



**RAINHILL
HIGH SCHOOL**

FRIDAY 7TH MARCH 2025
**PARENT & STUDENT
NEWSLETTER**

WWW.RAINHILLHIGH SCHOOL.ORG.UK



YEAR 8 PARENTS EVENING
THURSDAY 13TH MARCH



Friday 7th March 2025

Dear Parents and Students,

I hope this message finds you well.

A huge well done to our Year 11 students for their hard work during their second LP week. As the final exam takes place on Monday, we wish all our Year 11 students the best of luck. Your dedication over the past two weeks has been impressive.

Next week, we are looking forward to Science Week, which promises to be an exciting and educational experience for all students. We would also like to remind Year 8 families that Parents Evening is on Thursday 13th March. It is a great opportunity to discuss your child's progress and celebrate their achievements.

Finally, we are excited for the Move It trip to London this weekend. We hope all our students enjoy this incredible experience; we look forward to hearing about it in next week's newsletter.

Have a lovely weekend.

Mrs Thorogood, Principal.



CONTENTS

NEWS THIS WEEK

Page 3-10

Year 8 Parents Evening

British Science Week

Easter Rewards Trip

Attendance News

PE News

Happy World Book Day

Wellbeing

IASS SEND Drop-in

Social Media Parent Guide

IMPORTANT INFORMATION

Page 11-13

Attendance Communication

Price and Buckland Uniform - New Website Launch

Sports Presentation Evening

PE Expectations

PE Extra-Curricular Timetable

Accessing Free School Meals

Singing Lessons

HELP AND SUPPORT - WHO TO CONTACT

Page 14-15

NEXT WEEK FOLLOWS THE WEEK B TIMETABLE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
10/03/25	Science Week (all week)			Year 8 Parents Evening	



NEWS THIS WEEK

YEAR 8 PARENTS EVENING

On Thursday 13th March, we will be having our Year 8 Parents Evening. This will be your chance to have those in-depth conversations with the teachers of your child.

Bookings can be made via Synergy from 12pm on Friday 7th March.

Year 8 Team.

BRITISH SCIENCE WEEK 2025

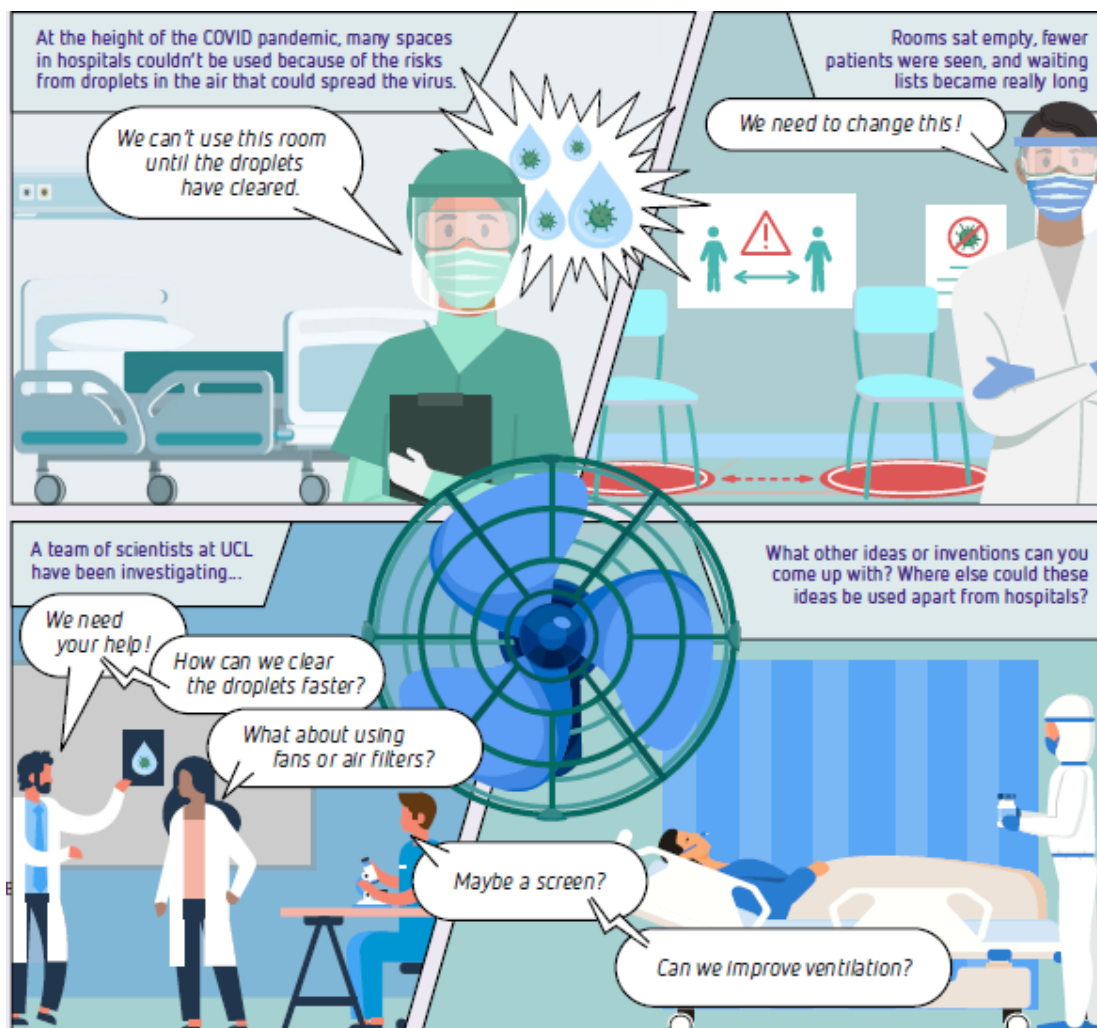
From 7th-14th March, we are taking part in British Science Week; this year's theme is "Change and Adapt".

