

# Ruislip High School NEWSLETTER

Summer 2019

## DISNEYLAND TRIP MAKES MAGICAL MEMORIES

**2019 is the year that a new legacy was born at Ruislip High School.**



Students enjoy some food at the Hard Rock Cafe in Paris

Way back in September 2018, students were invited to the Year 7 residential trip to Paris. This was a brand new trip where students would be away for three days in Paris exploring French culture and of course, visiting the happiest place on earth - Disneyland.

The day had finally arrived, Thursday 4<sup>th</sup> July 2019. One hundred and forty students (a new record for residential trips) gathered in front of the school, said goodbye to their parents and joined fourteen (lucky) members of staff on the trip of a lifetime!

Students dozed on the outward journey but soon perked up when we arrived at the ferry port. Students were able to spend time with their friends on the ferry and enjoyed the sunshine on the top deck.

When they arrived in Paris the Hard Rock Cafe was the first stop. Students enjoyed their food and were incredibly loud when singing along to YMCA and the Grease Megamix. Students were then settled into their rooms and bunked down for the night with their friends.



Students pose for a selfie with Miss Loizou



A fireworks celebration at the Sleeping Beauty castle at Disneyland Paris

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# HEADTEACHER'S NEWS

I recently received an email from a local resident who wrote how impressed he is with our students' conduct outside of school. Whilst I am fully aware there occasionally have been one-off incidents involving a small number of students, I believe students' behaviour both in and out of school is a credit to the whole Ruislip High School community.

At the Year 11 leavers' assembly on Friday 14<sup>th</sup> June 2019, I was reminded of the cohort's first assemblies in Year 7 when their Head of Year, Mr Stent, stressed the importance of good manners and making a positive impression on others. We pride ourselves on having a calm and purposeful learning environment which is regularly commented on by visitors to the school in particular how courteous our students are eg. opening the doors for adults. Staff take our students on trips both in the UK and abroad, primarily because they have confidence in students' behaviour; we regularly receive positive feedback about their conduct, which is described as exemplary, and how our students are ambassadors for the school.

**R**espect  
**U**nity  
**I**ntegrity  
**S**elf-Discipline  
**L**earning  
**I**nspiration  
**P**erseverance

Our school's values – *respect, unity, integrity, self-discipline, learning, inspiration and perseverance* – are at the core of our school's ethos and are central to our reward system. We strongly believe and know that these values are part of the fabric which holds our community together as well as reinforcing expectations on a day-to-day basis. I know parents value enormously receiving the school postcards which are sent by staff to acknowledge when students' behaviour and/or achievements should be recognised and celebrated.

Whilst reflecting recently on my time at Ruislip High School, I feel our happy and vibrant community is realised each and every day because of our clear expectations and relentless focus on maintaining high expectations. I strongly believe that the strength of a community is based on the relationships that hold it together as well as its shared values. I know our community is united by our core purpose which is expressed in our motto: from grass roots, to reaching for the sky.

*Dr Martina Lecky*  
Headteacher

*From grass roots,  
to reaching for the sky*

# HEAD OF SCHOOL NEWS

## Activities Week

This year saw yet another action-packed activities week at Ruislip High School. I was delighted that the sun shone and students showed themselves once more to be true ambassadors of the school. Over the course of the week students travelled to various destinations around Ruislip and beyond; there is no doubt the week highlighted the tremendous community spirit that exists at the school. It was also great to see such a strong turn out of parents to support the school's sports day that was held at the Hillingdon athletics track.

This year also saw the largest residential trip yet to depart from Ruislip High School with Ms Loizou and her team of committed staff leading 140 Year 7 students to Paris. The feedback from the students and staff who attended has been overwhelmingly positive and I am fully aware that it is these extra-curricular experiences that students remember when they look back at their time at school.

I am exceedingly grateful for the hard work and dedication of the outstanding team of staff that makes activities week possible. Teaching and learning will always be at the heart of everything we do at Ruislip High School and academic success is very important to us; however, activities week is a reminder that education is more than academic qualifications. It is about becoming the citizens of tomorrow and learning the key values that are at the heart of the school.

Finally, I would like to thank parents for their support, not only in making sure that activities week was another resounding success, but also in working in partnership with the school all year. I believe that education is all about partnerships. For students to achieve their full potential, it is vital that school and home form a strong relationship. I know how supportive and dedicated Ruislip High School parents are and I am committed to maintaining this positive engagement in the future.



Year 8 students at Haver Castle in Kent during activities week

# DISNEYLAND TRIP MAKES MAGICAL MEMORIES

Continued from front page...



One of the parades at Disneyland Paris

Then came the day that everyone had been waiting for all year. Disneyland Paris. There was a ripple of excitement from the front of the coach to the back as we pulled up to the park and got our first glimpse of the castle. Students spent the day exploring, going on rides and making memories with their friends. Several students helped Mr Karimi get over his fear of roller coasters with some helpful advice in the queue like *"Don't worry, sir. We can arrange your funeral!"*

We enjoyed the parades together, waving at the characters and singing along to the music. Students took advantage of the shopping opportunity in the park. Many were wearing Mickey and Minnie Mouse ears by the end of the day, including Ms Loizou and Ms Horton (rumour has it that they still haven't taken them off!). Lots of students also thought about their family and bought gifts for their parents and siblings.



Students enjoy a little lunch break

At closing time we were treated to the illumination and fireworks show at Cinderella's castle. This was a true spectacle with the sky being lit up to the soundtrack of some classic Disney songs.

On our final day we did a quick pit stop at the Eiffel Tower before making our journey home.

The weather was spectacular throughout the whole visit which made it even more magical.

Coach One were treated to songs sung by students on the way home.

I know by the time we got back students and staff alike were very tired but all agreed that it was worth it for the fun we all had and the memories that we made.

Year 7 have truly set the bar high for next year's trip. Their behaviour was fantastic and they proved that they are a real credit to our school.



The Disneyland Paris group of 2019!

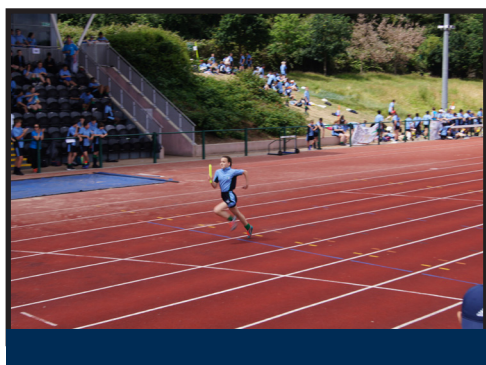


Students pose for a photo by the Eiffel Tower

# YEAR 7 NEWS

The summer term has been a very busy one indeed with a jam packed activities week for students.

## Activities Week



Students enjoyed their first sports day at Ruislip High. The atmosphere was electric during the races and students supported each other in all the events. The sportsmanship was incredible between all students. Year 7 also took part in their first sponsored walk. They showed their determination in walking ten kilometers and were duly rewarded with a barbeque and games with their friends.

Forty students enjoyed their time at Kew Gardens and Winchester Science Centre. Behaviour was exemplary and student feedback has been positive about the trips.

One hundred and forty students and fourteen staff gathered very early in the morning to make the journey by coach and ferry to France for our first ever Year 7 residential trip to Paris. Students had a wonderful time and I know they have made memories that will last a lifetime.

## Moving into Year 8

It has truly been an honor and a privilege to watch the students develop this year. It feels like yesterday that they were joining us on their first day in September full of nerves and anticipation. Now they are true members of Ruislip High, walking the corridors with confidence and impressing everyone with their unstoppable enthusiasm and vigour.

As Year 7 moves into Year 8, I want to wish them luck on the next part of their journey. They are already successful and I hope this continues as they move through the next years at our school.

I can honestly say that I will miss being their head of year and their next head of year is very lucky indeed.

*Miss Loizou*

Head of Year 7

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# ENCHANTING VIEWS AT ROYAL BOTANIC GARDENS, KEW!

