

## RHS Values Champions:

### Top 5 Attendance:

- 11S - 99.67%
- C66 - 98.96%
- 7B - 98.62%
- 8F - 98.33%
- 11A - 98.13%

(attendance calculated until 09/01/2025)

### HoY Shout Out:

Shout-out to **Sophie B, 8W**, for making a fantastic start to the Spring Term and for continuing to be an excellent ambassador for Year 8. Sophie consistently works hard and always has a wonderful attitude to learning.

**Ms Farrell - Head of Year 8**

### Subject Shout Out - History:

Well done to **Kalina, 11A**. Your attitude to learning throughout all of your GCSE History lessons is consistently excellent. You should be very proud of your determination and hard work. I look forward to seeing it pay off in the summer exams this year.

**Mr Warrington - Curriculum Leader of History**



## A message from Mr Davies:

As you will read in this bulletin, it has been an action-packed start to the Spring term here at the school. With a record number of extra-curricular clubs running this term as well as our programme of educational visits already underway, our commitment to the wider curriculum is clearly evident in the updates you will read in this bulletin. I would particularly like to acknowledge our Year 9 students who were outstanding ambassadors for our school on Wednesday's 'Lion King' trip and I would also like to thank Mr Cahill and his dedicated team of tutors for all the planning and preparation that went into the day.

I would also like to acknowledge how impressed I have been with regard to how Year 13 have approached their pre-public exams (PPEs) this week and would like to take this opportunity to apologise to students who sat examinations on Monday morning where the temperature in the school hall was lower than we would have liked. I am pleased that we were able to rectify the situation for the afternoon session and the remainder of the week.

Finally, I would like to remind all parents of Year 11 students that next week sees our PPE results being given out followed by our Year 11 parents' evening. I would also like to stress that our careers lead, Mr Shelley, will be available on the evening to speak to any families who are uncertain about which pathway to choose next year. I recognise that our Sixth Form application deadline is approaching and would urge any families who are seeking more advice to speak to me or Mr Shelley on the evening.

I trust parents/guardians will enjoy reading this latest bulletin and would like to wish the whole community an enjoyable and restful weekend.

# Sixth Form Theatre Trip

On Tuesday 7th January, 2025, 15 students from Year 12 and 13 headed to The Garrick Theatre in London's Leicester Square to enjoy a performance of the musical, 'Why Am I So Single?'

This high-energy musical comes from the makers of the international hit musical 'Six', and features a range of incredible song and dance numbers. Loosely based on the lives of the writers', Toby Marlow and Lucy Moss, the show follows two musical theatre writers and best friends who are struggling to navigate the frustrations of being constantly single while also trying to write a musical. The end result is an all-singing, all-dancing musical extravaganza.

The students thoroughly enjoy the meta-comedy and gregarious performances of the two leads. There were laugh-out-loud reactions from the students throughout the show, but in particular to the song at the end of the first act - a song about a bee trapped in the characters' flat. However, in the second half of the show, issues surrounding grief and identity are explored - with some gut-wrenching numbers, which highlight LGBTQ+ identity and life after loss in a thought-provoking manner.

At the end of the performance the students were buzzing and recounting their favourite parts on the journey back to Ruislip Gardens station.

Alexia, Year 13, said: "I loved it! I have never seen a musical written so clearly for our generation - everyone who came could relate to the themes in the show."

Max, Year 12, said: "I have not stopped singing the songs all week. It was such a funny show."

Finally, Giselle, Year 13, said: "The first half was hilarious, none of us could stop laughing. The second half hit hard with an emotional punch - really sensitive issues were covered in such a clear and memorable way."

Overall, the students had a brilliant time. Thank you to Ms Ohana and Ms Loizou for running such an exciting trip for our Sixth Form students.



## Post-16 Visit to West Herts College

On Monday 13th January, 2025, Ms Hunter and Ms Cooney gave six of our Year 11 students the opportunity to visit West Herts College in Watford. The purpose of the visit was to show students the range of courses on offer at the college, to inspire them for what courses they could consider after their GCSEs.

