RAINHILL HIGH SCHOOL

FRIDAY 6TH NOVEMBER 2026

PARENT & PUPIL NEWSLETTER

WWW.RAINHILLHIGHSCHOOL.ORG.UK

REMEMBRANCE DAY

WE WILL REMEMBER THEM

Honouring those who served and sacrificed.

Rainhill High School pupils pay their respects with a wreath-laying tribute at Rainhill Village War Memorial.



LEARN • THINK • CONTRIBUTE • CARE

IN PURSUIT OF EXCELLENCE

Friday 6th November 2026

Dear Parents, Carers and Pupils,

Firstly, I hope you all had a lovely half-term break and enjoyed some time to relax and spend time with family and friends. It has been wonderful to see everyone back, refreshed and ready to learn.

As we move through November, we pause to reflect on the importance of Remembrance Day. Next week, our school community will join together in observing a two-minute silence at 11:00am and a number of pupils will represent Rainhill High School by laying a wreath at the Rainhill Village cenotaph. This is an important opportunity for us all to honour those who have served and sacrificed for our country and to demonstrate the values of respect and gratitude that are so important to our school community. Pupils involved in cadet programmes are welcome to wear their uniforms, and we encourage everyone to wear poppies as a sign of respect.

This week's newsletter highlights many examples of our pupils living out our school values both in and beyond the classroom. I was particularly proud of our Year 7 pupils who visited local primary schools to support Year 6 children preparing for the transition to secondary education. Their confidence, maturity and leadership were a credit to our school. We also celebrate the achievements of our Year 10 pupils who successfully completed the Liverpool FC Foundation SMF Programme, demonstrating outstanding commitment, resilience and teamwork throughout.

There are many exciting opportunities ahead, including our Year 7 High Adventure Residential, rewards trips, careers events and a wide range of extra-curricular activities designed to enrich pupils' experiences and support their personal development.

Looking forward, our Year 11 Parents Evening and Mock Results Evening is scheduled for Thursday 26th November, more details regarding this can be found on page 10.

Finally, I would like to thank all parents and carers for your continued support and partnership. Your involvement plays a vital role in helping our pupils achieve success, and I encourage you to continue engaging with school communications and the opportunities available to provide feedback.

Have a lovely weekend.

Mrs Thorogood, Principal.

RAINHILL HIGH SCHOOL

PARENT & PUPIL NEWSLETTER

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NEXT WEEK FOLLOWS THE WEEK B TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/11/26			Remembrance Day		

REMEMBRANCE DAY - Wednesday 11th November

Remembrance Day is the day traditionally put aside to remember all those who have given their lives in war. On this day, people across the world pause to reflect on the sacrifices made by our brave service men and women.

The date is significant as it was when the Armistice was signed to end the fighting in World War 1. After World War 1, it was decided that due to the length and destruction of the conflict, and the huge number of casualties, that every 11th November would be remembered to reflect on the sacrifices the soldiers made. Initially it was known as Armistice Day, but after World War 2, it was renamed as Remembrance Day. As history has progressed and other conflicts have occurred, it has become a day to remember lost ones from all wars across the world.

To show our respect, we will be marking Remembrance Day on Wednesday with a 2-minute silence at 11am to remember those who have served and continue to serve in the armed forces. We will also take a couple of pupils to lay a wreath at the cenotaph in Rainhill Village. If any pupil is a member of the armed services cadets (or equivalent), they are welcome to wear their cadet uniform on Wednesday 11th November.

Pupils are encouraged to wear poppies as a sign of remembrance. Thank you.

RAINHILL PUPILS INSPIRE THE NEXT GENERATION

During the final week of half term, a group of our Year 7 pupils accompanied Vice Principal, Mrs Munro, on visits to our feeder primary schools ahead of the Year 6 secondary school application deadline.

Our pupils shared their experiences of the Year 6 summer transition programme and reflected on their first half term at Rainhill High, offering reassurance, advice and encouragement to pupils preparing for the exciting move to secondary school.

