

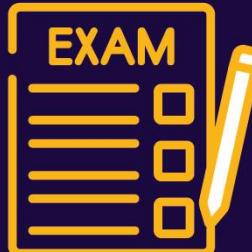


RAINHILL
HIGH SCHOOL
IN PURSUIT OF EXCELLENCE

FRIDAY 20TH MAY 2022

PARENT & STUDENT NEWSLETTER

WWW.RAINHILLHIGHSCHOOL.ORG.UK



**GOOD LUCK YEAR 11
WITH YOUR EXAMS**



Friday 20th May 2022

Dear Parents and Students,

Good afternoon.

I hope this newsletter finds you safe and well.

Congratulations to Elise and Grace on their recent dancing achievements and to our ex-student Erin who supported them. Congratulations also to Olivia and Lydia on their respective football and rugby successes, full details are inside.

Please note the opportunity for your son/daughter to get involved in the St Helens Youth Council, students have also been encouraged to get involved through tutorial time.

I would alert parents to a further copy of a letter relating to ketamine mis-use by young people in St Helens. Please discuss this issue with your son/daughter. There are also some useful links to other organisations.

We continue our Spring Reading Challenge, this week it is the turn of the Art department to feature. Please encourage your son/daughter to get involved.

Looking forward, Year 10 have their Taste of Sixth Form Day on Thursday 16th June, this is a great opportunity to think ahead to Post 16 plans. We also have our Summer Dance Showcase at the Theatre Royal on Monday 20th June at 7pm. We look forward to seeing you there.

Have a lovely weekend.

Mrs Thorogood, Headteacher.



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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>
23/05/22			World Oceans Day		Year 13 Leavers Day



NEWS THIS WEEK

YEAR 10 ENGLISH SPOKEN LANGUAGE

At the start of half-term 6, all Year 10 students must complete a spoken language section of their GCSE English Language course. Students will be asked to prepare and deliver a persuasive spoken presentation on a specific topic of their choosing. It is imperative that these are completed for your child to be awarded their final English GCSE grade at the end of Year 11. The presentations will be recorded in class and graded before then being sent to the examining board. Your child will be asked to research a potential topic over the half-term break and to begin planning a speech in response. To support your child, please discuss potential topics and help them in their research as they prepare for this important part of their GSCE course. The completion of this speech is an entry requirement for all GCSE English students and must be completed. Thank you for your continued support.

Mr McCrea (English KS4 co-ordinator).

STUDENT GOOD NEWS

Elise M (Y11) and Grace O (Y11) recently competed in a National World Performer Semi Final Dance heat, representing the dance company JMSOD.

Both ladies performed in a modern style of dance, coming first in the heat and will now compete in the nationals' finals to be held in Blackpool Winter Gardens on 13th November 2022.

The girls were supported in their dance routines by former Rainhill High student Erin T, who now attends a prestigious dance school in London, and Ellie B from JMSOD.

This is an incredible achievement as they competed against 40 other soloists for a spot in the final, with only three dancers able to go through. This is an incredible achievement; we are very proud.





It was a pleasure to travel to Stoke City FC on Friday 13th May to watch the final of the English Schools Champions Cup. The final was played between Knowsley St Helens FA and Swansea FA with Olivia R in Y8 representing Knowsley St Helens FA.

The game was a really close affair, with both teams playing good football, in a highly competitive match. Late in the second half the deadlock was broken with a fine volley ten minutes before the end.

This is a huge achievement for Olivia and all of her team-mates and one that I'm sure they will remember for years to come. Congratulations from all of us at Rainhill!



Another achievement this week has been for Lydia H (Y11) who has been invited to train with the England U18 Rugby squad starting in August. Lydia currently plays and trains for Lancashire U18, Sale Sharks U18 and LSH U18! Lydia is a focussed and driven individual who has excelled exceptionally well in Rugby; we are very proud and wish Lydia well on the next stage of her elite journey.



The PE Team.



ST HELENS YOUTH COUNCIL



St Helens Youth Council

vibe

Your opportunity to make a difference and create positive change!

Work with local leaders and decision makers, run campaigns, attend events and get involved in consultations that shape your community.

11 - 18
Living in St Helens
Passionate

RECRUITING NOW!

Link in bio to sign up! hello@vibeuk.org 07867 503 745
@StHelensYC /VibeUKOrg @VibeUKOrg vibeuk.org

St.Helens Council



Mark your calendar

ST HELENS YOUTH COUNCIL

Sessions run on the first and third Thursday of the month, 5:00 – 7:00pm

16th June St Helens Town Hall

7th July St Helens Town Hall

21st July St Helens Town Hall

4th August St Helens Town Hall

Make sure to register in our link in bio or DM us if you need any help.



