



RAINHILL
HIGH SCHOOL

FRIDAY 26TH SEPTEMBER 2025

PARENT & STUDENT NEWSLETTER

WWW.RAINHILLHIGH SCHOOL.ORG.UK



RainhillSixth

THURSDAY
9TH
OCTOBER

6:30-8pm

OPEN EVENING

MEET THE STUDENTS, SEE THE FACILITIES, MEET THE STAFF



EXCELLENT EXAM RESULTS
PERSONALISED APPROACH
OUTSTANDING ENRICHMENT



Friday 26th September 2025

Dear Parents and Students,

Good afternoon, and welcome to this week's newsletter.

Thank you to everyone who attended our School Open Evening on Wednesday. This evening was a tremendous success, with many joining us to explore what Rainhill High has to offer. Thank you to all those who sent such lovely 'Thank you' messages. It was a pleasure to meet so many Year 6 pupils and their families, and we are excited to welcome them to Rainhill in September.

Our Sixth Form hosted a Macmillan Coffee Morning today, raising an impressive amount in support of people living with cancer in the UK. Well done and thank you.

Looking ahead to Monday, we will be celebrating the European Day of Languages with a fun and creative Bake-Off Competition. Students are encouraged to showcase their baking skills with European-themed treats. We are excited to see their culinary creations next week.

Finally, please mark your calendars for Thursday 9th October when we will be hosting our Rainhill Sixth Open Evening, starting at 6:30pm. This is a fantastic opportunity for Year 11 students and their families to learn more about life at our Sixth Form, meet staff, and explore the wide range of courses and enrichment on offer.

Have a lovely weekend.

Mrs Thorogood, Principal.



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NEXT WEEK FOLLOWS THE WEEK A TIMETABLE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
29/09/25	European Day of Languages Bake-Off Competition 		October Attendance Challenge starts		



NEWS THIS WEEK

HOMEWORK INFORMATION

At Rainhill High School, homework plays a vital role in reinforcing learning, building independence, and fostering a culture of high expectations.

Aligned with our commitment to the pursuit of excellence, Key Stage 3, 4, and 5 students are set purposeful homework tasks designed to strengthen core skills and provide a solid foundation for future success.

All homework will be set via Synergy every WKA and completed by Wednesday WKB.

Feedback will be in the form of one or more of the following:

1. Whole class written or verbal feedback
2. SoL/Lesson/Task adaptation
3. Assessment adaptation
3. Individual written or verbal feedback
4. Scores or Grades
5. Peer Assessment
6. Self Reflection

See the infographics below for further information.

Miss Aylward, Senior Assistant Principal.

Homework Cycle Year 7 2025-26						
Focus Area	When is it set	Who sets it	Where is it set	When should it be completed	How is it marked	What is the purpose of the homework
Reading Plus	Math, English, Languages less on in WKA	English Teacher	Teachers will set homework on Synergy.	By Wednesday WKB	Self-marked platform	As preparation for lesson.
Maths		Maths Teacher				As practice for student.
Languages		Languages Teacher				To develop independence.
						To develop research skills.
						To inform teaching.
						To consolidate learning.



Homework Cycle Year 8 and Year 9 2025-26						
Focus Area	When is it set	Who sets it	Where is it set	When should it be completed	How is it marked	What is the purpose of the homework
Reading Plus	Math, English, Language, Science lesson in WKA	English Teacher	Teachers will set homework on Synergy.	By Wednesday WKB	Self-marked	As preparation for lesson.
Maths		Maths Teacher				As practice for student.
Languages		Languages Teacher				To develop independence.
Science		Science Teacher				To develop research skills. To inform teaching.