They were a real credit to Rainhill High, demonstrating fantastic leadership qualities and speaking with confidence, maturity and enthusiasm. They truly exemplified our Rainhill Professional Standards, representing our school with pride.

Mrs Munro commented: *"I was incredibly proud of each and every one of them. To see how much their confidence has grown in just seven weeks was wonderful. They were outstanding ambassadors for Rainhill High and showed our future pupils exactly what it means to be a Rainhill pupil."*

A huge well done to everyone involved – you have made us very proud.



LFC FOUNDATION SMF PROGRAMME SUCCESS

We are incredibly proud of a cohort of Year 10 pupils who have successfully completed the Liverpool FC Foundation SMF Programme.

Throughout the programme, pupils demonstrated outstanding commitment, enthusiasm and a willingness to challenge themselves, throwing themselves into every activity and opportunity presented to them. Their engagement, positive attitude and determination have been a credit to both themselves and the school.

To celebrate their achievement, pupils enjoyed a guided tour of Anfield Stadium, where they were given an exclusive insight into one of football's most iconic venues. The day concluded in the famous Press Room, where each pupil was presented with a certificate in recognition of their hard work and successful completion of the programme.

This group has been truly exceptional from start to finish. They embraced every aspect of the programme, supported one another throughout, and represented the school impeccably. Their behaviour during the trip was fantastic and they were a real credit to Rainhill High.

Congratulations to all involved on this well-deserved achievement. We look forward to seeing the continued success of this outstanding group of pupils.

Mrs Thomas, RH6 Manager.





🎄 RAINHILL SIXTH FORM CHRISTMAS APPEAL – SUPPORTING SHAP 💜

This Christmas, Rainhill Sixth Form is proud to be supporting SHAP, a local charity supporting homeless and vulnerable people, and we would love the whole Rainhill community to get involved.

We are collecting donations to help make a difference to those in need over the festive period. SHAP would particularly welcome:

🎁 Selection boxes
🧴 Toiletries (shower gel, shampoo, deodorant, etc.)
☕ Hot chocolate
🧦 Fluffy socks and gloves
🖍️ Colouring books and crayons

All Rainhill pupils and families are welcome to donate, and any contributions, big or small, would be greatly appreciated.

📍 Donations can be dropped off at the Sixth Form entrance.

Thank you for helping us spread a little kindness this Christmas and supporting such a worthwhile cause.

Mrs Garton, RH6 Progress Coach.

