



RAINHILL
HIGH SCHOOL

FRIDAY 25TH SEPTEMBER 2026

PARENT & PUPIL NEWSLETTER

WWW.RAINHILLHIGH SCHOOL.ORG.UK



RainhillSixth

OPEN EVENING

EXPLORE | DISCOVER | YOUR NEXT STEPS



THURSDAY
8TH OCTOBER



6:00PM
START TIME

LEARN, THINK, CONTRIBUTE, CARE
IN PURSUIT OF EXCELLENCE



Friday 25th September 2026

Dear Parents and Pupils,

Good afternoon and welcome to this week's newsletter.

Firstly, thank you to everyone who attended our SEND Parent Information Evening on Wednesday 23rd September. It was wonderful to see so many parents and carers there, and we really appreciate you taking the time to join us.

Our Sixth Form students hosted a Macmillan Coffee Morning today, raising an impressive amount in support of people living with cancer in the UK. We are incredibly proud of their efforts.

We wish all of our Year 11 Food Technology pupils the very best as they begin their examinations next week. We encourage them to approach each exam with confidence and a positive attitude.

Our Year 13 LP1 exams begin on Monday 5th October, the exam timetable can be found on page 9.

We will be hosting our RH6 Open Evening on Thursday 8th October at 6:00pm. We look forward to welcoming Year 11 students and their families and helping them make informed choices about their next steps.

Finally, our Parent Governor election closes on Monday 28th September. If you have not yet voted, please take a few moments to read the candidate statements on page 10 and cast your vote.

Have a lovely weekend.

Mrs Thorogood, Principal.



CONTENTS

Lion Awards
Careers
Macmillan Coffee Morning
Army Outreach Team
Wellbeing
Punctuality and Professional Standards
Short Story Writing Competition
Library News
Reading Plus at Home
Club 100 Homework at Home
Parking and Safety Reminder
Year 11 Food Exams
Year 13 LP1 Exams
Parent Governor Election
Character Curriculum - Extra Curricular Sport
Elite Performers
Music Lessons
Singing Lessons
Willowbrook Hospice Volunteers
Bike Responsibility

PAGES 3-14

HELP AND SUPPORT - WHO TO CONTACT

PAGE 15-16

CURRENT VACANCIES

PAGE 17

NEXT WEEK FOLLOWS THE WEEK A TIMETABLE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
28/09/26		NEA1 Food Group 1 Exams	NEA1 Food Group 2 Exams	NEA1 Food Group 3 Exams	NEA1 Food Group 4 Exams



LION AWARDS - OVER AND ABOVE RAINHILL PROFESSIONAL STANDARDS

Congratulations to our Year Team Professional Standards winners of the week

Your dedication, consistency, and commitment to excellence continue to set the standard for what it means to be a Rainhill Pupil. Thank you for upholding our values and inspiring those around you every single day.

Well done to this week's winners below - you should be incredibly proud.

Sophie M, Noah B, Poppy C, Ewa O, Angela X, Harry L, Ryan L, Kaidy D, Alona A and Sonny H.

Mr Giles, Senior Progress Leader and Year 7 YPL.



CAREERS

We really need your help.

We are looking for employers, businesses and professionals to get involved in our Careers Fair and Year 10 Mock Interview Day. These events make a huge difference to our pupils, giving them real-world insight, confidence and valuable experience of the workplace.

If you can spare some time to support our young people or know someone else who can, please sign up using the link below. Even a few hours can make a lasting impact.

[Mock Interviews and Careers Fair 2027](#)

Mrs Thomas, RH6 Manager.



MACMILLAN COFFEE MORNING

We are delighted to share that our Macmillan Coffee Morning was a great success today. Together, we raised an impressive amount for Macmillan Cancer Support.

A huge thank you goes to our wonderful students, staff, and parents who donated cakes, gave generously, and came along to enjoy the morning with us. Your kindness and support made all the difference.

We are proud to contribute to such an important cause, and it would not have been possible without our whole community pulling together.

The RH6 Team.

ARMY OUTREACH TEAM

Next week we will welcome the Army Outreach Team into school to deliver an engaging workshop for our Year 10 students. They will take part in problem-solving activities and physical challenges that will help build valuable skills such as teamwork, communication, and self-confidence. We look forward to taking part in these activities next week.

WELLBEING: YOUTH MENTAL HEALTH DAY

Youth Mental Health Day took place last week, providing an important opportunity to reflect on the mental well-being of our young people. With this in mind, we have put together a selection of resources for you to explore with them and support positive conversations around mental health.

By taking small, informed steps, we can foster safe, supportive school communities where everyone feels seen, heard, and valued.

If a young person needs additional support, please do not hesitate to reach out.

- [Healthy coping strategies: video for young people : Mentally Healthy Schools](#)
- [Young people's wellbeing guide for stressful situations : Mentally Healthy Schools](#)

Mrs Blagbrough, Wellbeing Champion



Short Story WRITING COMPETITION

Let your imagination fall into place...

Write a short story of just one page, inspired by autumn. It can be spooky, heart-warming, mysterious, funny – it's up to you!