Homework Cycle Year 10, Year 11, Year 12, Year 13 2025-26					
Focus Area	When is it set	Where is it set	When should it be completed	How could it be used?	What is the purpose of the homework
All subjects	Once a week	Teachers will set homework on Synergy.	<p>For homework requiring physical submission, pupils should be given a week turnaround from the point it is set to the submission deadline.</p> <p>For homework set specifically for the purpose of revision (<i>no physical submission</i>), in the immediate run up to an assessment/LP exam, there is no fixed turnaround time, as this will depend on the nature and timing of the assessment.</p>	<p>As preparation for lesson</p> <p>As practice for student</p> <p>To develop independence</p> <p>To develop research skills</p> <p>To inform teaching</p>	<p>As preparation for lesson</p> <p>As practice for student</p> <p>To develop independence</p> <p>To develop research skills</p> <p>To inform teaching</p>



PROFESSIONAL STANDARDS - COMMITMENT, CONDUCT, MORALS, ORGANISATION, AND PRIDE

Rainhill High School is embarking on an ambitious project to teach students our Character Curriculum, providing the skills, attributes, and values that prepare them for success in modern Britain. We are in pursuit of excellence in every aspect of school life, and this is underpinned by the culture we create for our pupils.

This comprehensive curriculum system develops five key professional standards: Commitment, Conduct, Morals, Organisation, and Pride. It includes structured lesson plans, student booklets, assemblies, and reflection activities that progressively build these essential life skills across all year groups.

Your child will receive a structured Professional Standards education that includes:

- **Personal Professional Standards booklet** – a dedicated workbook for tracking progress and recording achievements throughout their time at Rainhill.
- **Regular assemblies** featuring guest speakers and student recognition opportunities.
- **Half-termly reflection activities** for self-assessment and personal goal setting

As part of our professional standards lessons within the Character Curriculum, we will also be sending out prompts and conversation starters each week to embed learning.

Mr East, Assistant Principal.

PROFESSIONAL STANDARDS - FOCUS OF THE WEEK: ORGANISATION

Our theme for this week is Organisation: Punctuality, staff will be giving out Lions to any student who is first in the lineup outside of their classroom.

The conversation starters for this week are:

KS3: Think about your morning routine and how punctuality affects your whole day. When you're running late, how does that impact your learning and relationships with teachers? What routines could we put in place to take more responsibility for managing your time?

KS4: Think about the most successful people you know or admire - how do they manage their time? What connection do you see between punctuality and achieving your long-term goals?

Mr East, Assistant Principal.

PARENTPAY - FAKE APP WARNING

Dear Parent/Carer,

We have been made aware of a fraudulent app currently listed in the Apple App Store under the name '**ParentPay AI Tools**'. Please note this app is **not genuine** and should not be used.

For your security:

- ParentPay does **not** have an official app available to download.
- Always log in securely via www.parentpay.com on your phone or computer.
- For quick access, you can save the ParentPay website as a shortcut on your home screen.

ParentPay are aware of this issue and are working with Apple to remove the fake app. At present, we do not have any further information, but updates will be shared directly by ParentPay via their official website.



FLU SEASON

Dear Parent/Carer.

It is that time of the year again, Flu season.

Please [visit this link](#) and complete your child's form with a consent or decline as soon as possible. You can select the nasal spray for the best protection or the alternative injectable flu, if required via this link.

If you require any further support, please contact the school Immunisation team on 0151 351 8805 who will be happy to help.

KINSHIP CARERS

A kinship carer is a friend or family member who raises a child when their parents cannot. Kinship, the national charity for kinship carers, offers free online and in-person workshops and peer support groups open to all kinship carers, regardless of their legal arrangement.

You can find out more information [here](#).

ST HELENS YOUNG CARERS

St Helens Young Carers have released their latest newsletter, containing information on upcoming events, helpful resources, Chattin' 4 Action highlights and well-being tips.

Take a look at the [Young Carers Newsletter](#).

Remember, if you think you might be a young carer (or you think your child may be), get in touch with the young carer champion, Miss Wordsworth who will be able to offer advice and guidance. See the last page of the newsletter to find out more on how to get in touch.

SIXTH FORM SCARECROW SUCCESS

If you have walked past our Sixth Form entrance over the last 2 weeks, you will have noticed our newest member of staff on duty, Mr S R Crow. In a bid to be more involved in their local community, our sixth formers decided to enter the ever-popular Rainhill Scarecrow Festival. Mr S R Crowe proved a very popular addition to our school grounds, bringing a smile and sometimes a fright to all who encountered him. The organisers commented how nice it was to have an entry from the school saying, *"It was giving a real Rainhill community feel and great that even older children were getting involved."*

We are so proud of our students for their commitment to helping their community thrive. Well done.





