



**RAINHILL
HIGH SCHOOL**

IN PURSUIT OF EXCELLENCE

FRIDAY 22ND SEPTEMBER 2023

PARENT & STUDENT NEWSLETTER

WWW.RAINHILLHIGHSCHOOL.ORG.UK



**RAINHILL
HIGH SCHOOL**

OPEN EVENINGS

MEET THE STUDENTS, MEET THE STAFF, SEE THE FACILITIES

5:45pm GATES OPEN 6:15pm EVENT STARTS

1

WEDNESDAY 27th SEPTEMBER

2

THURSDAY 28th SEPTEMBER





Friday 22nd September 2023

Dear Parents and Students,

Good afternoon.

Congratulations to our Year 8 and Year 10 football teams who took part in matches this week and also to our Year 7 pupils who took part in football and netball trials. These trials are a fantastic way for young athletes to showcase their skills and teamwork.

We have a diverse range of clubs and extracurricular activities available for our pupils to participate in, details are on page 7. These activities are not only a fun way for pupils to explore their interests but also directly links to our rewards system. Participating in these activities offers several benefits from developing new skills to building new relationships. We ask parents to encourage your child to explore these opportunities and make the most of the activities we offer. It's a great way to enhance their overall educational journey.

Next week we look forward to our very popular Open Evenings; The European Day of Languages Bake off and our annual Book Fair.

Have a lovely weekend.

Mrs Thorogood, Headteacher.



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NEXT WEEK FOLLOWS THE WEEK B TIMETABLE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
25/09/23	Book Fair (all week)		Open Evening	Open Evening	



NEWS THIS WEEK

RAINHILL HIGH SCHOOL OPEN EVENINGS

Come along to our exciting Year 6 Open Evening at Rainhill High.

Wednesday 27th September and Thursday 28th September 2023 is a fantastic opportunity for you and your child to experience life at Rainhill High School.

As we are a popular school, to help you plan, here's a guide: If your surname falls between A-M, consider attending on Wednesday; if it's N-Z, consider attending on Thursday. But remember, these are just recommendations to help the event run effectively.

The car park opens at 5:45pm and the event starts at 6:15pm.

Don't miss this chance to explore our school's dynamic learning environment and discover the incredible opportunities we can offer your child.

We look forward to seeing you there!

BAKE OFF 2023

**MACMILLAN.
CANCER SUPPORT**



European Day of Languages Bake off 2023!

We want to (and taste) your baking skills!
Bring your cake (labelled) to E block before school/during form,
on Wednesday 27th September.

We'll choose a winner and then all the cakes will be sold at break/lunch
to raise money for Macmillan Cancer care.





BOOK FAIR

Monday 25th – Friday 28th September

SCHOLASTIC  **TRAVELLING BOOKS**

COME TO THE BOOK FAIR

YOUR SUPPORT HELPS EARN
FREE BOOKS FOR OUR SCHOOL

NEW



£8.99 **13+**



£7.99 **£4.99**



£12.99 **£8.99** **13+**

NEW



£8.99

NEW



£8.99 **13+**

NEW



£8.99 **13+**

THE BEST NEW BOOKS FROM ONLY £2.99



HOMEWORK TIMETABLE

The homework timetable can be found [here](#) and has been in place since Monday 18th September.

There are a few things to be aware of:

- Teachers will set homework on Synergy. This may be a link to an online package – but it will always appear on Synergy.
- Homework can be research based, written, flipped learning or reading.
- Your child will receive feedback on homework. Feedback takes a range of forms – this could be verbal feedback, peer marking, live marking or computer-based marking (for online homework).
- If your child is struggling with homework, they should see their class teacher either before school, at lunchtime, after school or via Teams.
- If your child is not set homework in accordance with the homework policy, the first contact should be made with the class subject teacher.

For Year 10 and Year 11 students:

- In addition to the standard homework slots, there are 'independent learning' slots allocated for all subjects. This is to support your child to get into good studying habits. Formal homework will not be set during these slots – but your child's teacher could direct what to revise or revisit.
- Your child should be recapping lesson content, self-quizzing or revising using some of the strategies covered in form time and alluded to during Parent Information Evenings.