A
one page
story...
Autumn
themed!

3 Tips for a Great Short Story

-  **1 Start with a hook**
Grab the reader's attention from the first sentence. Make them want to keep reading!
-  **2 Show, don't tell**
Use vivid descriptions and actions to bring your characters, setting and atmosphere to life.
-  **3 End with impact**
Leave the reader with a twist, a surprise or a lasting thought. Make it memorable!



DEADLINE TO SUBMIT:
9TH OCTOBER



Submissions to the school librarian:
Ms Griffa

Small story...
big imagination!



WIN
a brand new copy of
**ONE OF US
IS NEXT**
by Karen McManus



Happy writing!



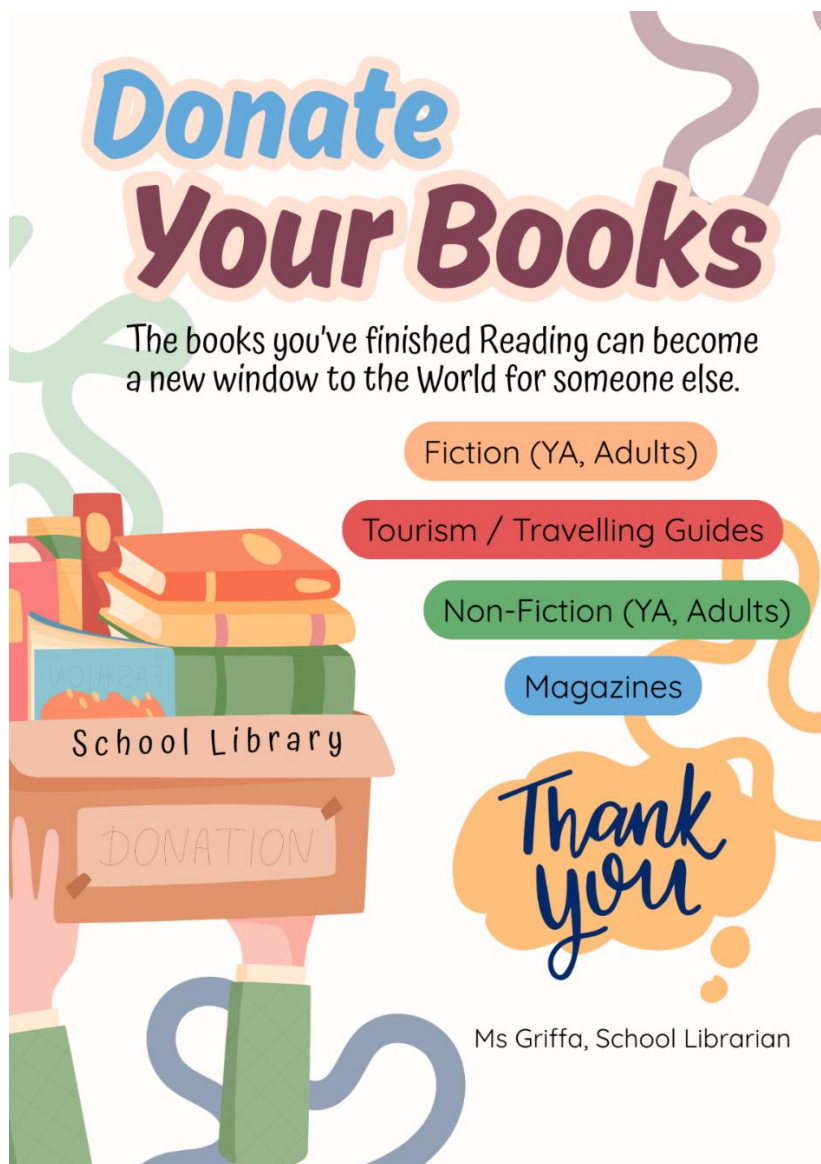
LIBRARY NEWS

After two weeks of successful library lessons, the pupils now have full access to our virtual library 'Libresoft'. All the pupils have received an email with a link to access with Microsoft credentials, and are now able to browse our catalogue, reserve books, leave reviews and add books to the wish list. On the pupil's dashboard, the pupils can also see the books they borrowed, if they have any overdue loans, year group reading lists, tailored recommendations, new books and highlights of the month.

Please feel free to visit our virtual school library from any device by [clicking here](#).

If you have any questions, please contact me via Arbor.

Ms Griffa, School Librarian.



PUNCTUALITY AND PROFESSIONAL STANDARDS

Pupils should arrive at school in time for an 8:50am start. As part of our professional standards, any pupil arriving after 8:55am will have their phone pouch deposited, and it will be returned after they have attended a lunchtime detention that day. Thank you for supporting us in helping pupils build good habits for the future.

Mr East, Assistant Principal.