On Friday 5<sup>th</sup> July, thirty five Year 7 students visited the Royal Botanic Gardens, Kew, London's largest UNESCO World Heritage site. Using their map skills to navigate their way around, students had the opportunity to investigate the unique landscape and iconic architecture. The sun was shining as students explored the grounds visiting some of the main areas, including the Palm House, the Princess of Wales Observatory and the Temperate House. Undoubtedly, the highlight of the trip was the Treetop Walkway where Year 7 climbed their way into the canopy of trees and enjoyed breath-taking and magical views of the Gardens. Overall, students' behaviour was exemplary. They took an enthusiastic approach to learning and were excellent ambassadors for the school.

# YEAR 7 TRIP TO WINCHESTER SCIENCE CENTRE



During activities week, forty Year 7 students went to Winchester Science Centre and had a phenomenal experience.

Students enjoyed a fantastic talk in the planetarium, exploring space in ways we can't in the classroom.

They were then turned into detectives to identify toxicity in rivers and fish, getting hands on experience with chemicals and UV detectors.

Towards the end of the day, they were all buzzing around the centre getting hands on experience in the exhibits!

Mr Gould even gave them a very in-depth discussion on the Laws of Physics at one point - trying to develop as many potential physicists as he could!

At the end of the day, students were so enthused by the experience they did not want to leave!

With the guidance of Miss Wong, Mr Gould, Ms Jeff and Ms Dasgupta, the trip went smoothly and students were praised for their exceptional behaviour.

Year 7 not only represented the school brilliantly, but also demonstrated the school's value of self-discipline.

Below are some quotes from Year 7 regarding their experience of the trip:

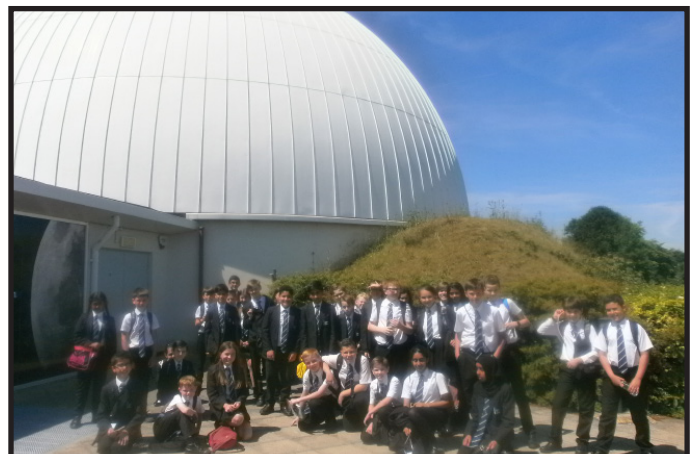
*"Fun, enjoyable especially at the exhibits because they were very interactive."* - **Mustafa, 7B**

*"It was very interesting to learn about different aspects of science outside the classroom, in particular the planetarium."* - **Gowsmigah, 7B**

*"It shows science in a different, but fun way."* - **Yusuf, 7B**

*"Very fun and enjoyable, we learnt lots of new things."* - **Barmal, 7B**

*"It was very fun and there was lots of activities too."* - **Alfie, 7B**



Students pose for photos during their visit to the Winchester Science Centre and Planetarium during activities week

# GARDENING CLUB NEWS

The Ruislip High School Gardening Club has been busy this term growing tomatoes, Aloe Vera plants, Dahlia and Sweet Peas ready to sell outside the Ruislip branch of Waitrose. Mrs Kotak was joined by Sonia, 9A, and Olivia, 9A, and they raised an amazing £109, which will be re-invested in September. Mrs Kotak said: *'Sonia and Olivia were excellent ambassadors for the school, encouraging customers to buy items from our stall.'*

A big thank you and congratulations to everyone involved.

*"I really enjoy attending Gardening Club because it helps me relax after a hard day of work on a Monday. It is also a pleasure to see the progress of my hard work and effort while also being a fun activity."* Olivia, 9A

*"I really like going to Gardening Club because I get to see the progress I make in growing plants. Also, it is fun and relaxing especially on a Monday."* Sonia, 9A



Year 9 students grow tomatoes, Aloe Vera plants, Dahlia and Sweet Peas ready to sell at Waitrose in Ruislip

# TRAVEL AND TOURISM NEWS

The Travel & Tourism department is pleased to report a very strong set of results for its outgoing Year 13 cohort. All students in the class achieved or bettered their target grade, with four students, Da, Becky, Klaudia and Harry, achieving an outstanding Distinction Star grade. In addition to this, there were two Distinction grades and three Merit grades. The department sends its warm congratulations to all of these students.

The Year 12 class is also progressing well, and has now completed Unit 8: 'Long-haul travel destinations', which puts them halfway through the course. The students are now excellently placed to start Unit 2: 'The business of Travel and Tourism' in September 2019.

The Travel & Tourism department looks forward to the reintroduction of the subject at Key Stage 4 in September 2019, with a large number of incoming Year 10 students having opted to study the subject.

*Mr B Peacock and Ms A Mulqueeney*



# SIXTH FORM NEWS

## My reflections on my first year of university by Jordan Marajh

Prior to beginning my studies at Queen Mary University of London, I was unsure of whether I would make many friends or be able to keep up with the tremendous workload. Upon arrival at Queen Mary, I could see from the other faces in the Great Hall that almost everyone was in the same boat, so I decided to talk to the first person I sat next to. I'd say that it was a great choice because having at least one person to know made integrating into university that much easier.

On the more recreational side, as the year progressed, I made many new friends and observing all the people who were taking mathematics in my cohort was very interesting as there was such a variety of people. In short, there's a group of people for everyone. Meeting people at societies and meet-ups was the fastest way to break the ice; I joined Anime and Maths societies, both of which had weekly meetings. For Anime society, we would meet to watch the latest releases during that season and enjoy immersion in Japanese culture. On the other hand, Maths society was very different as we discussed what is going on in the mathematics community and solved weekly puzzles set for us by postgraduate students.

Regarding my studies, our lecturers had expected us to truly 'hit the ground running' as the content we covered in lectures was not easy to comprehend at just a moment's thought; this was a big difference from A-level courses in Maths. The depth of thought and finally having answers to questions of 'why is this certain fact true?' was exactly what I had hoped for in a mathematics course. The concept of proof by various techniques, such as proof by contradiction and induction, are such valuable tools in asserting theorems and corollaries. At some points of the year a single question could take me hours, as it would be beyond simply mastering the material for the course but required me to challenge and stretch myself. These normally consisted of open-ended and thought-provoking questions. For instance, in calculus we approached differentiation and integration from first principles instead of learning formulas or strategies. When we looked deeper, we could see that these operations were entirely different, but somehow A Level managed to establish them as almost inverse operations of each other. We learnt that a single theorem tied them together beautifully and is arguably one of the most important results in calculus today.

As the academic year ends, I have truly come to relish the independence that university life has given me and the breadth of study at my fingertips. I hope to refine my studies and round out my character by seeking out opportunities in research projects and in industry. A final parting piece of advice is that everyone should go to university if they want to; do not be afraid of the imposing finances as it really is a once-in-a-lifetime opportunity.

## YEAR 12 THORPE PARK TRIP



On Friday 5<sup>th</sup> July 2019, Year 12 was rewarded for their hard work throughout the year with a trip to Thorpe Park on a gloriously warm and sunny day. It was a fitting end to the year, with students trying out everything from the terrifyingly fast 'Stealth' ride to the looping 'Colossus'. Spirits were high throughout, with several students commenting on how much they enjoyed their end-of-year reward – which included the predictable lunchtime KFC!

Left: Year 12 students at Thorpe Park

# STUDENTS HEAR FROM BUSINESS BRANDING EXPERT

Students in Years 9 and 10 had a special opportunity on Thursday 12<sup>th</sup> June 2019. Chief Executive from Freuds, Arlo Brady, visited to speak about the world of business and branding. Freuds is a business branding consultancy which has led to Arlo working with high-profile brands such as Nike.