To understand the Timetable:

KS3

Year 7					
Week A					
	Monday	Tuesday	Wednesday	Thursday	Friday
7R1	English, RE	PE	Drama, Citizenship	Science, Geography	Maths, Computing
7R2	English, PE	PE, Art	Music, Computing	Science, Spanish	Maths
7R3	English, RE	PE, Geography	Spanish	Science, History	Maths, Computing

KS4

This follows a similar format to the KS3 timetable. Option subjects are detailed below the grid.

Year 11		
	Monday	Tuesday
11R1	English, Option A, Option D	Maths, Option D, Option B, C
11R2	English, Option A, Option D	Maths, Option D, Option B, C

Mrs Segal, Deputy Headteacher.



YEAR 11 LP1 PREPARATION

As most of you are aware, I have returned to school this week after two amazing weeks of paternity, thank you to all for the positive messages I have received. I would also like to add, that the year group, have made a brilliant start, and it has been a pleasure to see them in school with such a positive attitude this week. Thank you for your part in making this happen.

LP1 for Year 11 starts on **Monday 16th October**. Students will sit formal mock examinations in the hall during the LP period. Please can I ask that:

- You support your child by ensuring that they are in school on time, every day.
- Your child has the correct equipment for the exams (calculator / highlighter pens / pens and pencils etc)

In preparation for these exams, revision has started this week and intervention starts next week. Students have also been focusing on revision techniques in form time.

Intervention sessions:

- These are 45 minutes long and take place after school.
- Identified students will be required to attend these sessions – letters have gone to parents of students involved.
- Attendance is based on distance from target in Year 10 LP3.
- Groups are small and put together based on specific areas of underperformance. Sessions will tackle one topic, exam question type or skill.
- Students will not be asked to stay behind by other subjects on the night they are down to be in, for example, English for intervention.

Revision sessions:

- These have already started.
- Revision sessions are less formal, open to all students and dependent on teacher availability.
- Revision sessions, although recommended, are not formal.
- Detail of when these went to parents at the Parent Information Evening – however the nature of revision sessions means that these can change.

Independent Learning (Revision)

- Students will be learning how to ‘chunk’ information this week as a method to revise and consolidate. Details can be viewed [here](#). Please support with this at home
- The homework timetable has dedicated ‘Independent Study’ slots indicated on it. Please encourage your son or daughter to use this to structure and support with their revision schedule for the examinations. Details can be viewed [here](#).
- Please also refer to the information from the Parent Information Evening for further details on revision techniques

Mr Barry, Year 11 Progress Lead.

MICROSOFT OFFICE 365

In the coming weeks, Microsoft will be changing the way you authenticate to Microsoft Office 365 when you are off-site. Please [click here](#) to read the most up to date guidance.

IT Support Team.



UPDATED ENRICHMENT TIMETABLE

Please see our updated Enrichment Timetable below.