**RAINHILL
HIGH SCHOOL**

READING PLUS AT HOME

Our approach for parents and pupils in **Years 7-9**



HOW IT WORKS EACH WEEK (YEARS 7-9)

1 FOCUS AREA Reading Plus	2 SET Every Monday	3 SET & CHECKED BY Your English teacher	4 WHERE Reading Plus platform and scheduled on Arbor	5 You will be set up to four reading tasks and two vocabulary tasks each week. You must complete all the work that has been set. It will be around about an hour in total.	6 MARKING Online marking with immediate feedback
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HOW PROGRESS WORKS

Pupils begin at a personalised, just-right reading level.	Each text is followed by 10 comprehension questions.	Score 80%+ in two consecutive lessons to earn a Combo.	Combos help pupils unlock new reading levels.
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THE BENEFITS OF DEVELOPING READING

Builds vocabulary and background knowledge	Grows confidence and independent learning habits
Strengthens comprehension across the curriculum	Supports preparation for lessons and assessments
Develops fluency, stamina and concentration	Reading enjoyment is linked with learning, wellbeing and empathy

WHY READING PLUS IS GOOD FOR YOUR CHILD

Personalised texts matched to reading level	Builds silent-reading fluency, comprehension and vocabulary
Short, focused reading practice	A wide range of engaging topics encourages curiosity
Immediate feedback helps pupils learn from mistakes	Progress information helps teachers target support

PUPIL LOGIN (YEARS 7-9)

Reading Plus pupil login link:

<https://student.readingplus.com/seereader/api/sec/login>

Use your school username and password.

READING REWARDS (YEARS 7-9)

Reading 100 works alongside Reading Plus. As well as completing four reading and two vocab tasks each week, pupils should aim to earn Combos for further recognition. Set and monitored by pupils' English teachers.

PARENTS: VIEW PROGRESS & ENCOURAGE READING AT HOME

Log in with your child to view their Reading Plus dashboard, see their progress and encourage extra reading.	You can also check your child's homework on your Arbor account (or Parent Arbor app). If a Reading Plus task has not been completed, it will show on your app as a C2. This is a helpful way to stay informed and support your child to keep on track.	See progress and reading levels	Explore the wider Reading Plus library	Support and celebrate success
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Need help with access or assignments? Write a note in your child's planner and ask them to give it to their English teacher, who will be able to direct you.

Evidence base: Reading Plus parent guides and research; Education Endowment Foundation; National Literacy Trust.



**RAINHILL
HIGH SCHOOL**

CLUB 100 HOMEWORK AT HOME

How parents can support the three strands in **Years 7-9**



THE THREE STRANDS OF CLUB 100

Builds key knowledge, skills and reading habits	Complements classroom learning	Helps pupils make progress and be successful	Recognises effort through weekly and termly rewards
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NUMERACY 100 Sparx Maths <i>Weekly homework</i> Builds numeracy skills, strengthens key knowledge and supports progress in all subjects.	READING 100 Reading Plus <i>Up to 4 reading tasks and 2 vocab tasks each week</i> Builds reading fluency, comprehension and vocabulary, and develops a lifelong love of reading.	RECALL 100 Knowledge Organiser <i>Weekly homework</i> Helps pupils remember and retain important knowledge from across the curriculum.
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HOW PARENTS CAN CHECK

- Login with your child to Sparx Maths to see their assignments and progress.
- Alternatively, check your child's Arbor app or your parent Arbor account to see if Sparx Maths homework has been submitted.

HOW PARENTS CAN CHECK

- Login with your child to Reading Plus to see their assignments and progress.
- Alternatively, check your child's Arbor app or your parent Arbor account to see if Reading Plus homework has been submitted.

HOW PARENTS CAN CHECK

- Ask to see your child's Recall 100 booklet to talk about the knowledge they are learning.
- Alternatively, check your child's Arbor app or your parent Arbor account to see if Recall 100 homework has been submitted.

TIPS FOR PARENTS

Ask about what they are learning.	Encourage a quiet time and space to complete homework.	Help them manage their time each week.	Celebrate effort and progress.	Show an interest in their learning and talk about what they find interesting.
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CLUB 100 REWARDS

Weekly Golden Ticket for effort and completion.	Weekly Queue Jumper for the form with the highest completion.	Termly 100 Club certificate and prize.
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PARKING AND ROAD SAFETY REMINDER

Please help us keep pupils safe by parking safely, legally and considerately when dropping off or collecting children from school. We have received reports of vehicles parking on the white zig-zag markings, obstructing the school entrance and exit, blocking pavements and stopping around the bus stop on Warrington Road. These actions restrict visibility and put pupils, pedestrians and other road users at risk.

Please remember, to keep the school entrance, exit and crossing points clear. Do not park or stop to drop off or collect pupils on the zig zag markings, and keep bus stops clear so pupils and other passengers can board and leave buses safely.

Where possible, please consider walking, cycling or using public transport for the journey to school. These choices help reduce congestion and emissions around our school and support our Climate Action Plan. We recognise that these options will not suit every family, but even choosing an alternative to the car on some days, or parking further away and walking the final part of the journey, can make a positive difference.

Please also treat staff with courtesy and cooperate if asked to move a vehicle. They are acting to protect pupils and keep access clear.

Thank you to all parents and carers who park responsibly and support us in keeping our school community safe.