We will be helping the Scientists at University College London, by coming up with a new invention to improve the health of the air in our buildings. Our entries will be sent off to UCL for a chance to win an array of amazing prizes.

Please make sure that your Science research homework is brought to your Science lessons this week.

Thank you, and good luck.

Mrs Hazelden, Teacher of Science.





EASTER REWARDS TRIP

We are running a rewards trip for the top 80 students in Year 7 & Year 8 to say thank you to our students who go above and beyond expectations in each and every lesson. The trip will leave school at midday on Thursday 3rd April, and return to school for 3:30pm.

Students will be awarded points for rewards and ATL1s and lose points for any consequences that they receive. The higher up the leaderboard they go, the more chance they have of getting on the trip.

Students will be informed weekly in tutor time if they are on the list for the trip, with the final list of students being chosen mid-way through the term. If your child is chosen for the trip, then you will receive a synergy message confirming their place and next steps.

Mr East, Assistant Principal.



CONSISTENT, IMPROVED AND IMPROVING ATTENDANCE

This week we recognise and reward some of our resilient and hardworking students across all year groups. Mrs Coxhill and Miss Humphries (Y9 YSM) were pleased to present Year 9 students with certificates for consistent, improved and improving attendance, their hard work to maintain and improve their attendance shows their perseverance and commitment to learning. Great effort Year 9.

Pictured are - **Riley F** – Consistent, **Ellie A** – Improved, **Poppie C** – Improving.



Students recognised from other year groups are –

Year 7

Consistent – **Emily B**, Improved – **Miles S**, Improving – **Ava-Mae J**.

Year 8

Consistent – **David M**, Improved – **Tayla-Jade Q**, Improving - **Breeze D**.

Year 10

Consistent – **Katie E**, Improved – **Lilly T**, Improving – **Niamh M**.

Year 11

Consistent – **Aaron J**, Improved - **Charlotte Mc**, Improving – **Alana H**.



PE NEWS

Year 7, 8 & 9 Netball

On Wednesday 26th February, our Year 7, 8 and 9 netball teams played Bellerive High School in the Liverpool City league. All teams played exceptionally well with both our Year 8 and 9 teams dominating their games and taking the win. Well done to all pupils.

On Tuesday 4th March, some of our Year 7 and 8 pupils played in the St Helens first secondary school dodgeball tournament. All pupils had a great time, with our Year 7 team coming third overall, just missing out on a medal. We hope to have more tournaments in future, well done.



