

RHS Values Champions:

Top 5 Attendance:

- 7A - 97.93%
- 7W - 97%
- 8C - 96.21%
- 8B - 96%
- 10W - 94.85%

(attendance calculated until 24/05/2024)

HoY Shout Out - Year 13:

A huge well done to **Tia G, 13**, for all of the grit and determination she has shown during exam season. Her resilience is inspiring and a testament to the hard work she has put into her studies.

Mr Elsby - Head of Year 13

Subject Shout Out - Maths:

A shout out to **Kiya, Year 10**, for being an all-round excellent student in Maths. Kiya never fails to put in a brilliant effort and always does exactly the right thing. Well done Kiya.

Mr Ladhani - Director of Maths



A message from Mr Davies:

It has been an exceptionally positive start to the last half term of the academic year here at the school. I was delighted to hear what a success the Paris trip over half term was and what great ambassadors for the school our students were. I am sure parents/guardians and students would join me in thanking the commitment of the staff who run our educational visits over half term. I am delighted to be able to offer educational visits such as Paris and, closer to home this weekend, the Duke of Edinburgh award, but do recognise these activities couldn't run without the dedication of our staff team.

I met with our Chair of Governors, John Garner, earlier this week and we went on an impromptu walk of the school following our meeting. Mr Garner commented on the calm and purposeful learning environment we witnessed and I am very grateful to a number of our more experienced teachers who have taken on additional classes lower down the school with the Year 11 and Year 13 lessons coming to a conclusion during the examination period. It was also a pleasure this week to visit the Year 13 Art exhibition and the quality of what the students have produced was truly inspiring. It is testament to their hard work over two years and I know Ms Hill, Curriculum Leader of Art, Craft and Design, is immensely proud of them.

There is no doubt that staff recruitment is a real challenge in the current education environment and I am delighted to be able to let parents know that we are fully staffed for September. As is natural there will be some new faces, and I look forward to being able to introduce those staff in due course.

Finally, I am struck by the outstanding success of our students outside of the school that is noted in this bulletin. I think it is an excellent idea to share this with our community and would point parents/guardians to Ms Ohana's request to please share any good news stories.

Year 9 and 10 Trip to Paris

On Friday 24th May, 46 students from Year 9 and 10 set off at dawn to cross the Channel and make their way to the French capital of Paris. The journey was smooth and the students arrived in Montmartre for the golden hour. The sun was shining and Montmartre was packed with people and musicians. Students had free time to roam around the picturesque streets of the Parisian district, which they thoroughly enjoyed after a long morning of travel.



On Saturday, after a breakfast filled with croissants and pains au chocolat, the group drove to Le Parc des Princes, the PSG stadium. Here students got the chance to walk in the footsteps of the greatest football players, such as Messi and Mbappé, and even had a penalty shoot-out on the pitch!

After a sporty morning, the students had a more leisurely time around the Trocadero and La Tour Eiffel. Students had free time to explore the area and the banks of the River Seine, before embarking on a new adventure: a boat cruise. The boat cruise in the sun was the perfect way to see Paris, and most of its famous landmarks, from a different point of view. After the cruise, the group drove to the Louvre area, where students had more time to take in the museum and Quai Rivoli, The Jewellers' Avenue.

On Sunday, instead of going to Versailles Palace, we went to le Louvre for a few hours. Students were able to see the mythic Joconde (Mona Lisa) and other wonders of the art world. Some of the students even ventured to a different aisle of the museum and found themselves in Ancient Egypt. It was truly a wonderful cultural morning.

Next was La Tour Montparnasse - the highest tower in Paris - and students travelled up to the 56th floor and the terrace on the 58th floor. It was a great view of the city of light and worth braving the height!

Finally, students got a stop to enjoy Les Champs-Élysée, the longest and most luxurious avenue in the world. It was such a nice way to finish our Parisian escape before our last dinner together.

Students thoroughly enjoyed the trip. Here's what some of them had to say:

"It was so much fun and exciting! I felt independent going around magnificent Paris. The boat cruise was the best!" **Daisy and Lacey - 9A**

"It was fantastic! We loved having free time on the Champs Élysée. We loved the day we saw the Eiffel Tower and the boat cruise too!" **Maya, Daria and Zoey, Year 10.**

"The trip was very interesting and I really loved visiting the PSG Stadium. So cool!"