HALF TERM 2 ACHIEVER WINNERS

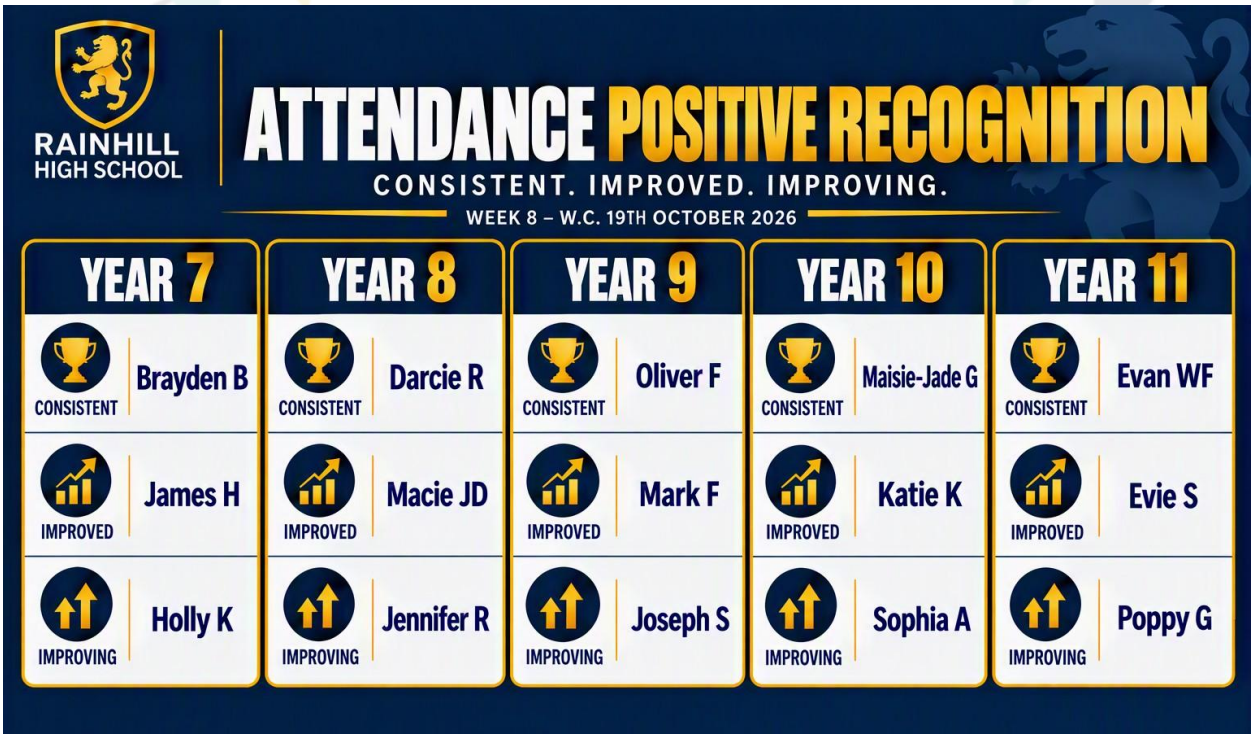
Congratulations to all of our Half Term 2 Achiever winners below. We are incredibly proud of the hard work, determination, and positive attitude you have shown throughout half term 2. You have consistently demonstrated our school values, taken pride in your learning, and set an excellent example for others. Your achievements are well deserved, keep up the fantastic work.



CELEBRATING ATTENDANCE

We would like to congratulate our Year 7 pupils for their consistent, improved, and improving attendance. Your commitment to being in school each day shows great determination and resilience. Regular attendance is a key part of your success, and it is wonderful to see so many of you making the effort to be present, engaged, and ready to learn.

Mrs Coxhill, Attendance Manager.



LIBRARY NEWS

Celebrating Reading Success and Secret Bookish Santa

We are delighted to celebrate the achievement of one of our Year 9 pupils, Amelia B, who has successfully completed the entire Reading Plus programme. We are incredibly proud of her dedication, hard work and commitment to improving her reading skills. A fantastic achievement – well done.

Library Cards

All pupils will be receiving a Library Card with their own barcode to make the process of borrowing and returning books even easier and faster. They can expect to get their card on their next library lesson.

We are also inviting pupils of all KS3, KS4 and KS5 to take part in our **Secret Bookish Santa.** This is a lovely opportunity to share the joy of reading; discover new books and give someone a book they will hopefully love.

Pupils who would like to take part can collect a form/questionnaire from the library. Once completed, it should be handed back to Ms Griffa. There is a set budget for the activity, and all the details and instructions can be found on the form. If pupils have any questions, they are very welcome to pop into the library and ask.

We look forward to seeing lots of pupils getting involved and spreading a little bookish magic.

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.

Luca A, Amaiya E, Millie C, Lucas I, Max G, Joanna J, Shania A, Ethan Q, Millie P and Evan F.

Mr East, Assistant Principal Culture & Behaviour.



VICE PRINCIPAL WEEKLY SPECIAL RECOGNITION AWARD

Congratulations to our Vice Principal's Weekly Special Recognition Award winners, who have all been chosen as the highest positive points scorers for each year groups 7-11. What a fantastic achievement.

Congratulations to this week's winners.

Mrs Munro, Vice Principal - Behaviour, Culture, Attendance & Safeguarding.



