

RHS Values Champions:

Top 5 Attendance:

- C61 - 96.97%
- 7A - 96%
- 8C - 95.92%
- 7B - 94.33%
- 7W - 94.33%

(attendance calculated until 21/06/2024)

HoY Shout Out - Year 7:

IA huge well done to **Sophia, 7W**, for always doing the right thing. You are incredibly helpful and polite and are always keen to bring everyone in your tutor group together.

Ms Loizou - Head of Year 7

Subject Shout Out - PE:

Well done to all of our students in Years 7-10 for their excellent effort on Sports Day. Whether you were taking part in an event or cheering from the sides, it all helped the day have a lovely atmosphere.

Ms McGuigan and Miss Penny - Curriculum Leader for PE



A message from Mr Davies:

As you will see from this bulletin, it has been quite a couple of weeks at the school. This week began with all students participating in a Careers Day, which saw students meeting a range of experts from industry in what was a varied and interactive day.

On Tuesday, the majority of the school headed to Hillingdon Athletics Track for Sports Day. This was an exciting day and the students thoroughly enjoyed themselves and the Ruislip High School community spirit was very evident throughout the day. The students were also impeccably behaved and we received a number of compliments from members of the public who were exceptionally impressed by our students. Back in school we were delighted to welcome our new Year 7 students who enjoyed a great first day as members of the RHS community. I was also delighted to welcome our new parents and guardians into the school for the evening presentation and would like to say a particular thank you to our 'Friends of Ruislip High School' who not only raised a significant amount of money with our nearly new uniform sale but also provided great value uniform to our new students.

As you will see from this bulletin below there are a host of other events and celebrations that are worth reading about this week. Although teaching and learning will always be our core business here at the school it is great to celebrate in this edition more of the community events that also make the school such a special place

Above & Beyond Month: Year 7 Trip Day

On Friday 28th June, 2024, our Year 7 students enjoyed an exciting Above & Beyond Month Trip Day, exploring London Zoo in Regent's Park and The Story Museum in Oxford. At London Zoo, students roamed various enclosures, marvelling at majestic lions, playful monkeys, and exotic reptiles. Highlights included the Tiger Territory, where students observed the majestic Sumatran tigers, and the Gorilla Kingdom, which offered a close-up view of the gorillas' social interactions. The visit to the Reptile House, home to an array of fascinating snakes and lizards, also sparked a lot of excitement.

Meanwhile, another group ventured to The Story Museum in Oxford, immersing themselves in the magical realms of The Enchanted Library and The Whispering Wood. These interactive galleries brought beloved tales to life, captivating imaginations. The day culminated in a dynamic storytelling workshop, where students crafted and shared their own stories, fostering creativity and confidence.



This enriching day provided memorable educational experiences outside the classroom, reinforcing the joy of learning through exploration.

Amber, 7W and Maddie, 7S, who visited The Story Museum told us: "We really enjoyed the day! The Narnia room was magical and we enjoyed making our own wish in the Whispering Woods. The museum was really immersive and fun!"

Shaunav, 7S, added: "The trip was very entertaining and we'd all love to go back to The Story Museum again!"

Thank you to all of the staff who supported the trips.



Summer Production: The Wind in the Willows

On Wednesday 17th July, from 5pm-6pm, some of our talented KS3 students will be appearing in a performance of 'The Wind in the Willows'.

Led by the Drama Department, the production promises to be an entertaining evening, where the audience will be transported to Toad Hall, where characters Mole, Ratty, and Badger try to help Mr. Toad, after he becomes obsessed with motorcars and gets into trouble.

Tickets for the performance are free. To join us at this event, please complete the Google Form below to register for tickets.

[Click here](#) to register for tickets.



Above & Beyond Month: Year 9 Trip Day



As part of our exciting Above & Beyond Month, Year 9 students enjoyed a memorable Trip Day on Thursday 4th July, 2024. With three destinations, the day was filled with learning, creativity, and inspiration.

One group, led by Mr. Tibbey, visited RAF Hendon, where they delved into the history of World War II through a hands-on workshop. Students explored aircraft, artefacts, and interactive exhibits, gaining a deeper understanding of the pivotal events and innovations of the era.