Seimi and Noah (9B)



Year 9 Update - Mr Joseph

The Year 9's have a number of fun activities planned this term! This is after a busy academic year, with Citizenship PPEs and the serious decisions around GCSE option choices. In July, the students will be attending one of the Above & Beyond Month trips, to destinations such as the RAF Hendon, the Regent's Park Open Air Theatre, as well as an exciting and educational trip to Cadbury's World in Birmingham (which I will be leading). This Cadbury's world trip will be a delightful blend of learning about the history and process of chocolate making, engaging in interactive exhibits, and of course, indulging in some delicious treats. The trip will include an educational session where students will learn about the production process of chocolate, from bean to bar. The session will cover aspects of food science, marketing, and ethical sourcing of cocoa beans. Definitely an eye-opening experience that will be combined with fun and valuable learning.

As we continuously strive to improve our educational offerings and better accommodate the needs of our students, we have moved Year 9 to the KS4 timetable. As Year 11 students have now left, these changes are designed to enhance the learning experience; provide more opportunities for enrichment; and ensure that all students are as comfortable as possible when starting their GCSEs next year. Finally, I am delighted to report that many of our Year 9 students are to be rewarded for their excellent attendance and behaviour in school throughout the term and will be invited to attend a special trip to Thorpe Park at the end of the academic year. Well done!

Coming Up: Above & Beyond Month

We are quickly approaching the exciting range of trips and activities planned for our students during Above & Beyond Month. This period in the summer term calendar aims to broaden our students' horizons, offering them unique learning experiences outside a traditional classroom setting. Beginning on Friday 28th June, 2024, we are sure that the offer during the month will be both enriching and enjoyable for all students.

An overview of the trips and activities during the month is below:

Friday 28th June: Year 7 students will kick off the month by either attending a trip to London Zoo or The Story Museum, while Year 12 students will participate in a Post-18 Options Day, exploring future education and career pathways.

Monday 1st July: The entire school will engage in Careers Day, featuring workshops, guest speakers, and interactive sessions to help students discover various career opportunities and develop essential skills.

Tuesday 2nd July: Our highly anticipated Sports Day will see students competing in a variety of athletic events, fostering teamwork and community spirit. Meanwhile, Year 12 students will enjoy a trip to the University of Hertfordshire to gain insight into university life.

Thursday 4th July: Year 9 students will either be visiting RAF Hendon, Cadbury's World, or enjoying a performance of The Secret Garden at Regent's Park Open Air Theatre, offering them a blend of historical, industrial, and literary experiences.

Tuesday 9th July: Year 8 students will embark on a historical adventure to Hampton Court Palace, exploring its rich history and taking part in an exciting and hands-on workshop focused on life in the palace during Henry VIII's reign.

Wednesday 10th July: Year 10 students will have diverse opportunities with trips to The Globe Theatre, Bletchley Park, an adventure Up the O2, or a Media Photography Day on the London Southbank, allowing them to delve into literature, history, adventure, and the arts.



Thursday 11th July: Students will spend the day delving deeply into specific subjects. Year 7 will have a Science Day; Years 8 and 9 will experience a Love Learning Day - focusing on one subject in depth for the day; Year 10 will focus on their computing skills during Computing Day; and Year 12 will participate in Talk the Talk Day, enhancing their public speaking skills.

Above & Beyond Month promises to be memorable for our students, providing them with invaluable experiences. Please can we ask all parents to support us with the month, by ensuring their child has the right equipment for each day (as shared in letters sent home to parents). In particular, if your child has a medical condition, which requires medication, such as an inhaler or an epipen, just a reminder that your child will need to bring this in on their trip day otherwise they will not be able to take part in the trip.



Keeping Safe Online: Family Link App

At Ruislip High School, ensuring our students are safe, so they are best able to learn, is central to all we do. Part of this is ensuring that students know how to use the internet and new technology safely - and that staff and parents feel equipped to provide them guidance on how to make positive choices online.