YEAR 11 FOOD PREPARATION AND NUTRITION EXAM

Year 11 pupils will be taking their Assessment 1: The Food Investigation Assessment practical examination in Food Preparation and Nutrition before the end of this half term. Overall, this assessment is worth 15% of their final GCSE grade, of which the practical examination is worth half of the marks. Letters have been sent home to parents/carers via Arbor containing more information.

Please see below dates/times for each classes' exam.

Tuesday 29th September	Wednesday 30th September	Thursday 1st October	Friday 2nd October
<u>11D/Cg1 - Group 1</u>	<u>11A/Cg1 - Group 2</u>	<u>11A/Cg2 – Group 3</u>	<u>11D/Cg1 – Group 4</u>
C105 Opens 8:30am	C107 Opens 8:30am	C105 Opens 8:30am	C105 Opens 8:30am
Exam Time 8:45 am - 11:45 am	Exam Time 8:45 am - 11:45 am	Exam Time 8:45 am - 11:45 am	Exam Time 8:45 am - 11:45 am
Tuesday 6th October	Wednesday 7th October	Thursday 8th October	Friday 9th October
<u>11A/Cg1 – Group 5</u>	<u>11A/Cg2 – Group 6</u>	<u>11D/Cg1 – Group 7</u>	<u>11A/Cg1 – Group 8</u>
C107 Opens 8:30am	C105 Opens 8:30am	C105 Opens 8:30am	C107 Opens 8:30am
Exam Time 8:45 am - 11:45 am	Exam Time 8:45 am - 11:45 am	Exam Time 8:45 am - 11:45 am	Exam Time 8:45 am - 11:45 am
Tuesday 13th October	Wednesday 14th October	Thursday 15th October	Friday 16th October
<u>11A/Cg2 – Group 9</u>	<u>11D/Cg1 – Group 10</u>	<u>11A/Cg1 – Group 11</u>	<u>11A/Cg1 – Group 12</u>
C105 Opens 8:30am	C105 Opens 8:30am	C107 Opens 8:30am	C107 Opens 8:30am
Exam Time 8:45 am - 11:45 am	Exam Time 8:45 am - 11:45 am	Exam Time 8:45 am - 11:45 am	Exam Time 8:45 am - 11:45 am



ADVANCE NOTICE - YEAR 13 LEARNING PROGRAMME - ASSESSMENT WEEK 1

Monday 5th October to Friday 9th October (inclusive)

From Monday 5th October to Friday 9th October (inclusive) all students in Year 13 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 2027.

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 9:30am. It is vital that your son/daughter reports to their exam venue at 9:20am to ensure we have a 9:30am start.

Afternoon examinations commence at 1:30pm. Your son/daughter should report to the exam venue at 1:20pm.

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.

Mr Cunningham, Director RH6.

	Monday 5th October 2026	Tuesday 6th October 2025	Wednesday 7th October 2025	Thursday 8th October 2025	Friday 9th October 2025
Period 1	<u>Block K – Paper 1</u> Criminology 1Hour 30Mins English Language 2Hours 30Mins Geography 2 Hours 30Mins Physics – 2Hours	<u>Block M – Paper 1</u> Creative Media – 2 Hours Psychology 2Hour Chemistry 2 Hours 30Mins Dance 1 Hour Lesson 1 (Will conduct an in-class assessment as it is BTEC. Request 1 hour slot were timetabled to teach the class)	<u>Box L – Paper 1</u> English Literature 2Hours Sociology 2 Hours Computer Science 2Hours 30Mins Biology 2 Hours German 1Hour 45Mins	<u>Box J – Paper 2</u> Maths 1Hour History 2Hours 30Mins	<u>Box L – Paper 2</u> English Literature 2Hours 30Mins Sociology 1Hour Computer Science 2Hours 30Mins German 1Hour 30Mins
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>Box J – Paper 1</u> Maths 2Hours History 2Hours 30Mins Health 1Hour 30Mins	<u>Box N – Paper 1</u> Business - 2 Hours	<u>Block K – Paper 2</u> English Language 2Hours 30Mins Physics 2Hours	<u>Box M – Paper 2</u> Creative Media 2 Hours Psychology 2Hours Chemistry 2 Hour 30Mins	<u>Box J – Paper 3</u> Maths 1Hour 15Mins
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



PARENT GOVERNOR ELECTIONS - FINAL CHANCE TO VOTE

There is still time to have your say in our Parent Governor election.

If you have not yet voted, please take a few moments to read the candidate statements below and cast your vote.

Voting closes at 9.00am on Monday 28th September 2026.

Vote here: [Parent Governor Vote](#)

Thank you to everyone who has already taken part. Do not miss your chance to vote.



**RAINHILL
HIGH SCHOOL**

Parent Governor Nominations

Six parents. A shared commitment to Rainhill High School.
Please read the candidate statements below and cast your vote for the candidate you would like to represent parents on our Local Academy Committee.

Anthony Albrecht Daughter Y8

As a parent and as a teacher of children from within the Rainhill area in previous academic years, I am deeply invested in our school community's success and its future.

