

Summer Term 2022-23 | Issue 15 18.05.2023

## SENIOR BOROUGH ATHLETICS 2023



*"All of the students who took part in the Borough Athletics Competition really did the school proud. Their dedication and teamwork saw us achieve some fantastic results!"*

**Mr Rutter**

Image above: The members of our Year 10 relay team proudly show off their gold medals

Ruislip High fielded 30 pupils from Year 9 and 10 (full student list below). All students were a credit to the school both in competition and in appearance amongst other schools in the borough.

Alex, Year 10, got Ruislip off to a flying start, winning the 800m in a straight final. Alex dictated the tempo early and stuck to his own plan, allowing others to press ahead without them getting too far ahead. Within the second lap, Alex put his foot down and controlled the race from there, finishing comfortably ahead at 2 minutes 23 seconds.

Anna, Year 10, competed in the 300m race: she finished second comfortably in her first heat and then prevailed victoriously in the final with a time of 46.84. Congratulations Anna on a fantastic end result.

The Year 9s competing in their first senior event also started strong with Zoe competing and winning gold in the Javelin. She threw at a distance of 22.85m - well done!



Jake, Year 9, ran in the daunting 85m hurdles and made light work of the competition, showing his composure at each hurdle and winning gold by a time of 12.84. Teighan, Year 9, competed in the 200m and won gold in the high jump event. Her jump of 1.40m was a clear winner to the runner-up at 1.36m. Jaydon, Year 9, who competed in the 200m, won gold in the long jump with a best jump of 4.82m. He certainly enjoyed his victory.

Sam, Year 10, who won gold in the discus event last year, settled for silver this time, missing out on gold by 1 metre with a throw of 21.12m. A fantastic effort from a reliable pupil who gives 100% in everything he tries.

Joe, Year 10, ran in the 1500m. He is usually more comfortable dominating on the football pitch, but here, he controlled 99% of the race. It was a superb effort and in his attempt to secure the gold, he stretched ahead in the final lap to create a gap. Unfortunately, in the last 150m, a sprint finish started, where he agonisingly lost out by three tenths of a second. His recorded time was 4 minutes 41.54 seconds. A great effort - and Joe would be back later in the day for more.



Zayn, Year 10, RHS's star sprinter, made light work of his first heat, winning comfortably, and then dominated the final with a time of 11.09 seconds. If you ever get an opportunity to watch Zayn sprint, you should do so, as it is an impressive sight.

All pupils performed to the best of their ability, showing resilience, but also representing the school to the highest standards a pupil can at any event. The day was capped off by a fantastic performance from the Year 10 boys' relay team: Joe, Alex, Rafferty and Zayn. The team came away with a gold medal - they should all be proud.

Please share your congratulations with all of the pupils below, for their part in representing the school.

## STUDENT TEAMS:

### Year 9

Jaydon D (9D)  
 Alfie S (9D)  
 Jake H (9F)  
 Adam D (9S)  
 Arun B (9S)  
 Yousuf A (9S)  
 Max B (9B)  
 Finley B (9C)  
 Alfie H (9A)  
 Kalina B (9A)  
 Teighan G (9F)  
 Chelsea-Rose K (9C)

Eliana R (9B)  
 Eve A (9D)  
 Maya R (9W)  
 Zoe M (9B)  
 Elena L (9C)

### Year 10

Zayn A (10W)  
 Micah W (10A)  
 Jeremiah M (10S)  
 Alex L (10W)  
 Joe K (10C)  
 Rafferty S (10D)  
 Sam W (10F)  
 Oliver B (10C)  
 Alice P (10S)  
 Anna B (10B)  
 Sara U (10W)  
 Neriah C (10S)

## YEAR 10 BUILD WORKSHOPS



Image above: Our Year 10 students enjoy giving tiling basics a go

*"It was a really fun and engaging way to learn about all of the possible careers within this field that we could consider in the future."*

**Ethan, Year 10**

On Tuesday 9th May, 2023, the majority of Year 10 students were lucky enough to attend a workshop focused on providing an insight into construction careers. Students participated in a variety of hands-on stations including: plumbing, bricklaying, electricals, carpentry and tiling.

Led by BUILD, a private construction training centre, based in Hayes, the students really enjoyed themselves and the BUILD staff described our students as 'terrific' throughout all sessions.

BUILD is passionate about supporting young people to develop their skills within the trade industry, and believes it is a career that offers young people a bright future. Our students certainly enjoyed themselves, with many interested in the range of options this career field can offer.

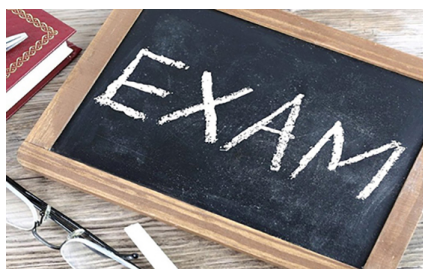
Leeson, Year 10, told us: "I really enjoyed it and it gave me an idea on what to do when I leave school. I really enjoyed the plumbing course as it seems like good fun and good money for the age you can start at."

Halimah, Year 10, said: 'It was interesting to see how many roles there are in the construction industry. I thought the BUILD team who led the day were really friendly.'

## EXAM SEASON: WHAT NOT TO SAY

As our students undertake their exams this term, the BBC has produced a guide for parents on what 'not to say' to your children during this time.

This helpful article is a great starting point to think about how we can support young people, during what can be a potentially stressful time. [Click here for the article.](#)



## KEY DATES:

Date:	Event
<b>Saturday 20th May</b>	Duke of Edinburgh Silver Pre-assessed Weekend
<b>Friday 26th May</b>	Year 9 immunisations
<b>Friday 26th May</b>	End of half term
<b>Monday 5th June</b>	Start of half term
<b>Wednesday 14th June</b>	Early finish at 1.10pm/1.45pm
<b>Wednesday 14th June - 2:30pm-7:00pm</b>	Year 7 Parents' Evening

## SCHOOL UPDATES:

### Safeguarding updates:

Helplines: [click here](#)

National Online Safety - Parent resources: [click here](#)

Hillingdon Safeguarding Partnership - Parent resources: [click here](#)

Vaping - Parent Advice and Information: [click here](#)

### Letters home:

Update to Parents - 12/05/2023: [click here](#)

Letter to Trust Parents - May 2023: [click here](#)

Year 10 - GCSE Citizenship exam arrangements: [click here](#)

National Mental Health Awareness Week letter: [click here](#)

Year 7 - Paris Trip Information Evening letter: [click here](#)

Sports Day 2023 letter: [click here](#)

Young Green Britons Mentoring letter: [click here](#)

### Out of school opportunities (not linked to the school):

Fostering in Hillingdon information: [click here](#) and [click here](#)

Warm Welcome Centres: [click here](#)

Support for parents and children waiting for an ASD diagnosis: [click here](#)

YMCA Youth London Timetable: [click here](#)

Hillingdon Carers' Forum: [click here](#)