OCTOBER ATTENDANCE CHALLENGE

Carve out 100% attendance to be entered into the October Attendance Prize draw.

Students with 100% weekly attendance will be guaranteed entry into a prize draw to win a basket of Halloween treats.

There will be additional entries for students attending each Friday.

That is a possible 8 entries.



EUROPEAN DAY OF LANGUAGES CHARITY BAKE OFF 2025

EUROPEAN DAY OF LANGUAGES CHARITY BAKE OFF 2025



**MACMILLAN
CANCER SUPPORT**



We want to see (and taste) your baking skills.

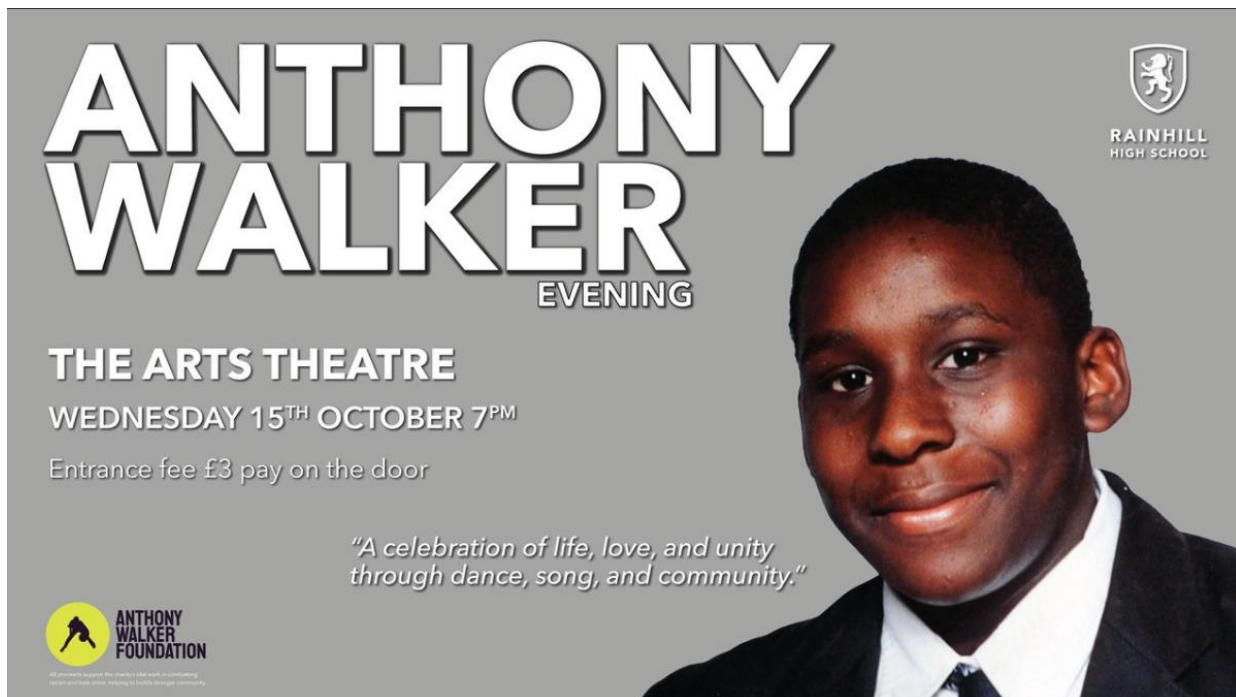
Bring your **European themed cakes** (labelled with your name and form) to E block before school or during form, on **Monday 29th September**.

We will choose a winner and then all the cakes will be sold at break and lunch to raise money for **Macmillan Cancer Support**.

