

RHS Values Champions:

Top 5 Attendance:

- 7B - 97.45%
- 7F - 96.61%
- 7A - 96.51%
- 8A - 96.45%
- C62 - 96.43%

(attendance calculated until 27/02/2025)

HoY Shout Out:

Well done to **Jacob R** for being an all-round fantastic student. Jacob applies himself with enthusiasm and integrity to all of his studies. His behaviour is also exemplary.

Mr Cahill - Head of Year 9

Subject Shout Out - PE:

I would like to give a shout out to **Ellie D**, Year 9, for her amazing netball performance at the Year 9 Netball Tournament. Ellie played with skill and was an amazing team player.

Ms McGuigan - Curriculum Leader for PE



A message from Mr Davies:

It has been an exceptionally busy first week back after half term, and we were delighted to host the Vanguard Learning Trust's 10th anniversary celebration on Wednesday evening. It was a wonderful event, and it was a pleasure to see another performance by the cast of 'King Lear,' who presented a short excerpt as part of the evening's entertainment.

The ten year anniversary was not the only evening event we have hosted at the school this week as yesterday we held our Key Stage 4 options event, which was very well attended. Mr Noble, Deputy Headteacher, also gave an informative presentation on strategies for students and parents to manage screen time and minimise online distractions.

A particular highlight of the week was this morning's languages breakfast, hosted by our Year 10 languages ambassadors. The event was a resounding success; alongside the delicious French and Spanish food, it was fantastic to hear students ordering in their target languages. This was undoubtedly a fitting conclusion to an outstanding 'Languages Week' at the school.

Finally, I would like to acknowledge that many members of our community will be observing Ramadan, which commences today and continues for the next month. As detailed below, our lunchtime prayer facilities will be fully supported during this period.

I will leave you to read the information regarding the various trips, visits, and activities that have taken place over the past fortnight, as Ruislip High School life continues as its usual fast pace.

GCSE History Trip to Berlin



On the 14th of February, 2025, the History Department took 60 GCSE History students on a four day residential trip to Berlin, exploring key historical sites they have studied on their course.

The first day began with a 90-minute flight to Brandenburg Airport, followed by an evening meal near the iconic TV Tower, built by East Germany at the height of the Cold War. Standing at 368 metres, it remains one of the tallest structures in Europe.

After a well-earned night's sleep, Saturday began with a three-hour guided coach tour of Berlin. Students saw several major landmarks, including a very snowy Checkpoint Charlie. In the afternoon, they visited the Museum of German Resistance, which focuses on the failed attempts to assassinate Hitler. This was followed by a visit to the Topography of Terror, located on the former site of the infamous SS headquarters.



On Sunday, students took a short coach trip to the Olympic Stadium, originally built for the 1936 Olympic Games. Today, it is home to Hertha Berlin and was the venue for England's 2-1 loss to Spain last summer. The tour provided insight into the stadium's Nazi-era history. Students also got to explore the changing rooms and walk through the tunnel and into the dugouts.

After the visit, Max, Year 10 said, "I really enjoyed visiting the stadium, and sitting in the same VIP box that Prince William watched the European Championship Final in."

Sunday afternoon saw a visit to Sachsenhausen Concentration Camp, which housed political prisoners and those deemed "undesirable" by the Nazi regime. This was a moving experience for all.

On the final day of the trip, students visited the Stasi Museum, which documents the activities of the secret police in the former East Germany. Later, they toured the Reichstag, the centre of German democracy today. Here, they travelled up to the glass dome, which stands 47 metres high and offers breathtaking views of the city.

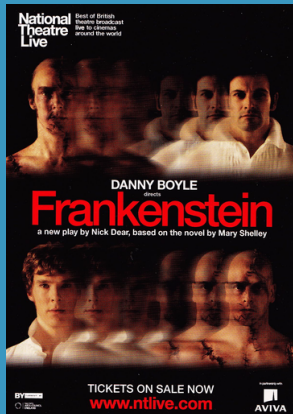
The final visit of the trip was to the East Side Gallery, the longest remaining stretch of the Berlin Wall. At 1.3 km in length, it is covered in murals, including the famous painting of the kiss between Leonid Brezhnev and Erich Honecker.

Upon returning from the trip, Ellie Year 11 reflected: "As a history student at Ruislip High School, the opportunity to witness the sites of so many historical landmarks and events in Berlin was incredible. I have created memories that I will keep with me forever."

