

Summer Term | Issue 3 26.05.2022

## The Senior Athletics Review 2022



*Image above: Year 10 students glow with pride after their athletics triumph*

Ruislip High School had thirty seven students attend this year's Senior Borough Athletics Championships which was held for the first time in two years at Hillingdon Athletics Track on Wednesday 11th May, 2022.

Alex, Year 9, got Ruislip off to a flying start with gold in the 800m run. Alex paced his first lap well and kept his eye on the leader but, by the start of the second lap, Alex dominated and finished strongly to take the gold in a time of 2 minutes and 17 seconds. Ruislip continued to compete and secure wins in the heats throughout the morning to confirm their presence in the afternoon finals.

The afternoon saw Anna, Year 9, winning the 300m race at 44.26 seconds and Cassie, Year 10, winning the 300m at 42.24 seconds. Meanwhile, Freddie, Year 10, dug in and competed well in a tough 200m final, where he earned the bronze medal.

In the 100m races Zayn, Year 9, earned a gold medal with a time of 11.62 seconds. His position as one of the quickest sprinters in the country for his age was justified by his afternoon's work, which continued into the Year 9 relay. The team, Jeremiah, Venkatesh, Alex and Zayn, all put in strong performances, winning gold in the event.

In the final field events of the day, RHS continued their success with Davey, Year 10, winning the gold in the discus and Luke F, Year 10, winning gold in triple jump.

Overall, it was a really enjoyable day and all of the students who participated in the day did Ruislip High School proud, both through their performances and their exemplary behaviour.



## A Round of Success



The Year 7 and 8 rounder teams had their first match of the year against Vyners on Monday 23rd May, 2022. The Year 7s played brilliantly, demonstrating some very good fielding. They won 4 1/2 to 17.

Although the Year 8s narrowly lost their game, the team played really well together. The team was made up of Year 8 girls and Year 7 boys, who had never played together. We have no doubt by the next game they will be ready to make their comeback!

The teams:

**Year 7:** Freya, Holly, Nancy, Eva, Matthew, Oliver, George, Harley, Archie

**Year 8:** Hannah, Eliana, Ava, Emily, Arshwin, Louie, Alfie, Alfie, Aaron

## The Exams Season Has Begun!

*"Good luck to all of the students sitting examinations this summer. We know you will all do your best in your exams and make yourselves proud."*

**Mrs Hill, Deputy Headteacher**



*Image above: Year 11 students take part in the GCSE Geography Revision Event*

The exam season for Summer 2022 has begun! We are so proud of how all of Year 10, 11 and Year 13 students have approached their examinations with resilience, confidence and determination.

To support the students to prepare fully for their exams, many of our departments have led exciting revision sessions. The Geography department (pictured above) led a seminar style revision event with Year 11, followed by Mr Elsby, who led a similar revision event with Year 10, ahead of their GCSE Citizenship examination.

Good luck to all our students - and as you continue your exams, never forget: hard work equals success.

## Key Dates (subject to change):

Date	Event
<b>Monday 30th May to Friday 3rd June</b>	Half term holiday
<b>Tuesday 7th June at 6pm</b>	Parent Voice Group Meeting
<b>Thursday 9th June at 5:30pm</b>	Year 7 PGL Parents' Information Evening
<b>Monday 4th July to Thursday 7th July</b>	Activities Week
<b>Friday 8th July</b>	Summer Reward Trip to Thorpe Park

## School Updates:

### Safeguarding updates:

'Cannabis Edibles': [Click here](#)

Online Safety Letter to Parents: [Click here](#)

### Letters Home:

Year 13 Leavers' Arrangements: [click here](#)

Parent Update 20.05.2022: [click here](#)

Year 11 May Half Term Revision Sessions: [click here](#)

Year 13 May Half Term Revision Sessions: [click here](#)

Year 7 PGL Residential Parent Information Evening Letter: [click here](#)

### Activities Week Letters:

Year 7 - letter for students attending the Year 7 residential: [click here](#)

Year 7 - general activities week letter: [click here](#)

Year 8: [click here](#)

Year 9: [click here](#)

Year 10: [click here](#)

Year 10 - letter for the Geography trip: [click here](#)

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