At our recent Parent Voice Group Meeting, one of the parents in attendance shared that one method they have found has worked well in keeping track of how their children spend time online, is through an app: Family Link. This app is a family parental controls service by Google, which allows parents to adjust settings for their children's devices. This includes monitoring and controlling children's screen time and setting restrictions for particular social media apps. The app is free to download and use.



In addition, we also wanted to share with you the latest edition of WakeUpWednesday, focused on energy drinks, which can be found at the end of this edition of the bulletin.

Incredible A Level Art Work

We are thrilled to share images of the fantastic work created by our A Level Art students, whose final exam pieces have not only displayed immense talent but also a profound depth of creativity and expression.

Our students have explored a diverse range of themes, such as personal identity and social issues. The final pieces showcased a variety of mediums, including traditional painting and drawing and mixed media pieces. Each submission is a testament to the students' ability to combine technical skill with imaginative vision.

Miss Hill, Curriculum Leader for Art, Craft and Design, told us: "We are incredibly proud of all our A Level Art students. Their dedication, creativity, and passion have resulted in extraordinary works that not only fulfil academic requirements but also reflect the talent our art students possess.



RHS STUDENTS SHINE:

Ethan, Year 7, Takes Home the U12 Harrow League Trophy

We are thrilled to share the exciting news that Ethan, Year 7, alongside his football team, the Ickenham Youth U12 Reds, celebrated a fantastic victory in the U12 Harrow League trophy. Following an intense final, against the Titan Reds, Ickenham Youth U12 Reds went on to win the match 8-3, meaning they also secured coming out on top in the whole U12 Harrow League.

Impressively, having enjoyed a football victory, Ethan went straight to Kingston to represent his athletics club, Hillingdon Athletics Club, in various events in the Youth Development League. An amazing effort Ethan and well done on your football win!



Lucas, Year 7, Achieves his Red Belt in Taekwondo

We are thrilled to highlight Lucas, Year 7, has achieved the impressive rank of Red Black Belt in Taekwondo. Lucas recently scored a perfect 100% on his Red Black Belt written exam.

Lucas has competed in five national Taekwondo competitions, earning three medals, which is a testament to his skill and determination. Representing his local Taekwondo club, Lucas consistently brings home numerous medals and trophies, showcasing his exceptional talent and hard work.

Congratulations to Lucas on his outstanding accomplishments!

Rhys, Year 11, Front Page of The Hillingdon Herald

Rhys, Year 11, has been recognised by Brunel University of a 'beacon of hope' for the local community and disabled children across the UK.

Reporting in their university newspaper, The Hillingdon Herald, Rhys, who was featured on the front page of the publication, was featured for his role in 'Newlife' a charity of disabled children.

In addition, for Rhys' fantastic charitable efforts and knowing he is a huge football fan, Rhys has been provided with free season tickets to Uxbridge Football Club. A spokesperson from Uxbridge FC said: "Despite facing hurdles and opposition, Rhys and his family stand as beacons of resilience, courage and hope."

Well done to Rhys for everything he has achieved - and we hope you enjoy some excellent local football next season.

RHS Alumni Takes Part in Henley Royal Regatta

We are thrilled to announce that Robert Crowther, a former student of our school now in his third year at York University, has been selected to compete in the prestigious Senior 8 Rowing competition at the Henley Royal Regatta. This renowned event is a highlight in the rowing calendar, attracting top rowers from around the globe.

We would like to wish Robert and his team the best of luck at Henley.



Do you have an RHS Super Star story to share? If you do, we would love to hear them!

Please send any stories to office@ruisliphigh.org.uk for the attention of Ms Ohana.

Wake Up Wednesday

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Taste4, a sensory food education charity.



Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

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Notices:

Key Dates:

Saturday 8th June 2024
Duke of Edinburgh assessed
Bronze expedition departs

Monday 10th June 2024
Start of Year 12 Work
Experience Week

Tuesday 11th June 2024
Year 9 Drama Theatre Trip

Friday 14th June 2024
Year 7 Angling Trip

Tuesday 18th June 2024
Parent Voice Group Meeting

Letters Home

Update to Parents -
24/05/24
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[Year 11 - Leavers' Arrangements](#)
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[Year 12 Norfolk Trip Information Letter](#)
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