****NO NUTS****




ANTHONY WALKER EVENING




**ANTHONY
WALKER**
EVENING

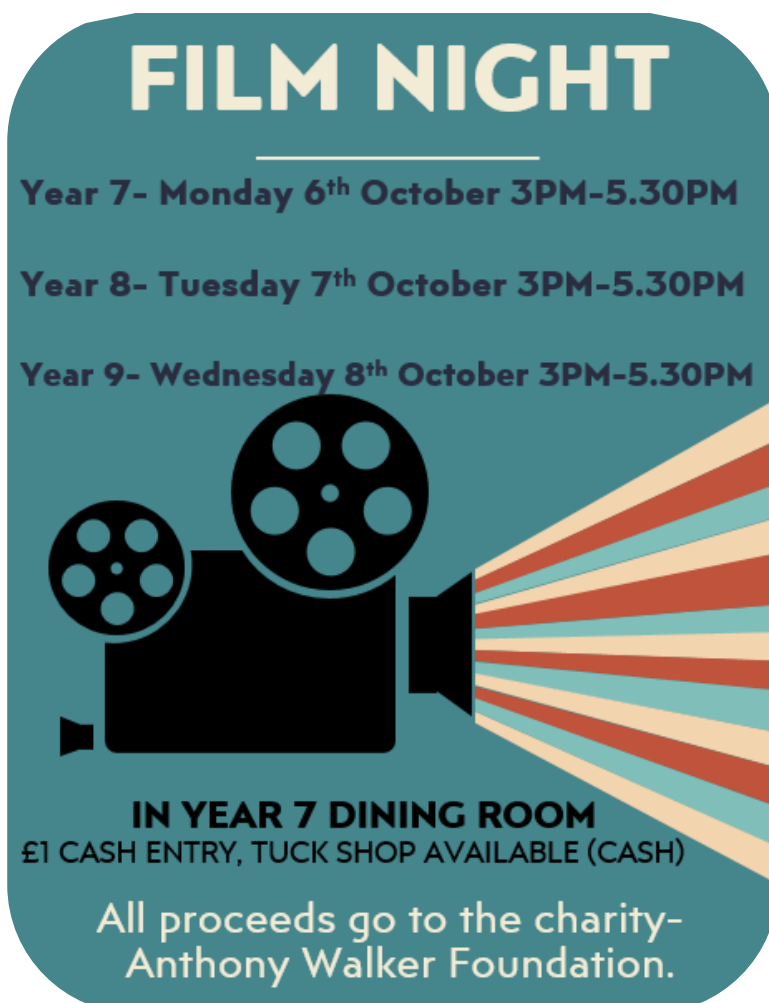
THE ARTS THEATRE
WEDNESDAY 15TH OCTOBER 7^{PM}
Entrance fee £3 pay on the door

*"A celebration of life, love, and unity
through dance, song, and community."*

 **ANTHONY
WALKER
FOUNDATION**
All proceeds support the charity's work in celebrating
music and dance across England to build stronger communities.


RAINHILL
HIGH SCHOOL

YEAR 7 FILM NIGHT



FILM NIGHT

Year 7- Monday 6th October 3PM-5.30PM

Year 8- Tuesday 7th October 3PM-5.30PM

Year 9- Wednesday 8th October 3PM-5.30PM

IN YEAR 7 DINING ROOM
£1 CASH ENTRY, TUCK SHOP AVAILABLE (CASH)

**All proceeds go to the charity-
Anthony Walker Foundation.**



ELITE PERFORMERS

For the new academic year, we would like all current Elite Performers to update us on whether you are still actively participating in your sport and regularly competing.

Please can you send a message to Mrs Morris via Synergy with either a 'Yes information is still the same', 'No longer competing' or 'Yes but information has changed'. If details have changed, such as their club/ level of competition, please state this in your message.

If you would like to enquire about qualification for Elite Performer status, students must be:

1. Competing at County level and above regularly.
2. Attend training for County Level competitions and above regularly.
3. Represent a County and above level team/ club.

If you think your child qualifies, please send the following information to Mrs Morris directly on Synergy:

- Name of student
- Sport/ activity
- Name of club
- Level of competition
- Competitions they have recently competed in that are county and above.
- Up-and-coming competitions that are county and above

Mrs Morris, Teacher of PE & KS3 Transition Coordinator.

CAREER OPPORTUNITIES - HSBC VIRTUAL WORK EXPERIENCE

HSBC are offering virtual work experience in October; this is a great way to enhance your CV and future university or apprenticeship applications.

First Step - Student Year groups 7-9 England & Wales, S1-S3 Scotland, 8-10 Northern Ireland

Wednesday 1st October at 4.30pm (virtual session hosted on MS Teams).