SCHOOLS WHITE PAPER - IMPACT ON SCHOOL DAY

May 2022

Dear Parent/Carer,

Schools White Paper – Impact on School Day

I am writing to tell you about a potential impact on the school day as a result of the publication of a recent government white paper 'Opportunity for all strong schools with great teachers for your child'.

The paper outlines a number of priorities for school, one of which is that schools are expected to provide a 32.5 hour school week, at this point in time the school provides 30 hours per week. Schools have been told that Ofsted will consider this as part of its 'quality of education' judgement.

Schools are encouraged to provide 2 'substantive' sessions each school day on the school site, and the time can be spent in break or form time or on extra-curricular activities, although this won't include after-hours activities. Schools are not to be provided with any additional resources to implement changes.

At this stage the school has asked for a number of stakeholders to get involved in a working party to explore what this could look like, and its likely impact. At the earliest opportunity, we will communicate this as a part of the consultation with parents.

I appreciate that we have only recently been through a similar process but would emphasise that the pressure to make changes is external.

I will write again at the earliest opportunity to advise on the way forward in the event that it has an impact this September.

Yours faithfully,

Mrs Josie Thorogood

Headteacher

Mr David Boyer

Chair of Governors



DRUG INFORMATION - KETAMINE

The following letter was sent out to all parents last week via Synergy.

Please see below an opportunity to take part in a parental Q & A organised by Merseyside Police

Ketamine use in children in St Helens is on the rise. It causes serious health conditions and is highly addictive. Ketamine use is linked to violent crime and child exploitation.

- Can you recognise the signs that your child is using Ketamine?
- Can you recognise the signs of exploitation?
- Would you know who to reach out for help if you suspected your child was using Ketamine?

If you have a question about children using drugs or exploitation you can join the St Helens Police Facebook Q&A live session on Thursday 26th May 6pm-9pm.

Log onto Facebook and look for St Helens Police in the search bar, look for the latest post, ask a question and we will reply.

If you wish to stay anonymous you can send a direct message.

Representatives from Health, Young Peoples Drug & Alcohol Team, Children's Social Care & Police will be on hand to answer any questions about Child Exploitation & drug use by children.

Mrs Munro, Deputy Headteacher.

23 May 2022

Young People's Drug & Alcohol Team
Lord Street Centre
Lord Street
St. Helens
Merseyside
WA10 2SP

Tel: 01744 675605
Fax: 01744 677614
ypdaat@sthelens.gov.uk

Dear Parent/Carer

There are growing concerns across St Helens about the increasing use of a drug called ketamine by young people (may also be called "ket", "k", "Kenny"). You may have seen recent reports in the St Helens Star about this issue.

Officers from St Helens Council, Merseyside Police, health and other services are worried that ketamine use is having a harmful impact on our young people. It is becoming particularly popular at parties and other gatherings and children as young as 13-14 have reported to have used it.

The reason why people are worried is because, as an illegal drug, being sold as a white powder, it can cause a number of harms to physical and mental health. Regular use can result in problems such as bladder and urinary problems, where some may see blood in their urine or pain in their stomach or genital areas. Other young people are reporting damage to their nose and nasal passages because of snorting ketamine. It can be very addictive and people who use ketamine can very quickly feel the need to start using more and more and their use can become out of control.



Ketamine powder may also be being used with other drugs or with alcohol. This could cause very serious effects and could even lead to a fatality.

Ketamine is known as a “disassociate anaesthetic” – it can reduce awareness and sensitivity to pain as well as inhibiting movement. It can produce the effects of being disorientated, cause hallucinations, feelings of euphoria, limbs can feel heavy and people may be unable to speak properly. In higher doses it can cause out of body experiences (known as a “k-hole”). The effects may be different for different people depending on how much they have taken and if they have used with other drugs or alcohol.

Because of its anaesthetic properties, people who use ketamine could often injure themselves without realising as their ability to feel pain is reduced.

By law, ketamine is a class B drug. If someone is found by the police to be in possession of ketamine they could be fined or up to 5 years in prison. Dealing (selling/supplying, even to friends) a class B drug could result in a prison sentence of up to 14 years.

Criminal gangs will often groom and “recruit” young people to sell drugs for them, there are strong links to child exploitation and we are worried that the children being exploited are selling drugs like ketamine to other young people.

As parents or carers we are asking you to be aware of these concerns, speak to your children about what they know or are hearing about ket - if your child is going to a party speak to them about the availability of drugs and if they are being offered this or seeing other young people using this.

If you are worried that your child may have been using ketamine, if they are showing any symptoms such as chronic pain, blood in their wee, constant sniffing and a runny nose please seek medical attention either through your GP, walk in centre, or in more serious cases A&E.

