

RHS Values Champions:

Top 5 Attendance:

- 7A - 98.28%
- 7S - 97.98%
- 7W - 97.50%
- 8C - 96.55%
- 8F - 96.25%

(attendance calculated until 10/05/2024)

HoY Shout Out - Year 7:

A huge well done to Alastair, 7F, for putting himself out there and taking part in the Junior London Marathon. It was fantastic to see Alastair's achievement! He should be very proud of himself for taking part.

Ms Loizou - Head of Year 7

Subject Shout Out - Drama:

A huge well done to **Kacie, Year 10**, because he has really excelled himself in Drama. He has produced some excellent work in recent weeks, building on the huge effort he put into practical last term.

Mr Randall - Curriculum Leader for Drama



A message from Mr Davies:

It has been another action packed fortnight at the school as is highlighted in some of the updates in this bulletin. I had the pleasure of meeting remotely with our 'Parent Voice' group on Tuesday and as always I found it an enlightening experience and I would like to thank all members of the group for their input and ongoing support.

It is great to report on more RHS success in our Trust wide competitions and although the competitions are all about our family of schools coming together, it is always nice to celebrate an RHS victory and to have some bragging rights with the other headteachers.

It is also great to see reference to so much extra-curricular provision at the school in this bulletin. I am conscious we are now in what I often refer to as the Duke of Edinburgh award season with a number of expeditions planned for the coming weeks and these expeditions and the Above & Beyond trips and activities are a real highlight of the next half term.

Finally from me, I would like to acknowledge the way Year 11 and Year 13 students have approached their examinations this week. I have written separately today to Year 11 parents but would like to again clarify that there are revision sessions running for both year groups in the run up to their examinations and I wouldn't underestimate the value of these sessions from our dedicated subject specialists here at the school.

RHS SUCCESS AT THE VLT COOKING COMPETITION

On Thursday 9th May, 2024, two of our Year 7 students took part in the first ever VLT Cooking Competition. The event was a lovely afternoon for our combined schools, with both of our students Megan, 7S, and Maddie, 7D, rising to the challenge.

Students participating in the competition had to follow a brief focused on celebrating the 'Eatwell Guide', and the importance of healthy eating. Showing their cooking prowess from the beginning of the competition, Megan started preparations on her jerk chicken and rice with a homemade sauce and Maddie got straight to work on her lasagna.

Both of our students did a fantastic job and truly showed a passion for food. At the judging stage of the competition, the students presented wonderful dishes. There was a clear buzz in the room when all the students taking part saw their finished efforts on the presentation table, ready for the judges to dig in and have a taste!

All of the students from schools across the Trust really made an outstanding effort, but in the end there could only be one winner. We were absolutely delighted when Megan's jerk chicken was awarded the top prize!

Thank you to Vyners School for hosting the competition and well done to both of our student entries; you both did yourselves and the school proud.



Mental Health Awareness Week

At Ruislip High School, we understand how important it is for us to prioritise our mental fitness, as well as our physical fitness. To ensure this message was communicated to all students across the school, the school had its annual 'Mental Health Awareness Week', this week.

The theme for the week this year has been 'Move it for Mental Health'. In our weekly assemblies we have been looking at how our physical health can impact our mental health. We highlighted that a vast majority of adults say that exercising helped them to manage burnout and manage stress.

Mr Shelley, Assistant Headteacher, who was leading assemblies this week, challenged students to come up with a list of things that they enjoyed but were maybe not good for their mental health (like playing video games) and things that were good for them but that they might not enjoy doing (like running). We then tried to find things that could bring the things they liked and things that were good for them together, like going paintballing (as it links running and gaming).

The main goal was to promote the idea that there is no correct way to keep physically active and that students should find ways that work for them. For more information, see: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

Throughout PE lessons this week, the PE Department has focused on the important link between mental and physical health. As a starter to PE lessons, students have tried out a number of meditation techniques, to highlight the importance of looking after our mental well-being. Students took the activity very seriously and all had a go at mindful meditation.