YEAR 7 HIGH ADVENTURE RESIDENTIAL TRIP – COWLING, YORKSHIRE

Adventure, teamwork and memories to last a lifetime

As part of our Character Curriculum, we are excited to promote our Year 7 residential trip to High Adventure Outdoor Education Centre in Cowling, Yorkshire. There are two proposed dates: 22nd - 23rd February 2027 and 23rd - 24th February 2027.

For many Year 7 pupils, this will be one of their first opportunities to spend time away from home with their peers. This is a fantastic opportunity for pupils to develop their confidence, independence, resilience and teamwork while enjoying exciting outdoor activities in a new environment.

The trip is about much more than outdoor adventure. It provides pupils with an opportunity to build new friendships, strengthen relationships with their peers and staff, overcome challenges and develop a greater sense of belonging within our Rainhill community.

The experience brings our school values of Learn, Think, Contribute and Care to life, encouraging pupils to step outside their comfort zones, support one another through challenges and recognise what they can achieve when they work together. These are experiences that cannot be replicated through classroom learning alone.

From a school perspective, the residential is a key part of the Character Curriculum because it helps develop well-rounded young people, not just successful learners. The memories pupils create, the friendships they strengthen and the confidence they gain often have a lasting impact throughout their secondary school journey.

We hope as many Year 7 pupils as possible will take part in what promises to be a memorable experience.

Full details have been sent via Arbor. If you wish to sign up, please complete the form via the QR code.



In Pursuit of Excellence – beyond the classroom.


RAINHILL
HIGH SCHOOL
IN PURSUIT OF EXCELLENCE
PUPILS HAVE VOTED!
YEAR 9 & YEAR 10
REWARDS
TRIP
TRAFFORD CENTRE
intu
Trafford Centre
Here for life
NON UNIFORM
PRIZES ON THE BUS FOR PUPILS
LEAVE AT 12PM
RETURN AT 3:30PM
TOP 100 PUPILS FOR REWARDS POINTS
FINAL CUT OFF: THURSDAY 3RD DECEMBER
TOP 100 PUPILS IN YEAR 9 AND YEAR 10 WILL BE GOING!

YEAR 11 PARENTS' EVENING AND MOCK RESULTS DAY

We are delighted to invite you to our **Year 11 Parents' Evening and Mock Results Day** — an important opportunity to review your child's academic progress as they prepare for their upcoming GCSE examinations.

On **Thursday 26th November 2026 from 4pm-7pm**, pupils will receive their results from the recent mock examinations (LP1). We encourage you to join your child in collecting their results upon arrival, just before your scheduled appointments. This process is designed to replicate the experience of GCSE Results Day, helping pupils to reflect on their current performance and focus their preparation for the final exams.

After opening and reviewing the results together, you will then proceed to your appointments with subject teachers. During these meetings, teachers will discuss the recent examinations, identifying specific areas of strength and areas for development. These discussions are invaluable in guiding effective revision strategies and supporting your child's progress.

We are also excited to launch our **"Passport to the Prom"** initiative, which will be started in the coming weeks. This new program outlines the criteria pupils must meet in order to attend the prom and Leaver's assembly, encouraging commitment, effort, and a sense of achievement throughout the year.

Please note that appointments will be available to book from **Wednesday 11th November 2026.** All appointments must be made via Arbor, so please ensure you can access the system in advance.

We look forward to welcoming you and discussing your child's progress. Your engagement plays a vital role in their success, and together we can ensure they are fully prepared for the challenges ahead.

Mr Webster, Year 11 Progress Leader.

WE WANT YOUR FEEDBACK

As part of our commitment to continually improving the experience we provide for pupils and families, we will shortly be inviting parents and carers to share their views on two recent changes at school.

We would welcome your feedback on:

- The new school day timings and how they are working for your child and family.
- Our transition from **Synergy** to **Arbor** and your experience of using the new system for communication, payments, attendance information and other school-related services.

Your feedback is extremely valuable and will help us understand what is working well and identify any areas where we can make further improvements. We encourage all parents and carers to take a few minutes to complete the survey when it is shared.