Arlo told students his life story so far, from growing up in Norfolk where, as a teenager, he developed an interest in solving problems and trying to come up with better ways of doing things. Arlo studied for a PhD in geology which led him to work alongside actor Leonardo DiCaprio on the film Blood Diamond.

Arlo said *"I came from a very normal background and the main thing I got from my parents was that I shouldn't set any limits for myself. I generally find in life that if you don't ask, you don't get. Most people like to say yes to other people - it's part of human nature. So, whatever it is you're interested in, go for it and don't ever think you can't achieve it. Also, failure and setbacks are part of life for almost everyone. Get over them quickly and move on!"*

## YEAR 12 BIOLOGY TRIP TO KEW GARDENS



Year 12 Biology students taking notes during their visit to Kew Gardens

The Year 12 sixth form biology class visited Kew Gardens on Wednesday 19<sup>th</sup> June 2019.

The aim of the visit was to investigate the distribution of species within different environmental conditions and to learn the key facts regarding classification and biodiversity.

Students enjoyed visiting the different botanical gardens and greenhouses and discovered the vast amounts of science and conservation work that goes on behind the scenes.

Trip leader Ms Modi said: *'It was a pleasure organising and taking the Year 12 biology students to Kew Gardens. They thoroughly enjoyed their day, seeing all the different plant species and learning how to conserve them for future generations.'*

## YEAR 12 SOCIOLOGY STUDENTS VISIT THE OLD BAILEY



As Sociology students, we visited The Old Bailey court in Central London before starting criminology in Year 13. We had the chance to watch some of the most serious court cases in Britain from the public galleries. It gave us an understanding of the criminal justice system in the UK. It was really fascinating to see the different roles that professionals had within the court. We will be following the outcome of the cases as they unfold.

*Rebecca, Year 12*

Left: Sociology students outside The Old Bailey

# SIXTH FORMERS ENJOY NEW YORK EXPERIENCE

Ruislip High's Sixth Form team organised a successful trip to New York City and Washington DC from Saturday 6<sup>th</sup> April to Friday 12<sup>th</sup> April 2019.

Nineteen students from Years 12 and 13 visited several landmarks and experienced the cultural activities of the 'Big Apple'.

Students enjoyed famous sites including the Empire State Building, the United Nations HQ, NBC Studios, the Tenement Museum and the High Line aerial park. Students took a ferry to the Statue of Liberty and Ellis Island, and loved the Broadway Theatre show 'Waitress'. Students also visited the 9/11 Memorial Museum.

Moving on from New York, the group travelled to the King of Prussia Mall in Philadelphia and had a guided tour of Washington D.C. This included the Washington Monument, Capitol Hill, the Supreme Court, the Vietnam War Memorial and the White House grounds. Students were accompanied by Mr Hankin and Ms Hill.

Mr Hankin said 'The students represented the school superbly and were enthusiastic throughout. They were moved by the 9/11 memorial in particular. The walking tour of Washington D.C. was a highlight for many students, and they were a bit surprised by how small the White House was!'



## SIXTH FORMERS HEAR ABOUT QUANTUM TECHNOLOGY

Sixth Form students who study maths, computer science and physics were treated to a special lecture from a visiting PhD student on Wednesday 16th June 2019. Sophie Albosh visited Ruislip High School representing the University of York. Please [click here](#) to see her presentation slides. Some students from Year 10 were also invited who have a special interest in STEM subjects (science, technology, engineering and maths).

One of the Year 12 students said, *'It was interesting to learn more about how signal processing is used in so much of the technology we use today. I learned a lot about polarisation of light and the importance of 'keys' used to decode signals. Sophie was a very engaging speaker – thanks for a great talk!'*

# GEOGRAPHY NEWS

## 2019 marks a decade of visiting the Jurassic Coast with GCSE students

The geography department is celebrating ten years of residential field trips. The department took 112 students to visit the World Heritage coast around Swanage from Monday 1<sup>st</sup> July to Wednesday 3<sup>rd</sup> July. Mr Alison, Head of Geography said "We first started the trip in 2010 and it's run every year since then. Because we visit the Jurassic Coast, the UK's only natural World Heritage Site, there really is nowhere better to go for our GCSE field trip within a few hours' drive of London. This year the students were particularly well-behaved and a pleasure to be with, as well as being hard-working preparing for their Unit 3 exam 'Geographical Applications'. My thanks to all the staff who have offered to come on this residential trip over the past decade to help make it happen."

Students compared the management of Studland Bay to Swanage Bay, and also investigated Swanage as a tourism resort. They also visited Old Harry rocks, Durdle Door arch, and Lulworth Cove.

Max in Year 10 said "It was a really fun trip and the sun shone all the time. Seeing Lulworth Cove was amazing. We saw lots of geography that we'd only studied before in the classroom. The free time was good too as we were allowed to hang out on Swanage beach. We learnt a lot about how so many factors lie behind coastal management decisions, and also how towns such as Swanage aim to maintain tourism income."



Year 10 students admire Lulworth Cove, part of the Jurassic Coast World Heritage Site.



Year 10 students study the coastal management of Studland Bay National Nature Reserve.

## Sixth Form geographers meet marine engineers



Students take notes during a chance meeting with Dutch marine engineers working at Bacton gas terminal, Norfolk.

Sometimes, interesting opportunities present themselves during field trips. During the four-day A-level field trip to Norfolk (Saturday 15th June to Tuesday 18th June), Ruislip High students were approached by two senior marine engineers from Dutch company Van Oord. The students were studying coastal defences at Bacton gas terminal as part of the trip which travelled to nine locations between Great Yarmouth and Sheringham.

The Dutch engineers spent about twenty minutes chatting to Ruislip High students about coastal management in Norfolk and also in the Netherlands. They were very happy to answer students' questions, and also explain the £18m 'sandscaping' project under way to give more coastal protection to the gas

terminal which receives about 30% of the UK's natural gas supply via under-sea pipes.

Ethan in Year 12 said *"It was a very interesting trip. We found out why some settlements such as Bacton and Cromer seem to have lots of money being spent to protect them, while other locations such as Winterton and Happisburgh seem to face an uncertain future. Overall though we were left with the impression that humans can't win against the sea where the geology is so soft as is the case on the Norfolk coast. The situation leads to tough management decisions and for many residents to accept the idea of coastal adaptation rather than coastal defence.*

*It was great to meet the marine engineers too – they explained how millions of pounds are spent on some sections of our coastline, but only where it seems economically important to do so. It was amazing to think they were about to drop millions of tonnes of extra sand on the coastline to help protect it."*



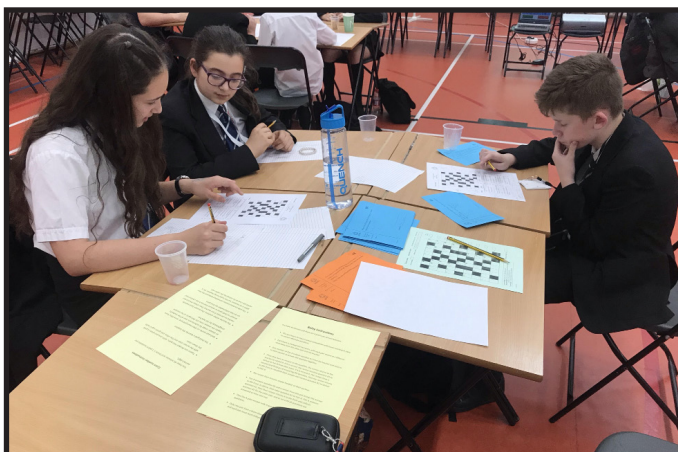
The 13 hard-working geographers on this year's A-level field trip. The students stayed at Sheringham Youth Hostel.



Daniel and Ethan, Year 12, take fieldwork notes at Winterton-on-Sea.