The trip was a truly enriching and unforgettable experience for all involved. Thank you to the members of staff who attended the trip and thank you to the students for their excellent behaviour throughout - it was an amazing trip!



English - National Theatre Event



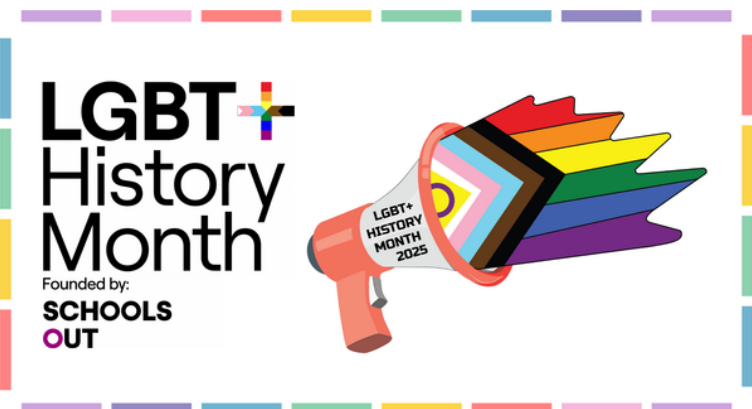
On Wednesday 5th February, 2025, the English Faculty hosted an exciting after-school event for students in Year 10-13, which gave students a chance to experience 'a night at the theatre', without leaving the comfort of E201.

Students got the chance to watch a recorded performance of the National Theatre's *Frankenstein*. The performance was directed by Academy Award-winner Danny Boyle, and featured Benedict Cumberbatch as the creature and Jonny Lee Miller as Victor Frankenstein.

The play, which was recorded in 2011, is an adaptation of Mary Shelley's 1818 novel *Frankenstein*. Students thoroughly enjoyed the event, with the English Faculty bringing popcorn along to the event to add to the occasion.

Thank you to the English Faculty for organising the event. We have been told another play will be shown at a future 'Theatre Night' - watch this space!

LGBT+ History Month at RHS



Throughout February, we have helped students to engage in LGBT+ History, with this year's theme focusing on "Activism and Social Change." LGBT History Month is an annual event organised by the UK LGBT charity, Schools OUT. It recognises the current struggles faced by the LGBTQ+ community, as well as events throughout history that have shaped society today, like the Stonewall Riots.

During tutorials, students explored the significant contributions of LGBTQ+ activists and the ongoing fight for equality. The theme was prominently featured throughout the month, with key messages displayed on our digital signage to further raise awareness and promote inclusivity.

Finally, Mr Sills, Head of Year 11, delivered assemblies to all year groups to promote the month and its theme.

We are proud to continue fostering an environment of acceptance and respect at RHS, ensuring that every student feels valued and supported.

Ramadan Friday 28 February 2025 - Sunday 30 March 2025



From Friday 28th February, 2025, many members of our RHS community will be observing Ramadan. As a result, we are mindful that many of our students will be fasting during this period, which ends on Sunday 30th March, 2025.

We would like to remind our families that our multi-faith room is available for students during lunch times.

Art Trip to the Tate Modern



On Tuesday 10th February, 2025, the Art, Craft and Design (ACD) Department took Year 11 and Year 13 ACD students on a successful trip to the Tate Modern gallery. The visit was an invaluable part of the students' preparations for their GCSE and A-level exams, providing them with the opportunity to engage with a wide variety of art and deepen their understanding for their practical exam projects.

At the gallery, students explored inspiring works by renowned artists, such as Pablo Picasso, Mark Rothko, and Andy Warhol, helping them to refine their ideas and approaches for their exam work. The trip gave them an up-close look at contemporary and modern art, giving them ideas for styles they might replicate during their practical exams in the summer.

HHH, Year 11, said: "The trip was really good! I got lots of ideas for my coursework - I found exploring the gallery inspiring."

Thank you to the Art, Craft & Design Department for organising the trip.

Vanguard Learning Trust 10 Year Anniversary



On Wednesday 26th February, 2025, over 250 guests gathered to celebrate the 10-Year Anniversary of the Vanguard Learning Trust (VLT) in a special event hosted by Ruislip High School in our Performance Hall (E201). The evening was a wonderful occasion, bringing together schools from across the Trust to reflect on a decade of achievements and collaboration.

Distinguished guests included Dr. Martina Lecky, CEO of the VLT, Peter Davies, Chair of Trustees, and The Worshipful Mayor of Hillingdon, Cllr Coleen Sullivan, as well as members of staff, students and parents from across the Trust.

