



**RAINHILL  
HIGH SCHOOL**

IN PURSUIT OF EXCELLENCE

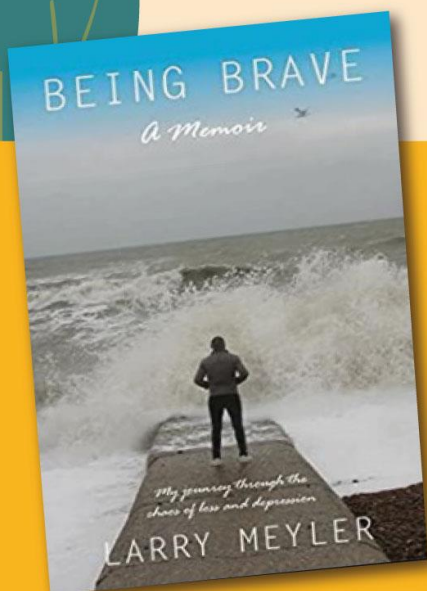
Friday 7<sup>th</sup> May

# PARENT & STUDENT NEWSLETTER

WWW.RAINHILLHIGHSCHOOL.ORG.UK



**Mental Health  
Awareness Week**  
10-16 May 2021



## Larry Meyler Being Brave

Larry will be visiting school on Wed 12<sup>th</sup> May to talk to some students about his life experiences.



Friday 7<sup>th</sup> May 2021

Dear Parents and Students,

Good afternoon – I hope this newsletter finds you safe and well.

Next week we have a focus on mental health. Across the school we have various events, lessons and information for students, staff and parents to explore the importance of 'nature' in supporting good mental health. In addition, we will be launching our bids for two new awards, the 'Carnegie Mental Health and Wellbeing Award' and the 'Excellence in Pupil Development Award'. We are delighted to have Larry Meyler joining us on Wednesday to talk about his book, 'Being Brave'.

Looking forward, we have Year 8 LP3 Exams from Monday 10<sup>th</sup> May and some important Year 10 mock interviews to help focus students on destinations and progression routes.

We are taking part in The Royal Mail Heroes Stamp Competition for pupils aged 14 and under. The winners will get their stamp published.

Have a good weekend.

*Mrs Thorogood, Headteacher.*



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## **NEXT WEEK FOLLOWS THE WEEK B TIMETABLE**

	<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<b>10/05/21</b>	<b>Mental Health Awareness Week</b>  <b>Y8 LP3 Exams (all week)</b>				



# NEWS THIS WEEK

## YEAR 10 LP3 EXAMINATIONS - WEEK COMMENCING MONDAY 7<sup>TH</sup> JUNE

We will be holding formal examinations in the Sports Hall and Arts Theatre during the week commencing Monday 7<sup>th</sup> June.

These are essential in helping us to assess how well your child has learned this academic year; it will enable us to identify gaps in knowledge so that our Year 11 curriculum can be planned accordingly.

It is also important to note that these exams will be the first opportunity your child will have to experience a full suite of formal examinations; as such, revision is very important. Subjects will be setting revision work which should be complemented with frequent work on knowledge organisers.

Miss Williams and myself will be releasing a short information film about how we will support your child through this period, as well as guiding you on what and how to revise in due course.

In the meantime, please continue to use the parent app on SMHW to inform you of specific tasks and deadlines, and contact your child's subject teachers if you have any subject-related questions.

*Mrs Segal, Deputy Headteacher.*

## YEAR 8 LP3 EXAMS

Year 8 LP3 Examinations start on Monday 10<sup>th</sup> May. A copy of the exam timetable will be sent to parents via email.



# UPCOMING EVENTS

## MENTAL HEALTH AWARENESS WEEK



### Mental Health Awareness Week

Rainhill High School is celebrating Mental Health Awareness Week from Monday 10<sup>th</sup> May.

