

RHS Values Champions:

Top 5 Attendance:

- **7B** - 97.08%
- **7F** - 96.67%
- **8F** - 96.54%
- **C62** - 96.46%
- **8A** - 96.17%

(attendance calculated until 27/03/2025)

HoY Shout Out:

A shout out goes to **Isona, 7B**, for her amazing Keep It Positive Score with a whopping 424 points for all of her hard work. She is a role model for the year group.

Ms Loizou - Head of Year 7

Subject Shout Out - Media Studies:

I would like to say a huge well done to **Zane**, Year 12, who recently demonstrated incredible creativity skills, when completing video editing in class.

Ms Ohana - Curriculum Leader for Media Studies



A message from Mr Davies:

I'd like to begin this week by thanking all the parents who have taken the time to write such lovely thank you messages to our school staff. If you haven't yet had the opportunity to respond, there's still time, and a link can be found later in this bulletin.

The school has once again been a hive of activity over the past two weeks, as this bulletin clearly demonstrates. I'm particularly impressed by how many of our students have represented the school in the wider community. Whether through Trust-wide or borough events, the students have done themselves and the school proud. The Model United Nations trip to ACS Hillingdon seems to have been a particular success, and I'm looking forward to the return of that trip to the United Nations itself in New York in the coming years.

I've written a separate short letter today regarding incidents involving our students that have occurred in the local community. While I'm sure there's no need for alarm, I'd like to emphasise the importance of our students keeping themselves safe on their journeys to and from school, and in the wider community in general. A link to my letter can be found [here](#).

Finally, I would like to end this week by wishing you all a restful weekend and, in particular, wish Eid Mubarak to all of our community who are celebrating the end of Ramadan on Monday.

Sixth Form Speaker: Supporting Our Students Mental Health

As the summer exam season approaches, supporting our students' mental health is more important than ever. On Thursday 20th March, 2025, we were delighted to welcome James Peterson, a mental health expert, to speak to Year 13 about maintaining good mental health during the challenging exam season. James delivered an engaging and informative talk, focusing on the importance of making positive choices such as taking regular stress breaks, getting enough sleep, and incorporating exercise into daily routines.

The session provided students with practical strategies to manage stress and maintain their well-being, equipping them with tangible tools they can use in the months ahead. Following the session, students shared how helpful the talk was, with many expressing that they felt better prepared to manage the pressures of exam season.

Mia, Year 13, said: "Preparing for exams can sometimes feel overwhelming, so the talk was really useful, as we came away with practical ideas we could use to help with keeping our cool during exams."

Looking ahead, we're excited to welcome James back next month to speak to our Year 12 students, ensuring they also have the support and guidance they need. We understand that the exam period can be a stressful time, and we're committed to helping our students maintain a balanced and healthy approach to their studies.



Meet the Sixth Form Student Leadership Team



Our brand new Student Leadership Team for the 2025-2026 academic year have already begun working hard in their new leadership roles.

The team is led by Amber Murray as Head Student, with Pearl Patel and Ethan Waters taking on the roles of Deputy Head Students. The Student Leadership Team will have a range of responsibilities, including mentoring younger students, supporting school events, and driving charitable initiatives within the school community.

We caught up with Amber, Pearl and Ethan to find out what they are most looking forward to and what they hope to achieve:

What are you most excited about in the year ahead as a student leader?

Amber: All of it! I think I am excited about making a difference - for me, I am really looking forward to organising events and getting the whole school involved in more fundraising activities.

Ethan: I am excited by being given the chance to help support the entire school and to listen to what they think is important for our school.

Pearl: I'm looking forward to giving students across the school chances to thrive and work towards their future goals.

What difference would you like to make to the school community?

Amber: For me, I want to further the work of previous Student Leadership Teams and continue to work towards the goal of integrating all parts of the school community.

Pearl: I want to help students feel empowered and feel like they have a voice at RHS.

Ethan: The difference I would like to make is making students feel confident in themselves, by working with them throughout the year.

Once again, all of our new Sixth Form Student Leadership Team were selected following a highly competitive application process, where almost half of Year 12 students applied for a position. We are certain that the final team will prove to be a successful team who make a real impact during their tenure.



Above (L-R): Pearl, Deputy Head Student, Amber, Head Student and Ethan, Deputy Head Student

Year 12: Model United Nations Conference

After a professional application process, eight ambitious Year 12 students travelled to ACS Hillingdon International School on Wednesday 19th March, 2025, to partake in a realistic simulation of a United National General Assembly. Each student was allocated a country (ours included Costa Rica, Fiji and Jamaica) to research and represent on the day.