The celebration featured a variety of performances from students, there to represent each school. Ruislip High School's Drama Department re-performed the opening of their Winter Production, King Lear, while Vyners' Swing Band delighted the audience with two lively numbers. Year 6 students from Ryefield Primary School gave thoughtful speeches on important topics such as bullying and smartphones; Hermitage Primary's choir gave a beautiful performance of 'Oceans'; Field End Junior School delighted the audience with a speech delivered by their Junior Leadership Team; and Oak Field Primary School rounded off the performances with a poem 'Impossible Gifts', which had been developed in a workshop delivered by renowned poet James Carter.

In addition to the performances, there were talks on the history of the Trust, highlighting its growth and the impact it has had on the community. There was also a section recognising some of the Trust's employees, with awards given for significant contributions to establishing and/or development of the VLT. The event concluded with closing remarks from Dr Lecky, reflecting on the Trust's accomplishments and its exciting future.

The 10-Year Anniversary Celebration was a fitting tribute to the success of the Vanguard Learning Trust and the incredible talent and dedication of its students and staff.

Online Safety Week

At Ruislip High School we not only recognise Safer Internet Day, which is celebrated globally in February each year, but also devote a whole week, from the 10th to 14th February, to acknowledge the importance of staying safe online. This year's theme was 'Too Good to be True', which focused on raising awareness about online safety, particularly in relation to phishing and online scams, which are becoming more prevalent in today's digital world.

Our student Digital Leaders supported the week by delivering assemblies to their peers; including sharing crucial tips on how to identify and avoid online scams. Their presentations were both informative and practical, helping students recognise the signs of suspicious activity and take proactive steps to protect themselves. It was also wonderful to see how confidently they spoke to students in other year groups - showing that they are excellent ambassadors for the school.

During the week, all year groups got to listen to a talk, delivered by the Breck Foundation. The organisation was founded in 2014 in response to the tragic loss of Breck Bednar, a 14-year-old boy who was groomed and murdered by someone he met online. The foundation's work aims to safeguard young people from online dangers, providing guidance and resources to help them stay safe in digital spaces. Students found the talk incredibly powerful, with many of them saying that it had made them think carefully about their own online habits.

Overall, the week was a powerful reminder of the importance of online safety and the need for vigilance in the digital age. Thank you to Ms Poddar for leading the week and planning such interesting resources and opportunities for our students to engage in this year's theme meaningfully.



RHS Languages Week 2025

From Tuesday 25th February to Monday 3rd March, 2025, Ruislip High School celebrated its 5th annual Languages Week.

The week kicked off on Tuesday 25th February, 2025, with Year 9 enjoying a talk from Steve Eadon, a former coach for Arsenal Football Club. During his time at Arsenal, Steve managed the award-winning 'Arsenal Double Club' languages project, using football as a tool to inspire young people to learn new languages. During the talk, Eadon shared with students the importance of languages and how they can open doors in their future careers. Year 9 left the assembly inspired, having had the chance to ask Eadon thoughtful questions about his experiences.

After school, over 100 students signed up to watch Disney's Jungle Cruise in Spanish. The following day this event was repeated for 50 students - but this time in French! During both screenings, students tucked into free popcorn donated by CineWorld.

On Wednesday 6th February, all Year 7-9 students studying French were treated to a theatre production, performed entirely in French. The play, *Prendre sa Revanche*, followed two antique dealers trying to fool customers by passing off fake artifacts as real. Students found the play funny and were pleased with how much they could follow the production.

On Friday 28th February, the Year 9 Languages Breakfast was hosted by the Year 10 Language Ambassadors. The event was attended by 105 students and the event was a fantastic success. Students enjoyed an array of French and Spanish food, ranging from croissants to churros. In addition, students took part in a code breaking task using their language skills to try and win one of the four Amazon vouchers up for grabs.

Throughout this week language themed activities were planned in lessons across the school, to demonstrate to all students the influence of languages across the curriculum.

Next week, on Monday 3rd March, Languages Week will conclude with students in Years 7-9 who study Spanish, enjoying a theatre production performed entirely in Spanish. The play, *Primera Cita*, gives the audience a hilarious insight into two teenagers, Carlos and Maria, preparing for their first date. We are sure it will be a hilarious production, which our students will enjoy.

Thank you to the MFL Department, and in particular Ms Matias, Curriculum Leader of MFL, for organising such a vibrant and entertaining range of events for the week.