This year, the theme is *Nature* and how connecting with the natural world can support good mental health. The week, which is hosted by the Mental Health Foundation, is in its 21<sup>st</sup> year and runs from 10<sup>th</sup> - 16<sup>th</sup> May. Across the country, people will be celebrating the mental health benefits of being around nature in their local community in a range of digital and creative ways.

Mark Rowland, Chief Executive of the Mental Health Foundation, said:

*"Mental Health Awareness Week has grown to be one of the biggest awareness weeks in the UK. This year the theme is on nature and its central role for our mental health. Since the beginning of the pandemic, millions of us turned to nature to help us get through lockdowns and our research shows that good mental health depends on us being able to connect with nature in some way and its power in both prevention of and recovery from poor mental health. During the week, we want to hear millions of people's stories about how the natural world has supported their mental health. We also want to highlight the huge disparities between who is and who isn't able to access nature. We want the week to explore how everyone across the UK can connect with nature and experience the mental health benefits wherever they live."*

Some of the ways people can participate in Mental Health Awareness Week:

- During Mental Health Awareness Week, why not try to make a habit each day of connecting to the nature in your local area? Stop to listen to the birdsong, smell the freshly cut grass, take care of a house plant, notice any trees, flowers or animals nearby. Take a moment to appreciate these connections.
- Share images/videos/or just sound recordings of the nature on your doorstep (and how this made you feel) on social media using [#ConnectWithNature](#) and [#MentalHealthAwarenessWeek](#)

For more information about this year's Mental Health Awareness Week, [click here](#) or join the conversation on social media using [#ConnectWithNature](#) and [#MentalHealthAwarenessWeek](#)



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**What we will be doing at Rainhill?**

**For Pupils**

We are proud to announce that we are launching our bid for two new awards: *The Carnegie Mental Health and Wellbeing Award* and the *Excellence in Pupil Development Award*.

These awards will not only enhance our provision in supporting our pupils, parents and staff wellbeing but will also recognise all of the positive things we already do to support the mental health of our school community.

We look forward to sharing some of the exciting new initiatives with you soon as we embark on the journeys of both awards including the launch of our new Pupil-led Mental Health Ambassadors Scheme.

- ★ [Tutorial Sessions](#): Pupils will take part in tutorial sessions this week on mental health and how to look after their own and their friends'/family's mental health as well.
- ★ Hints and Tips sent out daily on our social media channels on how to find help with mental health issues when required.
- ★ Workshops with author Larry Meyler looking at coping with loss.

**For Parents:**

- ★ Please see the guide from the Mental Health Foundation on page 6 on how parents can help their children with their mental health.



# YOUNG MiNDS

## Parents survival guide

Supporting your child with their mental health. Tips, advice and where to get support for your child's mental health.

### **You and Your Child**

- **Make sure they know you love them and are proud of them.** Even when things are busy or stressful, and it feels like you are in survival mode, a word or a hug can reassure them a huge amount. Praise them for what they do well, and encourage them to try new things.
- **Be honest about your feelings** - you don't have to be perfect. We all get things wrong and shout or say unkind things from time to time. If this happens, say sorry to your child afterwards and explain why it happened, they will learn from you that it's OK to make mistakes and that it doesn't make you a bad person.
- **Be clear about what is and isn't acceptable** - and tell them why. Children need to know what is OK and what isn't, and what will happen if they cross the line. Follow through on what you say as otherwise they may get confused or stop respecting the boundaries.
- **Own your own role** - you are the parent, so don't be afraid to take tough decisions. If your child sees you are scared of their reaction and always give in to them, it can make them feel very powerful, which can be frightening. Children need to know that you are there to keep them safe.