Year 7 Rugby

Our Year 7 team made it through to the town cup semi-final for rugby on Thursday. A fantastic performance versus De La Salle means we now face Cowley in the semi-final.

The first half started great as Jack A ran from 50 yards to score our first try. We continued to play great rugby and capitalised even further through Mark F and Theo B.

At halftime, we held a 12-4 lead.

DLS came back into it with two quick tries to draw level, but superb character shown by the team meant we went on to score a further four tries. Luke S leading the charge with an immediate reply to get us back on track.

We ultimately saw the game out 36-12.

Great win boys. Well done.





Year 9 & 10 Football

On Wednesday 5th March, our Year 9/10 girl's football team played Deyes High School in the Quarter Final of the Merseyside Cup. It was an exceptional game with both teams playing some great football. We took the lead courtesy of a smart finish from Gannon, before Deyes equalised soon after. A tense second half saw us dominate possession and create plenty of chances but with just a couple of minutes to go, Ainsworth scored the decisive winning goal that secured our place in the semi-final. We now eagerly await the winners of Calderstones or Archbishop Blanch.

Well done girls.



HAPPY WORLD BOOK DAY

On Thursday, we celebrated World Book Day with different activities throughout the school, and I can happily say that it was a big success.

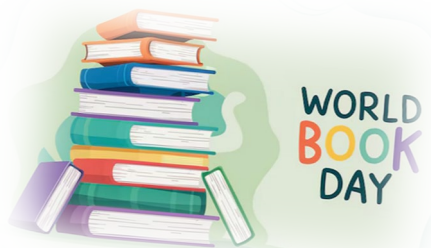
KS3 and KS4 students took part in a 'Whole School Reading' activity, in which they heard a part of a story throughout the day, only knowing the end during Period 5. Students and staff were engaged, and everyone could enjoy it.

There was also a Bake Sale and 'Book Bingo' sessions organised and managed by some Y7 Student Librarians which raised a total of £85 to buy new books.

All the students that took part in the activities have received book tokens to get free books from retailers and book shops. Find where to get free books/£1 discount on books [here](#).

I would like to thank all the students, staff members and families involved in these activities and for the book donations received.

Ms Griffa, School Librarian.







WELLBEING

CALLING ALL YEAR 7'S

Wellbeing Club Relaunch

Every Monday lunch time in S212

 **LOOKING FOR A SAFE
SPACE TO TAKE A BREATH
AT LUNCH TIME AND LOOK
AFTER YOUR WELLBEING?**

 **INTERESTED IN PROMOTING
WELLBEING/MENTAL HEALTH
INITIATIVES IN SCHOOL
AND THE LOCAL COMMUNITY?**



**INSIDE
OUT**

**FIRST SESSIONS TO WATCH THE
INSIDE OUT
MOVIE AND DISCUSS AFTERWARDS.**

IN PURSUIT OF EXCELLENCE. Learn, Think, Contribute, Care.



RAINHILL
HIGH SCHOOL



**International
Women's Day**

Together we can forge
women's equality.
Collectively we can all
#AccelerateAction.

March 8

www.internationalwomensday.com



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 USING TECHNOLOGY TO BOOST READING SKILLS

The way we engage with text has changed dramatically over the years. Whether reading captions on social media, instructions in a video game or an e-book on a digital device, technology plays a major role in modern literacy. While traditional books remain invaluable, digital tools can enhance reading skills by making text more accessible, interactive and engaging.

1 CHOOSING THE RIGHT TYPE OF TEXT

Before integrating technology, consider the types of text that a child engages with. If they need help on occasion, digital reading pens can assist by scanning and reciting words or sentences. These tools are especially useful for students with reading difficulties, and can even be used in exams if they're part of their routine learning process. Proper training and practice are required, but they can be a great help when tackling printed text.

2 READING ON SCREEN

Many devices now allow users to customise text for better readability. Adjusting font type, size and background colour can significantly enhance comprehension. For many readers, white text on a black background is the easiest to see, whereas other styles – such as dyslexia-friendly fonts – are designed to help those who are struggling. Teaching children how to personalise text settings on their devices empowers them to read more comfortably and with greater confidence.