Another group headed out with Mr. Joseph to Cadbury's World. Here, students participated in a fascinating food and design & technology workshop. They learned about the intricate processes behind chocolate production and the innovative business strategies that have made Cadbury's a household name.

After this, students got a chance to explore the Cadbury's museum. Mr Joseph was happy to report that the trip was a huge success with students thoroughly enjoying the day. He said a highlight was each and every person who attended the trip receiving several free bars of chocolate to take-away with them!

The final group, led by Mr. Randall, enjoyed a cultural outing to Regent's Park Open Air Theatre. They watched a captivating matinee performance of 'The Secret Garden', experiencing the magic of theatre in a beautiful outdoor setting. Before the performance, students also got to enjoy a picnic lunch outside in the sunshine. Rebecca, Year 9, said: "It was a lovely play and I really enjoyed the way they brought the garden to life!"

This enriching Trip Day exemplified the spirit of Above & Beyond Month, offering our Year 9 students diverse experiences that broadened their horizons. Thank you to all of the staff who supported the trips.

Above & Beyond Month: Careers Day

On Monday 1st July, 2024, our students engaged in a vibrant Careers Day, packed with workshops tailored to where students are on their academic journey. Students participated in the 'Careers Buzz Quiz', a fun and insightful activity that matched them with potential careers based on their unique personalities, which compared them to an animal. Students loved finding out whether they were a 'Let's think about it' Seahorse or an 'Everything's negotiable' Hawk.

Year 10 students benefited from hands-on workshops with BUILD, exploring diverse trade career options. The school has worked with BUILD on several occasions and, once again, the BUILD team brought their expertise, to help engage the students with careers from plumbing to plastering. Additionally, Year 10 also engaged in online work experience, earning certificates that acknowledged their newly acquired skills.

Year 9 students attended an enlightening talk with the Department for Work and Pensions (DWP), providing them with valuable insights into future employment opportunities and the job market. The day also featured a bustling Careers Fair in room E201, where students from various year groups could interact with professionals and gather information about a wide range of career paths.

Kalel, Year 10, said: "It was really interesting. The BUILD workshops made me think about careers I had never even considered - but now I am interested in becoming an electrician."

This dynamic day sparked enthusiasm and provided our students with a clearer vision of their future careers, empowering them to make informed choices. Thank you to Mr Shelley and Miss Bonny for organising a fantastic day.



Above & Beyond Month: Sports Day

On Tuesday 2nd July, 2024, students from Years 7 to 10 enjoyed a fantastic Sports Day at Hillingdon Athletics Track. The day was filled with enthusiasm and friendly competition as Years 7 to 9 participated in a variety of track and field events. From sprints to long jumps, our young athletes showcased their talents and sportsmanship. This was all supported by our fantastic Year 10 GCSE PE students, who helped ensure each event ran smoothly.

Meanwhile, the rest of Year 10 took on a different set of challenges, including five-a-side football and the creative task of building marshmallow towers. These activities emphasised teamwork and strategy allowing students to bond and enjoy the day in a unique way.

A highlight of the day was the highly anticipated teacher's race. Cheers echoed around the track as Mr. Walsh clinched first place in the men's race and Miss Hill triumphed in the women's race.

Overall, Sports Day was a huge success, promoting community spirit. Our students returned home with great memories and a sense of accomplishment. The winners of the day are below. A huge thank you to the PE Department, in particular Ms Penny, for organising such a wonderful day for our school community.



Year 7	Year 8	Year 9
1st 7S 161 Points	1st 8B 162 Points	1st 9F 156 Points
2nd 7F 150 Points	2nd 8D 131 Points	2nd 9B 131 Points
3rd 7W 144 Points	3rd 8C 125 Points	3rd 9W 120 Points
4th 7D 121 Points	4th 8W 115 Points	4th 9S 119 Points
5th 7C 118 Points	5th 8S 112 Points	5th 9D 118 Points
6th 7A 114 Points	6th 8A 102 Points	6th 9A 110 Points
7th 7B 103 Points	7th 8F 98 Points	7th 9C 105 Points



Year 11 and 13 Prom

The school recently celebrated two spectacular Proms for our Year 11 and Year 13 students. The Year 13 Prom was held on Wednesday, 26th June at The Grove in Northwood. It was an elegant evening where our seniors bid farewell to their school years in style, creating memories that will last a lifetime.