My professional background as a primary school teacher with extensive senior leadership experience provides me with a comprehensive understanding of school data, strategic development, and educational governance. Having previously worked at one of our feeder schools, I offer a valuable, first-hand perspective on the transition pupils make when joining the high school. I am committed to providing an objective, supportive, and well-informed voice to the governing body, ensuring that I collaborate effectively to champion the school's strategic vision.

Beyond my experience in governance, I am deeply passionate about a holistic approach to education. As a current PE Lead, I see first-hand how robust sporting provision fosters resilience, teamwork, and confidence. Furthermore, as a previous English Lead, I am a fierce advocate for reading. I believe that fostering a love of literacy is the cornerstone of academic achievement. I am eager to apply this blend of strategic leadership and curriculum passion to provide both constructive challenge and unwavering support for Rainhill High School.

Emma Biszby Son Y9 & Daughter Y8

I am standing for the Parent Governor role because I believe I can offer the governing body a unique, 360-degree perspective. With two children currently at the school—one of whom has special educational needs (SEN)—and my professional background as a qualified teacher working in a specialised SEN high school, I understand our educational system from every angle.

Because I have already served as a Parent Governor at a nursery school, I will not face a steep learning curve. I understand how school boards operate, how to offer strategic challenge, and how to hold leadership to account while remaining supportive. Professionally, my daily life revolves around educational standards, safeguarding, and tracking progress. I know how to look at data regarding attendance and behaviour, but more importantly, I understand the practical realities behind those numbers for teachers, pupils, and parents.

If elected, my priority is to ensure that all parents have a clear, effective voice on the board, particularly those navigating the complexities of the SEN system. I know first-hand how vital communication and true inclusion are to building trust between home and school.

I am fully committed to the four-year term, the training, and the school visits required. I offer the board a rare combination of professional educational insight and direct parental experience, and I am ready to work hard to ensure our school continues to deliver the high-quality, inclusive education our young people deserve.

Pamela Langan Son Y8

My son has just finished a great first year at Rainhill High, and it's given me a real appreciation for the school and everything that goes on behind the scenes to make that happen. I'd love the chance to give something back as a governor.

I was a foundation Governor at St John Fisher Primary School for five years, up to 2024, so I know what the role involves, the meetings, the scrutiny, the safeguarding side of things, and the balance between supporting a school and holding it to account. I found it genuinely rewarding, and I'm ready to take on that responsibility again somewhere that matters to my family.

Professionally, I run my own career and leadership coaching business and co-founded Catalyst Careers Ltd, so careers and employability are what I do every day. I've delivered career talks in schools and colleges, so I've seen first-hand what lands with young people and what doesn't. I think that's a genuinely useful angle to bring to a secondary school where careers advice and preparing students for what comes next really matters.

I'm available, I take governance seriously, and I'm used to reading through detail and asking the right questions at meetings, but I'm also just a parent who's seen my son settle in well this year and wants to help Rainhill continue doing that for other families too.

Jackie Lunt Son Y8

My son has settled in well and I have been impressed by the clarity of expectations of pupils and the recognition for pupils who put in excellent effort.

I have worked in NHS CAMHS since 2007 and have an MA in social work (2000). I am fully qualified psychotherapist with a CTA in Transactional Analysis, and a family and systemic psychotherapist. My role in CAMHS has changed over the years and in 2021 I took up the role of the first clinical lead for Salford schools MHST setting up the new service. In 2003 I was lucky enough to get a research scholarship to undertake a PhD at the University of Liverpool. This research is about what can be done to slow down the intergenerational transmission of adverse childhood experiences (ACEs). As part of this research, I set up a school staff psychotherapy service, staffed by a trainee psychotherapist, offering all school staff in one Liverpool school free one to one weekly psychotherapy sessions for up to a year. The outcomes have offered much insight into supporting school staff with their psychological wellbeing.

I offer a child mental health perspective, school staff wellbeing perspective and a trauma informed view of schools as both a system and part of wider systems. I would be happy to bring my decades of CAMHS practice and PhD research to the position of parent governor at Rainhill High School.

Chana Michaels Son Y7

I would like to express my interest in becoming a Parent Governor at Rainhill High School. As both a parent and a senior leader within the NHS, I am passionate about supporting children and young people to achieve their full potential and would welcome the opportunity to contribute to the continued success of the school.

In my professional role as a leader within the NHS, I lead complex programmes of work, manage relationships with a wide range of stakeholders, and support strategic decision-making across healthcare organisations. My experience of contributing at board level has strengthened my ability to analyse information, provide constructive challenge, work collaboratively and contribute to effective governance and organisational improvement.

I understand that the role of a School Parent Governor involves acting in the best interests of all pupils, helping to shape the school's strategic direction, and providing support and appropriate challenge to school leaders. I believe my experience, combined with my ability to listen, communicate effectively, and build positive relationships, would enable me to make a meaningful contribution to the role.

As a parent, I have a genuine interest in ensuring that every child has access to a safe, inclusive, and high-quality learning environment. I am committed to promoting equality, supporting educational excellence, and helping the school continue to thrive within the local community.