### **Helping Your Child**

- Worrying or difficult behaviour might be short-lived, so give it some time. All children go through stages of feeling anxious or angry and they can show this in lots of ways, for example, tantrums, crying, sleeping problems or fighting with friends or siblings. They might be adapting to a change in the family or in their school life, or just trying out new emotions, and will generally grow out of worrying behaviour on their own or with family support.
- Talk to your child: Even young children can understand about feelings and behaviour if you give them a chance to talk about it. Take it gently and give them examples of what you mean, for example, 'When you said you hated Molly, you looked really angry. What was making you so cross?', or 'When you can't get to sleep, is there anything in your mind making you worried?'
- With older children, they might not want to talk at first. Let them know you are concerned about them, and are there if they need you. Sending an email or a text can work better if this is the way your child likes to communicate.
- Ask your child what they think would help - they often have good ideas about solving their own problems.
- If you can, talk to your child's other parent about your worries, when the child is not around. They might have a different take on what's going on. Try and sort out how to deal with the behaviour together so you are using the same approach, and can back each other up. Children are quick to spot if parents disagree, and can try and use this to get their own way.

You can find more advice on when to think about getting professional help, and what to do, if you are concerned about your child's behaviour, in our [Parents Guide to Support A-Z](#).



### **YEAR 10 MOCK INTERVIEW DAYS**

On Tuesday 29<sup>th</sup> June and Thursday 1<sup>st</sup> July, we will be running Mock Interviews for our Year 10 students in school.

We are looking for people from a range of employers who could support us by giving up some time on either or both days to conduct some interviews with a number of students.

The interviews will be 10 minutes long and we want them to have a professional feel to give our students an indication of what to expect in the world of work. Each student will then be given feedback on what they did well and how they could potentially improve.

If this is something you could help out with, please contact the school at [mailmgr@rainhillhighschool.org.uk](mailto:mailmgr@rainhillhighschool.org.uk) and Mr Roberts will get back to you with more information.

### **ROYAL MAIL HEROES STAMP DESIGN COMPETITION**

We are taking part in the Royal Mail Heroes Stamp Design Competition. Pupils will be invited to design a stamp which honours the heroes of the pandemic. Since the coronavirus pandemic began, there have been many people who have done great things. Many of them are not famous, but they have done extraordinary work. These are the people who have helped us all through a really difficult time. Some are frontline workers in healthcare, others look after elderly or vulnerable people.

Millions of key workers have kept the country going when most of us were told to stay home for our own safety. Plus, there have been many people who volunteered to help people in their communities who needed help or support. We think that what these people have done makes them heroes, so Royal Mail wants to honour them by producing a set of eight stamps.

The stamps will feature designs created by eight school-aged children. We are asking our young designers to think about who their hero or heroes are, and to then design a stamp in their honour. A special panel of judges will pick the winning designs. The final eight stamps will be sent to Her Majesty the Queen before they can be printed and issued.

The competition is open for pupils aged 14 and under. Official Entry Forms can be picked up from form tutors and entries need to be back into school by Friday 21st May. More information (including terms and conditions) can be found [here](#).

GREAT PRIZES TO BE WON		
	SCHOOL	ENTRANT/FAMILY
Overall Winners x 8:	£1,000	£1,000 vouchers
Regional Winners x 16:	£500	£500 vouchers
Regional Runners Up x 96:	£100	£100 vouchers

*Mr. Peter Roberts, Assistant Headteacher.*



**Royal Mail**

# HEROES

## STAMP DESIGN COMPETITION



We're taking part in Royal Mail's Heroes Stamp Design Competition, to honour the heroes of the coronavirus pandemic.



**KENYA SCUBA EXPEDITION 2023 - FOR ALL YEAR 8, 9, 10 AND 11 STUDENTS**



## Rainhill High School Kenya Scuba Expedition 2023



This action-packed and meaningful African adventure will take you from the savannahs of Tsavo, teeming with Kenya's top wildlife, to the white-sand beaches of Diani where you'll learn to explore the underwater world.

### *How you'll make a difference*

You'll contribute to vital community, wildlife and environmental projects, making a measurable impact locally whilst supporting the global aims of the UN Sustainable Development Goals.