Thank you for your continued support and for working in partnership with us to ensure the best possible experience for our children and families.

https://edurio.com/s/open/survey/N8xQtj

Rainhill High School

unifrog

The universal destinations platform

Dear parent / caregiver,

To continue to deliver and strengthen our careers programme and support students in exploring their next steps after school, we are using Unifrog: an award-winning, online destinations platform.

All students in **Years 7, 8, 9, 10, 11, 12 and 13** now have access to this platform.



What is Unifrog?

Unifrog is designed to support learners in making informed decisions about their futures, with a range of tools that are suitable for all year groups. Each student has their own account that provides a range of information related to their interests and aspirations.



Real opportunities. Brighter futures.

Key features of the platform for students include:

- **Psychometric testing quizzes**
- **Career and subject exploration**
- **Webinars and interactive short courses**
- **Self-reflection and portfolio building tools**
- **Search tools for live apprenticeship and employer opportunities, and university courses**
- **Application and essay-building tools**

Access from anywhere

Students at Unifrog schools can log in from any computer, tablet, or smartphone.

Use Unifrog with your child

We encourage you to use the platform with your child so you can support them through the process of deciding on their next steps.

Create your parent account

You can create your own parent account where you'll be able to see what your child is doing on Unifrog, including any interactions tagged against their name and any upcoming events we've logged for them. You'll also be able to use all the same tools your child can to support them on their Unifrog journey.

Create your account here:

www.unifrog.org/parent

SCAN ME to sign up

Need help?

If you have any issues signing in, please contact **careers@rainhillhigh.org.uk.**

Sign up for the parent newsletter

You'll also have the option to sign up to Unifrog's parent / caregiver newsletter to get expert advice and guidance on supporting your child with their next steps.

Supporting every learner's next step

St. Helens Santa Dash

WILLOWBROOK HOSPICE
Every Contact Counts

Sunday 29th November

11.00am start

At the BrewDog Stadium





Adult €10, Child €5, Family of 4 €20





In partnership with St. Helens R.F.C

BOOK HERE:

Registered with FUNDRAISING REGULATOR

Registered charity no. 1020240

Proudly sponsored by

Knowsley Community College

St Helens College

www.willowbrook.org.uk

Every Contact Counts


Lancashire Cricket FOUNDATION
ECB
WOMEN IN SPORTS INDUSTRY
WORKPLACE SAFARI
MONDAY 11 JANUARY 2027 - 10AM
FREE CAREERS EVENT FOR GIRLS
OPEN TO SCHOOL YEARS 9 - 13
HEAR FROM INSPIRATIONAL WOMEN WORKING IN SPORT
EMIRATES OLD TRAFFORD
Emirates
Old Trafford
SPORTS RETAIL
SPORTS VOLUNTEERING
SPORTS HERITAGE
SPORTS MEDIA
EVENT MANAGEMENT
STADIUM MANAGEMENT
SPORTS MARKETING
SPORTS SCIENCE

RAINHILL PE



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 you 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.

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
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		

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**	Miss Curphey
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 (PSHE/Citizenship)**	Miss Burgess

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	Mr Smyth	**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		

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.

ARBOR - GETTING STARTED ON ARBOR

Please click here to view our Arbor guide.

MOBILE PHONE POLICY

Our Mobile Phone Policy can be found here.

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 clink 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.



U.S.A DAY

We are excited to announce our upcoming **U.S.A. Day** event menu.



U.S.A. Day Menu Prices

Please see below the list of special prices for the occasion

Product	EXC VAT
Breaktime	
Pancakes	£1.05
Maple Bacon Bagel	£2.10
Lunch	
Cheeseburger	£2.80
Hotdog	£2.50
Mac & Cheese	£2.20
Corn Bread	£0.60
orn Cob	£0.80
USA Meal Deal (1 Main 1 Side)	£3.10

