

*"Activities Week has been excellent. It has been so much fun getting out of the classroom and learning in different ways. I loved the trip to RAF Hendon."  
Reggie, Year 9*

## ACTIVITIES WEEK 2023



*Image above: Year 10 students reach the top of the O2 in the 'Up the O2' experience.*

This week at RHS has been our annual Activities Week. This exciting and ambitious week, takes students' learning beyond the classroom and provides them with the opportunity to gain a wide range of enriching experiences in different settings.

The week began with all students participating in a Careers Day, which saw students think about their futures by exploring a range of careers they may not have considered, to hearing from industry professionals. Students also evaluated their current skill set and thought about what careers might match their skills.

On Tuesday 4th July, the majority of the school headed to Hillingdon Athletics Track for Sports Day. This was an exciting day and the students thoroughly enjoyed themselves, in an atmosphere of true school spirit. Full story below.



*Image: Year 7 listen to a medics talk on Careers Day.*

Across Wednesday, Thursday and Friday Year 7, 8 and 9 students all got a chance to take part in a fabulous Enterprise Day, organised by Ms Carstens. During the day, students worked in groups on a mini enterprise project, which saw them research, plan and present their ideas for a brand new trainer design and marketing campaign.

Students from each tutor group took part, first within their forms, then the winning group from each form got the chance to present their pitch to our panel of judges in front of their year group! Students brought their A game and there were an array of interesting, entertaining and sustainable designs presented. Move over Sir Alan Sugar!



*Image above: Year 8 students enjoy the chance to get competitive working on a business pitch for a new pair of shoes.*

Next, on Thursday 6th July, it was a big day for trips at the school, with 150 of our Year 7 students heading out for the residential to Disneyland Paris departing, alongside the Year 8 Places of Worship trip and the Year 10s who had a choice of trips on the day between: Up the O2, Woburn Safari Park and Regent's Open Air Theatre. Everyone had a fantastic time, with Reece, Year 10, who bravely climbed the O2 commenting: "I can't believe that I got the chance to climb the O2. This is definitely a school memory I will not forget." Also, Cassie, Year 10, who went to watch Robin Hood at the theatre, told us: "This trip was so fun. The theatre in Regent's Park was really cool and the play was wicked. I had a great day!"

Finally, on Friday, the Year 9 students headed to RAF Hendon to learn about diversity in the RAF during World War II. Trip leader, Ms Horton said: "It is always a privilege to teach an element of my subject (History) beyond the classroom. I really hope the students have valued their time exploring the museum and enjoyed the thoughtful workshop they have attended today."

Overall, Activities Week was a jam-packed week that celebrated the best of the RHS values. It also brought the school community closer together, as students gained skills beyond the curriculum and enhanced their team work, communication and independence skills.

Ms Ohana, Assistant Headteacher, who leads the week, said: "Running Activities Week for almost 1,000 students is a challenging venture! Ensuring that students have enriching and worthwhile experiences, whilst learning and remaining happy and safe

is what it is all about. It is a joy to watch students achieve in ways they don't expect to or gain a new skill or perspective they did not have at the start of the week. It is one of the best things about working in education - I'm already looking forward to next year."

### Activities Week Evaluation: We want to hear from you!

To help us shape what Activities Week looks like next year for our students, we welcome parent feedback on this year's week. To share your thoughts with us, please complete the parent evaluation form [here](#) by **Friday 14th July 2023**.

## SPORTS DAY 2023

"I am so proud of how all of our students got involved in Sports Day - from participating to cheering each other on. It was a great day!"  
**Ms McGuigan**



Images: Year 10 fly in the long jump at Sports Day.

On Tuesday 4th July, Ruislip High School headed to Hillingdon Athletics Track for sports day. Taking centre stage during this year's Activities Week, this year's Sports Day was particularly special, as it was the first one to be held since 2019.

Students arrived at the track raring to go! A competitive, yet supportive, spirit was in the air, as tutor groups proudly displayed their tutor group banners and cheered on one another in each event.

It was wonderful to see a wide range of students from each tutor group participating in a wide variety of track and field events, to earn their tutor group points. From discus to the relay, there was an event for everyone to try. The events were supported by the Year 10 students, who did a fantastic job of helping the PE team with keeping scores and coaching students with how to participate in field events. Oliver and Lewis, Year 10, were especially fantastic supporting Ms Farrell with shot put - ensuring every student knew the correct form and way to complete the event.

The day was finished off with the staff races where the female 100m was won by Ms Penny and the male 100m was snapped up by Mr Grant. As impressive as their respective wins were, the final victories announced were the winning tutor groups. The winners were as follows:

7B	8F	9D	10C
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## KEY DATES:

Date:	Event
w/b Monday 10th July	Year 12 Work Experience Week
Wednesday 12th July	Sixth Form Induction Day
Friday 14th July	Summer Reward Trip
Wednesday 19th July	End of Term

## 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 - 03/07/2023: [click here](#)

French Trip to Paris - May 2024: [click here](#)

Vanguard Learning Trust Debate Trip: [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](#)

Hillingdon Summer Activity Programme: [click here](#)

Hillingdon Special Education Needs and Disabilities Information, Advice and

Support Service Drop-ins: [click here](#)

Parenting Teenagers Workshop: [click here](#)