



**RAINHILL
HIGH SCHOOL**

IN PURSUIT OF EXCELLENCE

Friday 13th May

PARENT & STUDENT NEWSLETTER

WWW.RAINHILLHIGHSCHOOL.ORG.UK



YEAR 7

HEALTH DAY

WEDNESDAY 18th MAY



Friday 13th May 2022

Dear Parents and Students,

Good afternoon.

I hope this newsletter finds you safe and well.

Congratulations to our Year 10 dance students who attended the Ardance Festival last week, Charlotte Cochrane for achieving Young Referee of the Year, Daisy Beesley on her achievements in the Rhythmic Gymnastic Championships and our Year 11 football team on their success this week, details of all are inside this newsletter.

Year 11 exams start next week, you should have all now received your individual timetables via Synergy. Please ensure students arrive in good time to school so that they are settled and ready for their exams. Good luck Year 11!

I would draw parent's attention to the Spring Reading Challenge, we would like as many children as possible to get involved, details are on page 6.

Mental Health Awareness was this week, you will find a number of links to various organisations on page 7. It is Year 7 Health Day this week, we will be looking at a range of health issues and ways in which we can look after ourselves.

We are continuing our focus on diversity by celebrating International Day Against Homophobia, Transphobia and Biphobia on Tuesday 17th May, details are on page 10.

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>
16/05/22	Year 12 LP3 Exams (all week)	International Day Against Homophobia	Year 7 Health Day Parent Focus Group Meeting		



NEWS THIS WEEK

ARDANCE FESTIVAL

On Saturday 7th May, some of our Year 10 Dance students attended the Ardance Festival in Manchester.

Ardance is an annual Dance Festival created by third year BA (Hons) Dance and Performing Arts students at The Arden School of Theatre. This year, the focus of the festival was the celebration of Dance. It aspired to bring young performers together through the opportunity to participate in a day of professionally led workshops, our students took part in advanced Jazz, contemporary, commercial and a heels workshop.

After this amazing fun packed day, they were given the chance to watch a vast array of performances. These included Dance pieces choreographed by the Ardance team and performed by the first and second-year dance students from The Arden.

Mrs McCann, Head of Performing Arts.





STUDENT GOOD NEWS

Congratulations to Charlotte Cochrane who was awarded the young referee of the year by her league. Charlotte is now looking forward to her county cup final at the end of the month.



We are proud to announce that last week Daisy Beesley in Year 8 took part in the "Rhythmic Gymnastics English Championships 2022". Daisy qualified top 8 for the finals after a 3-day competition with her "ball individual routine" improving on her score from previous qualifications. Overall, she finished 6th best in England as a junior 2022. We are really proud of such an amazing achievement. Well done Daisy!

Year 11 Football Final Match Report

Our Year 11 team played De La Salle in the football Town final on Wednesday.

We raced to a 2-0 lead within 10 minutes as Reece Williams's free kick found Owen Dagnall, immediately followed by another Dagnall goal tapping in from a Nathan Mercer cross.

We coasted towards half time, hitting the woodwork twice through Reece Williams and Mikey Hayman but unfortunately couldn't extend the lead.

The second half started as the first ended as Jacob Roberts steered in an Owen Dagnall ball, only to be chalked off for a narrow offside.

DLS hit back from a set piece to claw a goal back and a slip in our back line resulted in DLS scoring a quick-fire double to equalise against the run of play.

As soon as play resumed, Owen Dagnall completed his hattrick as he poked in a scramble in the box.

As the game went on, we created more chances but unfortunately couldn't extend the lead. The feeling was that if we couldn't make a chance count then DLS would always be in the game and capitalise. This happened with two minutes to play as DLS put a direct free kick in the top corner and the game went to penalties.

Despite the dominance of our lads, we unfortunately lost out to a penalty shootout that went to sudden death. Well done to our team for all of your efforts!

Mr Wood, Teacher of PE.



CRISP PACKET RECYCLING

Please see Miss McSporran in room A208 if you are interested in joining our Environmental Committee!

CRISP PACKET RECYCLING IN A208!

Just a reminder that all crisp packet are being collected for recycling in A208. It would be greatly appreciated if we could collect as many crisp packets as possible and the money can be used on making the school more environmentally friendly!



ENVIRONMENTAL COMMITTEE ARE LOOKING FOR NEW MEMBERS!