### *Expedition highlights*



Spend time working on projects to benefit the local community



Keep an eye out for the Big 5 whilst on safari



Undertake your PADI Open Water Dive Course

*Find out more...*



Dear Parent/Carer

We are delighted to be working with Camps International again, offering your son/daughter the opportunity to join us on a four week expedition to Kenya during the summer of 2023.

#### Who are Camps International?

Camps International are award winning global leaders in ethical and sustainable school expeditions. They offer fully supported school expeditions across Africa, Asia and Latin America, providing an authentic cultural experience for every travelling student and have unrivalled safety procedures and Covid-19 measures in place.



#### Where will they be going and what will they be doing?

In the summer of 2023, the team will head off to Kenya to spend four weeks working on a range of sustainable and meaningful community and conservation projects, as well as undertaking the personal adventure challenge of a PADI Open Water Scuba Diving course.



#### What will my son/daughter get out of the experience?

This fully supported expedition will provide your child with a unique opportunity to live alongside rural communities, broadening their perspective on the world. It will allow them to push boundaries and step outside of their comfort zone, embarking on a personal development journey. This will enable them to reach and exceed their academic and personal potential, develop valuable life skills and gain key extra-curricular experience highly regarded by universities and employers.



#### How much does it cost and how will we pay for the expedition?

This all-inclusive expedition costs £4,580 which is protected by ATOL (6608) and your son/daughter's place on the team can be secured with a 6% deposit of £275. The remaining amount can then be paid via scheduled payment plans which facilitate fundraising activities and financial management. All students are encouraged to fundraise the cost, teaching them important life skills such as money management, problem solving and event planning. If, like many, fundraising is new to you, then don't worry. The Camps International crew will be there to support you and your son/daughter every step of the way.



#### How do I confirm my son / daughter's place on the team?

You can confirm a place on the team by filling out an application form and paying your deposit online (<https://gateway.campsinternational.com/application-form/>) between now and our school's sign up deadline which is **Friday 21<sup>st</sup> May**. The details are all noted on the 'How to Book' page of our online platform.



#### How do I find out more?

To find out more about Camps International and the expedition, use the QR code below or go to <http://ddeck.io/608973606a03c30014ea970e> to access our school's online presentation. When logging in please use the school booking code **7404**.

If you have any questions you can always contact Jess Brough, our Camps International Regional Expedition Coordinator via [jessb@campsinternational.co.uk](mailto:jessb@campsinternational.co.uk)



1. Open the QR Code reader on your phone (on most smartphones this is your camera)
2. Hold your phone over the QR Code so it's clearly visible on the screen
3. Your smartphone will read the code and take you to the presentation

Kindest regards,

Mr Owens  
Rainhill High School

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# CORONAVIRUS INFORMATION AND GUIDANCE

## COVID-19 TESTING FOR STUDENTS

### Testing students at home

Students will be provided home testing kits on a weekly or fortnightly basis (depending on the size of the test kit being issued); these test kits should **only** be used for them and not for other household members.

### Taking the test

Students should take the test, before coming into school or sixth form, twice a week with 3 to 5 days between tests. We will give students a leaflet with instructions on how to do the test with the kit. There is also a useful video to show you how to take the test [here](#).

[Help and support is available](#), including instructions in different languages on how to test and report the results and a video showing you how to take the test.

There is no need to keep used test equipment after the test result has been reported. You can put it in your normal bin (household waste).

This does not replace symptomatic testing. If you have symptoms, you should self-isolate immediately, book a [PCR test](#) and follow [national guidelines](#).

### What should you do after the test?

#### **Positive Results**

- If anyone tests **positive, you, your household, any support bubbles you are part of** should self-isolate immediately in line with NHS Test and Trace guidance for 10 days.
- You need to report your result to both Rainhill High School/Rainhill Sixth [here](#) and [NHS Test and Trace](#) which will be accessed via the test-register login.
- You should [order a confirmatory PCR test](#) if you are testing at home (confirmatory PCR tests are not needed if the test was conducted at the Asymptomatic Test Site at School/college).