Day	Activity	Time	Location	Staff	Year Group
Monday (Week A)	Environmental Committee	3-3:45pm	C109	Mrs McSporran	All
Monday	Dance Company	3pm	D104	Arts Leaders	Y7
Monday	Dance Company	3pm	D103	Arts Leaders	Y8
Tuesday	Girls Football	3:10-4pm	PE Department	PE Staff	All
Tuesday	Girls Trampolining	3-3:30pm	PE Department	PE Staff	Y7
Tuesday	Girls Trampolining	3:30-4pm	PE Department	PE Staff	Y8-Y11
Tuesday	Boys Rugby	3:10-4pm	PE Department	PE Staff	Y7/Y8
Tuesday	Boys Trampolining	3-3:30pm	PE Department	PE Staff	Y7
Tuesday	Boys Trampolining	3:30-4pm	PE Department	PE Staff	Y8-Y11
Tuesday	First News	3-3:30pm	Library	Miss Dugdale	All
Tuesday	Dance Company	3pm	D104	Mrs Haselden	KS4/5
Tuesday	School Production	3pm	D102	Mrs Speers Mrs Renison	
Tuesday	Music Club	3pm	C104	Mr Kennett	All
Tuesday	STEM Club	2:55-3:30pm	S204	Miss K Chandler Mr Sharman Miss Kerley	All
Tuesday	Zoology Club	3-3:30pm	B206	Miss Harper	All
Tuesday	Fashion Club	3-4:30pm	C203	ADT Staff	KS4
Tuesday	Photography Club	3-4:30pm	C202	ADT Staff	KS4/5
Tuesday	Food Progress Coursework Club	3-4pm	C105	Mrs Bolland	Y11
Wednesday	Architecture Club	3-3:45pm	B105	Miss Durell	All
Wednesday	Art in Mathematics	3-3:45pm	B103	Miss Alexander	All
Wednesday	Grade 9 Club	3-3:45pm	B106	Mr Capewell	All
Wednesday	Girls Netball (Boy's welcome)	3:10-4pm	PE Department	PE Staff	Y7/Y8
Wednesday	Boys Football	3:10-4pm	PE Department	PE Staff	Y7
Wednesday	Boys Rugby	3:10-4pm	PE Department	PE Staff	Y9
Wednesday	BASH	3-3:30pm	Library	Miss Dugdale	Year 7
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 Bolland	Y11
Wednesday	Photography Club	3-4:30pm	C202	ADT Staff	KS4
Wednesday	Manga Club	3-3:45pm	C205	Mr Robson	KS3
Wednesday	Graphics Club	3-4:30pm	C206	ADT Staff	KS4
Wednesday	Textiles Club	3-4:30pm	C103	ADT Staff	KS4
Thursday	Chess Club	3-3:45pm	B103	Miss Alexander	All
Thursday	Girls Netball (Boy's welcome)	3:10-4pm	PE Department	PE Staff	Y9-Y11
Thursday	Boys Football	3:10-4pm	PE Department	PE Staff	Y8/Y9
Thursday	Boys Basketball	3:10-4pm	PE Department	PE Staff	All
Thursday	Textiles Club	3-4:30pm	C103	ADT Staff	KS4
Thursday	Dance Intervention (Week B)	3pm	D103	Mrs McCann	
Thursday	School Production	3pm	D102	Mrs Speers Mrs Renison	
Thursday	Guitar Club	3pm	C-Block Practice Room	Mr Hitchen	All
Thursday	Dance Company	3pm	C104	Arts Leaders	Y9
Thursday	Open Art Club – all Visual Art	3-4:30pm		ADT Staff	KS4/5
Thursday	Food Progress Coursework Club	3-4pm	C105	Mrs Bolland	Y11
Thursday	Board Games Club	3pm	A211	Miss Melia	All
Friday	Girls Rugby	3:10-4pm	PE Department	PE Staff	All
Friday	Badminton and Table Tennis	3:10-4pm	PE Department	PE Staff	All
Friday	Book Club	3-3:30pm	Library	Miss Dugdale	All
Friday	Dance Company	3pm	D104	Arts Leaders	KS3/4
Friday	LGBT Club	3pm	S207	Mr Hitchen Mrs McParland	All
Friday	Food Progress Coursework Club	3-4pm	C105	Mrs Bolland	Y11

Please note: All sports related training and clubs are subject to change due to staff and facilities being involved in competitive school sports fixtures.



MERSEYSIDE COUNTY SCHOOLS FA GIRLS



U14's / U16's Rep Squad

The following players have been successful and will represent their county - **Merseyside** during the 23/24 season.