The following day, Thursday, 27th June, our Year 11 students enjoyed their Prom at the Denham Grove Hotel. The festivities began with a cherished tradition: students gathered outside the school in their stunning Prom outfits for a photo session with their families. Later in the evening Ruby and Ashton were deservedly crowned as Prom Royalty and all the students thanked Mr Sills as their Head of Year, by getting him up on the dance floor.

These annual events capture the joy and celebration students rightly feel, as they prepare to embark on a well-deserved summer break and reflect on the next steps of their journey - whether that is back with us at Ruislip High School Sixth Form, or heading to the world of work or university. Both Proms were a resounding success, filled with laughter, dancing, and celebration, marking the end of an era for our students.

Year 13 Prom:



Year 11 Prom:



VLT Basketball Tournament

On Wednesday 3rd July, 2024, a group of our Year 7 students participated in the VLT 'Slam Dunk' Basketball Tournament at Ruislip High School, alongside other schools from the Vanguard Learning Trust: Field End Primary, Hermitage Primary and Ryefield Primary.

This exciting event featured a 3x3 basketball tournament, bringing together our Trust schools to learn and compete in this fast-paced, new Olympic sport. The tournament was structured to cater to Year 5 to Year 7 students with various skill levels, ensuring a fun and enjoyable experience for each participant.

We are incredibly proud of our Year 7s for their participation and enthusiasm, making the tournament a memorable experience for all involved. Overall, the basketball clinic was a resounding success, achieving its objectives of 3x3 basketball awareness, skill enhancement and fostering a positive team environment.



Family Fishing Day

Following on from the success of The RHS Angling Clubs first fishing trip, on Saturday 22nd June, 2024, students were able to come and fish at the same spot with their families. In total, eight students with their families attended and they got to fish together for around an hour.

Again the staff at Northolt were superb, guiding the students and their families through the equipment, bait and fishing methods. The weather was kind again and all of the anglers managed to catch fish! The main fish being caught were Roach, Rudd and Perch and the bait of choice: the humble maggot! It was great to see many of our students sharing some of their new knowledge and skills with their families and many of our students had clearly grown in confidence. Some of them were baiting their own hooks and some even managed to unhook their fish and carefully return them to the water.

The Angling Club will now break for summer but we very much hope to be able to run some more fishing trips next school year and this time the trips will be open to all students in Key Stage 3, so keep a look out come September!

If you are interested in trying your hand at fishing then please get in touch with Carl and the team at Northolt at <https://ghof.org.uk/> They are excellent guides and everything will be supplied by them. They run family angling sessions and individual sessions so please get in touch and head down there over the summer! Happy fishing.



Wake Up Wednesday

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

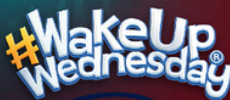
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



Notices:

Key Dates:

Monday 8th July 2024
Sixth Form Induction Day

Tuesday 9th July 2024
Year 8 Above & Beyond
Month Trip Day

Wednesday 10th July 2024
Year 10 Above & Beyond
Month Trip Day

Thursday 11th July 2024
Love Learning Day

Tuesday 16th July 2024
Reward Trip to Thorpe Park

Wednesday 17th July 2024
5pm-6pm
The Wind in the Willows

Friday 19th July 2024
End of Term

Letters Home

Update to Parents -
28/06/24

[Click here](#)

Vanguard Learning Trust
Parent Letter
[Click here](#)



SCHOOL UNIFORM DONATIONS NEEDED! for our secondhand uniform sale

Please drop at the school office

WE NEED:

Blazers, ties, shirts,
trousers, skirts, jumpers,
all branded PE items,
football boots,
PE trainers



As we approach the end of the school year, if you have any Ruislip High School uniform, which is still in a good, clean condition and you wish to donate it, please drop it off at our school office by the end of term.

Thank you in advance for your support. At our last uniform sale on Tuesday 2nd July, we raised over £1000 from our sales, which will go towards supporting the school community.

All money raised from future uniform sales goes towards the 'Friends' Fund', which supports a range of student and school community projects.