Above & Beyond Month: Payment Reminder



We are getting closer to our upcoming 'Above & Beyond Month'. Taking place during the final few weeks of the summer term, all students from Years 7 to 12 will be taking part in a variety of enriching experiences, beyond the classroom.

Letters have been shared with parents/guardians about the individual trips and activities their child will be participating in during the week. We would like to remind all parents that the deadline for payments is **Monday 3rd June, 2024**.

Unfortunately, trips can only go ahead if we receive sufficient contributions, so it is vital to make any payment required of you by the above deadline. If there are any issues with payments by the above deadline, please can you contact Ms Ohana via the school office.

Duke of Edinburgh: Silver Pre-Assessed Expedition

On Saturday 4th May 2024, sixteen Year 10s taking part in Silver Duke of Edinburgh, departed from the school to take part in their pre-assessed expedition weekend.

Taking place in Chesham, the weekend trip required students to demonstrate their independence and resilience. On expeditions, students are expected to be completely self-sufficient, carrying a large backpack, planning their routes and meals and working as a team.

The students who attended all took to the challenges of the weekend with enthusiasm and everyone successfully completed the expedition. The weekend began with the students receiving a talk from a Duke of Edinburgh instructor, who helped the students mark out the correct route on their maps, to ensure no one got lost on the way. The students then embarked on a four-hour hike, where each student team was given a different goal to achieve on the way. For example, one group was tasked with taking photographs of different animals.

Once the students reached their camp, they had to set up their tents and prepare their own dinner. As a group, they then took part in a range of activities, such as rounders, which were enjoyed by all. The second day saw the students completing another four-hour hike, before another night sleeping under the stars.

Denzel, Year 10, said: "It was a great experience. I really improved my navigating skills and learnt how to set up a camp. I would really recommend taking part in DofE to other students - it's lots of fun!"

Ms Vora, who attended the trip with the students, said: "All of the students who took part in the weekend threw themselves into the activities they had to do. It was lovely to watch their team spirit. They did themselves proud."

The students will complete their assessed expedition weekend for the Silver Award at the end of June.

HOY Update: Year 11 and 13

Year 11:

Year 11 have made a great start to the GCSE exam season. The students have been preparing for their exams for many months and I know they are doing everything they can to make sure they get the result they deserve this summer. Their ability to cope with the additional stress that exams can cause has been admirable, and they have conducted themselves impeccably in the examination hall so far.

I know that Year 11 will make the most of the half term break coming up to recharge their batteries and will use the time to revise for their remaining exams. We look forward to celebrating their success at the Celebration Assembly on Friday 14th June, and at Year 11 Prom two weeks after this on Thursday 27th June, 2024. Good luck Year 11!

Mr Sills - Head of Year 11

Year 13:

On a sunny summer Friday, it is a real pleasure to be writing about the Year 13s and their final exams.

With the first week of examinations out of the way, and the first exams completed for many students, I know there's a feeling of quiet optimism. Our Year 13s have worked exceptionally hard throughout their time at Ruislip High School. We truly believe hard work equals success - and Year 13 are proof of this!

We look forward to seeing the students in the summer to collect their examination results on Thursday 15th August, 2024, before they leave RHS for life beyond our school.

Mr Elsby - Head of Year 13



PE NEWS - RHS STUDENTS SHINE:

Under-15 Girls' Gaelic Football UK Tournament

We are delighted to share the news that two of our students, Eva and Jemima, had a successful weekend on Saturday 12th May and Sunday 13th May, 2024 when they took part in the Under-15 Girls' Gaelic Football UK Feile Tournament in Glasgow.

The girls were there as a part of the London County Team, which was a selection of the best girls from across seven of the London club teams. In addition to the London County Team, were teams from Hertfordshire,

Warwickshire, Lancashire, and Scotland. Eva and Jemima played four group games, winning three. This put them in the cup final against a very strong Hertfordshire team - but the London County Team won! It is a fantastic achievement and we hope you will join us in celebrating their victory.