"Pitch for a Purpose: Plan the Ultimate Charity Event with HSBC"

- A 45-minute briefing with the HSBC team
- Complete the career challenge at their own pace.
- Certification awarded on completion.
- [Register now via QR code.](#)



Next Step - Student year groups 10-13 England & Wales, S4-S6 Scotland, 11-14 Northern Ireland

Thursday 2nd October at 5pm (virtual session hosted on MS Teams)

"HSBC the National Trust - Nature Projects That Make a Difference"

- A 45-minute virtual briefing with the HSBC team
- Complete the career challenge at their own pace.
- Certification awarded on completion.
- [Register now via QR code.](#)





CAREER OPPORTUNITIES - STEM CAREERS

FACE-TO-FACE ROUTES INTO STEM 2025/26

LIVERPOOL MATERIALS

**For Yr 9
& Yr 10**



Explore STEM careers in half term!

What is involved?

- 3 exciting days of hands-on activities, campus tours & company visits.
- Try workshops, site tours & hear from young apprentices and graduates.
- Discover future study options & student life.
- Develop presentation skills, team-building and social skills.
- Enhance your CV, Application Form and/or Personal Statement.
- Achieve the Bronze Industrial Cadet Award.



Dates

- Tuesday 28th October - educational provider/STEM company TBC
- Wednesday 29th October - educational provider/STEM company TBC
- Thursday 30th October - The Manufacturing Technology Centre (MTC) L3 5TF

Cost/Funding

- This course is fully funded for students from your school (usually costs £190)

How to apply or find out more

To apply, please visit our website [here](https://www.etrust.org.uk) or scan the QR code!





WELLBEING

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.

10 Top Tips for Parents and Educators FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

9 RECOGNISE EFFORTS REGULARLY

Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



**The
National
College**

Source: See full reference list on guide page at: nationalcollege.com/guides/fostering-a-sense-of-belonging

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

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ST HELENS CATERING SERVICE - OCTOBER EVENT MENUS

"Banchetto Italiano"
Italian Banquet
Thursday 2nd October

Minced Beef Ragu with Penne
Classic Margherita Pizza
Filled Romana Focaccia Roll
Caprese Salad
Affogato

ITALY

ST HELENS CATERING SERVICE

WORLD FOOD day
Thursday 16th October 2025

CHOICE OF CHICKEN CURRY
(Indian)
SWEET AND SOUR CHICKEN STYLE
(Chinese)
Rice & Vegetables
Custard Tart
(Portuguese)

ST HELENS CATERING SERVICE

OUR BIG LUNCHES 2025 / 2026

THURSDAY 2ND OCTOBER 2025
"Banchetto Italiano"
Italian Banquet
A special Italian themed menu for everyone to enjoy and socialise at lunch time.

ITALY

THURSDAY 16TH OCTOBER 2025
WORLD FOOD day

In 2025, The food and agriculture organisation are celebrating their 80th Birthday, marking world food day across the globe. We will be hosting a special menu with dishes from around the world to help raise awareness of ensuring everyone from everywhere, has access to reliable food sources.

TUESDAY 11TH NOVEMBER 2025
LACA
the school food people
NATIONAL SCHOOL MEALS WEEK

From the 10th to the 14th of November, Marks National Schools Meals week. The annual event advocated by LACA, celebrates the importance of School Meals. We will be joining in the fun on Tuesday the 11th, celebrating balanced nutritious meals.

Festive Christmas Dinner
ACROSS DECEMBER 2025

Throughout the festive period, we will be hosting our traditional Christmas lunches that can't be missed.

THURSDAY 15TH JANUARY 2026
Pupils Pick!
You're in charge!

Each school and pupils can pick your own Lunch time menu for a special day from a wide range of delicious options, giving pupils a real say and responsibility.

MONDAY 2ND FEBRUARY 2026
CELEBRATION OF ST HELENS

A day to be proud of! Celebrating all things St Helens, using as much Local produce as possible combined with our local heritage.

THURSDAY 21ST MAY 2026
BBQ Party Meal

To mark the "hopeful" return of the sunshine, We are hosting a BBQ themed menu to bring in some summer time magic with dishes that sit front and centre on any BBQ.

FRIDAY 12TH JUNE 2026
Great British Favourites

Trooping the Colour. Taking place on Saturday 13th of June, is the UK's annual celebration marking the sovereign's official birthday for over 260 years. We will be showcasing classic British dishes to add some regal splendour.