Two global issues were selected for discussion: the geopolitical situation in Western Sahara, and the international housing crisis. The depth and accuracy of the students' research was impressive, and this knowledge was clearly demonstrated in their lobbying with other countries. Despite less formal preparation than the other students present, the students excelled in their discussions and negotiations, and Matthew Banks even raised a 'Point of Information' in front of the entire conference.

The Ruislip High team got stuck into proceedings, and ensured they matched the confidence and determination shown by many other country delegates. They really were admirable in this way, and we are all very proud of their efforts and skills.

Voting procedures concluded the debates, and one even led to a complete tie, with 42 countries in favour of, and 42 countries opposed to, the resolution proposed by 'Morocco'.

The day concluded with an address by the Canadian representative for the International Maritime Organisation, who gave an insightful talk into life as a diplomat. During his talk he shared with students some of the skills most desirable in this field: the ability to listen, discern people's true intentions, and communicate with tact and approachability.



Daniel, Year 12, who attended the day, said: "The day was a completely new experience and very useful for getting an insight into the conduct of nations negotiating with each other on different topics. All in all it was very enjoyable!"

Mrs Rickards, who led the trip, said: "The students were extraordinarily professional, proving to us and themselves that no matter how unfamiliar an environment may be, they have the skills to learn, and excel at whatever they put their mind to."

All in all, the experience was an escapade into unknown waters that the students took to with very impressive speed and success, showcasing what they have to offer the wider world, when the time comes to step out into it.

Year 10 PPEs

Well done to our Year 10 students for successfully completing their PPEs this week! These mock exams are an important step, providing them with the opportunity to experience the rigours of formal assessments ahead of their GCSEs.

Our students approached the PPEs with focus and dedication, showing resilience and a commitment to their studies. We are confident that they will use this experience to continue progressing in their learning, as they continue their journey to the final exams in the Summer 2026.

We want to acknowledge the hard work and determination displayed by all Year 10 students throughout this challenging period. It's clear that they are taking their education seriously.

Staff Thank You E-Card

Last week, Mr Davies, Headteacher, mentioned the opportunity for students and parents/guardians to thank a member of staff. We would like to say thank you to all of the families who have sent out one or more of these thank yous to our staff - we are certain that your thank yous absolutely made that member of staff's day!

If you would still like to send a thank you, but have not had the opportunity to do so yet, the e-card form is still active for you to do so. The link to submit your thank you can be found [here](#).



PE News:

Sixth Form 5-a-Side Football Tournament



On Wednesday 26th March, 2025, our Sixth Form 5-a-side team competed in the Hillingdon Borough 5-a-side Football Tournament at Goals in Hayes.

The students performed brilliantly in a round-robin competition, winning five out of their six games against the other schools. This meant they qualified as the top team for the semi-finals.

Next, in the semi-final they drew 0-0, which meant it went down to penalties. Unfortunately, at this stage the RHS team lost 3-1 on penalties - but the team should be proud of the way they played. All of the players worked consistently throughout their matches, showing excellent skill and teamwork. The Ruislip High player of the tournament was Micah W. Well done boys!

Full team:

Finlay A (GK), Micah W, Yuba G, Taedyn S, Alex L, Joe B

RHS Celebration Assemblies

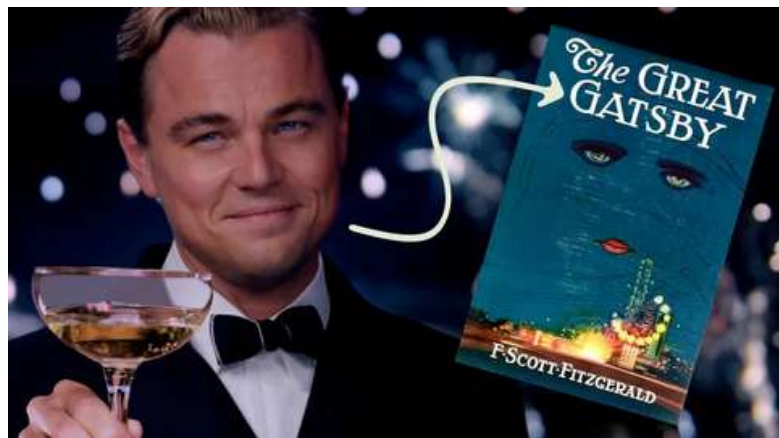


At the end of each term, we hold our Celebration Assemblies to recognise and celebrate the hard work and achievements of our students. These special events are an opportunity for us to applaud the dedication and effort shown by our students.

