

## RHS Values Champions:

### Top 5 Attendance:

- **9A** - 99%
- **C68** - 98.33%
- **C66** - 98.09%
- **7D** - 98%
- **8F** - 98%

(attendance calculated until 15/11/2024)

### HoY Shout Out:

Shout-out to **Ryan, 7C** for his perseverance in all his learning. However, I would especially like to say well done for his dramatic rendition of Dr. Frankenstein, which he read with an aplomb of expression during his English lessons last week.

**Ms Loizou - Head of Year 7**

### Subject Shout Out - Music:

I would like to say a huge well done to **Rahul in Year 12**, for all of his outstanding effort in Music over the last few weeks. Rahul is committed to his studies and strives to improve his musical abilities - which he will be showcasing at the Winter Concert next week!

**Ms Nastou - Curriculum Leader of Music**



## A message from Mr Davies:

It is clear from this bulletin that although we are speeding towards the Christmas break, there is no slowing down in the pace of life at Ruislip High School.

As this bulletin clearly shows, the school continues to shine as a school, in and for, the community and it has been a pleasure to be involved in some genuine community events over the past two weeks.

That will continue next week as we hold our winter concert on Wednesday, a link can be found [here](#). It promises to be another excellent event and it follows the sixth form community event that has been a tradition at the school in recent years.

As I write this bulletin I know the majority of our Year 8 students are enjoying the residential visit to Paris and I saw glorious blue skies in the instagram post from earlier today. I fear the weather is set to deteriorate somewhat tomorrow but I am sure it will not dampen their spirits.

Finally, I would like to draw your attention to our upcoming performances of King Lear on Tuesday and Wednesday of the last week of term. We had a brief taster on presentation evening and I have no doubt that it will be another RHS triumph. A link with more information can be found [here](#).

# Friends of RHS Community Bingo Event

On Wednesday 27th November, 2024, the Friends of Ruislip High School organised a very successful Community Bingo Event. The event was attended by just under 100 staff, parents and other community members, who participated in six games of bingo. In addition, the Friends Christmas Raffle was also drawn, with lots of prizes on offer, donated by businesses from the local community.

Mr Gould hosted and certainly made an effort with his attire for the evening, donning a sparkly blue quizmaster jacket for the occasion! In addition, members of our sixth form also added something special for the event's guests, by producing fabulous mocktails for guests to purchase. This was a wonderful opportunity for these students to raise money for the South African Wildlife Reserve, who they have close links with after their visit to the reserve in August 2024.

Mr Randall, who attended the event, said: "It is always lovely to see members of our community come together! I had a lovely evening and it was clear how hard the members of Friends had worked on organising such a fun event."

The Friends team would like to thank everyone who attended the event and everyone who bought raffle tickets. We would also like to thank all the local businesses who very generously donated the raffle prizes. The event raised over £1400, which will be used for projects and equipment to support the students' learning and development.

A massive thank you to the Friends of Ruislip High who organised the event for everyone to enjoy; it truly was a great event, which helped bring members of our community together. Please keep a close look out for future Friends of Ruislip High events. If you would like to get involved in the team, please do not hesitate to reach out to Mr Martin, Assistant Headteacher, or get in touch with the Friends directly via email: [friendsofrhs@ruisliphigh.org.uk](mailto:friendsofrhs@ruisliphigh.org.uk).