The environmental committee are looking for new members, if you are interested, come to A208 on Week A on a Monday between 3.00pm- 3.30pm!



YEAR 11 LEAVERS DAY

Our Year 11 Leavers Day is on Thursday 23rd June. Students will finish at normal time.

SINGING LESSONS



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

Does your child love to sing and have a passion to perform? Then why not tell them to come and see Miss Mawdsley in the Mike Doyle Centre on a Tuesday and Thursday to find out more information.

**LEARN CORRECT
VOCAL
TECHNIQUES,
SING YOUR
FAVOURITE SONGS
AND HAVE FUN!**

We would love to hear from you!



RAINHILL HIGH SCHOOL



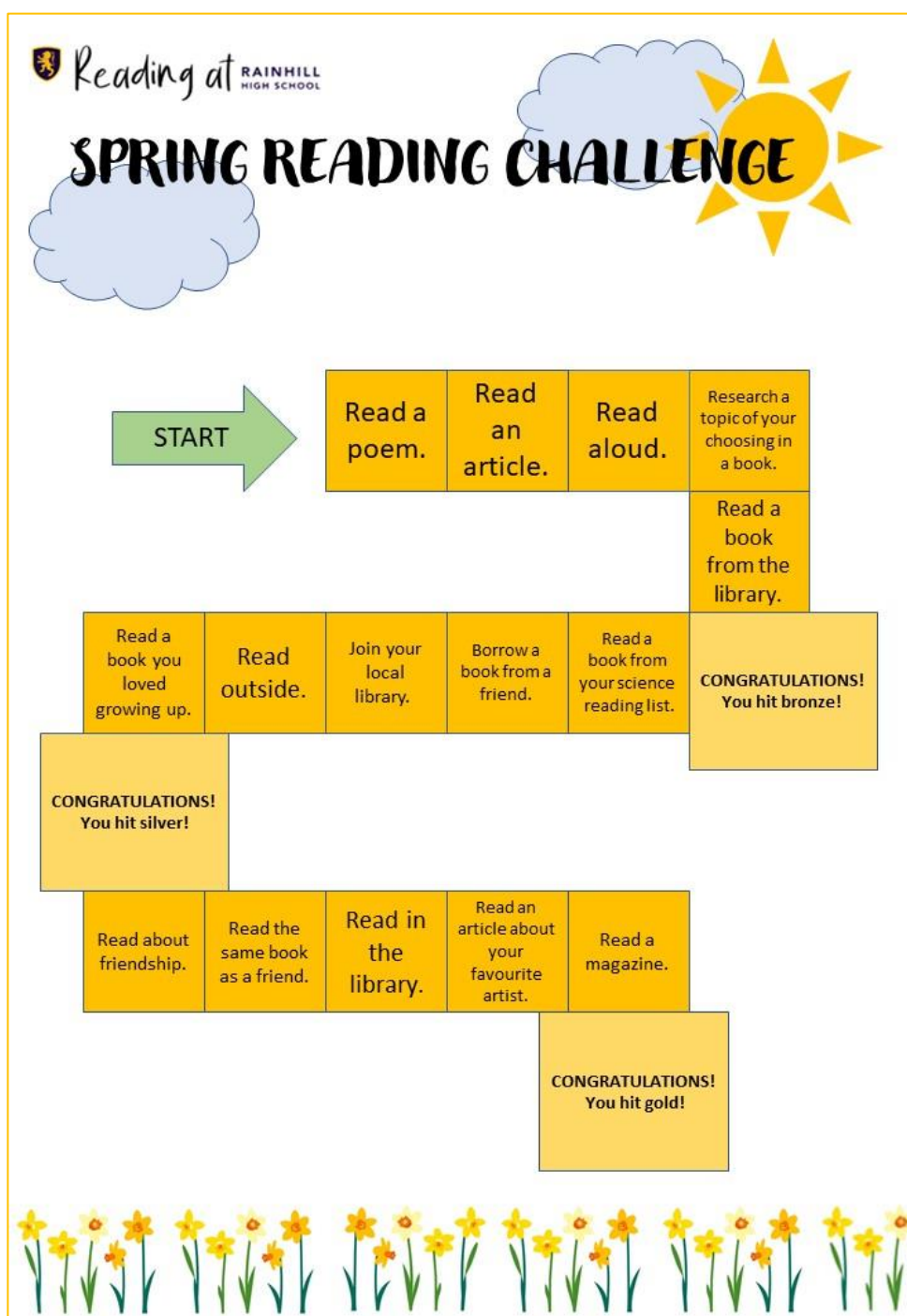


SPRING READING CHALLENGES

A reminder that you have just two more weeks to complete your Spring Reading Challenges!