#### **Void Results**

- If the result of the test is unclear (void), they should take another one. If the next test is also void, your child should take a PCR test. You can [book a test here](#).

#### **Negative Results**

- **Negative and void results** should be reported to both Rainhill High School/Rainhill Sixth [here](#) and [NHS Test and Trace](#) which will be accessed on completion of result via [testregister.co.uk/login](https://testregister.co.uk/login).
- A negative result does not guarantee that you are not carrying the virus. So, you should continue to follow social distancing, and other measures to reduce transmission such as wearing a face mask and regularly washing your hands and observing social distancing.
- If you or anyone in your household gets symptoms of the virus you should follow [national guidelines on self-isolation and testing](#).



### **Why take part?**

Taking part in testing is voluntary and all students will be able to attend school/sixth form whether they take part in testing or not.

We would strongly encourage all students to take part. Testing at home will allow your child and other students to attend school/sixth form as safely as possible.

Please contact myself, as our COVID Coordinator, if you have any questions or concerns about home testing – [COVID@rainhillhighschool.org.uk](mailto:COVID@rainhillhighschool.org.uk)

Thank you for your support.

*Mr Owens, Chief Operating Officer.*

## **COVID-19 TESTING FOR STUDENTS - FREQUENTLY ASKED QUESTIONS**

### **1. Do I need to give consent?**

Students and parents do not give written consent to take part in the home testing programme. Please read the information below on how personal information and test results are shared and the privacy notice, which is available on the school's website under 'COVID Information'.

### **2. Can my child take the test themselves?**

- Students aged 18 and over should do the test themselves and report the result, with help if they need it.
- Students aged 12-17 should do the test themselves with adult supervision. The adult may help the pupil/student to take the test if they need support.
- Students aged 11 must be tested by an adult and the adult must report the result.

### **3. Reporting problems or issues with testing**

If there is an issue with the test kit, for example something is missing, please report it by calling **119** and please also inform the school.

If an accident or injury happens whilst using the test kit, please seek medical care by calling 111 (or 999 if it is an emergency). Please also report what happened using [this website](#).

### **4. What type of tests will be used?**

We will be sending home Lateral Flow Device (LFD) tests. They are a fast and simple way to test people who do not have symptoms of COVID-19, but who may still be spreading the virus. The tests are easy to use and give results in 30 minutes. [Further information.](#)

### **5. Are LFD tests accurate?**

Lateral Flow Devices identify people who are likely to be infectious. These individuals tend to spread the virus to many people and so identifying them through this test is important.

These tests have been widely and successfully used to detect COVID-19 in asymptomatic individuals and are approved by the Medicines and Healthcare products Regulatory Agency (MHRA). The speed and convenience of the tests supports the detection of the virus in asymptomatic individuals, who would not otherwise have got tested.



The tests are highly specific, with a low chance of false positives. They are also very sensitive and are able to identify the majority of the most infectious yet asymptomatic individuals. Extensive evaluation has been carried out on the tests and it shows that they are both accurate and sensitive enough to be used in the community for screening and surveillance purposes.

It is important to remember that these tests are only an aid to help stop the spread of the virus and you should continue to follow other guidance such as wearing face coverings and social distancing.

**6. How are LFD tests different to PCR tests?**

There are 2 main types of test to check if you have coronavirus:

- Polymerase Chain Reaction (PCR) tests check for the genetic material (RNA) of the virus in the sample - you send the sample for processing at a lab.
- Lateral Flow Device (LFD) tests detect proteins called 'antigens' produced by the virus. LFD tests give rapid results, in 30 minutes after taking the test.

**7. Do I need to send the test to a lab?**

No. The LFDs supplied do not need to be sent to a laboratory to get a result and can give a quick result in around 30 minutes. Guidance on self-testing is contained in the 'Instructions for Use' leaflet, which comes with the test kit. There is also a useful video to show you how to take the test [here](#).

**8. Can I or someone else in my household use a test kit sent home from school?**

No, however whole families and households with primary school, secondary school, and college age children, including childcare and support bubbles, will be able to test themselves twice every week from home.

