



LGBT HISTORY MONTH

LGBTQ HISTORY MONTH

LGBT+ History Month is marked across the UK throughout February as an opportunity to connect and reflect on the past and present of the LGBT+ community, celebrate LGBT+ culture and progress towards equality over time, and to explore what the lessons of history can teach us for the future.

I am delighted that LGBT+ History Month is being observed at our school during the month of February. To promote inclusiveness and community cohesion students will participate in tutorial activities, learn about the topic in different curriculum areas and attend a virtual presentation delivered by the company 'Just Like Us'. To find out more about LGBT+ History Month please click [HERE](#)

Ms Coltman

TRIP TO THE SNOW CENTRE

"The trip was lots of fun. It has made me very excited about the trip over February half term. I can't wait!"
Diyana, Year 9



Image above: RHS students prepare for their ski lesson at The Snow Centre

On Tuesday 24th January, Mr Hankin led a trip to The Snow Centre in Hemel Hempstead, to help the students attending the upcoming ski trip to Andorra prepare for the trip.

Learning the basics, before they head to the real slopes in February half term, the students who attended were enthusiastic about getting stuck in. Those in attendance really demonstrated the school values of perseverance and self-discipline, as they zoomed down the 160m slope. The students fared well, with only a few face plants in the snow!

Thank you to all of the staff who attended the trip to The Snow Centre. Details about the ski trip to Andorra will be featured in a bulletin after February half term.

CURRICULUM NEWS: PE

"The OAA lessons have been really fun, I love the team work element especially the challenge we had to do getting the bench from one side of the sportshall to the other. I will be sad when this activity is over."

Mia, Year 9



Image above: Year 7 students get stuck into their orienteering lesson

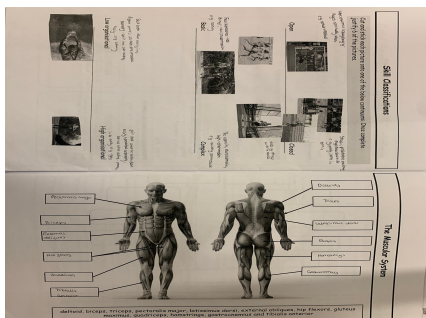
This half term in PE Year 7, 8 and 9 students have been doing dance, gymnastics and outdoor adventurous activities (OAA).

Year 7 students have been developing their choreographic skills and understanding core technical skills in dance. They have looked at dance styles from around the world, focusing on Indian dance. Year 8 students have studied the film 'Bugsy Malone' and have used musical theatre to develop their own choreography.

For OAA students, they have been doing orienteering where students have been focusing on map skills, as well as working on their cardiovascular fitness. Students have been working collaboratively in teams to complete various challenges.

In Year 9, students have been doing GCSE PE and BTEC Sport taster lessons. They are really important for students, as it helps to inform them about each of the courses, what their differences are and to discover whether this is a course for them. Students have had the opportunity to learn about the importance of warming up, the muscular system and classification of skills.

Eliana, Year 9, said: "I think the taster lessons have been really useful because it has given me a much greater understanding of GCSE PE. Learning about the muscular system was really fun and I know now I definitely want to do GCSE PE next year as one of my options".



FRIENDS CORNER

Our school's PTA, the Friends of Ruislip High, have been busy planning a range of exciting activities for our school community.

Firstly, the group will be supporting 'Sustainability Week', by organising a community litter picking event for Year 8 and Year 9 students. This event will take place on **Friday 3rd March from 1:45pm-2:45pm**. More information about this event will be released next week, but we hope the students who sign-up enjoy the opportunity to give back to their local area. The Friends are also looking for additional parent volunteers for the event - so if you would be happy to help, please let us know!

Friday 3rd March will also see the launch of our second-hand uniform store. More details to follow - but we hope you are ready to pick up a bargain!



Key Dates:

Date:	Event
Monday 6th February	Start of Safer Internet Week
Tuesday 7th February - 6:00pm-7:00pm	Parent Voice Group meeting
Friday 10th February	End of half term
Saturday 11th February	Trip to Berlin leaves
Saturday 11th February	Trip to Andorra leaves

School Updates:

Safeguarding updates:

Helplines: [click here](#)

Parent Factsheet - WhatsApp: [click here](#)

UK Safer Internet Centre - Coerced online sexual abuse information: [click here](#)

Is This Ok? Support Website: [click here](#)

National Online Safety - Parent Resources: [click here](#)

Letters Home:

Update to parents - 20.01.2023: [click here](#)

Update to parents - 25.01.2023: [click here](#)

Update to parents - 31.01.2023: [click here](#)

Berlin Trip Information letter: [click here](#)

Ski Trip information letter: [click here](#)

LGBTQ History Month letter: [click here](#)

Out of School Opportunities (not linked to the school):

Hillingdon Winter Wellness Directory: [click here](#)

H4All website: [click here](#)

Fostering in Hillingdon information: [click here](#) and [click here](#)

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