I would be honoured to bring my professional skills, strategic perspective, and commitment to supporting children and families to the role of Parent Governor.

Martin Stanway Daughter Y11 & Daughter Y9

I am nominating myself as I have personal interest in the running of the school as my daughters attend, and I want to assist in ensuring the school offers a safe, inclusive, and high-quality educational environment. I believe effective governance is essential in helping schools deliver the best possible outcomes for every pupil.

Professionally, I work as a Senior Regional Engineering Manager, leading teams across multiple locations and overseeing strategic planning, performance improvement, risk management, budgeting, compliance, and operational delivery. These responsibilities require strong leadership, sound judgement, effective communication, and the ability to work collaboratively with a wide range of stakeholders. I believe these skills are directly transferable to the role of School Governor.

I also bring previous school governance experience through my role as a Governor at Eccleston Lane Ends Primary School. During my time there, I provided health, safety, and facilities advice and guidance to both the Senior Leadership Team and fellow governors. This enabled me to contribute practical expertise in areas such as risk management, regulatory compliance, estate management, and the creation of safe learning environments.

Through this experience, I developed a strong understanding of the responsibilities of school governance and the importance of offering both support and constructive challenge. I would welcome the opportunity to contribute my professional expertise, governance experience, and enthusiasm to support the school's vision, working collaboratively to help the school continue to succeed.



How to vote

Please review the candidate statements and cast your vote using the electronic ballot circulated via email to all parents/carers.

Voting closes at 9am on Monday 28th September 2026.
Thank you for taking part in this important process.

Each parent/carer is entitled to one vote.



LEARN



THINK



CONTRIBUTE



CARE

**In Pursuit
of Excellence.**



CHARACTER CURRICULUM - EXTRA-CURRICULAR SPORT

Please see below our extra-curricular timetable for our first term. All pupils are invited to attend as many clubs as they can. There is no need to pay for any clubs, all we ask is pupils have PE kit for afterschool clubs and girls have shorts for the trampolining. These clubs are not school teams; they are recreational clubs for anybody and everybody.

As part of our Character Curriculum, we are urging pupils to engage in as many extra-curricular opportunities as possible. Regular participation in school sports clubs provides pupils with far more than just the opportunity to develop their sporting ability. By attending clubs consistently over time, pupils can build confidence, resilience, teamwork, communication, and leadership skills, while developing positive habits around physical activity and healthy lifestyles. Sustained involvement also helps pupils learn how to set goals, respond to challenges, manage success and disappointment, and commit to something over a longer period. Our extra-curricular programme is designed to give every pupil the opportunity to belong to a team, represent their school, develop their skills, and enjoy being active, with the aim of creating positive experiences that can encourage a lifelong interest in sport and physical activity.

Please note, some clubs may be cancelled if the facility is unavailable (e.g. sports hall being used for exams or if a fixture has been arranged after school).

Communication in these cases will be done via Arbor, so please sign up to our clubs via Arbor.

Term 1: September - December		
 @ RainhillPE	LUNCH 12:55 -13:25	AFTER SCHOOL 15:30 -16:15
MONDAY	Trampolining – Gym Year 7	Girls Netball – Courts – All Years Boys Football – Astro - Y8 (Wk A), Y9 (Wk B)
TUESDAY	Badminton – Sports Hall Year 9 and 10	Girls Football – Astro – All Years Boys and Girls Rugby – Field – All Years
WEDNESDAY	Badminton – Sports Hall Year 7 and 8	
THURSDAY		Boys Football – Astro – Year 7
FRIDAY	Trampolining – Gym Year 8-10	Boys Football – Astro – Year 10
<i>Please note, clubs are subject to fixture/facility clashes, appropriate and safe weather, and appropriate pupil participation. Please sign up to clubs on ARBOR – for help and support, contact your form teacher</i>		

ELITE PERFORMERS

We are creating our new 2026-27 Elite Performer/Gifted and Talented lists for 2026/27.

If your child is at a registered academy, or elite talent pathway whereby school may need to work in partnership with the club or organisation with regards to authorised absences (due to fixtures or regular training such as day release) and academic support, please contact Dr Rotheram with information of your child's level, club and requirements. Please also send a relevant picture of your child in their kit and/or competing for our display - David.Rotheram@rainhillhigh.org.uk

Dr Rotheram will be looking after these Elite Performers, if they fall into the Elite Performer remit. Please [click here](#) for more precise details.



If your child represents school boys/girls, represents at country or regional level in their chosen sport, then we would love to celebrate their achievements by placing them on our Gifted and Talented registers. We will celebrate these pupils alongside our Elite Performers by spreading good news of their achievements on newsletters, socials and on our PE display wall.

If you believe your child would be classed as gifted and talented then please send information of your child's level, club and sport to Mr Wood - Michael.Wood@rainhillhigh.org.uk

Please also send a relevant picture of your child in their kit and/or competing for our display.

Mr Wood, Head of PE.

PERIPATETIC MUSIC LESSONS

At Rainhill High School, we offer extra-curricular peripatetic music lessons. These are one-to-one sessions with professional musicians from St Helens, designed to be an engaging way to learn a variety of musical instruments through expert tuition.