This testing can be accessed through the following channels:

- Get a rapid test at work, through workplace testing. Ask your employer for more information
- Attend a test site to get tested where you will be able to see how to take the test or pick up tests to do at home (you can find your nearest test site via the postcode checker [www.gov.uk/find-covid-19-lateral-flow-test-site](http://www.gov.uk/find-covid-19-lateral-flow-test-site) or check your local council website)
- Collect tests to do at home, find your nearest collection site [COVID Test Finder \(test-and-trace.nhs.uk\)](https://www.covid-19-test-finder.nhs.uk)

If these options are not possible, there will be a supply of rapid tests for order online for people who need them the most. More information can be found [here](#).

There is [more information available about testing for households and bubbles of students](#).

**9. How will personal information and test results be shared?**

When your child takes a Lateral Flow test, you need to report the result. This is so that their test result can be traced, which means that you need to share some information about your child.

You need to tell the Department for Health and Social Care (DHSC):

- your child's name



- your child's test result
- the reference number on the test kit

You will also need to tell your child's school or college their test result.

Under UK law, your child's school or college can collect and store test result data because it is in the 'public interest'. This means that your child's data helps us to stop the spread of the virus, and to keep your children in school. For example, we will tell your child to self-isolate if they get a positive test result.

Schools and colleges will only share information with the Department of Health and Social Care (DHSC) if the test kits used are found to be faulty. If this happens, DHSC will use our information to contact people who used the faulty tests, so that they can be tested again. This will ensure that testing is accurate and helps keep us all safe.

When you report test results online, you are sharing information with DHSC. They may share the information with your GP, local government, NHS, and Public Health England. This is so that they can offer your family health services and guidance if your child needs to self-isolate. They might also use your child's data anonymously (without their name or contact information) to research COVID-19, and improve our understanding of the virus.

For more information on how personal data is used for testing please see the detailed privacy notice on our website under the tab 'COVID Information'.

### CONTACT TESTING

Rainhill High School and Sixth Form will be taking part in a new study called "Daily Contact Testing" which is being run by the Department for Health and Social Care through NHS Test and Trace.

Normally, when we find a person in a school or college has COVID-19, the whole group of people that have been in close contact with that person have to go home and self-isolate for 10 days to stop the virus spreading. This can mean lots of people miss time in school or college, but it is important to do this to protect the other people in school and at home.

This study will test if students and staff can continue to come to school safely after they have been in close contact with a person who is positive for COVID-19, by testing them daily for 7 days with rapid tests. Each day the test is negative, **they will be able to take part in school activities only**, they will need to continue self-isolating when not at school.

More details are shown in the poster below and further information will be provided in the event that you are identified as a 'contact'.

*Mr Owens, Chief Operating Officer.*



UK Government



Test and Trace

## You can now participate in daily contact testing at this school.

If you've been in close contact with someone positive and do not have symptoms, you may be able to take part in the study

### How do I participate?



If you are a close contact of a positive case, you may choose to take daily Rapid COVID-19 tests for seven consecutive school days, instead of immediately self-isolating for 10 days.

This allows you to participate in school activities if you do not test positive. If you do not have a positive test, it means the test has not detected any virus.

Remember **Hands, Face, Space**. You must continue to wash your hands, cover your face, avoid mixing with people outside your bubble or household, and maintain social distance to protect others.



You are still required to self-isolate outside of school activities.

Please note you cannot participate if you are a household contact of a positive school case or contact of a positive case outside of school.

If the test is positive, you will need to self-isolate immediately for 10 days, following the latest government guidance.