3 ACCESSIBILITY TOOLS

Most modern devices include built-in tools designed to support readers. These features can be found in Settings under Accessibility and may include text-to-speech, speech-to-text and screen magnification functions. Enabling these tools can make digital reading more user friendly, especially for children with learning difficulties or visual impairments, who might have an easier time with spoken language than the written word, or who might simply require a closer look at the text.

4 INTERACTIVE READING PROGRAMMES

Many digital reading devices, such as Kindle and other e-readers, offer features like word highlighting, adjustable text speed and built-in dictionaries. These tools help learners to break down complex words and phrases while maintaining an appropriate reading pace. Some programmes even allow users to track their progress, making reading a more structured and motivating experience.

5 VIDEO GAMES AND READING SKILLS

Many video games require players to read instructions, character dialogues and mission objectives, making them an unexpected but effective literacy tool. Games that involve storytelling, puzzles or problem-solving often include large amounts of text – encouraging children to read these texts aloud or discuss them can improve their comprehension and vocabulary in a fun, engaging way.

6 SUBTITLES AND CLOSED CAPTIONS

Watching videos with subtitles or closed captions is an effective way to enhance reading skills. As children watch their favourite shows or online videos, they can follow along with the text, gaining a better understanding of how written words sound when spoken aloud. This is particularly beneficial for reluctant readers, as it exposes them to words in a familiar, engaging context. Repeatedly watching content with subtitles reinforces word recognition and comprehension.

7 USING AUDIOBOOKS

Audiobooks are an excellent way to develop listening and reading skills simultaneously. Children can follow along with the text while listening to a narrator, reinforcing word recognition and fluency. For struggling readers, listening to an audiobook before attempting to read the text independently can boost their confidence and comprehension.

9 TEXT-TO-VOICE TECHNOLOGY

Text-to-voice software reads digital text aloud, making it easier for learners to follow along. Most smartphones, tablets and computers come with this function built in. When enabled, users can highlight a passage or sentence and press Play to hear it read aloud. This tool is particularly helpful for auditory learners and those who struggle with decoding written words.

8 VOICE-TO-TEXT FOR WRITING AND READING

Voice-to-text tools allow users to dictate words, which are then transcribed into text. This feature helps children see the connection between spoken and written language. By using text-to-voice to have their dictated words read back to them, learners can identify mistakes and improve their reading and writing skills simultaneously.

10 SOCIAL MEDIA AND PARENTAL CONTROLS

While social media provides opportunities for reading, most platforms have age restrictions of 13-16 years old, making parental guidance essential. Many social media videos include captions and comments that can encourage reading. However, it's important to use the platform's parental controls (such as time limits and content filters) to create a safe and educational online environment for children. Encouraging responsible social media use can ensure a balanced and productive approach to digital literacy.

Meet Our Expert

Catrina Lowri is a qualified special needs teacher and experienced SENCO. She recently launched her own site, Neureateachers, which offers a library of short, 'how-to' and explanation videos for educators. Catrina also writes and delivers online training and events for multi-academy trusts, businesses, schools and training organisations.



The
National
College®



IASS SEND DROP-IN



IASS SEND DROP IN

**FOR PARENTS/CARERS WHO HAVE CHILDREN/YOUNG
PEOPLE WITH SEN/DISABILITY**

PLEASE COME AND JOIN US

AT

SUTTON FAMILY HUB

ELLAMSBIDGE ROAD

ST HELENS

WA9 3PY

MONDAY'S 1PM – 3PM (TERM TIME ONLY)



IASS WILL BE ON HAND TO OFFER SUPPORT AND ADVICE

WE LOOK FORWARD TO SEEING YOU



ONLINE PARENT GUIDE

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



**National
Online
Safety®**
#WakeUpWednesday



IMPORTANT INFORMATION

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.

PRICE AND BUCKLAND - SCHOOL UNIFORM

Price & Buckland
SCHOOLWEAR SINCE 1959

NEW SCHOOL UNIFORM WEBSITE LAUNCH

On the **11th** of February we will launch our **NEW** website.
The URL remains:
www.price-buckland.co.uk

Website QR code. This will take you to the homepage to search for your school

Account

If you have ordered from our website before, go to the **Account Section** and **re-set** your password. You can use the same password that you have currently.

You can then see previous orders and manage your account.