## MATHS NEWS

Three ambitious Year 7 students competed in the Hillingdon Maths Challenge at Park Academy on Wednesday 26<sup>th</sup> June 2019. The students taking part were Nathan (7C), Zoi (7A) and Alexia (7C). RHS managed to finish in second place out of seven schools which was a magnificent effort. Maths teacher, Mr Agosta, said *'Well done to those who represented RHS in the best possible way.'*



Students take part in the Hillingdon Maths Challenge at Park Academy, finishing in second place.

# CAREERS NEWS

Careers continues to be a focus at Ruislip High School with students across all year groups taking part in a variety of activities.

## MoneySense

Year 7 took part in two MoneySense workshops by Natwest and RBS. The first workshop required students to solve a fraud which had been committed against their friend. They were then asked to create and present a report warning others of the dangers of identity theft and fraud. Volunteers were able to explain their role within the banking world, and students had the opportunity to ask questions. The second workshop 'Party Planners' required students to work in groups to put together and present to the rest of the class a fully costed, reasonably priced birthday party for a child. Students had to make decisions about what to include within a set budget, identify costs and show an understanding of value for money.

Year 8 took part in the MoneySense workshop 'Making a Difference'. This workshop challenged students to work in groups and create a business plan for a social enterprise aimed at addressing a problem in their school/local community, which was then presented to a panel of judges.

## Mock Interview day

All Year 10 students took part in mock interviews which were led by a number of volunteers from different businesses, parents and school partners. Students were asked a series of questions and were then given feedback.

## DHL Employability Skills Workshop

DHL volunteers delivered a one-hour workshop that introduced students to the transferable skills needed for the workplace. Students worked with volunteers on activities focusing on different skills and their real-world applications in the logistics industry.

## Millenium Hotel

With our ongoing links with Millennium Hotels through the London Enterprise Adviser Network (LEAN), Year 9 students visited the Copthorne Hotel, Kensington, on Monday 10th June 2019. As part of this opportunity, students went behind the scenes of the hotel to see the variety of internal roles there are within the company, how many external businesses they deal with on a daily basis and experience first hand what is expected from different jobs.

## Year 9 and 10 GCSE Citizenship

During the summer term, Year 9 and 10 students have taken on an active Citizenship project where they are required to undertake an investigation into a citizenship issue of their own choice which involves research, action and reflection. They have tackled a variety of topics including period poverty in developing countries, homelessness in London, climate change and the amount of women's football shown on TV. Students have made contact with influential people across a number of organisations and have had positive responses to their requests including Parliament, the NHS and Sainsbury's in Ruislip.

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# COMPUTER SCIENCE NEWS

On 14<sup>th</sup> June 2019, Ruislip High School's computer science department hosted a fun taster session for the students of Ruislip Gardens Primary School as part of their transition process. About fifty students visited on the day and did python programming, something they have never learnt before.

Ms Poddar was very impressed with the level of maturity and understanding the students demonstrated and how well they engaged with a completely new topic. They did not want to leave at the end of the session and were very enthusiastic to come back and continue in September! A student was heard saying "This is so much fun and I am able to experiment with my shapes, I will try this at home". Teachers from Ruislip Gardens School were equally impressed and some of them had a go at programming too. RHS is trying to extend the same session to other primary schools in the area in the future.

# REWARD TRIP

Thursday 11th of July saw a return of the hotly anticipated Summer Reward Trip to Thorpe Park. This year was one of the largest on record, with 305 students choosing to spend their day at the Theme Park as a reward for fantastic behaviour over the course of the year. Students were fortunate with the weather, a warm and mostly sunny day meant that all the rides were accessible and there were no excuses for not going on them all!

Once the seven coaches arrived, students had the whole day to go and have fun with their friends, eat some of the local food and win oversized cuddly prizes. I was devastated by the bravery that some students showed when they demanded that I take them onto Swarm. After Mr Stent got involved, there was no way that I could back out. There was then some very poor driving on the dodgems by Year 10 students before Mr Randall took me onto the teacups and I was at the point of being very sick.

Mr Hawkins and Mr Alexander braved the 'Depthcharge' ride with Kavindu whilst other students took the schools iPods around the park and took some amazing videos which will be available soon! Maika in Year 7 said "it was amazing and we should go on it more often." Maika also went on the 'Stealth' ride where she experienced travelling from 0-80mph in less than three seconds. Emma in Year 7 said that "it was one of the best days of the year and I had fun spending it with my friends."

I'm already counting down the days until next year's trip and look forward to going with students again to face our fears!

*Mr Elby*

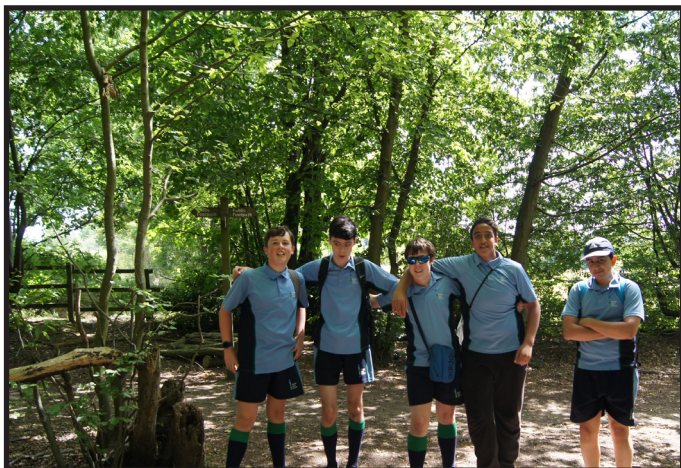
Head of Year 10

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# SPONSORED WALK

Ruislip High School students took part in the annual sponsored walk this year. The sun was shining and students were excited as they arrived at the Willow Tree Centre. Students made their way into the forest and followed their route around the lido with their friends.

When they made their return to the Willow Tree Centre, students were treated to a tasty burger and an ice cream. Students enjoyed playing football and the glorious weather with friends.



# YEAR 8 NEWS

It is hard to believe the school year is at an end already.

What a fantastic year it has been for Year 8 students, culminating in the summer term with activities week and the reward trip.

Congratulations to all of our students who proved to be exceptional role models not only for Year 7 but for the school community as a whole.

You have made me a very proud Head of Year and I am convinced that you will make me even prouder next year in Year 9.

We are all looking forward to September for a new year full of challenges and success.

Before we all enjoy a bit of rest, here are a few examples of the memories we have made this year. We hope you all have a fabulous, well-deserved holiday!

## **Youth Travel Ambassadors:**

I would like to take the opportunity to thank the Year 8 Youth Travel Ambassadors who have been working hard this year to raise awareness about road safety. Their campaign culminated with the shooting of a road safety spot that will be shown to Year 7 and 8 in September. It has been a pleasure working with the following youth travel ambassadors this year: Jessica (8A) Chloe and Ruby (8B), Alaynah (8C), Serena (8F), Aziz and Daisy (8S), Libby (8W).

## **Year 9 Ambassadors Team 2019/2020:**

We received seventy-two applications for the Ambassador roles which shows how committed Year 8 students are to the school community. Unfortunately, only fourteen positions were available and it has been extremely hard for the Year 8 team to make a final decision. Well done to all who applied and went to interviews, you have shown us how responsible and helpful you are.

I am pleased to announce the new Year 9 Ambassadors Team for 2019/2020 is: Jessica, Faaris, Daniel (8A); Daniel (8B); Alaynah (8C); Serena (8F); Aziz, Alisha, Joe, Jesang, Eleanor (8S); Libby, Keela, Kinayia (8W).

Congratulations to you all, I am really looking forward to working with you to make our school community even better!

## **Activities week:**

On Tuesday 2nd July, Year 8 started Activities Week in style and sweat during Sports Day. It was absolutely wonderful to watch all the Year 8 forms going above and beyond to win the competition. Well done to all who took part in events, especially the long distance runners who really pushed themselves to get points for their form. Well done to 8A and 8C who came second and third. Roll on next year to defeat 8S!