If you have any questions or would like some recommendations, please visit Miss Dugdale in the Library. We also have clubs running in the library throughout the week for KS3, First News club is on Monday after school, book club on Friday!

We also hope to see our Year 11s using the library in the run-up to exams, come along after school to get some revision in!





MENTAL HEALTH AWARENESS WEEK

Monday 9th May was the start of Mental Health Awareness Week. The theme for the week-long national campaign is 'loneliness'.

Loneliness is a normal part of life - most of us have probably felt lonely at some point in our lives. Feeling lonely can affect our sense of self-worth and belonging, which can lead to more serious emotional wellbeing concerns.

Loneliness is not about the number of friends we have or the amount of time we spend on our own. It is more about a feeling of disconnection from others - when the social connections we have are not aligned to those we need or want.

Throughout the national lockdowns, loneliness was almost three times that of pre-pandemic levels - people were isolated from their families and children were isolated from both their family and school networks.

We will be talking to students in assemblies about how to access support this week.

If you feel like you need to talk to someone there are lots of ways you can do this:

- Speak to your form tutor during form time or at break, lunch or after school- they are there to support you.
- Find your YSM on duty in your dining room at break or lunch time - they are a font of knowledge on accessing the correct support for you.
- Go to Kooth.com. Kooth is a mental health and wellbeing website which has trained counsellors available to talk over anonymous chat as well as lots of advice and guidance. There are also some real-life case studies from other young people who may have been through similar experiences in their life which can both reassure and motivate you.

Support from the School Nursing Service in St Helens

To find out more about the mental health and wellbeing support provided by the School Nursing Service (part of the [0-19+ Service in St Helens](#)), watch the short videos below from Katie Wall, Mental Health Lead and Sian Smith, Emotional Wellbeing Nurse.

- [Watch Katie's video](#)
- [Watch Sian's video](#)

ChatHealth

ChatHealth - confidential text messaging service for young people. [ChatHealth](#), a confidential text messaging service is now available for young people in St Helens.

Brought to you by the [School Nursing Service](#) (part of the [0-19+ Service in St Helens](#)), young people, aged 11-19, can now access confidential advice and support from School Nurses via text - **07312263250**, on a range of health and wellbeing issues including:

Sexual health and wellbeing	Friendships	Exercise	Self-harm	Bullying	Nutrition and diet
Feelings and emotions	Relationships	Puberty	Sleeping	Stress	
Healthy eating and lifestyle	Mental wellbeing	Wellbeing	Exam stress	Anxiety	

This new service, a winner of the NHS Innovation Challenge Award, provides advice, information and guidance, as well as signposting to other local services if needed. It does not replace face-to-face services, but it does make it easier for a young person to get in touch with a School Nurse confidentially and anonymously. It also offers a way to get in touch for those who feel reluctant to talk about difficult or sensitive issues.



How ChatHealth works

ChatHealth is available between 9:00am and 5:00pm Monday to Friday (including school holidays and excluding bank holidays) and is accessed by texting **07312263250**. Anyone sending a text outside of these hours will receive an automated message with advice on where to get help if they require it urgently. When the service reopens, the sender will then receive a reply to the message.

ChatHealth is confidential, anonymous and non-judgemental*.

** Unless a young person gives permission, the team will not pass on any information shared - except in extreme circumstances e.g. the health, safety or welfare of the individual or someone else who is at significant risk.*

STUDENT UNIFORM REMINDERS

Dear Parent/Carer,

Polite notice that from Tuesday 3rd May, no outdoor coats are to be worn indoors.

ENTRY/EXIT PROCEDURES



ON ENTRY

You Must:

1. Check your uniform:

Shirts tucked in, blazer on, lion showing on your tie, no jewellery, headphones or chewing gum.

2. Stand quietly behind your desk:

Place your equipment and Key to Success Folder on your desk and wait for your teacher to invite you to sit down.



ON EXIT

You Must:

1. Wait for your teacher to inform you to pack away.

2. Tidy up and check tables and floor for litter.

3. Wait behind your desk until your teacher dismisses you.

APPEARANCE

Jewellery & Valuables

Non-permitted items will be confiscated until the end of the school day.