The students were shown around the college by a member of West Herts staff, who clearly explained some of the courses on offer. The students were impressed by the facilities at the college, with several of them signing up for courses starting in September 2025.

The staff at the college were impressed with the impeccable behaviour of our students and shared that they are a credit to RHS. Equally, Ms Cooney said: "Our students got really involved in the morning and showed they are really thinking about their futures. Our tour guide for the morning was fantastic! He really explained what the college has on offer - whilst also giving the students an insight into what college life is like. Thank you to West Herts for having us."

Overall, the trip was a successful morning. Thank you to Ms Cooney and Ms Hunter for offering our students the chance to think carefully about the wide range of options available Post-16.



## Reminder: Year 11 Parents' Evening

We would just like to remind you that next Thursday 23rd January, 2025, is Year 11 Parents' Evening. The evening will be an opportunity to speak to your child's teachers, to find out about their progress and next steps as they approach their final GCSE exams this summer.

Ahead of the appointments, we will also be handing out students' December 2024 PPE results, so attendance to the evening is very important. If you have struggled to get an appointment for your child's subjects, please turn up to collect PPE results and see any teachers who may have availability on the night.



# Year 9 Trip: The Lion King

On Wednesday 15th January, 2025, half of our Year 9 students enjoyed an afternoon at the theatre, to watch a matinee performance of the musical, 'The Lion King'.

Based on the 1994 Disney animated classic, The Lion King is performed at The Lyceum Theatre, near Covent Garden. The show first debuted in The Lyceum in 1999 and the musical has been playing there ever since - it is the 8th longest running musical of all time.

Despite many of the students being familiar with the story (The Lion King is 10th highest grossing film of all time), they marvelled at the spectacular set and costume design in the show. When the show was first put together, it took over 17,000 hours to make all of the show's costumes and puppets - which include two 18 foot giraffes.

Our students' behaviour was excellent throughout the trip and they made an excellent audience. Many of them commented that they absolutely loved the opportunity to go to theatre with their school friends.

Josh, Year 9, said: "My favourite part was the ending - it was really action packed and entertaining to watch."

Meanwhile, Ramneek, Year 9, said: "I thought the actors in it were amazing and the set was really cool. I just thought the whole story was done so well."

Ms McLoughlin, who attended the trip, said: "The students were excellent from start to finish! It was wonderful to see their faces light up throughout the musical."

Thank you to Mr Cahill, Head of Year 9, for leading the trip. We hope that the rest of Year 9 are excited to watch the show in a few weeks time.



## Reminder: Above & Beyond - Spring Term Clubs

We would like to remind parents that our Above & Beyond Club Programme is in full swing for the Spring Term. With over 40 unique clubs to choose from, there's something for every child, whether they're passionate about sports, arts or technology. From Basketball to TableTop Gaming Club, there are still lots of clubs available to choose from.

Clubs began for this term on Monday 13th January, 2025 and will run through to the end of March (at the end of term), so it's not too late to sign up. These clubs are a fantastic opportunity for students to explore new interests, develop skills, and make new friends in a fun, supportive environment.

The brochure of clubs this term can be found here. However, please note that some clubs have already filled up: Minecraft, Art, Robotics, Monday's Cooking Club, Drama and Animal Club are full for this term. However, that still leaves a wide range of options to choose from.

Don't miss out - ensure your child secures their spot today. If there is a club you would like to sign your child up for, please contact Ms Horton or Ms Cluskey via the email: [aandbclubs@ruisliphigh.org.uk](mailto:aandbclubs@ruisliphigh.org.uk) to request a place at a club.



# Reach Pathway Trip to Cambridge University

On Thursday 16th January, 2025, a group of our Year 12 students, who are a part of our Reach Pathway in the Sixth Form, joined Vyners High School, for a trip to the University of Cambridge.