2019 saw another very successful edition of the 10K Sponsored Walk on Wednesday 3rd July. The sun was out all day and it was very pleasant to walk in the shade of the beautiful trees surrounding the Lido. Year 8 walked in very good spirit and made it in good time for the barbecue and ice-cream at the Willow Tree centre.

On Thursday 4th July, our cohort made its way to Hever Castle in Kent. It was once the childhood house of Anne Boleyn and Henry VIII had a few stays in the castle while he was courting Lady Anne.

The castle was a wonder but the water maze in the gardens met with the greatest success! Needless to say that students had a great time learning about Tudor times.

I would also like to express my gratitude to our students who have all been wonderful on the way back, despite the London traffic trying to ruin our day. It takes more than a few cars to beat Year 8's optimism.





The year group finished a brilliant activities week wildly as we visited Whipsnade zoo. Despite them being tired, it goes without saying that all the students enjoyed walking through Europe, Africa and Asia, discovering the wildlife wonders of Earth. As a fierce defender of our environment, I was extremely pleased to see how interested and invested our year group is in protecting our planet. Students also showed me fantastic pictures of their favourite animals and the hilarious selfies they took with them.

Expectations were high this year, well done for living up to it Year 8. Two years down, three to go!

Have a great Summer Year 8!

*Miss Lucas on behalf of the Year 8 Team*

# HILLINGDON MUSIC CONCERT

On Saturday 15th June, Mr Stent and Mrs Coltman took three exceptional Year 8 singers to perform at the Hillingdon Music Concert in Uxbridge. The concert was hosted by Vyners' music department and had a fantastic festival atmosphere. There were performances from several local primary and secondary schools. The performances by Ruislip High School were truly show-stopping! Emily, Kiera and Libby took centre stage where they each performed a solo, as well as two wonderful duets. For the first time at the festival, the audience fell completely silent as they were clearly in awe of the wonderful ability of these young performers. This event was a true showcase of the quality of musicianship our school holds and Mrs Coltman and Mr Stent are very excited to watch these students develop into accomplished musicians.



# PERIODIC TABLE CHALLENGE

Ruislip High School hosted the very first Inter-school competition for the Vanguard Learning Trust (VLT) on Tuesday 9<sup>th</sup> July.

Year 7 students from Ruislip High and Vyners and Year 6 students from Ryefield Primary School had a month to prepare for the occasion.

The top two teams from each school were identified by completing an inter-form quiz, and the winners were invited to the Grand Final.

Students were eager and keen to do well, humming (some singing) the Periodic Table song as well!



The day consisted of two engaging shows from the Institute of Science, one for Year 9 students and one for the participants of the inter-school competition. The Energy Live! demo was definitely a memorable experience for students.

Volunteers were chosen to participate and students definitely left with a WOW afterwards.

The main event was the Periodic Table Challenge, hosted by Dr Lecky and Miss Wong.

Six teams of four (two from each school) randomly selected the order to participate. Team names represented the VLT's values: Life-long Learning, Pride, Belonging, Respect, Responsibility, Relationships, Tolerance and Humility.

There were six rounds and each round had bonus questions for the audience, so everyone (even staff and guests) were enthusiastic and engaged throughout the event.

Although a lot of work had been put in place with organising the event, the whole day turned out to be phenomenal!

Below are some quotes about the event:

*"Interesting and informative because not only was the DEMO an engaging experience, the lady also explained the science behind it."* Parveen, RHS

*"Fun and i'm happy that we won."* Emma V, RHS

*"An enjoyable experience because it was fun to learn and participate in the challenge."* Joe S, RHS

*"I learnt a lot about the elements that built on from lessons."* - Brandon W, RHS

*"It is good because everyone could join in as there were bonus questions for the audience as well, which was very engaging."* Charlie, RHS

*"I thought it was great fun, I've learned loads and it was very interesting. It's inspired me to have a career in science."* Raquel, Vyners

*"I learnt more about the periodic table and the experiments were fun to watch. I hope we do this again in year 8."* Lincoln, Vyners

*"Even though I wasn't a student, I found myself engaged for the entire day. Not only did the students take away new scientific knowledge but also key values that the trust instils were reiterated throughout which was great to see. It was a fantastic experience for staff and students. Having all the schools in the trust compete but in a positive way was really enriching and we're look forward to the next inter-trust competition, fingers crossed we win this time!"* Miss Jamshad, Vyners

*"The overall event was exceptional! All the hard work staff had put in to organising the event, from the Energy Live! DEMO workshop to the Periodic Table Challenge, was worth it! The outcome of the afternoon was amazing. All students, staff and guests who came had a memorable time. The buzz and excitement was not just evident during the event, but was also carried out afterwards. Students not only became more knowledgeable with elements and the periodic table, but also gained an important insight to a fundamental concept of Science whilst having an engaging experience!"* Miss Wong, RHS

*"The event yesterday was a fantastic success for the whole trust. The students from all three trust schools were fully engaged in the afternoon and displayed strong scientific knowledge. It was good to see that the challenge was keenly contested by all of the teams.*

*Please pass my thanks to Ms Wong for all of the work in devising questions and to all of the other Ruislip High School staff who worked so hard on the day to make the event run smoothly."* Cllr Eddie Lavery, Chair of the Local Governing Body for Ruislip High School.

The event would not have been as successful if it was not for the teamwork from a number of staff.

Special thanks to Dr Lecky, Mr Gould, Miss Wong, Mr Morris, Ms Roberts (apologies if I missed anyone else out!). Their excellent work made the event extremely memorable and it was an amazing experience for all!

# TRUST STUDENT AWARDS

This term, the Trust has launched termly student awards. Each school selected three students, one from each key stage, to be a recipient based on their support for one of the Trust's values:



Mr Davies and Dr Martina Lecky with two of the Ruislip High School winners

1. Life-long learning
2. Pride
3. Belonging
4. Respect, responsibility and relationships
5. Tolerance and humility

The winners received a certificate, a Trust pin badge and a postcard sent home to their parents. The winners from Ruislip High School were as follows:

- Yasmin, KS3, for tolerance and humility
- Daljeet, KS4, for pride
- Saraneyaa, KS5, for long-life learning

# LRC NEWS: HIGHLIGHTS

As another exciting school year comes to a close it is time to reflect on all the wonderful activities that have taken place in, or involving, the J K Rowling Learning Resource Centre, known as the LRC.

The major events that took place this year are summarised below.

## World Book Day 2019

The LRC is looking forward to hosting another World Book Day event in 2020.

## 24 Game

The popular 24 Game, an annual Year 7 competition took place in March. A number of teams from local secondary schools come to Ruislip High School to compete. This year was the thirteenth competition!

## Scholastic Book Fair

As one of the school's strategies to encourage students to enjoy reading, this week-long event is enjoyed by students, staff and parents/guardians. The LRC receives a percentage of the profits made which is a great way of raising extra revenue for the school and allows the LRC to acquire more books for the students to enjoy.

## 'Game, Set and Match'

The students have continued to take advantage of the numerous board and card games in the LRC during break and lunch times. This is always put to good use during the yearly chess tournaments which take place in the LRC.

If anyone has any unwanted books, cards or board games please donate them to the LRC - any donations would be greatly appreciated.

## 'Above and Beyond'

The LRC after-school homework club has been successful and many students remain in school after hours to complete homework. Chromebooks are available for students to use.

### A Big Thank you from the LRC

The LRC wishes to thank the following people for the ongoing commitment and dedication shown to helping out in the LRC

#### The LRC student helpers:

Sophie (form), Ellis (form), Kyle (form), Rebecca (form), Luke (form), Rory (form), Hodman (form), Chanel (form), Amber (form).

#### The LRC Staff helpers

A massive thank you to the wonderful LRC staff team, Mrs Hudson, Mrs Kotak and Mr O'Neill who regularly help in the busy LRC on a daily basis and also support students with homework as part of the LRC after-school homework club.