RAINHILL UNITED JFC - SQUAD GIRLS

FIND YOUR SQUAD



TIME AND DATE:

STARTING FRIDAY 26th SEPTEMBER 2025. 5-6pm

LOCATION:

RAINHILL HIGH SCHOOL MUGA

WHO WE ARE:

RAINHILL UNITED JFC - SQUAD GIRLS

NEXT STEPS: VISIT WWW.ENGLANDFOOTBALL.COM/SQUADGIRLSFOOTBALL TO BOOK YOUR FIRST SESSION, OR CONTACT US TO FIND OUT MORE:

<https://www.rainhillunited.co.uk/squad-girls/>

SQUAD

GIRLS' FOOTBALL



#LET
GIRLS
PLAY





IMPORTANT INFORMATION

COMMUNICATION

After a positive start to the school year, we are writing to remind you of the importance of adhering to our established communication procedures. Effective communication between parents and school staff is vital for the success and well-being of our students. To ensure clarity and efficiency, please follow the attached communication policy. This will help us address your queries and concerns in a timely and organised manner.

We would like to remind you that Synergy is the primary channel for communication with the school. All communications, except urgent safeguarding concerns, should be sent via Synergy. Meetings are by appointment only and must be agreed in advance – staff will not meet with parents or carers who ‘walk in’ and request an immediate meeting unless it is an urgent safeguarding matter.

We also kindly ask that all interactions with our staff be conducted with respect and courtesy. Our staff members are dedicated professionals who work tirelessly to provide the best education and care for your children. Mutual respect fosters a positive and productive environment for everyone.

Thank you for your attention to this matter and for your continued support and cooperation.

Please [click here](#) to view our Communications policy.

ATTENDANCE COMMUNICATION

Reporting Absences/Late to School/Appointments/Unexplained Absences via Absence Tab on Synergy

Synergy is the primary source of communication from school to all parents in relation to your child.

Synergy also enables daily attendance alerts to be sent to parents and allows you to:

- report your child’s absence from school.
- query if your child has an unexplained absence mark.
- inform the school if your child is going to be late.
- let us know of any forthcoming medical appointments for your child.
- reply to the Attendance Team if you have received an attendance alert.

Please use Synergy to report attendance communication in the first instance. This can be actioned by accessing the contact school option from the home screen, followed by the absence option.

Attendance Team.

CAR PARKING

We would also like to remind parents and carers that the car park bays within the school grounds are strictly for staff and authorised vehicles only. Recently, we have noticed an increasing number of parents parking in the bays in the mornings. For the safety of our pupils and to reduce congestion during key times of the day, we kindly ask that you do not park in the school car park bays.

We appreciate your support in keeping our school site safe and accessible for everyone.

Thank you for your understanding and cooperation.

STUDENT ID CARD

Please check that your child has a student card, which can be used to purchase food at lunchtime and break. If they do not have a card, then they will need to purchase a new one from Student Services.



EXTRA-CURRICULAR CLUBS

Our Extra Curricular clubs and activities sign up has started this week, please see the below guide for details of our extra-curricular offer this half term. Year 7 pupils are required to sign up to a club for 2 6-week blocks this year.