PARENTS AND CARERS WORKSHOP

Join local officers and partner services for an information evening. Learn how to spot the early signs of child criminal exploitation and grooming and the support available.

DATE
Tues 11 March

TIME
7.00pm - 8.00pm

PLACE
Online - register via QR
code below to book your
spot!

TIPS

SUPPORT

GUIDANCE

ADVICE



www.met.police.uk

METROPOLITAN POLICE BE SAFE

Notice from MPS Hillingdon

Officers from the MPS Hillingdon Gangs unit will be hosting a borough-wide online Webinar this term for parents and carers. It is open to all parents/carers with a child who lives or learns in Hillingdon borough. The topics covered include the signs and drivers of gangs, grooming, and exploitation as well as the support available should a child or family be struggling.

The workshop is ninety minutes and will be structured as a panel, with short inputs from police, the youth justice service, council safer communities as well as various support agencies, culminating with a Q & A session where parents will have the opportunity to ask questions and raise concerns.

The webinar will run between 7pm-8:30pm on Tuesday 11th March 2025.

If you wish to attend, please scan the QR code on the poster to the left of this notice.

FOLLOW US:  @RUISLIP_HIGH_OFFICIAL  @RUISLIPHIGH

Year 12 - The Access Project Trip



On Wednesday 12th February, 2025, 14 of our Year 12 students attended a trip to Bath University, as a part of 'The Access Project'.

The Access Project is a UK-based charity that aims to increase access to top universities for students from disadvantaged and underrepresented backgrounds. The project provides personalised tutoring and mentoring support to help students achieve their academic potential. Through one-on-one tutoring sessions, students receive support in subjects that align with their GCSE or A-level studies.

The Access Project also offers university application guidance, helping students with personal statements, interview preparation, and navigating the UCAS process. The goal is to help students from less advantaged backgrounds access higher education and succeed in their academic and career aspirations.

The Access Project trip to Bath University was an educational visit aimed at inspiring and motivating some of our Year 12 students to consider higher education. During the trip, students explored the university campus led by student ambassadors. There was plenty of opportunity for the students to ask any questions they had about life at university. The visit provided insight into university life, including academic opportunities, student support services, and extracurricular activities.

Overall, the trip was a wonderful opportunity for our students to experience university life, which could help them to make an informed decision about their post-18 options.

A Level Music Masterclass



On Friday 28th February, 2025, our A Level Music students had the opportunity to take part in a piano masterclass, with internationally renowned concert pianist, Ms Ruifan Xuan.

The event provided our A Level Music students with an incredible opportunity to learn directly from a working musician and receive expert guidance on their musical development.

During the session, each student presented a prepared solo piano piece to Ms Xuan, who offered insightful feedback and practical tips to help the students refine their performances. Students left the masterclass feeling motivated and ready to put Ms Xuan's advice into action.

We would like to thank Ms Xuan for sharing her expertise and making this event such a memorable occasion for all involved. The workshop's atmosphere was one of focus, creativity and collaboration. It was wonderful to see our students interacting with such maturity with a professional musician. Thank you to Ms Nastou, Curriculum Leader for Music, for organising the event.

Year 9 Art Workshops



On Friday 28th February, 2025, some of our Year 9 students were selected to take part in a Textiles workshop with the renowned Textiles and Graphics designer, Layla Chauhan.

Ms Chauhan, who graduated with a first-class degree from Edinburgh University, led a two hour workshop with students, sharing highlights from her career and textile techniques with them. Ms Chauhan shared with students how her approach to her work is deeply rooted in creating cultural atmospheres through the use of vibrant colours and intricate patterns. Since embarking on her career, Ms Chauhan has received numerous accolades, including: The Adobe Digital Edge Award in 2022; the National Museum of Scotland's Fashion Illustration competition; and the Soft Furnishing competition in collaboration with John Lewis.

Beyond interacting with a working artist, the purpose of the workshops was to provide our students with an invaluable glimpse into the exciting career paths that Art, Craft and Design can lead to. Students not only expanded their creative expertise, but also developed a deeper understanding of how they can shape their own artistic journeys.

Overall, it was a wonderful opportunity for our students to see where their artistic aspirations could take them in the future. Well done to all of the students who participated in the workshops and thank you to Ms Chauhan for sharing her expertise at RHS.