In addition, a big thank you to the LRC lunchtime supervisors Mrs Crowther and Mrs Dowsett for helping to organise the LRC and who patiently shelve the books daily, the IT team (Mr Morris and Mr Porther) who are always on hand to help the LRC with any IT issues, the publications officer (Miss Hale) who prints all the LRC publications and the finance department which processes all the LRC orders.

The LRC wishes everyone a fantastic summer and looks forward to another exciting school year ahead.

*Mrs Austen*  
LRC Manager

# YEAR 10 NEWS

As we approach the end of the academic year, it is an absolute pleasure to tell you all about how Year 10 has spent its final activities week in Key Stage 4.

Activities week started early for a number of Year 10 students who went to do their assessed expedition for the Duke of Edinburgh Silver award. The students were amazing. They competed against extreme conditions, walking with seventy-litre rucksacks on in over thirty degree heat. The assessors commented on how well the students kept their morale up and how pleasant they all were to be with. I hope to see a number of those students again in the sixth form taking on their final challenge, the gold award!

Following on from this weekend, I had the pleasure of travelling to Swanage with more than half of the Year Group as part of a Geography trip. I was especially impressed with the students who had been taking part in their Duke of Edinburgh the day before! Conditions were beautiful and we got to see some stunning sights including the famous 'Old Harry' and another UNESCO world heritage site. Students got to work on their suntans and enjoyed local, fresh fish and chips in the evenings.

Those students who didn't take part in Swanage were equally fantastic, they helped out with Sports Day and the Sponsored Walk and brilliant feedback was received from the staff running these events.

On Thursday, the English Department organised a day around equality and poetry. I have seen some of their creations and they are breathtaking. With less than twelve months to go before the students take their GCSEs, I am confident their attitudes will ensure that all students can finish Year 11 with results they can be proud of.

On Friday, the students took part in a Year 10 exclusive sports day to ensure that those who missed out on the Tuesday would still get a chance to compete. Students worked in different teams, bonded and created new friendships whilst developing others. These are skills that will be needed when they go into employment and it was fantastic to hear about the enthusiasm with which the students took part on the day.

With such little time left as the Head of Year of these students, it is weeks like this that really drive home what a great group of young people they are. I hope that everyone takes some well deserved time off during the summer holidays and comes back to Year 11 with a thirst and hunger for academic success in the final remaining months. Have a great summer.

*Mr Elsby*  
Head of Year 10

## DRAMA NEWS



Students perform "Salt" at the Royal and Derngate theatre in Northampton

Ruislip High School's drama department were lucky enough to take part in the National Theatre Connections programme, a prestigious and exciting theatre festival that runs in spring. The students performed at the Royal and Derngate theatre in Northampton to a large audience, and had two days of workshops and the chance to view other shows too. The phenomenal cast of students performed "Salt", a brand new play by award-winning playwright Dawn King, and received numerous plaudits not only for their performance but for the students' conduct on the trip.

# Year 9 NEWS

The summer term has been the final one at Key Stage 3 for Year 9. Attention has already turned to GCSE Options and starting Year 10 in September. It has been a very active term which included our annual Activities Week as well as the summer Reward Trip to Thorpe Park. Well done on completing the first key stage of your journey here at Ruislip High. Exciting times lie ahead in Year 10.

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

## Duke of Edinburgh Bronze Award

On Saturday 8th June, sixty-five Year 9 students set off for their assessed Bronze expedition for their Duke of Edinburgh Award. Even though there were some minor issues with navigation, all sixty-five students managed to make it home on Sunday 9th June having successfully passed the Bronze award. The self-discipline of these students was admirable in tough conditions and some students showed true courage despite carrying injuries throughout the weekend. Although we were camping on an extremely cramped site the students upheld the school's values and represented the school in a very positive way.

## Year 9 Exams

Overall, the Year 9 exam week was excellent preparation for what is to come at GCSE. Year 9 adapted very well to the expectations and procedures that need to be implemented for public examinations. It was an opportunity for students to trial out some revision techniques for various exams and find out the most productive ways for them to revise. Year 9 teachers were very pleased with the results of the year group and are excited to see the GCSE results that these students can produce in August 2021. The revision clearly paid off, well done Year 9.

## Activities Week

Year 9 Activities Week involved Sports Day on Tuesday, Sponsored Walk on Wednesday, a trip to the MK Gallery on Thursday and finished with a moving day about the Holocaust on Friday. The attitude of Year 9 throughout the week was excellent and it started with a very tightly contested Sports Day, with 9S coming out as the overall winners for the second year running, to the annoyance of Mr Hawkins (9W's tutor)!

On Thursday 4th July, Miss Hill organised for Year 9 to attend the MK gallery. Students enjoyed a guided tour around the indoor exhibition led by the centre staff and this provided them with an excellent insight into various artists designs and techniques. Students were then given the opportunity to try these designs out for themselves. Some of the staff commented 'the students were great! so polite, well behaved and engaged during their tour in the gallery. We were super impressed!'. Ruislip High School staff then led students on a tour around Milton Keynes to observe some of the excellent pieces of street art on show in the area. The students enjoyed a well earned break in the sunshine for lunch at Campbell Park.



Finally, Activities Week came to an end with our annual tribute to The Holocaust. The morning activities were spent recapping the events of The Holocaust and making memorials to the victims. All of these activities were a build-up to the main event of the day which was a talk from one of the very few remaining Holocaust survivors, George Vulkan. George gave a detailed account to Year 9 about his experiences before, during and after The Holocaust. Year 9 showed true respect during his talk and were given an opportunity to ask questions at the end. Parham (9D), Baylee (9W), Liam (9A) and Assem (9B) asked really thoughtful questions which George was more than happy and willing to answer. The level of maturity shown throughout the day was a really promising sign for what is to come in Year 10.

## Summer Reward Trip

Seventy-nine students qualified for the summer Reward Trip showing their true perseverance for going a full two terms with less than three warnings in their planner. They deserved a full day off lessons and enjoyed the amazing thrills and rides available at Thorpe Park. Thankfully the weather was much cooler than the previous week so students could enjoy the day without having to worry too much about the sun. Mr Elsby was delighted to see Year 9's enjoyment on the day.

Overall, it has been an amazing year for Year 9 and Head of Year, Mr Askin, couldn't be any prouder of his year group and is really looking forward to what the future holds for each student. The progress and individual growth of the students has been a pleasure to witness.

We hope you all have an enjoyable, restful and deserved summer holiday.

*Mr Askin and the Year 9 team.*

# STUDENTS SHOW THE 'R FACTOR'

The annual Year 7 and 8 'R Factor' show took place in the Douglas Mills main hall on the afternoon of Friday 10th May 2019. Year 7 and 8 students were treated to fifteen outstanding acts from their peers which included singing, dancing, gymnastics and comedy.

The stiff competition meant that deciding on prize-winners was tough and the judging panel of Dr Lecky, Mr Stent and Mr Alison, therefore, decided that several students should win prizes. They were as follows:

- Runner up 1: Joe and Emma (7B) singing "Shallow" by Bradley Cooper.
- Runner up 2: Vharsan (8C): dancing to "Old Town Road" by Lil Nas X.
- Winner 1: Caelan (8A) singing "Turning Tables" by Adele.
- Winner 2: Charlotte (8W) singing "What about us" by Pink while also playing the ukulele.

Headteacher, Dr Lecky, described it as the best 'R Factor' show that she had seen due to the quality and perseverance of all performers, as well as the excellent support from the audience. Thanks go to the Sixth Form Student Leadership Team, who ran the auditions for the event, compered on the day and provided much of the technological support. Congratulations to all performers on a job well done!

# PE NEWS

## Tuesday 7th May - PE Reward Trip



On Tuesday 7th May, fifteen students from Years 7-9 took part in a PE reward trip to Lords Cricket Ground. This was to support the first Street Child Cricket World Cup which gave young people a platform so the world could listen to their stories and work together to ensure a much brighter and safer life for them, now and in the future. Bangladesh, England, India North, India South Mauritius, Nepal and Tanzania all had children who were representing their countries. Most of these children did not have a birth certificate, visa and passport up until a week before the event. The aim is to use cricket to help change the lives of children across the world.

