - Friday 21st June, 2019: Year 9 internal exam week**
- **Thursday 18th July, 2019: Last day of term**
- **Friday 19th July, 2019: Staff training/INSET day**
- **Monday 22nd July, 2019: Staff training/INSET day**
- **Tuesday 23rd July, 2019: Staff training/INSET day**

For the full term dates for 2018-19, visit the website, www.ruisliphigh.com



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