For more information about drugs like ketamine you can find this on the “Talk to Frank” website:
<https://www.talktofrank.com/>

If you are concerned about drug dealing in your local area you can report this anonymously through Crimestoppers: <https://crimestoppers-uk.org/> or Merseyside Police’s “Tell Us” website <https://www.merseyside.police.uk/tua/tell-us-about/> - if you see a crime taking place and it's an emergency - call 999

Young people can also speak to staff in schools, a teacher or pastoral support or school nurse.

You can also contact local services for advice and support:

For young people (up to the age of 19), contact the Young People’s Drug and Alcohol Team – 01744 675605 or email: ypdaat@sthelens.gov.uk

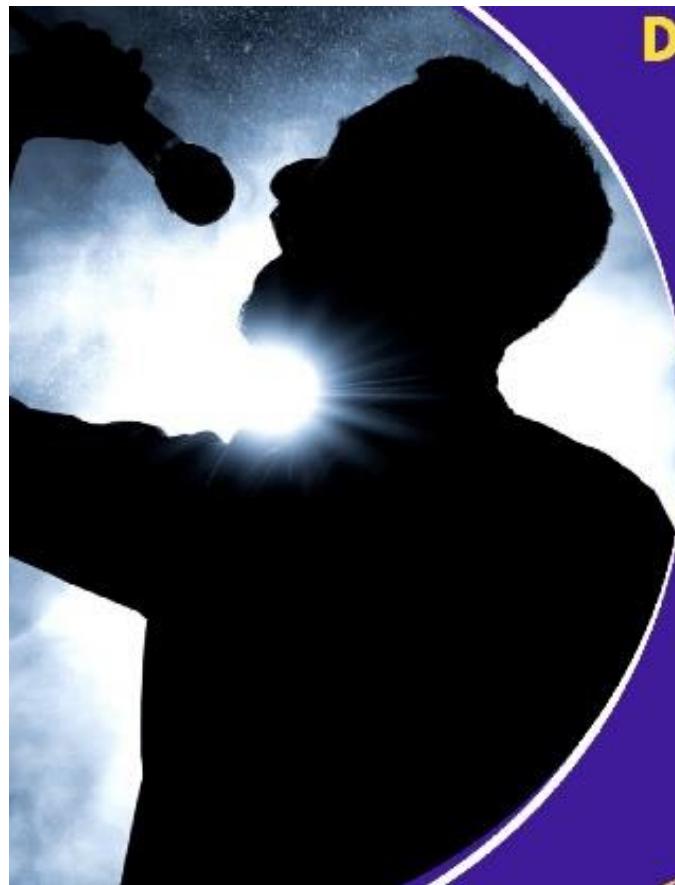
If you have concerns about an adult drug user please contact CGL - 01744 410752 or www.changegrowlive.org

Yours Sincerely,

Helen Jones
Team Manager
Young People’s Drug and Alcohol Team



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

We have an exciting few weeks coming up in the library!

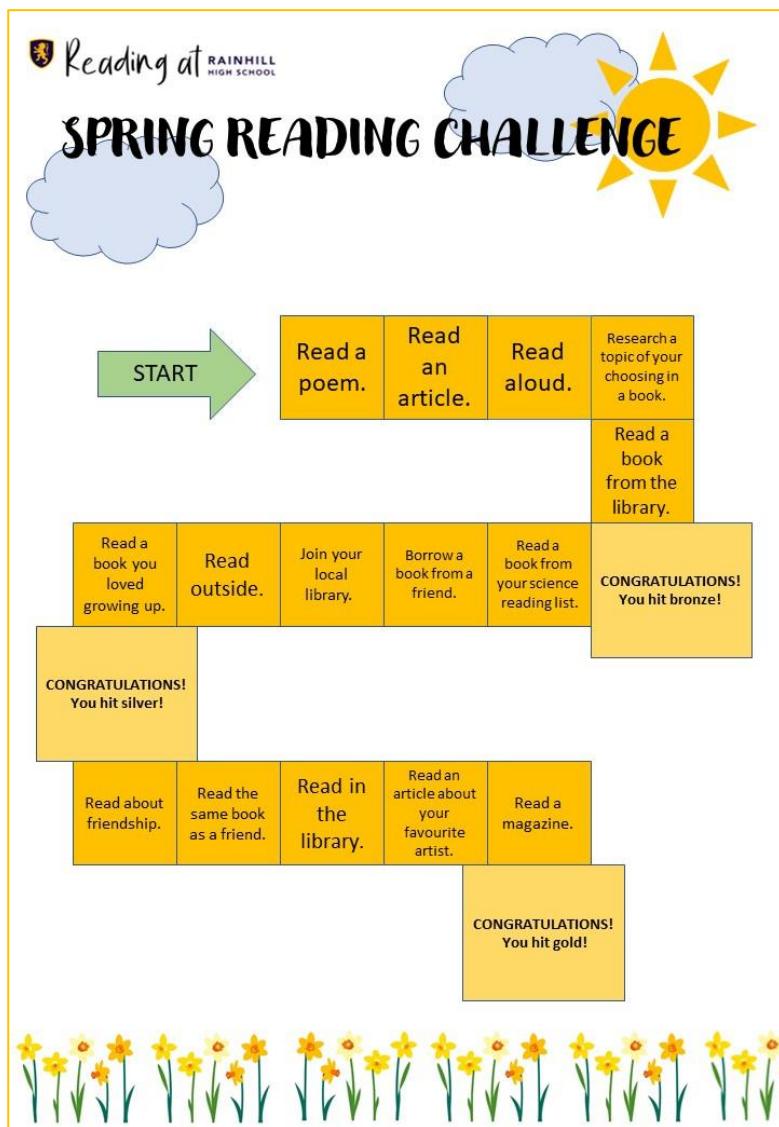
Next week we begin a school-wide project in collaboration with the Art department, creating a piece that represents the 'Identity of the Library.' We are so looking forward to seeing all your contributions!