The group were welcomed at Peterhouse College. Founded in 1284, Peterhouse is the oldest constituent college of the University of Cambridge. Surrounded by this rich history, the students enjoyed a tour of the college, followed by a series of talks to help them prepare for applying to university.

The talk topics focused on writing competitive applications and on how students should take advantage of 'super-curriculum' opportunities on offer. It was explained that attending lectures and completing wider reading in their free time, not only enhances the students' knowledge of the subjects they might wish to study in the future, but also helps their personal statements shine.



Students also got the chance to attend an academic taster session, led by some of the university's postgraduate students. There were a range of taster sessions on offer, ensuring that no matter our students' higher education interests, there was something for them to take part in.

The day concluded with a Q&A session with a number of undergraduate students, currently attending Cambridge. Our students asked thoughtful questions, which really showed the mature approach they are taking when thinking about their Post-18 options.

Student A, Year 12, said: "There was lots of information on the day that I will be sure to think about as I start looking at my Post-18 options. It was a really helpful day."

Thank you to Ms Bonny for taking our students on the trip, and thank you to Vyners for organising the day.



## Year 13 PPE Week

The Sixth Form Team would like to congratulate the Year 13 students for completing their Pre-Public Exam week. Students have been focused and diligent throughout the week, as well as with their revision in the lead up, and their attitude to the exam procedures has been excellent.

Mr Elsby, Head of Year 13, said: "It's been a fantastic week for the Year 13s, albeit a long one. I was pleased and proud to see the students turning up for their exams, trying their hardest and really caring about the work that they have done up to this point. I am certain that this hard work will pay off in these PPEs and also again in the summer!"

We wish the Year 12s luck for their in-class assessments next week.



# What Parents & Educators Need to Know about TIKTOK

**WHAT ARE THE RISKS?**

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

**AGE-INAPPROPRIATE CONTENT**

While TikTok's Following feed only displays videos from familiar creators, for You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

**CONTACT WITH STRANGERS**

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

**MISINFORMATION AND RADICALISATION**

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

**ADDICTIVE DESIGN**

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

**IN-APP SPENDING**

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £3.99 to an eye-watering £99, while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

**ADVICE FOR PARENTS & EDUCATORS**

**ENABLE FAMILY PAIRING**

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

**DISCUSS THE DANGERS**

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

**READ THE SIGNS**

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

**Meet Our Expert**

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.

#WakeUpWednesday The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>

# Notices:

## Key Dates:

Monday 20th January 2025  
at 5:30pm

Year 11 History/Drama  
Theatre Trip

Tuesday 21st January 2025  
at 5:30pm

Year 11 History/Drama  
Theatre Trip

Wednesday 22nd January  
2025

Sixth Form Applications  
Deadline

Thursday 23rd January 2025  
4:30pm-7:00pm

Year 11 Parents' Evening

Tuesday 28th January 2025  
6pm

Parent Voice Group Meeting

Wednesday 29th January  
2025

5:30pm  
GCSE Music Recital

# Letters Home

Update to Parents -  
10/01/25

[Click here](#)

Year 12 Parents' Evening  
Letter -

[Click here](#)

Year 9 Options Evening  
Letter

[Click here](#)

Year 13 History Trip Letter  
[Click here](#)

Other Opportunities (not  
linked to the school)

Hillingdon Families'  
Roadshow

[Click here](#)

# Support for Young Carers at RHS

At Ruislip High School we are committed to ensuring that all students get the support they need. We understand that for some students, factors outside of school can have an impact on this, particularly if there is someone in their family who is ill, disabled, or has a mental health problem or an addiction.

As a school, we are working with the Carers Trust Hillingdon service, which aims to reduce the impact of caring on young people through the provision of emotional support, information, advice and regular social activities.

If you think that any of the above applies to your child, and that they might possibly be a young carer please contact me via the school office or complete the Google form ([click here](#)). Even if you feel your child or family is doing really well and doesn't need any support at the moment, it is better for us to be aware, in case the situation suddenly changes and they (or you) do need support.

Please see [this letter](#) for further information.