We currently have the following spaces:

- 2 piano slots
- 4 guitar slots
- 2 drum kit slots
- 2 brass slots (trumpet, cornet, trombone etc.)
- Multiple singing slots

If you would like more information on these lessons, please contact Mr Kennett.

Mr Kennett, Teacher of Music.

SINGING LESSONS

Calling ALL SINGERS!

DO YOU KNOW WE OFFER 1-1 SINGING LESSONS?

- ♥ Do you love to sing and have a passion to perform?
- ★ Opportunities to take part in end of term concerts and onstage performances.

LEARN CORRECT VOCAL TECHNIQUES

BUILD YOUR CONFIDENCE

SING YOUR FAVOURITE SONGS

Come and see **Miss Mawdsley** on a Tuesday in D block to book your first lesson and find out more!



Saturday Volunteers Needed

VOLUNTEER AT THE WILLOWBROOK SHOP IN RAINHILL!

Join our friendly team for a 3 hour Saturday
shift and gain valuable experience that
looks great on future applications.

- ✓ Build your confidence
- ✓ Gain real-world work experience
- ✓ Boost your CV & future applications
- ✓ Perfect for DofE volunteering

Email

help@willowbrookhospice.org.uk
or call 0151 430 8736



"Volunteering at Willowbrook has
given me confidence and valuable
experience. I've learned new skills,
met great people and really
enjoyed being part of the team."

- Former RHS student Beth and current
Willowbrook volunteer



Registered with
**FUNDRAISING
REGULATOR**

Registered charity no. 1030240

www.willowbrook.org.uk
Every Contact Counts



BIKE RESPONSIBILITY

E-SCOOTERS, E-BIKES AND OTHER ELECTRIC VEHICLES



A guide for parents, carers and professionals

Where can you use an e-scooter and non road legal e-bike

Only on private land with the landowner's permission

Not on roads, pavements, cycle lanes, car parks, or any public space.

Only e-bikes that conform to EAPC regulations can be used on a road.



Did you know?

Thousands of illegal two-wheeled vehicles have been seized through Operation Gears, helping to tackle crime and antisocial behaviour, including drug supply, theft and violence.

The law and consequences

- E-scooters and e-bikes that don't follow EAPC regulations, are classed as motor vehicles under the Road Traffic Act 1988.
- They require a valid driving licence and insurance to be used legally on public roads.
- No licence or insurance? Your e-scooter/e-bike can be seized under Section 165a of the Road Traffic Act 1988.
- Allowing a child to use an e-scooter or illegal e-bike in public could result in penalty points or disqualification for parents and carers.



If you are prosecuted

- Riding with no licence? You'll receive 3 penalty points and a minimum of a £100 fine.
- Riding with no insurance? You'll receive 6 penalty points and a minimum of a £300 fine.
- If you ride an e-scooter/e-bike while under the influence of drugs or alcohol, you could face prosecution for driving offences, including drug-driving or drink-driving.
- If you don't hold a driver record, penalty points will be held on a 'Ghost Licence' by the DVLA. These points will carry over to your future licence.
- Your insurance costs may significantly increase for years and you may be sent to court.

TYPES OF E-BIKES AND E-SCOOTERS



E-SCOOTER Personal Light Electric Vehicle (PLEV)

Includes powered unicycles and skateboards, go peds, segways and hoverboards – these cannot legally be used on roads, pavements or other public spaces.

There are two types:

- Privately owned
 - Rented through an authorised scheme
- Privately owned e-scooters cannot be used on public roads, pavements or cycle lanes.

An e-scooter is legal for use on the roads only if rented through a government trial scheme in a designated area. Riders must be 16+, hold a provisional GB licence and not carry passengers.



EAPC Electrically Assisted Pedal Cycle (EAPC)

No insurance, tax, MOT or driving licence is required if you comply with the legal framework for the EAPCs. An EAPC can be ridden anywhere a standard bicycle can legally be used.

Some EAPCs have a 'Twist and Go' throttle, known as 'walk assist', which can propel the bike without pedalling at speeds of up to 3.7mph. This feature is legal if the EAPC meets the required regulations.

Only legal for use on the roads if:

- Propelled by pedals
- Doesn't exceed max output of 250w
- Cuts off electric assistance over 15.5mph
- The rider is at least over 14 years old.

The bike must also display the manufacturer's details and power output on the motor.



OFF ROAD ELECTRIC MOTORCYCLES

You may hear these motorcycles also referred to as 'scrambler bikes'

Not legal on roads unless:

- Registered with the DVLA and displaying a number plate
- Fitted with indicators, mirrors, lights, speedometer and other features required by law
- Tax, insured and MOT'd
- The rider has a full motorcycle licence or has completed CBT (Compulsory Basic Training) and rides on a provisional licence with L plates displayed
- The rider must be wearing a motorcycle helmet

The lack of pedals, a large motor and battery, and the absence of indicators or a speedometer are strong signs that a vehicle is an electric motorcycle.