Hair

Long hair must be tied up in any practical activity/room.



Appearance

No make up, false eyelashes, acrylic nails or nail varnish.



CHEWING GUM IS NOT ALLOWED



Chewing gum is not allowed on the school site. It has a detrimental effect on your school environment.



SCHOOL UNIFORM



- Official School Blazer
- Official School/House Tie
- White Shirt
- Black Flannel Trousers
- Knee Length Box Pleat Skirt*
- Black Knee Length Socks (if wearing a skirt) or black tights (minimum 40 denier)
- Black socks (if wearing trousers)
- Black Shoes (Not Trainers)
- Coloured Year Badge
- School PE Kit**
- School Bag (big enough to fit an A4 folder in)

There is an optional official black school jumper that can be worn under the blazer, when it is extremely cold. Other black jumpers are not permitted.



...a pupil does not have the correct uniform?

Stage 1

A school version will be offered to borrow for the day and a letter sent home to parents.

Stage 2

Parents will be contacted and arrangements made to bring the correct uniform into school.

Stage 3

He/she will be given a detention or spend time in Internal Exclusion until correct uniform is worn.

If you need support and are eligible for free school meals, please contact the school as support is available.

*SKIRTS

Over the very recent past, post-lockdown, girls' skirts have increasingly been worn above the knee. In some cases, this has been taken to the excess. Please ensure that the skirts are box pleat and knee length.

**PE KIT EXPECTATIONS

The PE kit is part of your child's school uniform and the correct kit needs to be worn. We fully suggest that your son/daughter brings their fleece to every lesson as this will be the only outer layer they are permitted to. Along with their t-shirt, shorts and socks girls can wear ALL BLACK leggings that can be purchased from school and boys can bring ALL BLACK tracksuit bottoms (in the event of very cold weather). A black base layer can be worn under T shirts and shorts again, in the event of cold weather.

DANCE

Key stage 3 dancers- expected to wear school uniform and remove ties, shoes, socks and blazers.
Key stage 4 dancers- expected to wear PE kit and bare feet, or leggings and a t-shirt. No cropped tops.



UPCOMING EVENTS

YEAR 7 HEALTH DAY

Wednesday 18th May

On Wednesday 18th May, Year 7 students will be taking part in our Year 7 Health Day and participating in lessons outlined below. The Road Safety Team will be also be on site to deliver a presentation.

P1	Healthy Lifestyles – Sugar Smart
P2	Mental Health Awareness - Loneliness
P3	Vaping, e-cigs, smoking
P4	Oral Health – National Smile Month
P5	Normal lessons



Lunch time – There will be a Smoothie Bike in the dining room for Year 7 students at lunch time provided by our catering company, Mellors. Please encourage your child to have a taste!

Miss Bryant, Head of Citizenship.

INTERNATIONAL DAY AGAINST HOMOPHOBIA

INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA & BIPHOBIA

MAY 17

A Worldwide Celebration of Sexual and Gender Diversities



- Next Tuesday, May 17th, is International day against homophobia, transphobia and biphobia.
- People in the LGBTQI+ community are still persecuted in countries across the world and are victims of hate crimes in this country
- British Values teach us that people are free to choose who they be in relationships with without the fear of discrimination, intimidation or violence.
- It is important for us to show are solidarity with people from this community.
- KS3 have had assemblies this week to raise awareness of this important day.

We would like to remind all of our students:

- If you hear discriminatory language being used- call it out, report it, don't be a bystander.
- Homophobia is classed as a hate crime- police can and will intervene if a hate crime is committed
- Support is available- see the Rainhill Diversity committee (speak with Ms Bryant for details)



CATERING W/C 16/05/22

Please see below the list of practical lessons planned in Catering/Food Preparation and Nutrition - week commencing Monday 16th May.

10A/Cg1	No ingredients required. Pupils carrying out investigational work on sauces. Ingredients will be provided.
10D/Cg1	On Wednesday period 4 pupils need a whole chicken to butcher into its individual joints. The breasts will be refrigerated ready for our lesson on Friday period 5 where they will be used to make sweet and sour chicken.
11A/Cg1	No ingredients required.
11D/Cg1	No ingredients required.

YEAR 13 ENHANCED TUITION SESSIONS

Continuing until Friday 27th May, the Sixth Form will be providing enhanced tuition sessions which Year 13 students will be invited to in order to focus their revision in the run up to the summer examinations.