During the assemblies, awards are presented for outstanding effort and attainment in each of their subjects, as well as 100% attendance. Students are also honoured with Heads of Year Awards for their contributions to their year group, and the Headteacher's Award is given to those who have gone above and beyond in their commitment to school life.

These assemblies serve as a positive reminder of the importance of striving for personal excellence, and we are proud to see our students receive well-deserved recognition. Congratulations to all those who have earned awards this term – we look forward to celebrating even more achievements in the future!

English Department Screening of The Great Gatsby



On Wednesday 26th March, 2025, our English Department hosted the second of their special screenings for students after school. On this occasion, they screened the film adaptation of *The Great Gatsby*, starring Leonardo DiCaprio. Based on F. Scott Fitzgerald's classic novel, offered students an opportunity to experience the story in a new and dynamic way, and aimed to inspire them to read the novel for themselves.

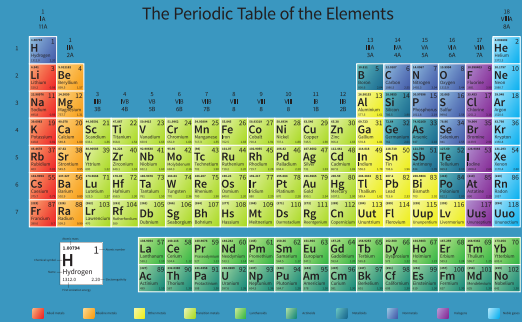
The screening was part of our ongoing commitment to engage students beyond the classroom and help encourage our students to be lifelong learners.

The event was a success, with students enjoying the film. The English Department looks forward to offering more opportunities for wider engagement with literary and theatrical performances in the future.

Year 7 VLT Science Challenge

On Wednesday 26th March, 2025, a number of our Year 7 students took part in an exciting VLT Science Challenge at Hermitage Primary School. Accompanied by Mr. Rutter, our students faced off against other schools in the Vanguard Learning Trust, in a competition that tested their understanding of the periodic table.

The challenge unfolded in three engaging rounds, each focused on different aspects of chemistry. In Round 1, students worked together to complete a tricky jigsaw puzzle featuring elements from the periodic table. This round was a fun and fast-paced way to get the competition underway.



Round 2 brought the excitement to a new level with a game of 'Guess the Element'. Students put their knowledge to the test under pressure. The final round, Round 3, was an intense series of questions about the different elements, challenging even the most prepared participants.

As the competition reached its conclusion, the points were so close that tie-breaker questions were needed to determine the winner. Dr Lecky came up with a set of challenging questions, which Will from the RHS team answered correctly, securing a special badge for his impressive performance.



While Ruislip High gave a strong performance, the overall winner of the event was Field End Primary School, who narrowly clinched first place. Though we didn't come out on top, our students made us proud with their enthusiasm, teamwork and dedication.

Mr Rutter, who attended with the students, said: "It was a really tough competition and the students did very well in each round. We are especially proud of Will for answering all of Dr Lecky's questions with confidence!" Congratulations to all our Year 7 participants for their fantastic performance.

Hillingdon Care and Support Directory

Hillingdon Borough have recently launched an online Care and Support Directory. This new tool provides Hillingdon residents a digital single access point to thousands of services, organisations, and groups in Hillingdon with just one search!

What's on offer?

- For children, young people and families, there's information on health and wellbeing, learning, education and employment opportunities, early years and childcare support, and family hubs and children's centres
- For children with SEND and their families, there's events and activities, education and training support and health and wellbeing advice
- The section for adults features housing options, financial support, help at home and leisure activities.

You can explore the directory via the link:

careandsupport.hillingdon.gov.uk

If you have any questions on the Directory, please email the Borough directly, via the email:

careandsupport@hillingdon.gov.uk



CHILDREN, YOUNG PEOPLE AND FAMILIES

Explore our online care and support directory

Giving you access to thousands of services, events and organisations.



Thriving healthy households

careandsupport.hillingdon.gov.uk/families

What Parents & Educators Need to Know about STREAMERS

Livestreaming has become a big part of the entertainment people consume, and what began as a series of gamers sharing their screens has grown into a huge industry packed with personalities - and potential risks for your children. With over 2.5 million people watching Twitch, the most popular streaming service, at any one time, it's important to remain aware of the risks associated with streamers.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

Some gaming streamers will stick to family-friendly titles, but others will play more violent games that tend to be more popular. Non-gaming streamers could, in theory, discuss just about anything, and some streamers will often stream in revealing outfits.