**Know the
rules before
you ride**

A road is classed as a:

- Highway
- Footpath
- Cycle lane
- Bridleway
- Grass verge
- Car park

**KEEPING
MERSEYSIDE
SAFE**



**OPERATION
GEARS**





HELP AND SUPPORT

CURRICULUM QUERIES

Heads of Department

English	Ms Dickman	Business Studies	Mr Farrell
Mathematics	Mr Rimmer	Social Sciences	Mrs R Evans
Science	Mr Flynn	Computer Science	Mr Cowley
Biology	Miss Harper	Art Design Technology	Mr Bennett
Chemistry	Mrs Bancroft	Languages	Mr Farrell
Physics	Mr Hurst	Food Studies	Mrs King
History & Politics	Mr Swan	Performing Arts	Mrs McCann
Geography	Mr Iddon	PE	Mr Wood
Philosophy & Ethics		Life Skills	Miss Burgess
		(PSHE/Citizenship)	

PASTORAL QUERIES

Stage 1	Form Tutor	
Stage 2	Year Student Manager/Progress Coach	
Stage 3	Year Progress Leader/Director RH6	
Stage 4	Assistant Principal - Behaviour & Culture	Mr East
Stage 5	Vice Principals	Mrs Munro, Mrs Aylward
Stage 6	Principal	Mrs Thorogood

Pastoral Structure

Y7 Student Manager	Dr Rotheram	Y7 Progress Leader	Mrs Haselden
Y8 Student Manager	Mrs Beardwood	Y8 Progress Leader	Mr Giles
Y9 Student Manager	Miss Hill	Y9 Progress Leader	Mr Barry
Y10 Student Manager	Mr Lambert	Y10 Progress Leader	Mr Brown
Y11 Student Manager	Miss Humphreys	Y11 Progress Leader	Mr Webster
RH6 Progress Coaches	Mrs Thomas/Mrs Garton	Director RH6	Mr Cunningham
Young Carer Champion	Miss Wordsworth		

COMMUNICATIONS POLICY

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

BREAKFAST CLUB BOOKINGS

Breakfast Club is available free of charge every school day from **8:00am to 8:30am**. Pupils can sit quietly before school or purchase breakfast from the catering service using their normal lunch card.

Places must be booked in advance through the **Arbor Parent App**:

1. Open the Arbor Parent App.
2. Select **Menu**.
3. Select **Clubs**.
4. Choose **Breakfast Club**.
5. Select **Register for this club** and book the dates required.



ACCESSING FREE SCHOOL MEALS

If you have been in receipt of free school meals previously and believe this should still be the case, you will need to apply to St Helens Council. Please [click here](#).

FREE SCHOOL MEAL ELIGIBILITY



Dear Parent/Carer,

You may or may not be aware that from September 2026 the government are changing the criteria required to be eligible for free school meals. This means that across England there may be an additional 500,000 pupils that hit this new criteria. The even better news is that we can check your eligibility to see if your child(ren) are eligible under the scheme, and if they are, that will directly begin the application.

Please scan the QR code or click on the link to take you to a short MS Forms and we will be in touch to let you know if you are eligible and whether your application has been processed.

[Free school meal eligibility checker – Fill in form](#)

Free school meal eligibility means that your child/children will get £1.25 for breakfast, which can be used at breakfast or break time, and £2.50 for their lunch. As this money comes from central government, they apply a 'claw back' rule which means if funds are not used, they are removed and not rolled over. You can still, if you want, add funds to your child's/children's account through Parent Pay.

NB All decisions are made by central government and not by the school.



SCHOOL MENU

Please [click here](#) to view our latest menu.

Please [click here](#) to view our allergens menu.

ARBOR - GETTING STARTED ON ARBOR

Please [click here](#) to view our Arbor guide.



CURRENT VACANCIES

MEDICAL WELFARE OFFICER

NJC SCP 7-11 £22,758 - £24,581 actual pa
37 hours per week Term Time Only

Key Dates:

Apply by: 9.00AM on Friday 2nd October 2026
Interviews: Thursday 8th October

HEAD OF MODERN FOREIGN LANGUAGES

TLR 1B £12,515

Key Dates:

Closing date: 9am on Monday 5th October 2026
Interviews: Friday 9th October 2026

TEACHER OF SCIENCE MPR/UPR FIXED TERM MATERNITY COVER

Key Dates:

Apply by: 9am on Friday 9th October 2026
Interviews: Tuesday 13th October 2026 PM

BEHAVIOUR SUPPORT OFFICER

NJC SCP 12-17 £25,410 - £27,933 ACTUAL PA
37 hours per week TTO + 5 days

Key Dates:

Apply by: 9.00AM on Wednesday 7th October 2026
Interviews: Monday 12th October 2026 PM

TEACHER OF IT/MEDIA (KS4/5) with COMPUTER SCIENCE (KS3-4) MPR/UPR

Key Dates:

Apply by: 9am on Monday 12th October 2026
Interviews: Thursday 15th October 2026

For further information and to apply, please visit [Vacancies / Rainhill High School](https://www.rainhillhigh.org.uk/vacancies) or contact jobs@rainhillhigh.org.uk