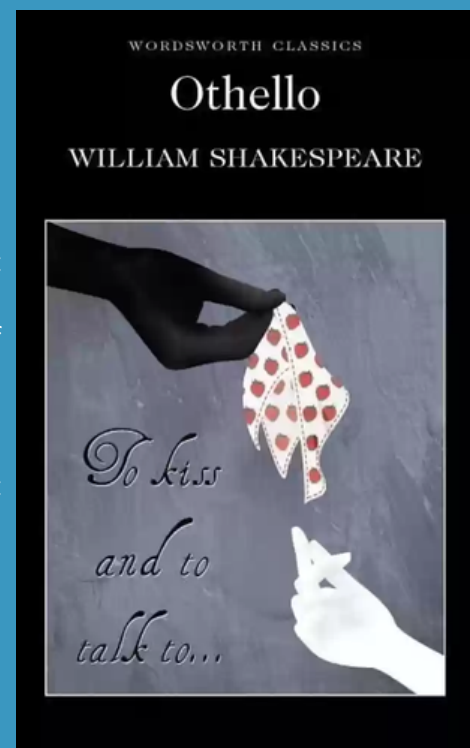
## A Level English Literature Lecture

On Monday 25th November, 2024, the Year 13 English class was given the opportunity to listen to a fascinating lecture given by Chloé Houston on how stage props are used in Othello, alongside the idea of Othello as 'other' within his own narrative. Houston explored ideas concerning Othello's Traveller's Tales and how he is both an insider and an outsider as "The Moor of Venice". Yet the focus of Houston's lecture was in regard to the handkerchief and the connotations and significance driven by it.

Houston began discussing the given information about the handkerchief, what Shakespeare wants the audience to know, for example, we know that Othello says it is a gift from his mother and we also know that the strawberry embroidery is emblematic of blood. Handkerchiefs were also symbolic of beauty, cleanliness, good breeding and fine taste alongside being representative of a woman's domestic labour. After looking into the history of the handkerchief, Houston concluded her talk by opening the floor to discussion and allowed the students to ask her further questions in detail regarding the subject matter of her lecture and the play as a whole.

Ms Bhudia, Director of English, said: "It was an incredible opportunity to hear from a specialist and study stage props in such detail as Houston opened our minds to concepts and connotations we had never even considered before."

The entire A Level English Literature class is extremely grateful for Houston's lecture and the time she gave us. Thank you to Ms Houston for sharing her knowledge with us all.



# GCSE Music Trip to The Royal Festival Hall

On Wednesday 20th November, 2024, the GCSE Music students went on a fantastic trip to the Royal Festival Hall for a special lecture, designed to support them in their upcoming theoretical music exams.

Led by GCSE BrightSparks, the event was also accompanied by the London Philharmonic Orchestra, who brought theoretical elements covered on the exam to life for the students in attendance. The concert/lecture hybrid explored a wide range of music from the Baroque period to the 21st century, from Bach to Bacewicz, and from the concerto to film music.

Presenter Rachel Leach guided students through detailed musical analysis, with key terminology highlighted on the big screen, and excerpts pulled out of the music to enhance understanding. The students' learning was also put to the test, through a number of interactive quizzes held throughout the event.

Hugo, Year 11, said: "The trip was really helpful! I learnt a lot from watching the orchestra and then having an expert explain key terminology, as the orchestra played. It made some of our key words really clear and I can see how I would now use them in an exam."

Thank you to the RHS Music Department for leading the trip. We are certain it was a worthwhile day, which enabled students to engage with theory in a practical environment



## VLT Careers Fair



On Wednesday 20th November, 2024, Ruislip High School Sixth Form proudly hosted its first-ever Careers and Higher Education Fair, as part of its comprehensive post-18 support program. The event attracted over thirty prestigious organisations, including Russell Group universities, apprenticeship providers, and leading employers such as the NHS, the BBC, Mace, and the Metropolitan Police.

The fair offered students a wealth of information and inspiration regarding their future academic and professional opportunities. The event also featured two alumni from Ruislip High School's Class of 2024: Bradley Barker, now an apprentice project manager at TFL, and Zain Louay, a legal apprentice at Botrills Solicitors. Their presence showcased the tangible success that can be achieved by studying at RHS, offering current students a clear and motivating vision of their own potential futures.

Ruislip High School was also pleased to welcome twenty students from Vyners School, reflecting the collaborative spirit of the Vanguard Learning Trust. Ms. Bonny would like to express her gratitude to Mrs. Coyle for helping to arrange this visit.

Hiruni, Year 13, said: "The Careers Fair was really helpful! I got to speak to lots of different people to discuss potential options for next year. I am planning on studying architecture at university next year, but it was still useful to see other pathways. I really feel like our sixth form offers us lots of support when thinking about our futures."

Guests praised the students for their engagement and attitude, describing them as 'very interested and respectful' throughout the day. Their enthusiasm and curiosity stood out as highlights of the event. This inaugural event marked a significant step in preparing Sixth Form students for life beyond school, equipping them with the knowledge and inspiration to pursue their aspirations with confidence.