# IMPORTANT INFORMATION

## CATERING W/C 10/05/21

Please see below the list of practical lessons planned in Catering/Food Preparation and Nutrition - week beginning Monday 10<sup>th</sup> May:



10M/Cg1	Thursday period 4 - Students are making a fruit cheesecake to show the use of dairy products in sweet food products.
10J/Cg1	Students are making chocolate millionaires shortbread to show the use of condensed milk to make a caramel. On Thursday 13 <sup>th</sup> May period 2 students will make their shortbread base using the creaming method. This will be wrapped ready for Friday 14 <sup>th</sup> May period 2 to make their caramel filling and chocolate topping.
11K/Cg1	No ingredients required.
11M/Cg1	No ingredients required.

## SCHOOL LOCKERS NOTICE

Please note that **all** lockers will be getting removed from A-Block in May half term.

Can you please ensure that any personal items, including locks, are removed by Friday 28<sup>th</sup> May 2021. Any locks left on lockers after this date will be cut with any possessions within lockers being disposed of.

We are not planning on replacing the lockers as they are not currently utilised by many students and therefore restrict ease of movement in corridors unnecessarily.



### WIDER-CURRICULAR AND ENRICHMENT TIMETABLE

Please see the updated Enrichment Timetable below. Please encourage your child to take part!

Activity	When	Years	How/Where?	Staff
Dance Club	Monday	Year 7	D104 Lunch time	Sixth Form Arts Leaders - Alisha
Badminton	Mondays	Year 7	Sports Hall 12:10 – 12:45	Mr Rachi & Mr Buckley
Chess Club	Mondays	Years 7-9	B105 Lunch time	
Dance Club	Tuesdays	Year 8	D104 Lunch time	Sixth Form Arts Leaders - Mia & Maisie
Senior Dance Company	Tuesdays	Year 10 & Year 12	D104 After School	Mrs Haselden & Mrs McCann
Badminton	Tuesdays	Year 8	Sports Hall 12:10 – 12:45	Mr Rachi & Mr Buckley
Football	Tuesdays	Year 7	Astro After school	Mr Rachi & Miss Sumner
Athletics Team Training	Tuesdays	Years 7-10	Field After school	PE Team
Drama Club	Wednesdays	Year 8	D101 Lunch time	Sixth form Arts Leaders - Livvy
Drama Company	Wednesdays	Year 10	D102 After School	Mrs Renison
Badminton	Wednesdays	Year 9	Sports Hall 12:10 – 12:45	Mr Rachi & Mr Buckley
Rounders	Wednesdays	Years 7-10	Field After school	Miss Burgess, Miss Sumner and Miss Hunter
Cricket	Wednesdays	Years 7-10	Sports Hall After school	Mr Rachi, Mr Wood & Mr Buckley
Trampolining	Wednesdays	Year 8	Gym After school	Miss Burgess & Mr Wood
Philosophy & Ethics - KS3 Debate Club	Wednesdays	Year 7, 8 & 9	Lunch time	Miss Goss
Geography - Virtual Fieldtrips	Wednesday 5 <sup>th</sup> May	All years	TEAMS 4:30pm	
History - Focus on Conspiracy Theories	Thursdays	Year 8	A105 3:10 - 4:10pm	
Dance Club	Thursdays	Year 7	D104 Lunch time	Sixth form Arts Leaders Alisha
Drama Club	Thursdays	Year 7	D101 Lunch time	Sixth form Arts Leaders - Mia
Senior Dance Company	Thursdays	Year 10 & Year 12	D104 After School	Mrs Haselden & Mrs McCann
Badminton	Thursdays	Year 10	Sports Hall 12:30 – 13:00	Mr Rachi & Mr Buckley
Trampolining	Thursdays	Year 10	Gym 12:30 – 13:00	Miss Hunter & Miss Burgess
Open Athletics	Thursdays	Years 7-10	Field After school	PE Team
Badminton	Fridays	Year 11	Sports Hall 12:30 – 13:00	Mr Rachi & Mr Buckley
Trampolining	Fridays	Year 11	Gym 12:30 – 13:00	Miss Hunter & Miss Burgess
Craft Club	Tuesdays - 3:30 - 4:30pm	Years 7-9	Via TEAMS	Mrs Henry
Lego Club	Wednesday - 3:30 - 4:30pm	Years 7-9	Via TEAMS	Mr Morris
Dance	Thursday - 3:30 - 4:30pm	Years 7-9	Via TEAMS	Miss Pilkington

\*Please note that trampolining is subject to the gym being available for use.