U14's

Knowsley St Helens (district): Holly Morris, Darcie Lynan, Kendall Taylor (GK)

Liverpool (district): Holly Gordon, Lottie Wynn, Ruby Webster, Madison Dermott, Sophie Batters, Millie Fitzgibbon, Izzie Breen, Savannah Askew, Elizabeth Sniedzina

Sefton (district): Charlotte Vaudrey, Ella Golding, Ellie Fagan (GK), Libby Ashcroft, Olivia Carr, Maddie Vernon,

Wirral (district): Bethan Jones, Autumn Clarke

U16's

Knowsley St Helens (district): Isla Waine, Darcy Fleming, Jessica Lightfoot, Olivia Roberts, Amelie Waine, Betsi Salihi, Denae Salihi, Paige Cross

Liverpool (district): Issy Hobson, Kcaiey Kehrwieler, Heidi Morgan (GK), Neve Adams, Jessica Cox (GK), Connie Taylor

Sefton (district): Tia Whelan, Ella Jones, Isobella Brooks, Katelyn Vos, Isabelle Inman, Sophie Maxwell, Izzy Usher, Darci McGowan

Wirral (district): Isobel Prescott, Maisie Darlington-Bullock, Ellie Howard, Grace Roberts, Mae Rodgers

The **Saturday** date of each county **weekend** is outlined below.

14th October, 11th November, 9th December, 13th January, 10th February, 9th March, 13th April, 11th May

As part of our holistic approach, we will also meet during the school holidays.

We are more than happy for you / school staff to attend our matches during the season, but we do ask anyone attending to be wearing kit of the school they're representing and have photographic ID.

We hope you agree this is a fantastic opportunity for your players to play in regional and national competitions against the best players in the country and this experience and opportunity will support and enhance their footballing journeys.

**Merseyside County Schools FA
Girls Section (u14's & u16's)**





PARENT CARER WEBINAR PROGRAMMES

I would like to take the opportunity to remind you of the parent/carers offer within the Service Level Agreement that your school/consortia have with us.

We offer three live-streamed parent carer webinar programmes as detailed below:

“Understanding and supporting my child’s ADHD” programme comprises of 3 x 1hr webinars, with an opportunity for Q&A afterwards.

The breakdown of the sessions are as follows:

- Neuroscience of ADHD
- Sleep and Wellbeing with ADHD
- Stress Response and Self Resilience

Understanding ASD webinars, programme comprises of 2 x 1hr 15min, with Q&A afterwards

The ASD programme is as follows:

- Understanding ASD presentations and sensory sensitivities
- ASD, Co-morbidity and complexity

Understanding Behaviour webinars, programme comprises of 2 x 1hr 15min, with Q&A afterwards

- Functions of behaviour
- Promoting the behaviour, we would like to see

All programmes are free for parents to access and are available on **a rolling programme** that covers a wide variety of dates and times for families to choose from. (Families will receive a link with the full list of dates and times once we have received a referral for them).

Access to these programmes are by **referral only** using the following link:

<https://forms.office.com/r/pKvVpfWcmY>

There is no limit on referrals, and families can be referred for more than one of the programmes.

We look forward to receiving referrals from you.

The SEND Team.



THE SLEEP CHARITY



**ST HELENS
CARES**

thesleepcharity.org.uk

**Does your child suffer with sleep issues?
Do you struggle with your child's bedtime?
Will your child not sleep in their own bed?**

Help is at hand from The Sleep Charity and thanks to funding from
St Helens Children's Commissioning.

Why not book on our Foundation Sleep Workshop?

Free training that provides you with knowledge around sleep, some of the common reasons for
poor sleep and how you can help to improve sleep

To book, please contact brian@thesleepcharity.org.uk

Call our National Sleep Helpline – 03303 530 541

And speak to one of our friendly, trained sleep advisors who can offer some practical advice

Teen Sleep Hub – teensleephub.org.uk

If you're looking for support for a child aged 13 upwards, visit our dedicated website for young
people packed with information for both you and them to read and watch!

The Sleep Charity website – thesleepcharity.org.uk

A useful resource with helpful information and support including advice sheets and leaflets

For more information on the local St Helens Sleep pathway and accessing support, or for
any concerns you may have regarding your child's sleep patterns, then please contact
your health visitor, school nurse, early help worker or children's centre.