UNREALISTIC EXPECTATIONS

Influencers often showcase how glamorous their lives are, making some users feel as though they are lesser. However, it's important to stress that, in many ways, this is an act, or at the very least, not common. Logan Paul, who has been successful as a streamer and influencer, has a Pokemon card worth \$5 million, but this is atypical of anyone working in the medium.



NEGATIVE INFLUENCES

While things have improved, streamers are often paid by companies to promote products, and this isn't always stated explicitly. While it's unlikely these goods will be harmful to your child, some streamers and influencers have engaged (knowingly or not) in scams in the past.



MISINFORMATION

Streamers are, in many ways, just like us - and they can get things wrong or reel off an opinion without having thought about it. Some can simply say awful things to get a rise out of viewers or to sway them to their side of a hot topic.



FINANCIAL HARM

Streamers will often have donation buttons on their screens for users to submit money. What can start as small amounts can quickly spiral as streamers engage with paying viewers more often, potentially leading to financial issues.



ADDICTION AND SCREEN TIME

If your child is watching a lot of a particular streamer, it can be just as damaging to their social life as playing too many video games.



Advice for Parents & Educators

EXPLAIN HOW STREAMING WORKS

For a younger viewer, being a streamer or influencer seems aspirational, but it involves a lot of work and no small degree of good fortune. Streamers are often managed and unable to speak freely due to sponsors, and influencers are just that - influencing young minds, for better or for worse.



CHECK OUT STREAMING PLATFORMS

While Twitch was the de facto streaming service for years, YouTube has gained popularity, too. Then there are Kick and Rumble, which have grown in popularity with moves for big-name streamers - despite many being dogged by controversy.



DO NOT LOG PAYMENT INFORMATION

Streamers can reward donations with additional content, on-camera "shout outs" and more. If you're unsure about who or what your child is watching, consider avoiding linking payment information. This is especially notable with Twitch, which is owned by Amazon and therefore has some crossover.



SET SCREEN TIME LIMITS

You can set screentime limits for mobile apps on iOS and Google, but with other platforms like a PC it may be more difficult to keep tabs. Consider checking in regularly to ensure your children aren't watching content they shouldn't be.



Meet Our Expert

Lloyd Coombes is the Games Editor of the Daily Star, and has been working in the gaming and tech industry for five years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



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

[@wake_up_weds](#)

[/www.thenationalcollege](#)

[@wake.up.wednesday](#)

[@wake.up.weds](#)

Notices:

Key Dates:

Tuesday 1st April 2025

3:30pm-8:00pm

Sixth Form Bowling Trip

Thursday 3rd April 2025

4:30pm-7:00pm

Year 8 Parents' Evening

Friday 4th April 2025

End of Term (midday finish)

Friday 4th April 2025

Year 9 Battlefields Trip

departs

Tuesday 22nd April 2025

Start of the Summer Term

Wednesday 23rd April 2025

Year 9 British Library Trip

Thursday 24th April 2025

Year 7 STEM Workshop

Friday 25th April 2025

Year 8 STEM Workshop

Letters Home

Update to Parents -

21/03/25

[Click here](#)

Year 8 Parents' Evening

Letter -

[Click here](#)

Year 10 Parents' Evening

Save the Date Letter -

[Click here](#)

Year 13 Finance Letter -

[Click here](#)

Year 9 - British Museum Trip Letter

[Click here](#)

Year 9 Battlefields' Trip

Final Information Letter

[Click here](#)

Spring Term Attendance Draw

Everyday your child is in school until the end of term, you will be entered into our attendance raffle.

A winner from each year group will win a Easter gift bag, courtesy of **The Friends of Ruislip High**.

Prizes will be awarded on Friday 4th April, 2025.

Attendance DRAW

ENSURE YOU HAVE A POSITIVE END TO THE SPRING TERM. EACH DAY YOU ARE IN SCHOOL, YOU WILL RECEIVE A RAFFLE TICKET AND BE ENTERED INTO OUR SPRING ATTENDANCE DRAW.

ON FRIDAY 4TH APRIL, 2025, ONE STUDENT FROM EACH YEAR WILL BE SELECTED FROM EACH RAFFLE TO WIN AN EGG-STRAVAGANT EASTER GIFT BAG!