Monday	Library team	Break time	Library	Miss Griffa	All
Monday	Wellbeing club	Lunchtime	S212	Miss Peers	All
Monday	Dance Company	3-4:15pm	D104	Arts Leaders	KS4
Monday	Boys Football	3:10-4pm	PE Department	PE Staff	Y7 Week B & Y8 Week A
Tuesday	Basketball	3:10-4pm	PE Department	PE Staff	KS3
Tuesday	Dungeons & Dragons	3pm-4pm	A200	Mr Cowley	KS5
Tuesday	Girls Football	3:10-4pm	PE Department	PE Staff	All
Tuesday	Music Club	3-4:15pm	C104	Mr Kennett/Mr Hughes	All
Tuesday	Photography Club	3-4:30pm	C202	Miss Tinney	KS4/5
Tuesday	BASH	3-3:30pm	Library	Miss Griffa	Year 7
Wednesday	School Production	3-4:30pm	D102	Mrs Renison	All
Wednesday	Computer Science Y10	3-4pm	A206	Mr Cowley	Y10
Wednesday	Crochet & Cross Stitch Club	3-4pm	C203	Miss Fahey	KS3
Wednesday	Innovate V&A	3-4pm	C103	Miss Burrows	KS3
Wednesday	Library team	Break time	Library	Miss Griffa	All
Wednesday	Boys Rugby	3:10-4pm	PE Department	PE Staff	Y9
Wednesday	Dance Company	3pm	D104	Mrs McCann	KS4/5
Wednesday	Arts Awards	3pm	D102	Mr Renison	KS5
Wednesday	Food Progress Coursework Club	3-4pm	C105	Mrs King	Y11
Wednesday	Photography Club	3-4:30pm	C202	Miss Tinney	KS3
Wednesday	Manga Club	3-3:45pm	C206	Mr Robson	All
Wednesday	Girls Netball (Boy's welcome)	3:10-4pm	PE Department	PE Staff	Y9-Y11
Thursday	KS4 Art Textiles	3pm-4pm	C203	Miss Fahey	KS4
Thursday	Trampolining	Lunchtime	PE Department	PE Staff	KS4
Thursday	Trampolining	3-4pm	PE Department	PE Staff	KS3
Thursday	Animation Club	3-4pm	C206	Mr Roberts	KS3
Thursday	Choir	3-4:15pm	C104	Mr Kennett/Miss Thomas	All
Thursday	Dance, Drama & Music Intervention	3-4pm	Arts Centre	Mrs McCann	KS4
Thursday	Dance Company	3pm	Arts Centre	Arts Leaders	KS3
Thursday	Food Progress Coursework Club	3-4pm	C105	Mrs King	Y11
Thursday	Board Games Club	3pm	A211	Miss Melia	All
Thursday	Books to read and watch	3pm-3:30pm	Library	Miss Griffa	All
Friday	Computer Science Y11	3pm-4pm	A206	Mr Cowley	Y11
Friday	Boys Football	3:10-4pm	PE Department	PE Staff	Y9
Friday	Book Club	3-3:30pm	Library	Miss Dugdale	All
Friday	LGBT Club	3pm	S207	Mrs McParland	All
Friday	Food Progress Coursework Club	3-4pm	C105	Mrs King	Y11



MENU 2025

Please [click here](#) to view our latest menu.

Please [click here](#) to view our allergens menu.

**St Helens Catering Service - School
Lunch Special Dietary Request**



ACCESSING FREE SCHOOL MEALS

As we move into a new school year, it may be pertinent for parents and carers to check the free school meal status of their children. If you have been in receipt of free school meals previously and believe this should still be the case, you will need to apply to St Helens Council. Please [click here](#).

This may be particularly important for parents and carers of new Year 7 pupils who have joined us from St Ann's as your child's free school meal status does not carry across to High School. If you need any more help or guidance, please do not hesitate to get in touch.

Mr Rachi, Assistant Principal.



PE EXPECTATIONS

Sport and physical activity are essential for maintaining a healthy lifestyle, with research showing that exercise improves mental health, enhances cognitive function, and builds resilience in young people. At Rainhill, we offer a wide range of sports, from team games like handball, netball, and rugby to gymnastics and athletics.

Your child will have the opportunity to learn about healthy lifestyles and the importance of staying active. As part of our pursuit of excellence, all pupils are expected to participate in lessons. If your child is injured or unwell, they should still bring their kit. They can take on 'non-active' roles, such as officiating, analysing performance, or coaching, to continue engaging with learning. Bringing their PE kit also ensures pupils have a dry uniform to change into if lessons are outdoors. In extreme cases, we will provide alternatives to make your child's PE experience as enjoyable as possible.

If there are any issues with kit, please use Synergy to message your PE teacher. We will always help in any way we can. Thank you for your continued support.

Mr Wood, Head of PE.

PE EXTRA CURRICULAR TIMETABLE

Please see our PE Extracurricular Timetable below.