Winter 2026/2027 Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1	Smashed Burger Burrito / Mixed Bean Burrito	Sticky Asian Style Chicken	Bangers & Mash w/ Onion Gravy	Cajun Chicken Pasta	Fish Finger Barm
The Main Event 2	Veggie Sausage	Chicken Style Pieces in Black Bean Sauce	Cheese Pie	Protein Packed Rice Bowl	Crispy Chicken Strips/ Crispy Dippers
With (included with either of the above)	Seasoned Wedges & Baked Beans	Fluffy Rice & Green Beans	Mashed Potato, Garden Peas & Onion Gravy	Broccoli & Cauliflower	Chips & Mushy Peas
Dessert	Zingy Green Fruit Salad w/ Mint Yoghurt Drizzle	Oaty Cookies	Cinnamon Spiced Apple w/ Vanilla Custard	Chocolate Brownies	Fresh Fruit Pot

Meal Deal Upgrade - £2.65

(Main Event, Sides, Fruit & Water)

GRAB...GO...GONE WITH FREE SALAD!

£1.60 £1.90 £2.40 £2.80

GRAB...GO...GONE £1.75/£2.20/£2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Onion Loaded Wedges	Sweet Chilli Veggie Burger	Sausage & Caramelised Onion Baguette	Oozy Cheese Panini	Crispy Chicken Strips
Choice of Pizza	Spud Special Jacket w/ Asian Style Chicken	Tandoori Chicken Flatbread	BBQ Chicken Wings	Sweet Potato Bites w/ Sweet Chilli Drizzle
Duck Bao Bun	Brilliant Blue Beef Taco	Choice of Pizza	Chicken Tikka Loaded Wrap	Chinese Chicken Drumsticks
Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings

Did you know some of our dishes are suitable for vegetarian and vegan diets?

Alternative Dietary specific menus, Allergen and Carb information available upon request.

The menu maybe subject to change to ensure ingredients are used to the optimum quality or to meet the needs of an individual school.

ST HELENS BOROUGH COUNCIL

RAINHILL HIGH SCHOOL

Winter 2026/2027 Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1	Chicken Tikka Masala	Sweet Chilli Veggie Burger	Roast Chicken Fillet	Hot Honey Chicken Burger	Battered Fish
The Main Event 2	Spinach & Sweet Potato Curry	Tomato Arrabiatta Fusilli	Hearty Cottage Pie	Pork/Veggie Sausage Roll	Pork/Veggie Sausage
With (included with either of the above)	Fluffy Rice & Peas	Garlic Dressed Corn Cob	Stuffing, Roast Potatoes, Seasonal Vegetables & Gravy	Herb Smashed Potatoes & Carrots	Chips & Mushy Peas
Dessert	Sweet & Spicy Pineapple Chunks	Yoghurt Selection	Golden Flapjack	Winter Berry & Lemon Pudding	Marble Cake Slice

Meal Deal Upgrade - £2.65

(Main Event, Sides, Fruit & Water)

GRAB...GO...GONE WITH FREE SALAD!

£1.60 £1.90 £2.40 £2.80

GRAB...GO...GONE £1.75/£2.20/£2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Pizza	BBQ Chicken Wings	Chicken & Stuffing Baguette	Pork/Veggie Sausage Roll	Honey Mustard Glazed Sausages
Spud Special Jacket w/Choice of Curry	Brilliant Blue Beef Taco	Smashed Garlic & Herb Potatoes	Festive Bake	Cheesy Bacon Loaded Fries
Cheese & Tomato Omelette	Garlic Ciabatta	Choice of Pizza	Chinese Chicken Drumsticks	Choice of Pizza
Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings

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ST HELENS BOROUGH COUNCIL

RAINHILL HIGH SCHOOL

Winter 2026/2027 Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1	Oozy Cheese Panini	Jumbo Pork or Veggie Hotdog w/ Seasoned Wedges	Roast Chicken Fillet	Hearty Beef/Bean Chilli	Crispy Fishcake w/ Sweet Chilli Dip
The Main Event 2	Sweet Chilli Veggie Burger	Pasta & Meatballs in a Tomato Sauce	Hearty Cottage Pie	Tandoori Spiced Chicken	Smokey BBQ Glazed Chicken Strips/Quorn Dippers
With (included with either of the above)	Herb Smashed Potatoes & Garden Salad	Veg Medley	Choice of Potatoes, Seasonal Veg & Gravy	Fluffy Rice & Mixed Beans	Chips & Sweetcorn
Dessert	Chocolate Cookies	Orchard Fruits & Custard	Ice-cream & Winter Berries	Chocolate Brownie	Chocolate & Cherry Pudding

Meal Deal Upgrade - £2.65

(Main Event, Sides, Fruit & Water)

GRAB...GO...GONE WITH FREE SALAD!