# Presentation Evening 2024



On Thursday 21st November, 2024, our annual Presentation Evening was a truly memorable occasion, bringing together students, staff, and distinguished guests to celebrate the remarkable achievements of our students. This year's theme, 'Unity', highlighted the importance of working together to achieve success, both individually and as a school community.

The evening featured an inspirational speech from our guest speaker, Jordan Marajh, a proud alumni of the school. Jordan spoke movingly about his time here and expressed his gratitude to the many staff members who supported him throughout his journey. His words resonated deeply with all in attendance, reinforcing the value of perseverance, community, and teamwork.

We were also honoured to welcome several notable guests, including the MP for Uxbridge and South Ruislip, Danny Beales; The Worshipful Mayor of Hillingdon, Councillor Colleen Sullivan; and Station Commander RAF Northolt, Group Captain Jonathan Hough, who also spoke to guests in attendance to offer their congratulations.

The highlight of the evening was, of course, the presentation of a wide range of awards, recognising student achievements in both subjects and special categories. It was a wonderful opportunity to celebrate the hard work and dedication of our students, who continue to shine brightly within our school community.

Beyond the awards, there were also opportunities to showcase the creative flair of our students, with a range of musical performances and a scene from the upcoming Winter Production, King Lear.

Overall, it was a fantastic event and a wonderful opportunity to celebrate the heart of our RHS community: our amazing students.

## GCSE Drama Theatre Trip Trip to Uxbridge College



On Monday 25th November, 2024, the Year 10 GCSE Drama students headed to The Kiln Theatre in Kilburn to watch an electrifying performance of The Purists.

This five-star reviewed play featured rap battles and DJ sets, giving the GCSE Drama students an opportunity to experience the wide range of productions to choose from in London. A comedy, focused on the rivalry between neighbours and clashing musical styles, also explored issues of race and sexuality.

The students thoroughly enjoyed the performance and commented on how different it was from the last performance they watched (A Tupperware of Ashes). Max, Year 10, commented: "It was a really energetic show and I really enjoyed it. It is always fantastic to see something different - I would never have chosen to see this show, but I am glad I did!"

Well done to the Year 10s for another fantastic theatre trip and thank you to the Drama Department for leading the evening.



On Monday 25th November, 2024, staff from our Learning Support Faculty led a trip to Uxbridge College with six of our Year 11 students, to look at the range of Post-16 courses available.

The students were very impressed with the campus and looked at a range of courses from mechanics to health and social care. The highlight of the tour was a visit to Uxbridge College's new immersive room, which uses VR technology to engage learners using cutting edge technology. The students were accompanied on the tour by members of Uxbridge College staff. Our students asked thoughtful questions throughout to get the most out of their time at the college.

Ms Cooney, who attended the trip with the students, said: "The students all gained lots from the day, with them all finding something they would consider studying next year. By the end of the day, they had all put in applications. I am so proud of how all of the students conducted themselves."

Thank you to Uxbridge College for hosting our students for the day. It was a great opportunity to show some of the options beyond A Levels available to them in the local area.

# HoY Update: Year 11 - Mr Sills

I am writing after the end of the first week of PPEs (pre-public examinations) for Year 11. I have been so impressed with the maturity and dedication shown by our students, throughout what has been a challenging and tiring week. Year 11 have conducted themselves impeccably and I have no doubt that their hard work and preparation will pay off.

A reminder that on Thursday 23rd January, 2025, Year 11 Parents/Guardians Evening will be taking place in school. This will be a fantastic opportunity for students to receive feedback directly related to their performance in the PPEs.

Finally, I am really looking forward to celebrating the end of the PPEs with our exciting whole year group day trip to the London Eye on the penultimate day of this term.

## PE News:

### Girls' Netball

Congratulations to our Year 7 and Year 9 netball teams for their impressive performances on Wednesday 4th December, 2024, in matches against Uxbridge High School.

The Year 7 team put in a fantastic display of teamwork and skill, securing a solid 5-2 win. Their strong defensive play and precise shooting were key to the victory.

Meanwhile, the Year 9 team dominated their game, finishing with an outstanding 12-1 win.