Half Term 1: September - October		
15:00 -16:00	LUNCH	AFTER SCHOOL
MONDAY	Y9 and Y10 Football : Astro Y7 Football and Basketball : Courts	Boys Football : Y8 Boys Week A Only Boys Football : Y7 Boys Week B Only
TUESDAY	Y8 and Y11 Football : Astro Y7 Football and Basketball : Courts	Basketball : All Years Girls Football : All Years
WEDNESDAY	Y9 and Y10 Football : Astro Y7 Football and Basketball : Courts	Boys Rugby : All Years Girls Netball : All Years
THURSDAY	Y9 and Y10 Football : Astro Y7 Football and Basketball : Courts Trampolining : KS4	Trampolining : KS3
FRIDAY		Boys Football : Y9
<p><i>Please note</i>, all clubs are for girls and boys, unless specified. They are subject to fixture/facility clashes, appropriate and safe weather, and appropriate pupil participation. Follow us on X - @RainhillPE</p> <p>Clubs in RED run for Half term blocks. New clubs updated each half term</p>		



SINGING LESSONS



**DO YOU KNOW WE
OFFER 1-1 SINGING
LESSONS?**

**Do you love to sing and
have a passion to
perform?**

**Opportunities to take
part in end of term
concerts and onstage
performances.**

**LEARN CORRECT
VOCAL
TECHNIQUES,
BUILD YOUR
CONFIDENCE AND
SING YOUR
FAVOURITE
SONGS**

**Come and see Miss Mawdsley
on a Tuesday in D block (Mike
Doyle Centre) to book your first
lesson and find out more!**





HELP AND SUPPORT

CURRICULUM QUERIES

Heads of Department

English	Ms Dickman	Business Studies	Mr Farrell
Mathematics	Mr Rimmer	Social Sciences	Mrs R Evans
Science	Mr Flynn	Computer Science	Mr Cowley
Biology	Miss Harper	Art Design Technology	Mr Bennett
Chemistry	Mrs Bancroft	Languages	Miss D'Anna
Physics	Mr Hurst	Food Studies	Mrs King
History & Politics	Mr Swan	Performing Arts	Mrs McCann
Geography	Mr Iddon	PE	Mr Wood
Philosophy & Ethics	Mr Taylor	Life Skills	Miss Burgess
		(PSHE/Citizenship)	

PASTORAL QUERIES

Stage 1	Form Tutor	
Stage 2	Year Student Manager/Progress Coach	
Stage 3	Year Progress Leader/Director RH6	
Stage 4	Assistant Principal - Behaviour & Culture	Mr East
Stage 5	Vice Principals	Mrs Munro
Stage 6	Principal	Mrs Thorogood

Pastoral Structure

Y7 Student Manager	Miss Gordon	Y7 Progress Leader	Mr Giles
Y8 Student Manager	Miss Hill	Y8 Progress Leader	Mr Barry
Y9 Student Manager	Mr Lambert	Y9 Progress Leader	Mr Brown
Y10 Student Manager	Miss Humphreys	Y10 Progress Leader	Mr Webster
Y11 Student Manager	Dr Rotheram	Y11 Progress Leader	Mrs Haselden
RH6 Progress Coaches	Mrs Thomas/Mrs Garton	Director RH6	Mr Cunningham
Young Carer Champion	Miss Wordsworth		

Communications Policy

Please [click here](#) to view our communications policy.



Young Carers

A young carer is someone who provides regular and ongoing care and support to a family member who has a physical or mental health condition, or misuses drugs or alcohol and they cannot cope without their support. They can often take on responsibilities that would normally be expected of an adult.

Being a young carer can have a big impact on the things that are important to growing up; like your education, your physical/mental health, your social life and your self-confidence.

If you find that you don't have much time to spend with your friends, you feel stressed and worried, it's getting harder to keep on top of schoolwork – there are people in school who are here to support you... and Young Carers Support Services.

A young carers assessment can help to find out if there is any extra support for you or the person you care for. This could help to take away some of the worries or stress you may be feeling, help you keep on top of your schoolwork and be able to spend time doing things you enjoy.



Do you think that you may be a young carer?

**Young Carer Champion
Miss Wordsworth**

Speak to the YC Champion or another adult you trust.



**Young Carer
Drop-in**

Monday lunchtime
A105

Week Y7, Y8, Y9
A

Week Y10, Y11,
B RH6

SHARP

Use the SHARP system to ask for help and we will come and speak to you.

Parents and Carers can contact the YC Champion via School Synergy.