These sessions have been designed based on analysis of the exam papers sat for LP2 and will last for 1 hour. Invitations for attendance should be received before we break for the holidays and it is an expectation that those students invited will attend in order to take full advantage of the support offered.

Time	Monday	Tuesday	Wednesday
8.00 – 8.55 am	Psychology – Mrs Sykes S212		Psychology – Mrs Sykes S212
3.00 – 4.00 pm	Sociology – Miss Evans S211	Applied Maths – Mr Rimmer L103	Pure Maths – Mrs Rawsthorne B105
3.00 – 4.00 pm	Pure Maths – Mrs Rawsthorne B105	Further Maths – Mr Capewell S102	German – Miss Grace E102
3.00 – 4.00 pm	Spanish – Miss D’Anna E105	Core Maths – Mr Patterson B107	English Language – Miss Thorpe A112
3.00 – 4.00 pm		Law – Miss Goss S210	
3.00 – 4.00 pm		French – Miss D’Anna E105	
3.00 – 4.00 pm		Health – Miss Kiran S205	

Should you have any questions on the above then please do not hesitate in contacting the Sixth Form to discuss.

Mr Cunningham, Director of Rainhill Sixth

YEAR 7-9 LP3 ASSESSMENTS

Year 7-9 LP3 assessments will take place between 23rd May and 10th June.

Teachers will fully prepare students for these assessments, which will cover content that has been delivered throughout the year. Some Year 9 assessments will take place in the Sports Hall to provide students with valuable examination experience, details of these examination dates will be provided through Synergy.

YEAR 11 EXAMS- COPING WITH EXAM PRESSURE

With the exam season ahead, we have been sharing information with Year 11 pupils about coping with the pressure of exams. Ofqual have produced some guidance for students and it is worth looking at this with your child if they are in Year 11.

Please [click here](#) to view the guidance.



TOP 10 REVISION TIPS

1. Short spurts of revision (20-25 minutes) are most effective. Your concentration lapses after about an hour and you need to take a short break (5-10 minutes). Aim to revise for 2-3 hours per evening and 5-6 hours each day at the weekend.
2. Find a quiet place to revise—your bedroom, school, the local library—and refuse to be interrupted or distracted. Ensure your mobile phone is off.
3. Make sure you don't just revise the subjects and topics you like. Work on your weak ones as well. In fact, start with these first.
4. Make your own revision notes, because you will remember what you have written down more easily. Stick keynotes to a cupboard or doors so you can see them every day.
5. Re-write the key points of your revision notes, read them out loud to yourself. We remember more than twice as much of what we say than of what we merely read.
6. Use different techniques. Make your own learning maps. Use post-it notes to write key words on, create flash cards. Record your notes on your mobile phone and listen to them regularly. Ask friends to test you. Use highlighter pens to mark important points.
7. Practice on past exam papers or revision tests available on the web. Initially do one section at a time and progress to doing the entire paper against the clock.
8. You will need help at some stage; ask parents, teachers, or even friends. Ask your teacher for their work email address so you can clarify points you are unsure of.
9. Don't get stressed out. Eat properly and get lots of sleep.
10. Believe in yourself and be positive. If you think you can succeed you will.

YEAR 12 LEARNING PROGRAMME – ASSESSMENT WEEK 3

Monday 16th to Friday 20th May 2022 (inclusive)

From Monday 16th to Friday 20th May 2022 (inclusive) all students in Year 12 will be undertaking assessments in the subjects they are currently studying. For both A-level and BTEC subjects these assessments will be based on past paper questions, and indeed complete papers, and will be taken under exam conditions to best prepare your son/daughter for final examinations in May/June 2023.

Please find attached the exam timetable so your son/daughter is aware of when their examinations take place. All morning exams will start as soon as possible at 9.00am. It is vital that your son/daughter reports to the Arts Theatre at 8.50 am to ensure we have a 9.00am start.

Afternoon examinations commence at 1.00pm. Your son/daughter should report to the Arts Theatre at 12:50pm.

Students for A-level subjects will have study leave during the exam period as follows:

1. The morning before an afternoon exam i.e. Tuesday (am) for an exam scheduled Tuesday pm
2. The afternoon before a morning exam i.e. Monday (pm) for an exam scheduled for Tuesday am.

Students completing applied general qualifications and arts courses must attend lessons as normal when not in exams.

Please could you encourage and support your son/daughter to prepare thoroughly for these exams as they will give them a good indication of the progress they have made to date.