# HELP AND SUPPORT



## UPDATING PARENT DETAILS

A feature is available on the Edulink One App. All parents will have the ability to update their own personal details. The submission will be verified, checked and updated on SIMS.



## DT/CONSTRUCTION INSTAGRAM ACCOUNT (Y9/Y10/Y11)

The DT/Construction department have set up a dedicated Instagram Account which allows staff, parents and students to find out what has been going on in the department.

You can find the account with the username: **@Dt\_Construction\_rhs**



## FOOD TECH INSTAGRAM ACCOUNT (Y9/Y10/Y11)

The Food Tech department have set up a dedicated Instagram Account which portrays pupils' food products in the department and allows staff, parents and students to find out what has been going on.

You can find the account with the username: **@RHS-FoodTech.**



## RHS PRIVATE MUSIC LESSONS INSTAGRAM ACCOUNT

The Performing Arts department have set up a dedicated Instagram Account for our private Music lessons.

You can find the account with the username: **@Rainhillhighmusic**



## MODERN FOREIGN LANGUAGES INSTAGRAM ACCOUNT (Y9/Y10/Y11)

The Modern Foreign Languages department have set up a dedicated Instagram Account which allows staff, parents and students to find out what has been going on in the department.

You can find the account with the username: **@Rainhilllanguages.**



## **CURRICULUM QUERIES**

### **Heads of Department**

<b>English Y7, Y8 &amp; Y9</b>	Miss Lunt	<b>Philosophy &amp; Ethics</b>	Miss Goss
<b>English Y10</b>	Mrs Jones	<b>Sociology</b>	Mr Jarvis
<b>English Y11</b>	Ms Dickman	<b>Computer Science</b>	Miss Johnson
<b>Mathematics Y7, Y8 &amp; Y9</b>	Miss Carson	<b>Business Studies</b>	Mr Jarvis
<b>Mathematics Y10 &amp; Y11</b>	Mr Rimmer	<b>Art/DT</b>	Mr Bennett
<b>Science</b>	Miss Robinson	<b>Languages</b>	Miss D'Anna
<b>Biology</b>	Dr Gordon	<b>Food</b>	Mrs Bolland
<b>Chemistry</b>	Dr Beswick	<b>Performing Arts</b>	Mrs McCann
<b>Physics</b>	Mr Hurst	<b>PE</b>	Mr Rachi
<b>History</b>	Mr Procter	<b>Life Skills</b>	Miss Bryant
<b>Geography</b>	Mrs Parkinson	<b>(PSHE/Citizenship)</b>	

### **Pastoral Queries**

Stage 1	Form Tutor	
Stage 2	Year Student Manager	
Stage 3	Year Progress Leader	
Stage 4	Deputy Headteacher	Mrs Munro
Stage 5	Headteacher	Mrs Thorogood

### **Pastoral Structure**

<b>Y7 Student Manager</b>	Mrs Foster	<b>Y7 Progress Leader</b>	Mr Shoebridge
<b>Y8 Student Manager</b>	Miss Seddon	<b>Y8 Progress Leader</b>	Mr Giles (until Easter)
<b>Y9 Student Manager</b>	Mrs Martin	<b>Y9 Progress Leader</b>	Mrs Haselden
<b>Y10 Student Manager</b>	Miss Gordon	<b>Y10 Progress Leader</b>	Miss Williams
<b>Y11 Student Manager</b>	Mrs Quirk	<b>Y11 Progress Leader</b>	Mr Giles

### **Formal Complaints**

If you wish to formally complain, please use the link below to find our complaints procedure.

<https://www.rainhillhighschool.org.uk/uploads/PDFs/2020/Complaints-Procedure-2019.pdf>