Orders

Any Questions? Call us on 01159 640827



SPORTS PRESENTATION EVENING

The date for Sports Presentation Evening has been changed due to the new date for the 2025 Town Sports Athletics Competition.

Sports Presentation Evening will now be held on Wednesday 16th July.

The PE Team.

PE EXPECTATIONS

Sport and physical activity is essential to maintain healthy lifestyles, and research proves that exercise improves mental health, enhances cognitive function and builds resilience in young people.

At Rainhill, we offer a range of sports from team games like handball, netball and rugby to gymnastics and athletics. Your child will be given the opportunity to learn about healthy lifestyles and the importance of being active.

As part of our pursuit of excellence, we need all pupils to be active in lessons. If your child is injured or ill, please make sure they still bring their kit. In order for them to continue learning and contributing, they can take on other 'non-active' roles in the classroom to ensure they are still engaging with learning. These can include officiating, analysing performance or leading a group through some activities as a coach. Another important aspect part of bringing their PE kit for every lesson, regardless of injury, is that pupils will have dry uniform to put back on if it is wet outside, keeping them dry for the rest of the day. In extreme cases, we will always look for alternatives to make your child's experience in PE 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 EXTRACURRICULAR TIMETABLE

Please see our PE Extracurricular Timetable below.

WINTER EXTRA CURRICULAR TIMETABLE 2024/25		
15:00 -16:00	GIRLS	BOYS
MONDAY	MEETINGS	
TUESDAY	Football: (After School) All Years	Basketball: (After School) All Years
WEDNESDAY	Netball: (After School) Teams, All Years Badminton & Table Tennis (Lunch) – All Years	Badminton & Table Tennis (Lunch) – All Years
THURSDAY	Netball: (After School) All Years Trampolining: (After School) All Years	Rugby: (After School) All Years Trampolining: (After School) All Years
FRIDAY	Badminton & Table Tennis (Lunch) – All Years Football: (After School) All Years	

Please note, all clubs are subject to **fixture/facility clashes**, **appropriate and safe weather**, and **appropriate pupil participation**. We aim to give notice to pupils as early as possible when this is the case. Pupils, please speak to staff if you are unsure or follow us on X - **@RainhillPE**.



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.

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	Miss Johnson
Biology	Miss Harper	Art Design Technology	Mr Bennett
Chemistry	Mr Hurst	Languages	Miss D'Anna
Physics	Mr Hurst	Food Studies	Mrs Bolland
History & Politics	Mr Swan	Performing Arts	Mrs McCann
Geography	Miss Wood	PE	Mr Wood
Philosophy & Ethics	Mr Taylor	Life Skills	Miss Chittenden
		(PSHE/Citizenship)	

PASTORAL QUERIES

Stage 1	Form Tutor	
Stage 2	Year Student Manager/Progress Coach	
Stage 3	Year Progress Leader/Director RH6	
Stage 4	Vice Principals	Mrs Munro/Mrs Segal
Stage 5	Principal	Mrs Thorogood

Pastoral Structure

Y7 Student Manager	Miss Hill	Y7 Progress Leader	Mr Barry
Y8 Student Manager	Mr Lambert	Y8 Progress Leader	Mr Shoebridge
Y9 Student Manager	Miss Humphreys	Y9 Progress Leader	Mr Webster
Y10 Student Manager	Mr Rotheram	Y10 Progress Leader	Mrs Haselden
Y11 Student Manager	Miss Gordon	Y11 Progress Leader	Mr Giles
RH6 Progress Coaches	Mrs Nugent	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 under the age of 18, who looks after a family member or friend, who has a physical or mental health condition, or misuses drugs or alcohol.

A young carer may take on responsibilities that would normally be expected of an adult, like...

Physical/Personal Care such as helping someone out of bed, with washing or dressing.

Supporting with medication

Emotional Support such as talking to someone who is distressed.

Accompanying to appointments

Helping somebody to communicate if they are unable to due to ill health.

Practical/Domestic Tasks such as cooking, housework, shopping and looking after brothers or sisters.

And other things...

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 school work – 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 school work and be able to spend time doing things you enjoy.



Do you have any questions, or think you may be a young carer? Come and speak to Miss Wordsworth in A Block (next to A201)