The Sixth Form will be providing revision guidance sessions during tutorial periods to ensure your son/daughter can prepare effectively for these important exams. In addition, there is an expectation that your son/daughter will attend their study+ sessions and use this time to effectively prepare.



It should be noted that progression to Year 13 will be based on the performance of your son/daughter in these examinations, alongside their commitment to sixth form study as demonstrated by excellent attendance, and as such it is expected that all students commit to producing the best account of themselves to allow this progression.

Mr Cunningham, Director of RH6.

	Monday 16th May	Tuesday 17th May	Wednesday 18th May	Thursday 19th May	Friday 20th May
Period 1	<u>Yr12 – Box K Paper 1</u> English Literature – 1 hour 30 minutes Further Maths – 1 hour 30 minutes Psychology – 2 hours	<u>Yr12 – Box M Paper 1</u> Maths – 2 hours Politics – 2 hours Sociology – 2 hours Media Studies – 2 hours (in A203) Spanish 1 hour 45 minutes	<u>Yr12 – Box L Paper 1</u> History – 2 hours 30 minutes Geography – 2 hours Maths – 2 hours Physics – 2 hours	<u>Yr12 – Box L Paper 2</u> History – 2 hours 30 minutes Geography – 1 hour Maths – 1 hour 20 minutes	<u>Y12 Dance Written Paper</u> All Y12 Dance students (In Class)
Period 2	Exams continuing into Period 2	Exams continuing into Period 2	Exams continuing into Period 2	Exams continuing into Period 2	Exams continuing into Period 2
BREAK					
Period 3	Lessons as normal	Lessons as normal	Lessons as normal	Lessons as normal	Lessons as normal
LUNCH					
Period 4	<u>Yr12 – Box J Paper 1</u> Biology – 1 hour 30 minutes Computer Science – 2 hours English Language – 1 hour 30 minutes Law – 1 hour 30 minutes	<u>Yr12 – Box K Paper 2</u> English Literature – 1 hour 30 minutes Further Maths – 1 hour 30 minutes	<u>Yr12 – Box N Paper 1</u> Chemistry – 2 hours Theatre Studies – 2 hours French – 1 hour 45 minutes German – 1 hour 45 minute	<u>Yr12 – Box M Paper 2</u> Maths – 1 hour 20 minutes Politics – 2 hours Sociology – 1 hour	<u>Yr12 – Box J Paper 2</u> Biology – 1 hour 30 minutes English Language – 1 hour 30 minutes
Period 5	Exams continuing into Period 5	Exams continuing into Period 5	Exams continuing into Period 5	Exams continuing into Period 5	Exams continuing into Period 5

Students MUST report to the Arts Theatre (ATH) promptly at 8.50am and 12:50 pm. Lessons run as normal which means student attendance is compulsory where exams are not being sat subject to study leave arrangements. There is no study leave for students completing BTEC, OCR or art courses.



HELP AND SUPPORT

CURRICULUM QUERIES

Heads of Department

English Y11	Ms Dickman	Philosophy & Ethics	Mr Ernest
Mathematics Y7, Y8 & Y9	Mrs Hughes	Social Sciences	Mr Jarvis
Mathematics Y10 & Y11	Mr Rimmer	Computer Science	Miss Johnson
Science	Miss Robinson	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 Procter	PE	Mr Rachi
Geography	Mrs Parkinson	Life Skills	Miss Bryant
		(PSHE/Citizenship)	

Pastoral Queries

Stage 1	Form Tutor	
Stage 2	Year Student Manager	
Stage 3	Year Progress Leader	
Stage 4	Deputy Headteacher's	Mrs Munro/Mrs Segal/Mr McKeegan
Stage 5	Headteacher	Mrs Thorogood

Pastoral Structure

Y7 Student Manager	Mrs Martin	Y7 Progress Leader	Mr Shoebridge
Y8 Student Manager	Mrs Foster	Y8 Progress Leader	Miss Rangel
Y9 Student Manager	Miss Seddon	Y9 Progress Leader	Mr Giles
Y10 Student Manager	Mr Whitfield	Y10 Progress Leader	Mrs Haselden
Y11 Student Manager	Miss Gordon	Y11 Progress Leader	Mr Giles

Key Stage 3 Student Manager Mr Moran

Formal Complaints

If you wish to formally complain, please [click here](#) to find our complaints procedure.