Jessica, Year 7, Represents Ruislip Rangers Under-12s

On Saturday 4th May, 2024, Jessica, Year 7, was invited to St George's Park, the home of the England teams, to represent Ruislip Rangers Under 12s Girls at an event for Girls in Sport run by Nike.

The Ruislip Rangers Under 12s Girls team participated in a tournament and placed as runners up. During the tournament Jessica displayed great skill on the pitch and fantastic resilience. In addition, Jessica served as captain, which was an honour she is often awarded at the club due to her kind nature, positivity and her ability to build team morale.

On Monday 6th May, 2024, Jessica also represented Ruislip in a tournament where most of the teams she played were older than her. Again, in this tournament, she displayed her skills on the pitch. This time, Jessica and her teammates went on to win the tournament. A huge congratulations to Jessica for her outstanding sporting efforts!



Year 8 Students Take Part in Ruislip Rugby Club U13s Tournament

On Saturday 4th May and Sunday 5th May, 2024, three of our Year 8 students took part in a rugby tour to Burnham-on-Sea with Ruislip Rugby Club. Jamie, Cormac and Eric all took part in the U13s trophy tournament, in what would prove to be an exciting weekend of games.

Ruislip were finalists out of ten teams for the U13s trophy against a formidable opponent, Maidenhead Blacks. This was after an excellent semi-final win against Maidenhead Purples, a game with a final score of 5-1 to Ruislip. Unfortunately, Ruislip U13s were pipped to the post, but not without a determined, passionate and inspiring effort from the team.

Despite not bringing home the trophy, Jamie, Cormac and Eric all played extraordinarily well - well done to all three of them for taking part in the tournament!



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@ruislihigh.org.uk for the attention of Ms Ohana.

FRIENDS: COMMUNITY QUIZ NIGHT - FRIDAY 14th JUNE



We are delighted to extend an invitation to a community quiz night on Friday 14th June 2024 from 6pm-9pm in the Main Hall. The evening is being hosted by the Friends of Ruislip High School, our Parent Association Group.

This exciting event promises to be an evening not to be missed, featuring a quiz, a delicious dinner and a raffle with a whole host of excellent prizes. In addition to being an opportunity to join together as a school community, the purpose of the event is to raise money for the 'Friends Fund'. This fund is used by the Friends to support students in the school community.

Please join us for this community event. Tickets are £15 per person and can be purchased via ParentPay. The price includes your entry to the quiz and a meal - either fish and chips, chicken and chips or a vegetarian equivalent. The event will be 'Bring Your Own Bottle' (BYOB).

We hope you will join us at the Friends Community Quiz Night on Friday 14th June. Given the significant interest in the event when the initial expression of interest letter was sent out, please complete the reply form [here](#) as soon as possible, to ensure you secure your ticket for the event. The final deadline to purchase tickets via Parent Pay is **Friday 7th June 2024**.

At the event, there will also be a raffle draw, organised by the Friends. To be in with a chance of winning one of the fabulous prizes on offer, kindly donated by a range of local businesses, there is an option on ParentPay to purchase raffle tickets. These are priced at £2 a strip (5 tickets) or £5 for three strips (15 tickets). If you are unable to attend the event, please still feel free to purchase raffle tickets. If a prize winner is absent on the evening, they will be contacted after the event and notified of their win.

We look forward to seeing you on Friday 14th June, 2024.

Measles factsheet

Please [click here](#) to read recommended guidance from our local health authority about Measles.

Notices:

Key Dates:

Saturday 18th May 2024
Duke of Edinburgh pre-assessed Bronze expedition departs

Friday 24th May 2024
Year 8/9 Paris Trip departs

Friday 24th May 2024
End of half term

Monday 3rd June 2024
Year 12 PPEs begin

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

Letters Home

Update to Parents - 10/05/24
[Click here](#)

Year 12 - Trip to University of Hertfordshire
[Click here](#)

Year 12 - PPE Schedule
[Click here](#)

Year 13 - Leavers' Arrangements
[Click here](#)

Out of school opportunities (not linked to the school):

Equaliteach Workshop for Parents:
[Click here](#)