The students who attended the PE reward trip were chosen as a result of achieving a high number of sports credits this academic year. The students have shown dedication and commitment through attending various extra-curricular clubs. It would have been great to take even more students as so many have been excellent representing Ruislip High School this year

## Senior Borough Athletics - Wednesday 8th May 2019

The following students were selected to represent the school in the following events:

<b>100m</b>	Isabelle (9A), George (9B), Rose (10S), Hekmat (10C)
<b>200m</b>	Hannah (9F), Pharrell (9S), Aleeyah (10F), Kieren (10S)
<b>300m</b>	Anna (9S), Eloise (10S)
<b>400m</b>	Akos (9S), Gene (Y10F)
<b>800m</b>	Ellis (9B), Amit (10C), Toby (10A)
<b>1500m</b>	Heather (9S), Mateo (9C), Luke (10D)
<b>Javelin</b>	Lottie (9F), George (9B), Charlotte (10F), Toby (10A)
<b>Shot</b>	Mateo (9C), Isabelle (10F), Callum (10C)
<b>Discus</b>	Cody (9F), Akos (9S), Amy (10C), Daniel (10A)
<b>Triple Jump</b>	Gene (10F), Evie (10W)
<b>Long Jump</b>	Anna (9S), James (9S), Aleeyah (10F), Adam (10A)

Congratulations to the following students who medaled on the day:

Evie (10W) 3rd-7.42 (Year 10 Girls Triple Jump)  
Aleeyah (10F) 1st 4.30m (Year 10 Girls Long Jump)  
Aleeyah (10F) 1st 29.05 (Year 10 Girls 200m)  
Anna (9S) 3rd 4.03 (Year 9 Girls Long Jump)  
Anna (9S) 2nd 45.95 (Year 9 Girls 300m)  
Hekmat (9C) 3rd 12.33 (Year 10 Boys 100m)  
Gene (10F) 2nd 58.09 (Year 10 Boys 400m)  
Amit (10C) 2nd 2.21 (Year 10 Boys 800m)  
Luke (10D) 1st 4.57 (Year 10 Boys 1500m)

### Team Results:

Year 10 Girls-8th place  
Year 10 Boys-6th place



# Junior Borough Athletics - Wednesday 12th June 2019

William (7C) 800m - 1st  
Aziz (8S) Discus - 2nd  
Jesang (8C) 100m - 1st

## Middlesex Athletics (Year 7 and 8) - Monday 24th June 2019

Will and Jesang were selected to represent Hillingdon after winning their events at the Borough Athletics Championships.

William (7C) came 1st in a time of 2.19  
Jesang (8C) placed 6th in a very close photo finish.

## Football

### Thursday 2nd May - Year 8 Boys County Cup Final

The Year 8 team suffered heart break again as they lost the county cup to the Compton School 3-2. Lessons were learned from their last final and they prepared and played a far superior game. The boys controlled large parts of the game and created numerous chances but, ultimately, three team errors in an otherwise excellent performance was the difference. Two goals by Joshua from the subs bench provided the catalyst for the comeback but, unfortunately, ran out of time. As long as this team continues to learn and prepare in the right way, they will be in plenty of finals in the years to come.

## Rounders-League Results

### Year 8

#### Monday 17th June 2019

The Year 8 rounders team successfully beat Uxbridge High School 11-7. Martina received lady of the match.

#### Wednesday 19th June

Vyners Year 8 away 16-71/2 loss

The Team: Grace (8s), Aziz (8s), Chloe (8b), Martina (8s), Derin (8f), Sathuri (8c), Ruby (8b), Caitlin (8a), Arya (8a)

### Year 9

#### Tuesday 25th June

The team unfortunately lost 11½ -3. The first innings were close with both teams scoring two runs. In the second half Queensmead's strong fielding made it difficult to score.

The Team: Dillion (9d), Jessica (9d), James (9s) Amy (9f), Lottie (9f), Juan (9a), Nathan (9a), Hannah (9f), Jamie (9a), Jo (9c), Ayrans (9c), Kyle (9b), Cody (9f)

## Cricket

### Year 8 Cricket vs. Barnhill

#### Thursday 6th June

Squad: Joe K (8S), Flynn D (8A), Harry D (8F), Ryan K-P(8S), Joe D (8W), Alfie B (8A), Harry S (8C), Jesang L (8S), Dhiren B (8A), Aziz M (8S) and Vharsan T (8C)

**Result:** Ruislip High won.

**Score:** Barnhill 43 all out (11.5 overs), Ruislip High 44 for 4 (5 overs)

# PE NEWS

It was an excellent display by all the team which led to their first victory of the season. Harry D, Vharsan, Flynn and Alfie B provided some excellent bowling, all getting wickets. Harry S and James P both retired on fifteen runs with Harry D and Joe coming in to get the winning runs. Well done to all that played.

## Year 8 Cricket vs. Vyners

### Monday 17th June

Squad: Joe K (8S), Flynn D (8A), Harry D (8F), Ryan K-P(8S), Joe D (8W), Alfie B (8A), Harry S (8C), Jesang L (8S), Dhiren B (8A), Aziz M (8S) and Vharsan T (8C)

**Result:** Ruislip High won by one run.

**Score:** Vyners 60 for 2 (12 overs), Ruislip High 61 for 5 (11.3 overs)

It was a gripping game throughout with some excellent bowling and batting by both teams and Harry D hit the only six of the match. It looked like Vyners would win the game when Ruislip went for four overs scoring only four runs. However, coming in as the sixth batsman and with only four balls left in the game, Harry S hit a four to clinch the win.

## Year 9 Cricket vs. Queensmead

### Tuesday 18th June

Squad: Dan C (9F), Luca P-V (9D), Charley C (9D), Alfie B (9C), Jaiveer S-S (9D), Sumeet A-T (9F), Aaryan P (9C), Harry R (9S), Ellis J (9S), Shaurya D (9D), George S(9B), Jarrar S (9C), George H (9C) and Kulraj (9W).

**Result:** Ruislip won by one run.

**Score:** Queensmead 47 for 3 (12 overs), Ruislip High 49 for 2 (9.3 overs)

This was a good start by the Year 9 cricket team. Some excellent bowling from Aaryan and Javier who both got wickets and from Shaurya, George S, Alfie B and Kulraj who bowled well, restricting Queensmead to singles. After Sumeet and Alfie B started as the first two batsmen they were soon bowled and caught out which put Aaryan and Jaiveer in bat. They both batted the rest of the overs, eventually getting the win in the ninth over. Well done to all the boys that represented the team.

## Year 9 Cricket Vs Vyners

### Monday 24th June

Squad: Dan C (9F), Luca P-V (9D), Charley C (9D), Alfie B (9C), Jaiveer S-S (9D), Sumeet A-T (9F), Aaryan P (9C), Harry R (9S), Ellis J (9S), Shaurya D (9D), George S(9B), Jarrar S (9C), George H (9C) and Kulraj (9W).

The Year 9 team suffered their first loss of the season. They went into bat first and in the early overs struggled to establish a good run rate. Aaryan was introduced at number three and started to find the boundaries with ease. With a target set of 82, Vyners opening batsman was bowled out early by the impressive Aaryan, but as the overs rolled on, the wides proved costly, and Vyners chased down to the 83 runs with six wickets remaining. The man of the match was Aaryan.

## Year 8 Cricket vs. Douay Martyrs

### Monday 8th July Semi-Final

Squad: Joe K (8S), Flynn D (8A), Harry D (8F), Ryan K-P(8S), Joe D (8W), Alfie B (8A), Harry S (8C), Jesang L (8S), Dhiren B (8A), Aziz M (8S) and Vharsan T (8C)

**Result:** Ruislip High won.  
**Score:** Douay 22 for 9 (12 overs), Ruislip High 25 for 4 (5.3 overs)

This was an excellent bowling and fielding display by the Year 8 team. They bowled only four wides during the 12 overs and limited Douay to a low score of 22. Harry D was excellent in bat hitting 12 runs off 5 balls which clinched the win to progress to the final. Well done to all the boys that represented Ruislip High School.