The Spring Reading Challenge goes into its final week as we come up to half term, so make sure you are getting those goals signed-off by teachers and parents or carers! See Miss Dugdale in the library if you have any questions about this.

On Monday we have our final FYI News club before half term, so make sure you head down to the library after school to get involved. This week we had some interesting discussions on how we could help refugees, and how we can do our bit to solve world hunger!

Finally, a reminder to all our Year 11 students to return their books as soon as possible so that we can keep our stock up for the younger years!

Miss Dugdale, School Librarian.





UPCOMING EVENTS

TASTE OF SIXTH FORM DAY

Dear Year 10 Student,

I am writing to inform you of the arrangements for the **Taste of Sixth Form Day** which is taking place on **Thursday 16th June 2022**.

The aim of the day is for you to find out what skills and future career paths a subject can put you on and help build a vision for your future. This will be followed by a taster day in Year 11 where you can experience what Sixth Form lessons will be like.

Our current sixth formers will only attend on the day if they have exams in order to allow you the full use of the facilities at lunch and breaktime.

You will be given a choice sheet to make your choices for subjects to attend that day in form time on Monday 23rd May 2022. We will do our best to let you do your choices but, in some instances, classes might end up full so we will operate a first come first served basis so you would be advised to do it as soon as possible. The deadline for completing and returning these forms is midday on **Friday 27th May 2022**.

We will also be offering the opportunity for some students to work with our Sixth Form partner Fowler Education Football Academy in order to get an understanding of the sports pathway they offer.

Your itinerary on 16th June 2022 will be as below:

TIME	TASTE OF SIXTH FORM DAY
8.55 am	Registration Attend your normal Year 10 form room with your tutor
9:10 am – 10:10 am	First Taster Session
10:10 am – 11:10 am	Second Taster Session
11:10 am – 11:25 am	Break (you may not leave site but may use the Sixth Form Bistro)
11:25 am – 12:25 pm	Third Taster Session
12.25 pm – 1.25 pm	Fourth Taster Session
1:25 pm – 1.55 pm	Lunch (you will be permitted to go off-site but must return on time for P5)
1.55 pm – 2.55 pm	Fifth Taster Session

Throughout the day you will be treated as a sixth former and you will be expected to behave responsibly, attending all of your sessions on time. If you are not engaging properly with the sessions you have chosen you will be asked to leave the Sixth Form and go home for the rest of the day. We would expect you to dress as a sixth former so there is no need to wear your usual uniform.

All Year 10 pupils are expected to attend as it is a normal school day, taking full advantage of this provision to help you make informed choices regarding your progression after year 11. All the staff look forward to meeting you on what we are sure will be an informative and productive day.

Yours faithfully,

Mr Cunningham and the Sixth Form Leadership Team.



SUMMER SHOWCASE DANCE SHOW

Rainhill Summer Showcase will take place at the Theatre Royal on Monday 20th June at 7pm. This is an opportunity for students to showcase dances from the dance clubs, lessons and exams which they have taken part in. Tickets will go on sale after half term and are available from the Performing Arts Department.

CATERING W/C 23/05/22

Please see below the list of practical lessons planned in Catering/Food Preparation and Nutrition - week commencing Monday 23rd May.



10A/Cg1	On Monday period 1 pupils need a whole chicken to butcher into its individual joints. The breasts will be refrigerated ready for our lesson on Wednesday period 4 where they will be used to make sweet and sour chicken.
10D/Cg1	No ingredients required. Pupils carrying out further investigational work on sauces. Ingredients will be provided.
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.



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.