The players showcased excellent coordination, with exceptional attacking and defending throughout the match. Their hard work and determination were evident, and the score reflected their commitment.

The teams were as follows:

Year 7: Pelin B, Isabella, Caitlin B, Chaaya M, Coralie A, Avani S-G, Freya B, Francesca A, Maiara S

Year 9: Bethany S, Erin D-M, Lily C, Alana M, Axarei G-C, Chloe S, Alicia G

Both teams showed great sportsmanship and determination, and we are incredibly proud of their achievements. A big thank you to the PE Department for supporting the students at each of their fixtures.



## RHS Superstars: Riley, Year 10

We are delighted to share that Riley, Year 10, was recently asked to speak at the Royal College of Occupational Therapists about his recovery from an aneurysm, which he suffered aged 12. Riley was left unable to speak or move much, beyond lifting his head.

Riley was asked to speak at the CYPF Conference, alongside experts from The Children's Trust to share his story. Riley spoke with courage and passion and many of those in attendance were incredibly positive about his willingness to share. We want to join them in saying a huge well done for having the confidence to speak in front of a room of hundreds of experts.



# December Events at RHS

As we speed towards the end of term, there will be a number of exciting (and, for the most part, festive) events and opportunities.

On Wednesday 11th December, 2024, parents and students are invited to attend our **Winter Concert**, at 5:30pm. Tickets can be booked via [Google Classroom](#). Also, on this date, the Sixth Form are hosting their annual **Christmas Community Event** for the local elderly community. Led by our amazing Sixth Form students, the event will be buzzing - with over 70 guests confirmed as joining for this year's festivities.

The following week, there will be two opportunities to watch the winter production of **King Lear**, on Tuesday 17th and Wednesday 18th December, 2024 at 5:30pm. Tickets are going fast, so if you would like to join, please scan the QR Code on the poster below to sign-up for tickets.

In addition to these fantastic events, this December also sees the return of our **'12 Days of Christmas'** attendance drive. All students who attend between Thursday 5th December and Friday 20th December, will receive a raffle ticket for each day of attendance. On the last day of term, one student from each year group will be selected from the raffle to win one of our fabulous Christmas themed family hampers.

Tutor groups across the school are also very busy getting involved in our **Christmas Food Bank Challenge**. Each tutor group is decorating a festive box to fill with food to support our local community food banks this festive season. If you wish to donate any non-perishable goods, please get your child to bring this in with them to school before Wednesday 18th December.

Finally, the MFL Department are giving all students in KS3 the opportunity to get involved in their **Design a Christmas Card** competition. This asks students to both be creative and put their language skills to the test! The deadline for entries is Thursday 12th December. Prizes to be won!



# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

## WHAT ARE THE RISKS?

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required, is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

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# Notices: Key Dates:

Wednesday 11th December 2024 at 5:30pm

RHS Winter Concert

Wednesday 11th December 2024 at 4:30pm

Sixth Form Christmas Community Event

Tuesday 17th and Wednesday 18th December 2024

Winter Production: King Lear

Wednesday 18th December 2024

Cucina Christmas Lunch

Thursday 19th December 2024

Year 11 - Trip to London

Friday 20th December

Last day of Autumn Term (school ends at 12pm)

## Letters Home

Update to Parents - 29/11/24

[Click here](#)

VLT Parent Update December 2024

[Click here](#)

Year 9 Options Evening Letter

[Click here](#)

Other Information (not linked to the school)

Safer Internet Info for Parents

[Click here](#)



**SCHOOL UNIFORM DONATIONS NEEDED!**  
for our secondhand uniform sale

Please drop at the school office

WE NEED:

Blazers, ties, shirts, trousers, skirts, jumpers, all branded PE items, football boots, PE trainers



The Friends of Ruislip High School will be hosting a pre-loved uniform sales at different events in 2025. However, our second-hand uniform stock is running low.

As we approach the end of the term, if you have any Ruislip High School uniform, which is still in a good, clean condition and you wish to donate it, please drop it off at our school office.

Thank you in advance for your support. All money raised from future uniform sales goes towards the 'Friends' Fund', which supports a range of student and school community projects.

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