£1.60 £1.90 £2.40 £2.80

GRAB...GO...GONE £1.75/£2.20/£2.25

Cheese & Tomato Omelette	Honey Mustard Glazed Sausages	Duck Bao Bun	Choice of Pizza	Crispy Chicken Strips
Choice of Pizza	Double Beef Burger	Garlic Ciabatta	Spud Special Jacket w/ Choice of Chilli	Fish Finger Barm
Chinese Chicken Drumsticks	Cheese & Onion Loaded Wedges	Chicken & Stuffing Baguette	Tandoori Chicken Flatbread	Sweet Potato Bites w/ Sweet Chilli Drizzle
Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings

Did you know some of our dishes are suitable for vegetarian and vegan diets?

Alternative Dietary specific menus, Allergen and Carb information available upon request.

The menu maybe subject to change to ensure ingredients are used to the optimum quality or to meet the needs of an individual school.

ST HELENS BOROUGH COUNCIL

RAINHILL HIGH SCHOOL

Price List

Hot Food

The Main Event	£2.40
Main Event Meal Deal (Main, Dessert, 500ml Water)	£2.65
Grab Go Gone	£1.60 £1.90 £2.40 £2.80
Chips (Friday Only)	£1.90
Sauce/Dip Extra	£0.10
Gravy/Curry Extra	£0.50
Pasta King REG	£2.00
Pasta King LRG	£2.40

Cold Food

Bread Roll Selection	£0.60
Packaged Sandwich/Wrap/ Roll/Jumbo Roll	£1.75 / £2.20 / £2.25
Fresh Garden Salad	£1.20
REG. Cold Pasta / Salad (x1 Protein Filling)	£2.00
LRG. Cold Pasta / Salad (x1 Protein Filling)	£2.40
Plain Pasta	£1.20
EXTRA. Protein Filling	£1.20
EXTRA. Cheese Filling	£0.80

Break

Fruit Bag / Pot	£1.00
Bacon/Sausage Barm	£2.00
Bacon & Egg Baguette	£2.60
Cheese & Egg Muffin	£2.00
Bacon on Toast - x2 Slice	£2.20
Cheese on Toast - x1 Slice	£1.20
Toast - x1 Slice	£0.35
Toasted Bagel (1/2)	£0.55
Toasted Bagel	£0.90
Toasted Teacake	£0.85
American Pancakes x1 (plain)	£0.85
American Pancakes x1 (x1 Topping)	£1.05
Belgian Waffle	£1.00
Cinnamon Bun	£2.00
Piece of Fruit	£0.50
Individual Yoghurt	£0.75

Dessert

Piece of Fruit	£0.50
Yoghurt	£0.75
Cookie/Biscuit	£0.85
Brownie/Cake	£0.90
Dessert of the Day (other)	£1.30
Fruit Bag/Pot	£1.00
Belgian Waffle	£1.00
Mini Biscuit Pack	£0.80
Jelly Pot	£1.00
Small Theatre Ice - Cream Tub	£1.00

Drinks

Milkshake - 200ml	£0.90
Flavoured Water - 500ml	£1.05
(Bottle) Water - 500ml	£1.05
(Can) Water - 330ml	£0.90
(Bottle) Water - 330ml	£0.65
Juice Drink 150ml - 200ml	£0.80
Radnor - 330ml	£0.95
Milk 500ml/568ml	£1.10
Hot Chocolate	£1.60

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