

# SIXTH FORM FOCUS

Your insight into Ruislip High School Sixth Form life

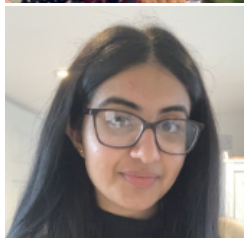
## MEET THE TEAM



### James H

I'm James, the Head of Volunteering.

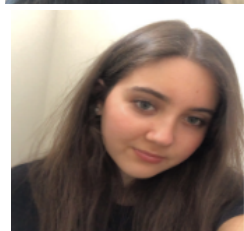
My favourite part of sixth form at Ruislip High is the responsibility teachers give to students to study independently and the helpful resources given to aid us.



### Aliza A

Hi, I'm Aliza, your Deputy Head of Volunteering.

My favourite thing about Sixth Form at Ruislip High is being able to ask my teachers for help and how welcoming they are!



### Zainab T

Hey! I'm Zainab, your Deputy Head of Mentoring.

My favourite things about Ruislip High School's Sixth Form are the free study periods as it makes me feel more independent, and also the helpful support we receive from teachers.

*Make sure you read the next edition to meet some more of the Student Leadership Team!*

## Quick Brain Teaser

QUIZ:  
Guess the dog breed

1. 🍷 🏠 🐕 🍫
2. 😊 🇬🇧 🐕 🐕
3. 🍲 🍲
4. 👍 🇩🇰
5. 🐔 🍌
6. 🐝 🐕
7. 🍷 🇫🇷 🐕
4. 🍌 🍌 🍌 - 🐕 🍌
10. 😊 🏠
11. 🇮🇪 🧘
12. 🏠 🐕 🐕 🐕

How many can you get right?

## Get moving and get motivated!

As we get closer to exam season and your revision is increasing, it is important to remember to take care of yourself as well as studying.

It is well documented that staying active and getting fresh air is key to helping students with their concentration and boosts brain activity.

You could:

- Go for a walk or run between revision sessions
- Find gym classes you like the sound of to go to in the evening (eg Zumba, HIIT, BoxFit, yoga)
- Try a workout video at home - there's hundreds on YouTube to choose from!
- Get your friends together and go to the park

Sound like something you'd like to do? Why not come along to the Sixth Form Wednesday Workouts, details will be shared in tutor time and on Google Classroom!



# Year 12 Visit Parliament

On Thursday 24th February, twenty of our year 12 politics students went on a trip to Parliament and the Supreme Court to see politics in action outside the classroom.

Despite some biblical rain on our way, the group made it to Parliament early enough to take in a quick trip to Downing Street, with students enjoying the chance to peer up one of the most famous streets in the world. The visit was made particularly poignant by the fact that Russia's invasion of Ukraine had started that very morning. The whole group were particularly shook by just how many Ukrainian protesters they saw throughout the day, which offered a truly moving learning experience on what was a tragic day.



Students then entered Parliament, going for a tour of the building before having a workshop at Parliament's Education Centre afterwards. The group was also lucky enough to be joined by Lord Randall, the former MP for the school, who came to speak to students about his experiences as an MP and now as a peer in the House of Lords.

After leaving Parliament, students then visited the Supreme Court for a self-guided tour. Students were keen to learn more about the role of the Supreme Court, as well as being excited by the chance to observe a case in the public gallery.

Mr Amos had the following to say after the trip: "Altogether, the trip was thoroughly enriching for our students, made only more so due to the historic circumstances surrounding our visit. As teachers, it was fantastic to also be able to go back to Parliament after the pandemic had prevented us for so long; we look forward to our next opportunity next academic year."



**The Supreme Court**



**The Houses of Parliament**