Year 9 Options Evening

On Thursday 27th February, 2025, Year 9 students and their parents attended Options Evening. The informative evening saw a great turnout, with families keen to find out more about the exciting subject choices on offer, as students embark on the next stage of their academic journey in Year 10.

All GCSE and BTEC options were represented, with subject teachers hosting information stalls - where students and parents could ask questions about each subject - and delivering two engaging talks for a more indepth look at each subject.

There was also an insightful online safety presentation led by Mr Noble, Deputy Headteacher, which provided strategies for students to manage online distractions.

The evening was a wonderful opportunity for parents and students to explore the diverse subjects available and gain a deeper understanding of the curriculum choices ahead. Mr Cahill, Head of Year 9, would like to thank all of the Year 9 students and their families for supporting the evening and attending.

What Parents & Educators Need to Know about WHATSAPP

With more than two billion active users, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. The UK's Online Safety Bill proposes to end such encryption on private messaging, but for the time being, this controversial feature remains.

AGE RESTRICTION 13+

WHAT ARE THE RISKS?

- EVOLVING SCAMS**
WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency' - plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.
- CONTACT FROM STRANGERS**
To start a chat, someone only needs the mobile number of the WhatsApp user they want to message. Therefore, if a child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that the child might be added to a group chat or community (by one of their friends, for example) containing other people they don't know.
- FAKE NEWS**
WhatsApp's connectivity and ease of use allow news to be shared rapidly - whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.
- CHAT LOCK AND SECRET CODES**
In 2023, WhatsApp introduced a feature that lets users keep their chats in a separate 'locked chats' folder, saved behind their phone's passcode, fingerprint or face ID. There is an additional feature - 'Secret Codes' - where users set a unique password for locked chats. Unfortunately, this creates the potential for young people to hide conversations and content they suspect their parents wouldn't approve of.
- VIEW ONCE CONTENT**
The ability to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate material or abusive texts, knowing that the recipient can't reopen them later to use as evidence of misconduct. People used to be able to screenshot this disappearing content - but a recently added WhatsApp feature now blocks this, citing protection of privacy.
- VISIBLE LOCATION**
WhatsApp's Live Location feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child is safe while out, for example. However, anyone in a user's contacts list or in a mutual group chat can also track their location - potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Educators

- EMPHASISE CAUTION**
Encourage children to treat unexpected messages with caution; get them to consider whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.
- ADJUST THE SETTINGS**
It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. You can give permission to My Contacts or My Contacts Except... Additionally, if a child needs to use Live Location, emphasise that they should enable this function for only as long as they need - and then turn it off.
- CHAT ABOUT PRIVACY**
Check in with the child about how they're using WhatsApp, making sure they know you only have their safety at heart. If you spot a Locked Chats folder, you might want to talk about the sort of content they've stored in there, who they're talking to, and why they want to keep these chats hidden. Also, if children send any View Once content, it could be helpful to ask them why.
- DISCUSS GROUP CHATS**
Make children aware that there could be members of a group that they don't know well and that words can be misinterpreted. Encourage them to leave a good impression, to avoid joining in if conversations turn towards bullying, and to respond to such situations in an appropriate way. Make sure they know that it's OK to leave a group chat if it makes them uncomfortable - or for any reason, in fact.
- THINK BEFORE SHARING**
Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy - and all too common - for content that a user posts to be shared more widely, even publicly on social media. Encourage children to consider how an impulsive message or forwarding might damage their reputation or upset a friend who sent something to them in confidence.

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.

#WakeUpWednesday
The National College

Source: See our reference list on guide page at: <https://nationalcollege.com/guides/whatsapp:2025>

Notices:

Key Dates:

Monday 3rd March 2025

Start of Equality Week

Tuesday 4th March 2025

Year 11 Sixth Form Interviews

Tuesday 4th March 2025

5:30pm

Friends of Ruislip High Meeting

Wednesday 5th March 2025

Year 13 History Trip

Monday 10th March 2025

at 5pm

Year 9 Battlefields Trip Parent Meeting

Tuesday 11th March 2025

at 6pm

Parent Voice Group Meeting (remote)

Letters Home

Update to Parents -

10/02/25

[Click here](#)

Update to Parents -

14/02/2025

[Click here](#)

Supporting Your Child with

Revision Letter -

[Click here](#)

Equality Week Letter

[Click here](#)

Year 13 Leavers' Ball Letter

[Click here](#)

Other Opportunities
(not linked to the school)

Everyday Digital - Parent

Zone Online Safety Advice

[Click here](#)