## Sacred Heart Primary School Sports Day, Wednesday 19th June 2019

A selection of Year 10 GCSE PE students helped to lead Sacred Heart Primary School students through their sports day. All students gave a fantastic account of themselves and Ruislip High School at the sports day. The students led small activities for each of the year groups to complete, then the students assisted in the organisation of the races. The headteacher thanked the students for all their efforts and hard work to make the day special.

Charlotte (10F), Aleeyah (10F), Rose (10S), Louise (10S), Evie (10W), Isabella (10F), Eloise (10S), Amy (10C), Joshua (10B), Callum (10C), Adam (10A), Daniel (10A), Kieran (10S), Oliver (10W), Luke (10D), Archie (10W)

## OAA Day at HOAC - Tuesday 25th June 2019

Ten Year 7 students were selected by the PE Department's PGCE student, Mr Lovelock, to attend an outdoor orienteering event organised by Brunel University PGCE student teachers. Students were paired up for the morning events where they had to complete a number of orienteering maps. The students really enjoyed the morning with two pairs placing in the top three!

Finlay (7c), Taedyn (7c), Dylan (7s), Will (7c), William (7s), Mia (7w), Hiruni (7w), Abigail (7w), Grace (7w), Imgoen (7a)

**Results:** The fastest RHS pair/first fastest pair overall were Will and Finlay. The third fastest pair overall were William and Dylan.



# PE NEWS

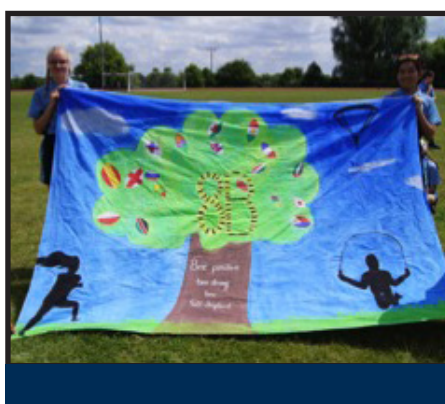
## Sports Day 2019

Sports Day allowed children to showcase some of the athletic skills they have learnt in P.E this term. Students had the opportunity to take part in a number of track and field events along with egg and spoon and tug of war. This was also the first year the hammer throw was included in the programme and it was definitely a hit with the students.

The day was made extra special by the fantastic attendance from the parents and the effort and enthusiasm shown by the staff and students. Students also took part in a Banner Competition where they created a banner on the school's theme of 'self discipline'. The winners of this competition are shown below.

Results	Year 7	Year 8	Year 9
1st	C (163 points)	S (188)	S (184)
2nd	W (138 points)	A (147)	F (171)
3rd	A (120 points)	C (145)	W (157)
4th	F (117 points)	F (140)	C (144)
5th	B (116 points)	B (134)	D (141)
6th	S (110 points)	W (105)	A (119)
7th			B (100)

## Banner Competition Winners



## Sports Day Medal Winners





# PE NEWS

## Year 10 Activities Day 2019

For this year's activities theme day students had the opportunity to compete in groups against another team all day to gain as many points as possible. Students had the opportunity to try inflatable activities such as 'jungle run' and 'Gladiator' as well as tug of war, danish longball, ultimate frisbee and water relay races.

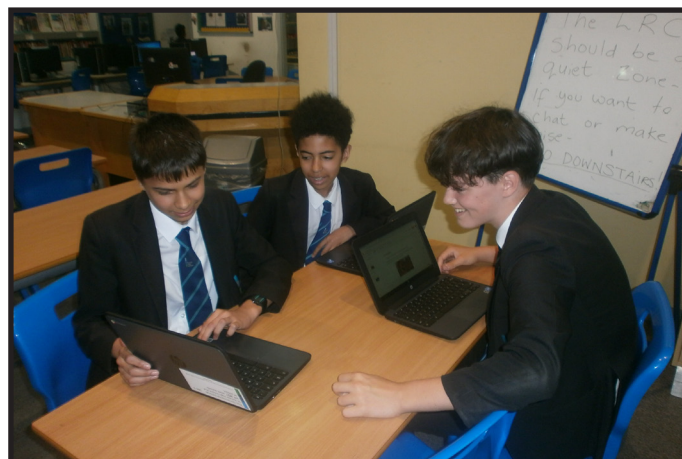
### Results :

<b>1st</b>	Group C 17 points
<b>2nd</b>	Group E 16 points
<b>3rd</b>	Group I/L 15 points
<b>4th</b>	Group A 14 points
<b>5th</b>	Group H 13 points
<b>9th</b>	Group D 7 points

<b>6th</b>	Group G/B 10 points
<b>7th</b>	Group J/K 9 points
<b>8th</b>	Group F 8 points
<b>9th</b>	Group D 7 points

# MFL NEWS

This half term Year 9 Spanish students have been doing independent research projects on Spain and Spanish speaking countries. They researched a range of topics including the history of football, Franco's Dictatorship, musical culture, festivals, food and recipes, to name a few. Once students had researched several topics they presented the one that interested them most to each other in small groups. Following this the classes discussed their favourite facts.



## Reviews:

*'I enjoyed the research project because it gave us a chance to learn independently. I liked learning about spanish and hispanic festivals. The one which fascinated me the most was the 'Fiesta de la Candelaria' which is celebrated in South Peru.'* Natalia, 9C

*'I found out about FC Barcelona and Real Madrid. I enjoyed learning about festivals and spanish food such as gazpacho.'* Oliver M, 9C

*'I learnt that many spanish people are Catholic but a lot of the younger generation are atheists.'* Jarrar, 9C

*'I think learning about Spanish food was really interesting and fun. I now know how to make paella.'* Chelsea-Leigh, 9C

# YEAR 11 NEWS

## Year 11 students enjoy Prom event

Year 11 students enjoyed their Prom event on Thursday 27th June at the Hamilton Suite of Brunel University.

As is tradition, students gathered in their amazing outfits outside school from 6pm for informal photographs. They then headed to the venue, with many students in luxurious hired vehicles.



Mr Alexander, Head of Year 11, said, 'After the success of the GCSE exam period, it was a pleasure to see Year 11 students getting the chance to let their hair down at Prom this week. Each and every one of them had worked tirelessly during the examination period and as such, deserved their final farewell to mirror this.'

Thankfully, the Year 11 Prom did not disappoint. Students looked incredible, kitted out from head to toe in their glamorous Prom outfits. It has been a pleasure to see this cohort develop into mature young adults and we hope to see many of the students back in September where they will begin their journey at Ruislip High School's Sixth Form. For those, however, who are moving on to new challenges, we also want to wish each and every one of them every success in the future.'

## YOUR LIFE YOU CHOOSE DAY

On Thursday 27th June, 2019, all Year 7 and Year 8 students took part in a Your Life You Choose day run by the Youth Partnership for the London Borough of Hillingdon. This involved outside speakers presenting various workshops to our students. All commented on the fabulous behaviour and attitude of our students.

*Ms Stoodley*

### Student quotes

*"The Your Life You Choose sessions were all really enjoyable. I liked the London Ambulance Service session the most as it taught me about the risks of some injuries and it opened my eyes to a whole new aspect of the world. In addition all the visitors were very polite and helpful." Hiruni, 7W*

*"The London Ambulance Service was my favourite part of the day. It showed me how to control my feelings and how to handle certain situations. Also the drugs session showed you the consequences of making the wrong choices." Mia, 7W*

*"The Your Life You Choose day was an enjoyable but serious day. The Magistrates talked us through ways of dealing with people and how they work out their punishments. The day made you understand the consequences of bad choices and how you could stop going down the wrong path." Ben, 7W*



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