Children's information support available here:
<https://thesleepcharity.org.uk/information-support/children/>

03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am





**ST HELENS
CARES**

thesleepcharity.org.uk

Sleep Charity Referral for St Helens Sleep Pathway

Your chance to work directly with our sleep practitioners who are here to help you and your child sleep better



Use the following QR code or link to book one of our 1-2-1 sleep clinic appointments, available via telephone or video calls

<https://ecv.microsoft.com/C35gdvbYBj>

Why not book on our Foundation Sleep Workshop?

Free training that provides you with knowledge around sleep, some of the common reasons for poor sleep and how you can help to improve your child's sleep

To book, please contact brian@thesleepcharity.org.uk

For more information on the local St Helens sleep pathway and accessing support, or for any concerns you may have regarding your child's sleep patterns, then please contact your health visitor, school nurse, early help worker or children's centre

Children's information support available here:

<https://thesleepcharity.org.uk/information-support/children/>

03303 530 541

Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am



SC-02618StHelens_SleepCharityReferral



IMPORTANT INFORMATION

SANITARY PRODUCTS FOR STUDENTS

We currently have a grant from the Government which enables us as a school to provide free sanitary products to our students for school or home use. If any student would like to take advantage of this incentive, please contact your Year Student Manager who will be able to help you further.

REPORTING ABSENCES/LATE TO SCHOOL/FORTHCOMING 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 absences in the first instance. This can be actioned by accessing the contact school option from the home screen, followed by the absence option.

ANNUAL FLU IMMUNISATION PROGRAMME 2023

Important Information from St Helens Immunisation Team - Annual Flu Vaccination Years 7, 8, 9, 10 and 11

Dear Parent/Carer,

Your child's annual flu vaccination is now due.

This vaccination is recommended to help protect your child against flu.

Flu can be an unpleasant illness and sometimes causes serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu.

The vaccination is free and is a quick and simple spray up the nose. Even if your child had it last year, it is recommended to have the flu vaccine again this year. The immunisation team will be coming into school to deliver on Tuesday, 5th December 2023.

Please visit the below link to access further information and complete your child's consent form even if you don't want them to receive their flu spray as this will avoid further communications from our service.

<https://econsent.merseycare.nhs.uk/>

If you are unable to complete the online form, please contact our team who will be happy to help. If after completing your child's form you attend the GP and your child receives the flu nasal spray or wish to amend their form you must contact the immunisation team directly and not your child's school.

Yours faithfully,

St Helens School Immunisation Services
01744 415 645



HELP AND SUPPORT

CURRICULUM QUERIES

Heads of Department

English	Ms Dickman	Philosophy & Ethics	Mr Ernest
Mathematics	Mrs Hughes	Social Sciences	Mr Bunby
	Mr Rimmer	Computer Science	Miss Johnson
Science	Mr Flynn	Art Design Technology	Mr Bennett
Biology	Dr Gordon	Languages	Miss D'Anna
Chemistry	Miss Hesketh	Food Studies	Mrs Bolland
Physics	Mr Hurst	Performing Arts	Mrs McCann
History & Politics	Mr Fairclough	PE	Mr Rachi
Geography	Mrs Parkinson	Life Skills	Mr East
		(PSHE/Citizenship)	

PASTORAL QUERIES

Stage 1	Form Tutor	
Stage 2	Year Student Manager/Progress Coach	
Stage 3	Year Progress Leader/Director RH6	
Stage 4	Deputy Headteachers	Mrs Munro/Mrs Segal/Mr McKeegan
Stage 5	Headteacher	Mrs Thorogood

Pastoral Structure

Y7 Student Manager	Mr Heron	Y7 Progress Leader	Mr Shoebridge
Y8 Student Manager	Miss Hill	Y8 Progress Leader	Mr Webster
Y9 Student Manager	Mr Moran	Y9 Progress Leader	Mrs Haselden
Y10 Student Manager	Mrs Jackson	Y10 Progress Leader	Mr Giles
Y11 Student Manager	Miss Gordon	Y11 Progress Leader	Mr Barry
RH6 Progress Coaches	Mrs Duffy/Mrs Nugent	Director RH6	Mr Cunningham

Communications Policy

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